



# Connecticut GUARDIAN

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## Connecticut's MEDEVAC Unit Takes Off For First Deployment



Two out of three HH-60M Blackhawk helicopters carrying Soldiers assigned to Charlie Company, 3rd Battalion, 126th Aviation Regiment, take off for its overseas deployment to Southwest Asia, from the Windsor Locks Readiness Center, Windsor Locks, Conn., June 14. The 3-126th is the CTARNG's newest unit and this will be their first overseas deployment. While overseas, the unit will be responsible for providing aeromedical evacuation, extensive en-route critical care and medical support while moving patients. The unit will travel to Texas first for continued training prior to departing overseas. (Photo by Spc. Kaitlyn Q. Wallace, 130th Public Affair Detachment)

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# Hurricane Season is Here, Know How To Be Prepared

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Hurricanes are massive storm systems that form over warm ocean waters and move toward land. Potential threats from hurricanes include powerful winds, heavy rainfall, storm surges, coastal and inland flooding,

rip currents, tornadoes, and landslides. The Atlantic hurricane season runs from June 1 to November 30. The Pacific hurricane season runs May 15 to November 30. Hurricanes:

- Can happen along any U.S. coast or in any territory in the Atlantic or Pacific oceans.
  - Can affect areas more than 100 miles inland.
  - Are most active in September.
- It is important to keep in mind:
- How best to protect yourself from high winds and flooding.
  - Evacuate if told to do so.
  - Take refuge in a designated storm shelter, or an interior room for high winds.
  - Listen for emergency information and alerts.
  - Only use generators outdoors and away from windows.

• Turn Around, Don't Drown! Do not walk, swim, or drive through flood waters.

**What to do Now: Prepare**

- Know your area's risk of hurricanes.
- Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- If you are at risk for flash flooding, watch for warning signs such as heavy rain.
- Practice going to a safe shelter for high winds, such as a FEMA safe room or ICC 500 storm shelter. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level that is not subject to flooding.
- Based on your location and community plans, make your own plans for evacuation or sheltering in place.
- Become familiar with your evacuation zone, the evacuation route, and shelter locations.
- Gather needed supplies for at least three days. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets.
- Keep important documents in a safe place or create password-protected digital copies.
- Protect your property. Declutter drains and gutters. Install check valves in plumbing to prevent backups. Consider hurricane shutters. Review insurance policies.

**What to do During: Survive**

- If told to evacuate, do so immediately. Do not drive around barricades.
- If sheltering during high winds, go to a FEMA safe room, ICC 500 storm shelter, or a small, interior,

windowless room or hallway on the lowest floor that is not subject to flooding.

- If trapped in a building by flooding, go to the highest level of the building. Do not climb into a closed attic. You may become trapped by rising flood water.
- Listen for current emergency information and instructions.
- Use a generator or other gasoline-powered machinery outdoors ONLY and away from windows.
- Do not walk, swim, or drive through flood waters. Turn Around, Don't Drown! Just six inches of fast-moving water can knock you down, and one foot of moving water can sweep your vehicle away.
- Stay off of bridges over fast-moving water. What to do After: Be Safe
- Listen to authorities for information and special instructions.
- Be careful during clean-up. Wear protective clothing and work with someone else.
- Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off electricity at the main breaker or fuse box to prevent electric shock.
- Avoid wading in flood water, which can contain dangerous debris. Underground or downed power lines can also electrically charge the water.
- Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.
- Document any property damage with photographs. Contact your insurance company for assistance.

# Two Different Missions, One Common Goal Connecticut Army, Air Medics Conduct Joint Training

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

The average rate of survival for a soldier wounded in battle during the Vietnam War (1955-1975) was 75 percent.

Today, through advancements in technology and the joint efforts of Army and Air Force medics, those chances have improved to over 90 percent.

Those joint efforts were on display during a recent medical training exercise conducted by the Army and Air National Guard at Camp Niantic, Conn.

During the six-day exercise, members of the Connecticut Air National Guard 103rd Medical Group teamed up with Army National Guard medics to familiarize themselves with loading casualties onto Army helicopters and Medical Evacuation capabilities. The training was extensive; medics completed scenario-based firearms lessons, a leadership reaction course, egress and medical litter obstacles, as well as a mass casualty exercise.

"On the Air Force side, we're working with [Army medics] to learn how to take the patients off and put them on (Army helicopters) to get them to Air Evac (Aeromedical Evacuation aircraft), which is the Air Force side," said Master Sgt. Michael Machost of the 103rd Medical Group. "Any opportunity to train together at home station just better prepares us for downrange."

Since the Army and Air Guard conduct both domestic and overseas operations, medical training exercises prepare Guard medics for both overseas deployments and domestic missions, such as natural disasters that may require emergency medical services.

"In case we get called up for State, natural disasters, or anything like that, we could be called to work with them to transport patients, get them in to urgent care," said Machost.

Army and Air National Guard medics routinely work together to give the best possible care to their fellow troops when they need it most. However, as the overall missions of the two military branches differ from one another, the roles and duties of Army and Air Guard medics are also different. An Army Medical Evacuation (MEDEVAC) helicopter is like a



Members of the 103rd Medical Group, Connecticut Air National Guard, work with a member of Det. 2, C Co, 3-126th Aviation Regt., Connecticut Army National Guard, to load a simulated casualty onto a HH-60M Blackhawk helicopter during a joint training exercise at Camp Niantic, Conn., June 11. The two units worked together in order to be better prepared to respond to domestic and overseas operations. (Photo by Tech. Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs, CTANG)

flying ambulance, save for some additional treatment capabilities. Army medics provide treatment to wounded troops immediately after they have been evacuated from the battlefield. Following treatment, Army medics transport the wounded troops to a medical treatment facility or to a medically equipped Air Force cargo plane. These cargo planes are like flying emergency rooms. An Air Force aeromedical evacuation unit, often referred to as Air Evac or AE, provides wounded troops with additional lifesaving care, which could include treating wounds from gunshots and

explosives, surgery, and disease treatment. Air Evac then transports the troops to hospitals. The entire process, from initial treatment to full treatment to final transport, took an average of 10 days to complete in 1991, during Desert Storm; in 2018, the same process can be completed in three days or less.

"With the Air and Army side, it's extremely important to continue to cross train," said Chief Warrant Officer 2 Jonathan Behuniak, Army National Guard helicopter pilot. "The Air Force provides critical life-saving from the point of injury. The Army's part of the mission is to do a tail-to-tail or aircraft-to-aircraft swap. Our flight medics will stabilize the patient and bring them to one of the Air Evac cargo planes, like a C-17 or C-130, and they can bring them to hospitals all around the world. It will be expedited, so their care is appropriate for their injury."

According to Army National Guard flight paramedic, Sgt. Ryan Will, the ultimate goal of the exercise was for Army and Air Guard medics to train together in preparation for real-world medical crisis.

"The point of this training exercise is to have multi-branch training, so that we can start to work well with each other. We have a good history of training multi-branch like this before, but we want to keep it going and keep everybody fresh and current. In our missions, we'll always be working together."



Members of the 103rd Medical Group, Connecticut Air National Guard, unload a simulated casualty from a HH-60M Blackhawk helicopter during a joint training exercise at Camp Niantic, Conn., June 11. The CTANG medics worked with personnel assigned to Det. 2, C Co, 3-126th Aviation Regt., Connecticut Army National Guard, in order to be better prepared to respond to domestic and overseas operations. (Photo by Tech. Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs, CTANG)

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# Logistical Challenge Leads to Joint Operation Success

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

What happens when the men and women of the U.S. military are faced with challenges? They adapt and overcome.

The Army National Guard was faced with a challenge when approximately 450 tires that were mounted on vehicles in the Guard fleet were deemed unsafe and removed.

Army National Guard leadership ordered the tires to be removed following a recent recall on defective tires. The vehicles effected included combat humvees, trucks and trailers- all vital to both real-world and training operations; without tires, the vehicles were useless.

Further complicating matters was the fact that several Army National Guard units were scheduled to conduct annual training at Fort Drum, New York in early June, very shortly after the directive to remove the defective tires was handed down. Units scheduled to train included the 1-102nd Infantry Regiment – Connecticut's largest battalion. The Army National Guard needed to find useable tires within a few days, or hundreds of M-Day Soldiers would not be able to conduct realistic training for their upcoming mobilization.

"The 102nd Infantry is part of the 86th Brigade so it's a pretty big training impact," said Maj. David Tripp, Connecticut Army National Guard Surface Maintenance Manager. "There's a lot of individual and collective level training, especially with the heavy weapons company, that wouldn't be able to be conducted."



A Soldier assigned to H Co, 186 Brigade Support Battalion, Connecticut Army National Guard, gets ready to load tires atop 463L pallets, preparing them for airlift on a Connecticut Air National Guard C-130 Hercules at Fort Drum, New York, June 3. (Photo by Command Sgt. Maj. Daniel Morgan, Senior Enlisted Leader, 1-102nd Infantry Regt., CTARNG)



Soldiers assigned to H Co, 186 Brigade Support Battalion, Connecticut Army National Guard, load tires atop 463L pallets, preparing them for airlift on a Connecticut Air National Guard C-130 Hercules at Fort Drum, New York, June 3. More than 450 tires mounted on CTARNG vehicles were deemed unsafe and ordered to be removed following a recent recall. Upon removing and replacing the tires, a CTANG C-130H was able to transport the defective tires out of Fort Drum so the annual training of several CTARNG units could continue as planned. (Photo by Command Sgt. Maj. Daniel Morgan, Senior Enlisted Leader, 1-102nd Infantry Regt., CTARNG)

The National Guard was able to overcome the shortfall by taking re-useable tires from inoperable vehicles located throughout the state of Connecticut. In less than 48 hours, defective tires were removed and adequate tires were installed on vehicles that were needed for annual training.

An additional dilemma arose when the Army National Guard had to figure out a way to transport the defective tires away from the training site. The most practical logistical plan of action involved the help of their Connecticut Air National Guard counterparts; with little more than a few hours notice, the 103rd Airlift Wing was able to transport the defective tires out of Fort Drum via C-130 Airlift, just in time for annual training.

Given how quickly and smoothly

the tire swapping mission took place, it may appear that the Connecticut Army and Air National Guard work together to transport equipment all of the time. However, while the Army and Air Guard routinely work together to accomplish some types of missions, it is rare that the Connecticut Army National Guard would need to utilize Air Guard assets to meet logistical requirements.

"In my 24 years in surface maintenance, this is the first time that I've had to work with the Air Guard and use their aviation assets to support our logistical requirements," said Tripp. "Once the Assistant Adjutant General gave guidance to execute the operation, the Air Guard folks were leaning right forward."

According to Tripp, the mission was a success, not only because tires were replaced and transported, but because the Army and Air Guard gained valuable experience working in a Joint environment.

"I think collectively, we all learned a little bit about how to communicate and coordinate and, in the end, the mission went very, very smooth," Tripp said.

# Connecticut Hosts Regional Diversity Conference

CAPT. DAWN SURPRENANT  
CTANG PUBLIC AFFAIRS OFFICER

NIANTIC, Conn. -- The Connecticut Joint Diversity Executive Council hosted National Guard Regions 1 and 2 in its first combined conference at Camp Niantic's Regional Training Institute., May 29 and 30.

The two-day conference brought together Army and Air military and civilian personnel in one forum to allow open discussions of diversity matters in the Air and Army National Guard as well as the current topic of Title 5 conversions among the Technician force.

The two-day conference included guest speakers and breakout sessions for the Regions to interact with each other regarding the strategic goals of the National Guard Bureau and the goals of the State JDECs.

"I feel that a safe place to talk is important and allows for open discussions to take place regarding life's expectations and the balance necessary to live our daily lives," said Liz Nead, the conference's keynote speaker. Nead is known for her unique strategies in talking to National Guard members regarding conversations on equality. For the past ten years, Nead has used her personal life experiences to connect with her audiences. Her husband is a retired Army Major who served 20 years, which has given her unique insight in speaking to Guard members in a personal way that she says has encouraged her to bring



Millie Carvalho-Grevious, State Equal Employment Manager, Pennsylvania Army National Guard presented during the "Title 5 Conversion: Expanded Perspectives on Diversity and Inclusion," block of instruction during the Region 1 and Region 2 Joint Diversity Executive Council Conference at the Regional Training Institute, Camp Niantic, Conn., May 30. It was the first time that Connecticut hosted the annual conference that included JDEC members from more than 10 states. The conference gave JDEC members the opportunity to openly discuss their state's experiences and how diversity and inclusion is mission critical and supports overall force readiness. (Photo by Allison L. Joanis, State Public Affairs Office)



Brig. Gen. David E. Wood, Director Joint Staff, Pennsylvania Army National Guard presented during the "Title 5 Conversion: Expanded Perspectives on Diversity and Inclusion" block of instruction during the Region 1 and Region 2 Joint Diversity Executive Council Conference at the Regional Training Institute, Camp Niantic, Conn., May 30. It was the first time that Connecticut hosted the annual conference that included JDEC members from more than 10 states. (Photo by Allison L. Joanis, State Public Affairs Office)

forth conversations that many shy away from.

Brig. Gen. David E. Wood, Director Joint Staff, Pennsylvania Army National Guard, discussed Title 5 conversions and the challenges of change that we may face. He stated that we must be aware of the National Guard Bureau's Strategic Goals in regards to Title 5 conversions in order for diversity and inclusion to occur.

"We need to bring our differences together to move into one direction, and we need to talk about the challenges we may

face," Wood said.

"Diversity begins with the way we think," said Millie Carvalho-Grevious, State Equal Employment Manager, Pennsylvania Army National Guard. Carvalho-Grevious encouraged the members of the audience to bring everyone into the conversation about diversity in order to facilitate open discussions about our differences.

"We have to work together as a diverse force of genders, races, religions and civilians," Carvalho-Grevious said. "Diversity is critical to mission success and furthermore, inclusion will move beyond diversity to produce a feeling that one belongs."

Breakout sessions throughout the conference led to further discuss diversity and inclusion. These smaller groups gave attendees a forum to share best practices, successes and any challenges that have proved difficult to solve. It also provided a venue to share ideas that they may have regarding diversity and inclusion in order to meet the strategic goals of NGB.

"I think our first time hosting this conference was a huge success," 1st Lt. Ryan Serfes, State Equal Employment Manager, said. "This was an opportunity for Regions 1 and 2 to come together to share ideas and address substantial equal opportunity issues affecting the National Guard today."

# An American Dream Realized

## Haitian Immigrant Turned American Citizen Finds Success in the Connecticut National Guard

MAJ. MIKE PETERSEN  
STATE PUBLIC AFFAIRS OFFICER

He spoke two languages, but neither were English. Like so many immigrants before him, he came to the United States under the impression that life would be glamorous once he landed on American soil.

But Warrant Officer One Roberto Pauleus found it to be much harder, realizing the blood, sweat and tears that would go into making a good life for himself and his family here in the U.S.

Pauleus grew up in Gonaives, Haiti. He was a teenager in 1990, when the nation's first popular vote for president took place. Within a year of Jean-Bertrand Aristide's election, a military coup saw a nation repressed and Pauleus wondering what his future would hold.

"It was a like a civil war (in Haiti)," Pauleus recalled. "People were killing each other. I was still in high school at the time, but the goal was to join the Haitian Military Academy and to become an orthopedist after I graduated high school."

Pauleus was a first-hand witness to the military government's brutality. "I was arrested in Gonaives with

two other friends while playing at the National public school one day," Pauleus said. "We were let go almost right after because we didn't do anything wrong, and so well-known neighbor spoken to that Sergeant who agreed to let myself and my friends go. But other people I know were not so lucky."

When Aristide was reestablished as the nation's elected leader in 1994, it was done in no small part to the United States' involvement, which included American boots on the ground in Haiti. Pauleus, who was already planning on joining the military, saw his goal shift.

"The goal was always to become a soldier anyways, but when I saw the U.S. Army, I changed my mind," Pauleus said. "When U.S. Soldiers peacefully came to Haiti and I saw their professionalism, discipline and teamwork, I knew this was an organization I wanted to be a part of. They saved lives, they brought peace to the Haitian people.

"I said to myself, 'When I come to the U.S., I'm going to become a U.S. Soldier.'"

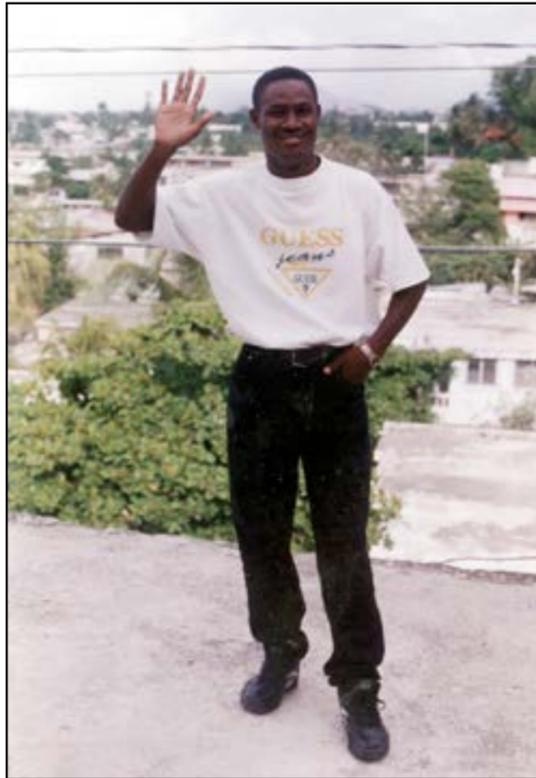
Pauleus didn't come to America out of high school. He went to school, studied accounting. He supplemented his income by teaching French (one of the two languages he is fluent in, along with Haitian Creole) and basic computer skills at Success School at Port-au-Prince, Haiti's capital city.



Warrant Officer Roberto Pauleus at his Warrant Officer Commissioning Ceremony at the Regional Training Institute, Camp Niantic, Conn., Nov. 17, 2017. Pauleus is the Property Book Officer assigned to the 143rd Regional Support Group in Middletown, Conn. He emigrated to the United States from Haiti in 2001 with the dream of someday joining the U.S. Army. (Photo courtesy of the 1-169th Regt. (Regional Training Institute))

Pauleus returned to his hometown and became an accountant for a conglomerate that owned supermarkets, restaurants and drug stores, but he never forgot his overall goal.

"I wanted to pay back what I felt I owed to the U.S. Military," Pauleus said. "How they saved lives, how they helped the people there. It was my debt to pay back to the country."



Warrant Officer Roberto Pauleus in his home country of Haiti. Pauleus grew up in Gonaives, Haiti and after completing his education and working as an accountant in his hometown, he decided to emigrate to the United States to pursue the American Dream. He joined the Connecticut Army National Guard in 2003 and was appointed a Warrant Officer in 2017. He is currently the Property Book Officer assigned to the 143rd Regional Support Group in Middletown, Conn. (Photo courtesy of Warrant Officer Roberto Pauleus)

With a college education, a solid work ethic and an upbringing that toughened him up, Pauleus decided in June of 2001 to make the move to the United States and bask in the glory that is the American dream.

"My mother who used to live in Florida moved to Connecticut. Here, she and my step-father sponsored me to come in United States legally," Pauleus said. "I came with a green card with my three daughters."

As if being responsible for three children (7, 6, and 5 at the time his family moved to the United States), in a new country wasn't enough of a challenge, Pauleus also

Continued, see PAULEUS on page 8

# The Army Warrant Officer Celebrates One Hundred Years

CHIEF WARRANT OFFICER 3 MICHAEL MOTTOLO  
DET. 1, RRB, CTARNG

If you are a Warrant Officer, July 9th 1918 is a significant date in your military lineage.

It marks the official birth date of the Army Warrant Officer, and 2018 is the 100th anniversary. Through modest beginnings, the Corps that was created as a subdivision of the Commissioned Officer Corps has evolved over the past century into a humble cohort of, "Quiet Professionals."

The rank of "Warrant Officer" has been around the collective militates of the world as early as the late 1700s, but has been most prevalent to the militaries of the West and of particular interest, the United States Army as early as 1896. In 1918, the Army established the Mine Planter Service as a part of the Coast Artillery Corps. Very simply, a critical operational need required a highly technical and tactically proficient expert in a specific subject matter to accomplish a very specific mission. Out of that requirement, the Army Warrant Officer was born. The first 40 Warrant Officers that the Army authorized were designated as the Mine Planters Service, Coast Artillery Corps, to serve as masters, mates, chief engineers, and assistant engineers on each mine planting vessel.

The official color of the Army Warrant Officer Corps came to be brown based upon brown strands from burlap bags that the Mine Planter Service personnel wore as their insignia of rank. The Warrant Officer Act of 1920 expanded on the initial intent, further authorizing Warrant Officer appointments to administrative, and band-leading duties. This expansion resulted from "A desire to reward enlisted men of long service and also to reward former commissioned officers of World War I who lacked either the educational or other eligibility requirements necessary for continuance in the commissioned status."

In May 1921, the Eagle Rising was approved as the distinctive insignia for the Warrant Officer Corps, and it still remains a recognizable symbol of the cohort even though it was officially decommissioned by the Army Institute of Heraldry in 2004.

Through the late 1930s the Army began to raise questions about the

future validity of this new officer pool, and it wasn't until the early 1940s that the War Department of the Army officially designated the position of the Warrant Officer grades by placing them above all enlisted personnel and immediately below all commissioned officers.

By the end of the Second World War, 42 female Warrant Officers were serving on Active Duty. The Army also capitalized on the proven utility and flexibility that Warrant Officers brought to the fight, expanding the Corps into 40 occupational areas by early 1946 and approximately 60 specialties by 1951, authorizing more than 57,000 allocations. Around this time, the Army had concluded its first official study on the Corps.

In March of 2014, Gen. Raymond T. Odierno, the Chief of Staff, Army, created a new position for an Army Staff Senior Warrant Officer. The position would be responsible for acting as the eyes and ears for the cohort, to advise the CSA directly concerning life-cycle management of warrant officers, from cradle to grave: accessions, training, and professional military education.

For the most part, changes seen by the cohort have been in the best interest of its longevity and its personnel's career development. As the true need for the Warrant Officer was solidified throughout its existence, additional critical career fields were added, as well as a continual refinement the education system in order to facilitate the necessary branch specific levels of technical competence and expertise required for today's Army. Presently, the Cohort occupies approximately two percent of the total Army, (44 specialties, across 17 branches).

Throughout the past century many changes have occurred in order to yield today's modern contemporary Warrant Officer. However, two critical components have remained a staple for the personnel who comprise this relatively small group; Technical Expertise and Quiet Professionalism.

Technical Expertise is what makes a Warrant Officer particularly valuable to a Commander, and what a Warrant Officer is known for. Warrant Officers are designed by their proponent requirements to be highly specialized, single-track specialty



The "Eagle Rising" insignia was approved for use as the distinctive insignia for the Warrant Officer Corps in 1921. It was officially decommissioned by the Army Institute of Heraldry in 2004 and replaced with a new distinctive unit insignia in 2018. (Photo courtesy of Chief Warrant Officer 3 Michael Motto)lo

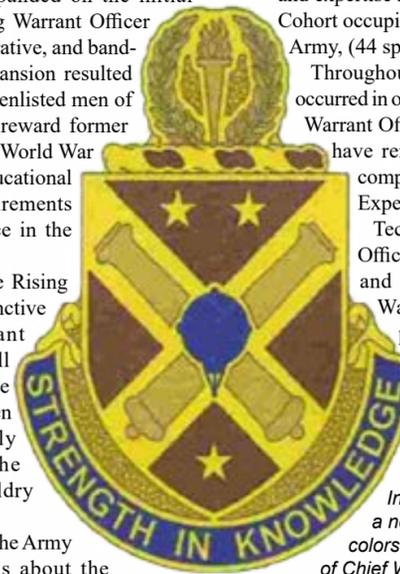
officers in contrast to Commissioned Officers, who are considered by the Army to be generalists. Warrant Officers can and do command detachments, units, activities, and vessels as well as lead, coach, train, and counsel subordinates. As leaders and technical experts, they provide credibility, guidance, flexibility and expertise to Commanders and organizations within their particular field. Their deep institutional knowledge provides a career lasting level of continuity that multiple Commanders will be able to utilize. This breadth of knowledge coupled with presence, maturity, humility and experience are the key components of what make up a cohort of truly "Quiet Professionals".

In order for the Warrant Officer Cohort to function at such a high level of technical prowess, it is imperative that the accession process remain selective in its assessment of potential applicants. Because Warrant Officers are grown over time through a succession of successfully demonstrated duty assignments within a single career field, each proponent has very specific requirements that any potential candidate must meet before applying for predetermination. Once a potential candidate receives proponent predetermination, they may be permitted to attend Warrant Officer Candidate School.

The Connecticut Army National Guard is a Regional Battalion for Warrant Officer Candidate School, and conducts Phase II of WOCS at Camp Niantic from April through August. Once complete, candidates will travel to Camp Atterbury, Indiana for a two-week ADT period that will culminate their Warrant Officer training with an appointment to WO1.

For more information on how to become a Warrant Officer in the Army National Guard, contact CW2 Lisa Chipman at 203-410-0828.

Happy 100th Birthday Warrant Officer Cohort!



Left: The current Distinctive Unit Insignia of the Warrant Officer Corps, unveiled by the Warrant Officer Career College and approved by the Army's Institute of Heraldry in 2008. At that time, a new shoulder sleeve insignia and unit colors were also established. (Photo courtesy of Chief Warrant Officer 3 Michael Motto)lo

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had to overcome the language barrier.

“When I first came (to America), I didn’t speak any English, so all I could really do was wash dishes at a local hotel,” Pauleus said. “But I worked my way up and became a line chef supervisor.

“The biggest misconception is that people don’t have to work hard in America,” Pauleus said. “I thought I’d be rich in the U.S. The political turmoil in Haiti was constant...and it made me want to leave Haiti, despite having a house, a great job, two cars, a motorcycle.”

But he made the leap, and that upward mobility paid off financially and romantically. Pauleus met his wife, Kristy, who worked in the banquet department at the time. Together they put their family under one roof and they have raised a total of 6 children; four girls and two boys.

“She was so patient with me,” Pauleus recalled with a laugh. “She taught me English. I used to carry my French-English dictionary around so I could find a few words to communicate.”

Pauleus joined the Connecticut Army National Guard in May of 2003 as a Motor Transport Operator assigned to the 1048th Medium Truck Company. He served the organization full time in a variety of roles in the supply and logistics fields before deciding to take the plunge and attempt to earn a commission as a Warrant Officer.

In 2005, he became a United States citizen, and he began to forge a promising career.

“Ten years ago, I interviewed for a job as a Property Book Clerk and during the interview, someone asked me where I saw myself in ten years,” Pauleus said. “I told them I want to be a Property Book Officer, and here I am.”

On Nov. 17, 2017, the 43-year old Pauleus was appointed and officially became Warrant Officer One

Pauleus, Property Book Officer assigned to the 143rd Regional Support Group in Middletown, Conn.

For Pauleus, life in America has been very good to him, but he knows he had to work hard for everything he owns.

“People think that all Americans are rich, that you don’t have to work hard, and that money literally grows on trees,” Pauleus said. “I was disappointed when I realized I would have to start all over again. It was a struggle, but I made progress, went back to school and got an Associate’s Degree in Accounting.”

Pauleus also didn’t see a future for his children in Haiti. Now, he beams with pride when talking about all his children – the two boys are Junior and Sophomore in College; one girl who got married in May and is working towards her teaching certification, one girl just graduated from Western Connecticut State University (WESCON), one girl is getting ready to graduate from Western Connecticut State University next year and one following in her father’s footsteps as a Unit Supply Specialist in the Army Reserves.

“We’re looking for her to come to the Guard when her contract is over,” Pauleus said with a smile.



Warrant Officer Roberto Pauleus at work in a Connecticut hotel soon after his arrival to the U.S. in 2001. When he first emigrated from Haiti, he did not speak English and worked in the hotel to provide for his family. Two years later after working his way up and learning English with the help of his now wife, Kristy, he joined the Connecticut Army National Guard. He was appointed as a Warrant Officer in 2017 and is currently the Property Book Officer assigned to the 143rd Regional Support Group in Middletown, Conn. (Photo courtesy of Warrant Officer Roberto Pauleus)

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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](http://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](mailto:robert.j.ragos.mil@mail.mil).



# Maj. Gen. Martin Presents “State of the Guard” to Connecticut Legal Professionals

Spc. DANIELLE FAIPLER  
TRIAL DEFENSE PARALEGAL  
CTARNG

HARTFORD, Conn. – The Connecticut Bar Association’s Veterans and Military Affairs Section conducted their quarterly meeting at the Officer and Enlisted Club at the William A. O’Neill Armory on May 14.

VMAAS invited Maj. Gen. Thaddeus J. Martin, the Adjutant General for the State of Connecticut, as a guest speaker. Maj. Gen. Martin presented, “The State of the Guard,” a presentation designed to inform the audience on the Connecticut National Guard’s force structure, operations and future goals, as well as the importance of engaging with the legal community to navigate the state and federal funding processes.

“Part of what we’re doing here tonight is educating you all on the unique nature of our organization. We need attorneys and the state legal system to understand the Military Department and our National Guard,” Martin said.

According to Maj. Gen. Martin, supporting the Military Department and the facilities it operates are key to meeting the federal and state missions it is assigned. The Military Department must ensure units are organized, Soldiers and Airmen are properly trained and equipped in order to successfully conduct operations aligned with ten competencies of Army and Air National Guard units.

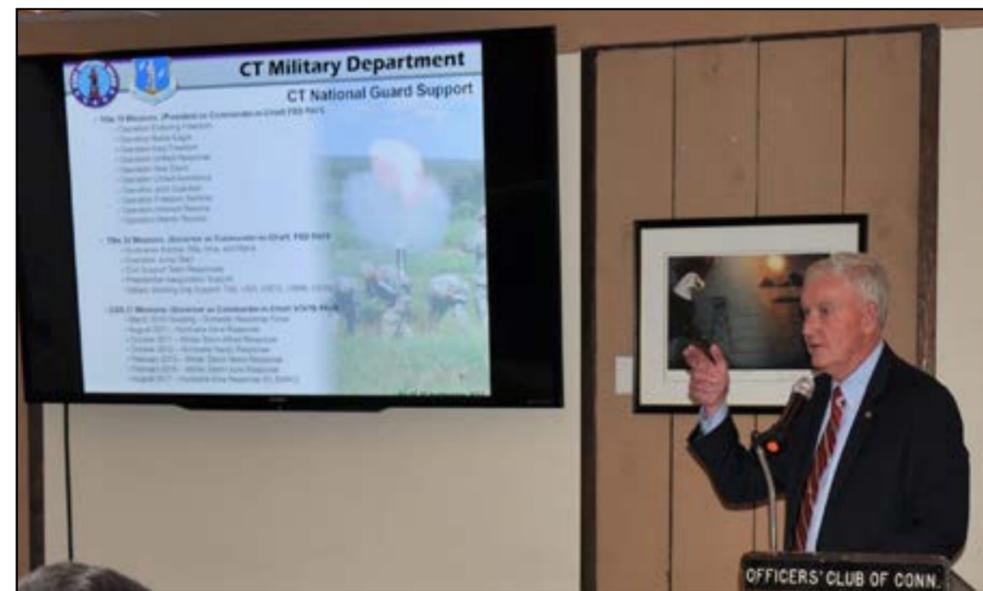
These ten competencies structure recruitment efforts and the allocation of resources to develop a force mix to meet state missions. This force mix includes command and control, CBRNE, maintenance, aviation, engineering, medical, communications, transportation, security and logistics.

“We have been very successful, over a period of time, at doing two things—balancing the force with a limited number of folks, and in making sure our mission sets are balanced and available to respond to any diverse set of assignments,” Martin said.

Despite a modest force of 5,290, which includes Army and Air National Guard elements as well as four State Militia units, the Military Department is capable of conducting a wide variety of operations to accomplish state and federal missions.

To support continued operations, the National Guard is focused on maintaining unit readiness by effectively using the department’s nearly \$300 million budget to recruit, train and equip Soldiers and Airmen.

“Here in the state, our challenges are far greater than the simple standpoint of funding, far greater from the simple standpoint of making sure Soldiers and Airmen are trained in the current operating environment. It’s about getting the resources we need to be successful,” Martin said. He noted, of the department’s total annual budget, \$294.8 million is federally funded and \$5.4 million is funded by the state.



Maj. Gen. Thad Martin presents, “The State of the Guard,” to the Connecticut Bar Association Veterans and Military Affairs Section during their quarterly meeting at the Officer and Enlisted Club at the William A. O’Neill Armory, May 14. The presentation is designed to inform the audience on the Connecticut National Guard’s force structure, operations and future goals, as well as the importance of engaging with the legal community to navigate the state and federal funding processes. (Photo by Spc. Danielle Faipler, Trial Defense Paralegal, Connecticut Army National Guard)

Part of successfully equipping the National Guard includes providing facilities that meet units’ specific needs. Over the past several years, Maj. Gen. Martin has focused on renovating and constructing facilities in line with short-term and long-term goals to give units the necessary tools to perform their missions.

“One of the things we’re proudest of is our facilities. Between the Army and the Air (National Guard) we have accomplished herculean updates to the facilities our folks are stationed in,” Martin said.

In the near future, the department hopes to construct two new Readiness Centers which will enhance the department’s mission to respond to hurricanes, blizzards and other emergencies. In addition, the department hopes to complete construction of a motion-based simulation training building at Camp Niantic, a Range Operation Building at the East Haven Rifle Range, and renovate the Central Issue Facility in Windsor Locks.

Beyond equipping Soldiers and Airmen, proper staffing of is essential to the operations of the Connecticut Military Department and its National Guard. At the conclusion of the event, The Connecticut Army National Guard’s Staff Judge Advocate, Col. Timothy Tomcho, recognized a brand new member of his legal team and others who are in the application process. First Lt. Nick Demeo was selected by the Judge Advocate General Accessions Board for commissioning as a Judge Advocate and subsequently swore in to the Connecticut

Army National Guard on May 17.

Stefany Buckley, a recent graduate from Quinnipiac University School of Law, is currently in the pre-determination application pipeline, and if selected, will become the first female Judge Advocate in the Connecticut Army National Guard; and First Lieutenant Ryan Serfes who will be considered for commissioning as a Judge Advocate during the next Army National Guard accessions board.

Once they accept a commission as a Judge Advocate, the officers must attend and successfully complete the 16-week Judge Advocate Officer Basic Course, which consists of six weeks of basic leadership and soldier skills training at Fort Benning, Ga. and 10 weeks of legal training at The Judge Advocate General’s Legal Center and School in Charlottesville, Va.

“The way we’re able to accomplish (our mission) is recruiting. It is vital for members of the bar to understand how important it is for the Connecticut National Guard and the State of Connecticut to properly recruit into our force,” said Col. Timothy Tomcho, Connecticut Staff Judge Advocate.

Tomcho further emphasized that using community outreach events to develop a rapport with the public as well as utilizing public relations strategies to advertise the benefits of service in the National Guard are key to recruiting individuals into the force to increase its strength.

# AROUND OUR GUARD

## A Glimpse at Connecticut Guardsmen and Events



The 102nd Army Band Brass Quintet performs at the launch of the Hartford Line at a ceremony attended by Gov. Dannel P. Malloy and Connecticut Department of Transportation leadership at Union Station in Hartford, Conn., June 15. The Hartford Line is a new regional passenger rail service that expands service between New Haven, Hartford and Springfield. (Photo by Allison L. Joanis, State Public Affairs Office)



A Connecticut Army National Guard Color Guard posts the colors at the 11th annual Wall of Honor Ceremony at the State Capitol, Hartford, Conn., May 24. Lt. Gov. Nancy Wyman, began the ceremony in 2007 to pay tribute to the 65 Connecticut Troops killed in Iraq and Afghanistan since 2001. (Photo by Allison L. Joanis, State Public Affairs Office)



A young parade-goer watches as Guardsmen assigned to Joint Force Headquarters – Connecticut Army National Guard march by during the Wethersfield Memorial Day Parade, May 26, 2018. The Wethersfield parade was one of more than 50 events the Connecticut National Guard supported over the holiday weekend (Photo by Staff Sgt. Benjamin Simon, JFHQ Public Affairs)



The Connecticut Army National Guard celebrated the 243rd Army Birthday on two continents, June 14. Cake cutting ceremonies took place in Eastern Europe with members of the 143rd Combat Sustainment Support Battalion, right, and at the William A. O'Neill Armory in Hartford, Conn., left, with members of Joint Force Headquarters. In keeping with the time-honored tradition, the oldest and youngest Soldiers available cut the cake in celebration of the Army's Birthday. (Left Photo by Allison Joanis, State Public Affairs Office, Right Photo by Sgt. Danielle Leach, 143rd CSSB UPAR)



Above: Staff Sgt. Brian McGugan, Aircraft Mechanic and Blackhawk Crew Chief assigned to the CTARNG's 1109th Theater Aviation Sustainment Maintenance Group, leads a safety briefing prior to an orientation flight of southeastern Connecticut's military facilities for board members of the Connecticut Broadcasters Association. The flight was part of a program to familiarize community leaders on the mission and capabilities of the Connecticut National Guard (Photo by Maj. Mike Petersen, State Public Affairs Officer)  
Top Left: A young Command Sgt. Major John Carragher, left, is enlisted into the Connecticut National Guard by his father, Brig. Gen. (Ret.) John "Jack" Carragher at the Headquarters of the 43rd Infantry Brigade in Hartford, Conn., Feb. 3, 1982. (Photo courtesy of Command Sgt. Maj. John Carragher, Command Sergeant Major, Connecticut Army National Guard)

Bottom Left: Command Sgt. Maj. John Carragher, left, is administered the oath of enlistment by Maj. Gen. Thad Martin, Adjutant General of the Connecticut National Guard at the William A. O'Neill Armory, Hartford, Conn., May 31. Sgt. Maj. Carragher has served in the Connecticut Army National Guard for 36 years and has been the State Command Sergeant Major for the Connecticut Army National Guard since 2012. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

# Health & Fitness

## Earn Your Spot on the Connecticut National Guard Marathon Team

**STAFF SGT. SILAS HOLDEN**  
1109TH TASMG  
MASTER FITNESS TRAINER

Are you looking for new ways to challenge yourself physically and mentally? Are you a PT stud looking for a new challenge? You should consider running for the Connecticut National Guard Marathon Team at the National Guard Marathon trials at the Lincoln Marathon in Lincoln, Nebraska.

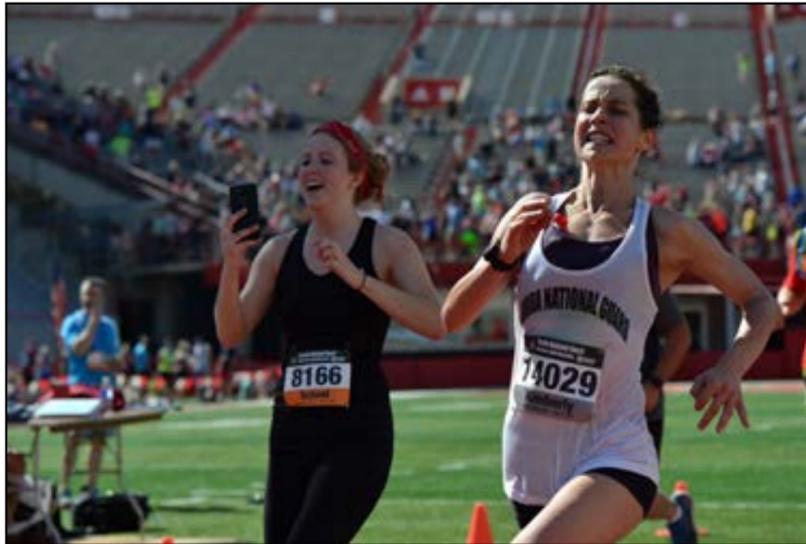
For over the past 30 years, runners from all states and territories have traveled to Nebraska the first Saturday of May to attempt to make the elite, "All Guard Marathon Team." Each state or territory is allowed to send a minimum of three runners to compete for a place on the team. The top 50 male and top 15 female runners, as well as 3 runners over the age of 50, comprise the All-Guard Marathon Team that will run marathons and half marathons over the course of the year as a way to enhance recruitment efforts and provide notoriety for National Guard members.

In order to be selected to compete in the time trials in Lincoln, you must have a qualifying marathon time within 18 months of the competition. Male runners under 40 must have a time of less than 4 hours. Male runners over the age of 40 must have a time of under 4:15. Female runners of all ages must have a time of under 4:30

Let's break this down to what is needed for a

26.2 mile pace. For males under 40 the average pace per mile equates to 9:16. For males over 40 the average pace per mile equates to 9:37. And for female runners the average pace per mile equates to 10:20. These pace times may seem high when thinking about your average Army Physical Fitness Test time, but to sustain it over 26.2 miles becomes a challenge to achieve new personal goals.

This year, the Connecticut



*Capt. Kimberly Quinn, right, an operations officer with the Camp Blanding Joint Training Center, Florida National Guard, finished as the fourth woman overall at the 2018 Lincoln Marathon, May 6. Her standing and finish time of 3:11, qualified her for a spot on the "All Guard Marathon Team." Each year, the Lincoln Marathon hosts the National Guard Marathon Trials where Army and Air Guard members representing each state and territory compete for positions on the National Guard Marathon team. (Photo by Airman 1st Class Jamie Titus, 155th Air Refueling Wing, Nebraska Air National Guard)*

National Guard only had two runners register for the event. While each state is allotted a minimum of three runners, many states had up to five runners because states like Connecticut did not fill their allotment.

Running a marathon requires dedication to training. Training properly for a marathon takes 12-16 weeks depending on one's current running conditioning. There are numerous training programs designed by professional runners and coaches which can be found online. As with all fitness related endeavors nutrition for running a marathon is equally important as the running itself. Runners trying to achieve a qualifying time for next year's race should be looking to run a marathon this fall.

Registration for the May marathon begins in January. In addition to covering race registration fees, Soldiers selected to run in the time trials are also paid on orders and provided per diem for the trip. It's almost like being a professional athlete.

For more information about the Connecticut National Guard Marathon Team, please contact the State Marathon Coordinator, Staff Sgt. Nathan Witcraft via email: [nathan.r.witcraft.mil@mail.mil](mailto:nathan.r.witcraft.mil@mail.mil) or via phone 860-405-2476.

*Staff Sgt. Holden is a certified Master Fitness Trainer and a certified National Strength and Conditioning Association; Tactical Strength and Conditioning- Facilitator. He is 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](mailto:silas.k.holden.mil@mail.mil).*



*The starting line at the Lincoln Marathon in Lincoln, Neb. The marathon is host to the National Guard Marathon Trials where Army and Air Guard members representing each state and territory compete for positions on the National Guard Marathon team. (Photo courtesy of the Arizona National Guard, Defense Visual Information Distribution Services)*

## 102nd Army Band 2018 Summer Concert Tour



Date	Location	Time	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**

# Connecticut Army Guard Deploys MEDEVAC Unit to Southwest Asia

Spc. Kaitlyn Q. Wallace  
130th Public Affairs Detachment  
Connecticut Army National Guard

WINDSOR LOCKS, Conn. – About 30 Soldiers assigned to Detachment 2, Charlie Company, 3rd Battalion, 126th Aviation Regiment, Connecticut's only medical evacuation unit, departed from the Windsor Locks Readiness Center for their deployment to southwest Asia, June 14, 2018.

The unit's mission is to provide aeromedical evacuation, en-route critical care, and medical support while transporting patients.

"This is the unit's first deployment as well as my first deployment," said 1st Lt. Andrew Severson, an aeromedical evacuation officer assigned to the unit. "For

our unit, this will be the first opportunity we have to go and do our jobs for real, so all of us are excited for it."

The MEDEVAC unit has only existed since September 2016, when it was created as a part of the Connecticut National Guard's continuing readiness evolution.

"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," said Maj. Gen. Thaddeus J. Martin, adjutant general and commander of the Connecticut National Guard, in a statement prior to the unit's send-off ceremony in May.

The unit operates HH-60M Blackhawks specifically outfitted for MEDEVAC missions, and will continue to do so while on active federal service.

"It's like treating a patient in a hospital, but in the back of a helicopter," Staff Sgt. John Harrington said.

Medevac units strive to treat patients within the "golden hour", which significantly increases a patient's chance of survival.

Before heading overseas, the unit will continue training their in Texas, where they will receive training specific to their deployment environment, as well as reinforcement of medical knowledge, said Harrington.

The unit's departure fell on the U.S. Army's 243rd birthday, making June 14th a historic day for the Connecticut National Guard, as well as the Army.



Lieutenant Governor Nancy Wyman bids the Connecticut National Guard's only MEDEVAC unit farewell as they prepare to leave for their unit's first deployment at the Windsor Locks Readiness Center in Windsor Locks, June 14. The unit will provide support to military operations in Southwest Asia. (Photo by Spc. Kaitlyn Q. Wallace, 130th Public Affairs Detachment, Connecticut Army National Guard)



Families look on as the MEDEVAC unit prepares to take off on their deployment to Southwest Asia, June 14, at the Windsor Locks Readiness Center in Windsor Locks. The unit will be responsible for providing aeromedical evacuation and medical support while transporting patients. (Photo by Spc. Kaitlyn Q. Wallace, 130th Public Affairs Detachment, Connecticut Army National Guard)



A Soldier with the MEDEVAC unit says goodbye to his son before leaving on deployment to Southwest Asia, June 14, at the Windsor Locks Readiness Center in Windsor Locks. This is the unit's first-ever overseas mission. (Photo by Spc. Kaitlyn Q. Wallace, 130th Public Affairs Detachment, Connecticut Army National Guard)

# New Home for the Civil Support Team Officially Opened

Spc. Justin Stannard  
130th Public Affairs Detachment  
Connecticut Army National Guard

WINDSOR LOCKS, Conn. – A ribbon cutting ceremony was held to officially open the 14th Civil Support Team's new readiness facility at Camp Hartell, June 12, 2018. The building will support the training and preparedness of the Connecticut National Guard's 14th Civil Support Team.

"The revitalization of Camp Hartell continues with the official opening of the CST's Readiness Building," Maj. Gen. Thaddeus J. Martin, Adjutant General and Commander of the Connecticut National Guard, said. "Now, this highly qualified group of Soldiers and Airmen has a custom facility to call their own as they continue serving the community at large with their unique skill set."

The 14th CST is a 22-member unit consisting of both Connecticut Air and Army Guardsmen dedicated to providing support to civilian authorities when chemical, biological, radiological, nuclear, or high explosive threats may exist.

"To see all of our wants and desires being worked into this building, it's a big deal for us," Maj. Matthew Silver, Commander of the 14th Civil Support Team, said. "It's exciting."

The new, state-of-the-art Readiness Building consists of 23,700 square feet of office, administrative, supply areas, classrooms, conference rooms, tool rooms, and storage. There are four ready bays. Also, there is a medical exam room and special storage for any special equipment. This new building has many infrastructure

improvements including; site work, roadway, parking, utility, and drainage.

"The completion of this project shows yet again, the state and federal governments' commitment to recapitalizing their investment in the Connecticut National Guard," Martin said. "Connecticut's action on several levels, to include providing \$500,000 in state bond funds, created this opportunity to secure nearly \$11 million in federal funding to construct this new 24,000 square-foot facility."

"Moving into a brand new, state-of-the-art building that's specifically designed for our team, functions, needs, and requirements," Silver said. "This is a big day for us



Maj. Gen. Thaddeus J. Martin, Adjutant General and Commander of the Connecticut National Guard, cuts the ribbon with Gov. Dannel P. Malloy, Lt. Gov. Nancy Wyman, Brig. Gen. Fran Evon, Assistant Adjutant General of the Connecticut National Guard, Maj. Matthew Silver, Commander of the 14th CST and representatives of various construction firms associated with the project, at the official opening of the 14th Civil Support Team's new readiness facility at Camp Hartell, June 12. The opening of the custom facility marks the second ribbon cutting at Camp Hartell in less than three years and continues the revitalization of the installation. (Photo by Spc. Justin Stannard, 130th Public Affairs Detachment, Connecticut Army National Guard)

because that's exactly how this building was formed, we were involved throughout all the design phases of this building and we were consulted throughout the entire process."

"With eight different vehicles being stored in the new bays, there is even space for the chemical, biological, radiological, and nuclear response equipment."

"Everything moving into this building makes our productivity and our efficiency skyrocket," Silver said. "As a result, it enhances our readiness. At the end of the day, our ability to quickly and efficiently get out of the door and respond to an incident is most important and that is what this building is going to allow us to do."

During recent training in Alaska for the Arctic Eagle 2018 exercise, the CST prepared for locating and identifying simulated chemical and radiological hazards. The new building will allow for more effective and efficient training exercises, similar to the Arctic Eagle exercise, and will prepare the unit if there are any actual disasters in the state.

"This building is specifically built to properly house our equipment and maintain our equipment," Silver said. "That in itself is what's going to help us get out the door sooner."

"With each project completion, we move closer to fulfilling our responsibility to provide Connecticut's National Guard with the best possible training, equipment, and facilities necessary to ensure mission accomplishment," Martin said. "To accept anything less does a huge disservice to our members, their families, and the citizens of our great state."



The revitalization of Camp Hartell continued with the official opening of the 14th Civil Support Team's new readiness facility, June 12. The \$10.1 million facility provides the unit with dedicated office and administration areas, communication rooms and space to house equipment and vehicles. (Photo by Spc. Justin Stannard, 130th Public Affairs Detachment, Connecticut Army National Guard)

This is the second ribbon cutting at Camp Hartell in less than three years. With plans for a ribbon cutting later this year and a ground breaking scheduled in early 2019, the Connecticut National Guard continues to provide its units and service members with top-notch facilities to conduct vital, life-saving training.

**CONNECTICUT'S BBB MILITARY LINE®  
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**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](http://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.



29 Berlin Road, Cromwell, CT 06416 • 860.740.4500 x 123 • [events@ct.bbb.org](mailto:events@ct.bbb.org) • [bbb.org/ct](http://bbb.org/ct)

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**Enlisted Update**

**A Joint Message from CTNG's Senior Enlisted Leaders**

Hello Connecticut! It is great to be able to write to you again.

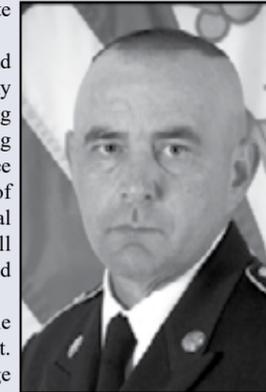
This is traditionally our busiest time of year and 2018 is no exception. The majority of our Army units have either just completed Annual Training or are about to complete it. I am currently looking forward to visiting your training locations to see firsthand the great things you are doing. All of our units have challenging agendas for Annual Training and we have no doubt that you will continue the excellence you have demonstrated leading up to Annual Training.

You may have noticed that this month's article looks a little different than most. Chief Master Sgt. Gasiorek and I wanted to write a joint message to the Command due to the significance of the subject. Although this message is relatively short, the content should not be underestimated.

A few short days after the publication of this edition of the Guardian, The Connecticut National Guard will conduct a Change of Command Ceremony for our Adjutant General.

Change of Command ceremonies are common across the services. Commanders usually consider themselves lucky to command for 2-3 years at each echelon. Some commanders are lucky and get a little extra time in a command or a second command. If you ask any officer what the best part of being an officer is, the answer is almost universally, "When I was a commander." The rest of the time is simply, "The time in between the time I was a commander."

The Connecticut National Guard has not conducted a Change of Command since May of 2005. Think



**COMMAND SGT. MAJ.  
JOHN S. CARRAGHER**



**COMMAND CHIEF MASTER SGT.  
JOHN M. GASIOREK**

about that date for a moment. An Airman or Soldier that enlisted in May of 2005 has reenlisted twice and has retirement in sight.

Several of our units have mobilized and returned more than once. Many of our people have deployed numerous times. We have vastly improved the facilities our people live, work, and train in.

Our 103d Airlift Wing has been completely transformed twice. In all measurable areas, each Airman, Soldier, Family member, and civilian employee is better prepared today to execute our dual mission to State and Nation.

There is an old saying that says the only things that get done are the things the boss checks. Obviously, the vast range of accomplishments listed above can

be attributed to the hard work of many people. The vision to make it happen, however, belongs to one person: Maj. Gen. Thad Martin.

Maj. Gen. Martin is retiring after over 38 years of faithful and dedicated service to the United States, including over 13 years as the Adjutant General. When you consider that most officers are happy to command for four years, that is an incredible accomplishment.

It has been our pleasure to work for Maj. Gen. Martin over the years. The majority of Airmen and Soldiers in any organization never have the opportunity to work directly for or with very senior leaders. It is easy to think that senior leaders are disconnected from junior service members, that they have no real understanding of the challenges faced by people at levels far below them.

We can assure you that is not the case with Maj. Gen. Martin. Although by definition he operates at the strategic level, we can tell you from firsthand experience the impact of his decisions on people, and the ability for people to accomplish the mission, is foremost on his mind.

On behalf of the entire Connecticut enlisted force, we thank Maj. Gen. Martin, his wife Kerry, and the entire Martin family for their tireless, unwavering dedication to service over these many years. Yours is a legacy that will not be forgotten. The Connecticut National Guard is substantially better, the State of Connecticut is more prepared, and America is safer because of your service. You will be missed. Thank you!

~CSM Carragher and CMSgt Gasiorek



**Command Sgt. Maj. Carragher is on Facebook!**

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

**Follow him @CTCommandSgtMaj**

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

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Qualified candidates may email resumes/CVs to:  
Senior Master Sgt. Aaron Hann [aaron.f.hann.mil@gmail.com](mailto:aaron.f.hann.mil@gmail.com) (860) 292-2331  
Master Sgt. Christopher Grizzle [christopher.h.grizzle.mil@gmail.com](mailto:christopher.h.grizzle.mil@gmail.com) (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**



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Leads are subject to verification of enlistment. IAW state lead tracker SOP  
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\*Must be eligible to receive AAM or ARCOM. One award per person given at the end of the fiscal year based on number of enlistments.



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## 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](mailto:eric.s.roy.mil@mail.mil)  
 Chief Warrant Officer 3 Michael Mottolo  
[michael.v.motollo.mil@mail.mil](mailto:michael.v.motollo.mil@mail.mil)

## Inside OCS

# Class 63 Attends Regional FTX in Preparation for Final OCS Phase

OFFICER CANDIDATE JASON JOSEPH  
 OCS CLASS 63, 1-169 REGT (RTI)

Class 63 arrived early on Thursday morning to do a quick packing list showdown of the gear needed for the four-day drill in New Hampshire. Following the showdown, candidates did a five-mile practice run which is a graduation requirement. All candidates completed the run within 47.5 minutes, putting everyone in position to meet the time requirement to graduate in August.

Candidates then packed and transported required equipment and personnel onto two Blackhawk helicopters which flew them to New Hampshire for a Field Leadership Exercise.

In New Hampshire, candidates completed check-in with cadre and were mixed into new squads and platoons with candidates from other states. This was the first time that candidates from all of Region 1 were together since July of 2017. Candidates were excited to see who remained in the program and had the opportunity to discuss and share their experiences from the past year of training.

Candidates participating were from New Hampshire, New York, Massachusetts, Rhode Island, Vermont, Maine and Connecticut. After the remaining candidates from the other states arrived, the company received their operations order which set the stage for the weekend's

training. For the rest of the weekend they would receive fragmentation orders for the squad level training lanes.

Candidates received a company brief, then platoon leadership began mission planning for the night's patrol base. All candidates rucked out to their respective patrol bases and spent the night in the field pulling security and adjusting sectors of fire while conducting patrol base operations. The following morning squad lanes began. Each candidate was evaluated as a squad leader in charge of running various missions. The drills included, knock out a bunker, enter and clear a building, conduct a squad ambush, and react to contact.

Each candidate was evaluated on troop leading procedures and their completion of the drills, as well as their control of their squad.

For the next two days candidates completed lanes in rotations of three-hour intervals. Most Connecticut candidates in a leadership role received a "go" on their respective evaluations. Those who did not receive a "go" were explained their deficiencies and given feedback on how to improve.

A lane which candidates seemed to enjoy the most was entering and clearing a building. The candidates had to cross a linear danger area and conduct a stealthy approach to the building without alerting the enemy role players who were waiting inside. At the entrance of the building candidates had to breach the door and clear the building of all combatants. Once complete, candidates needed to perform searches of enemies as well as render first aid as necessary. On other lanes, the use of artillery simulators, smoke grenades and dummy hand grenades added realistic elements that made the training closer to real world combat. This realistic and challenging training gives each candidate great momentum heading into the final OCS phase, Phase III in July. How we learned from the experience will help us to make or break our chances of commissioning as Second Lieutenants in the United States Army.



Connecticut Army National Guard Officer Candidate Class 63 following a Regional Field Training Exercise in New Hampshire in May. Connecticut candidates participated in the exercise alongside officer candidates from New Hampshire, Maine, Massachusetts, New York, Maine, Rhode Island and Vermont. (Photo courtesy of 1-169th Leadership Regiment (RTI), Connecticut Army National Guard)



Officer Candidate Kayla Fortin, OCS Class 63, 1-169th Regt. (RTI), CTARNG, on a lane at a Regional Field Training Exercise in New Hampshire in May. Connecticut candidates participated in the exercise alongside officer candidates from New Hampshire, Maine, Massachusetts, New York, Maine, Rhode Island and Vermont. (Photo courtesy of 1-169th Leadership Regiment (RTI), CTARNG)



Army National Guard Officer Candidates receive their operation order on situational training exercise lane at a Regional Field Training Exercise in New Hampshire in May. Connecticut candidates participated in the exercise alongside officer candidates from New Hampshire, Maine, Massachusetts, New York, Maine, Rhode Island and Vermont. (Photo courtesy of 1-169th Leadership Regiment (RTI), Connecticut Army National Guard)

# R3SP - Resilience, Risk Reduction & Suicide Prevention



**Resilience:**  
**"Skill of the Month"**

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



**DID YOU KNOW?**  
The U.S. Army Comprehensive Soldier and Family Fitness Program (CSF2) hosts #HuntTheGoodStuffThursday on Twitter and Facebook. @USArmyR2 Join in and post your good stuff!

Use this skill to increase the positivity in your life, to help refocus your mind, and to identify your strengths.

What are the things in your life that bring you happiness, help you stay positive, and bring a sense of accomplishment?

During times of stress it is important to use this skill to help reframe your thoughts and focus on the positive.

Want more information on the Army's Resilience Program or the Resilience Skills? Talk to your MRT or contact SGM Sypher, State Resilience Coordinator.

## Responding to Self-Harm

MEAGAN MACGREGOR  
ALCOHOL & DRUG CONTROL OFFICER



Self-harm is defined by the National Institute on Mental Health as injuring yourself on purpose. Self-harm or self-injurious behavior is believed to stem from emotional distress that the person is unable to cope with in a safe way. It is important to remember that self-harm is a very individual act.

This means that the specific emotions the person may be feeling or their particular reason for engaging in self-harm will vary and there is not one specific cause or reason for this behavior.

Although self-harm is very similar to suicide in the individualization of the act it is important to remember that self-harm is not the same as a suicide attempt, but rather a warning sign of suicide risk.

Self-harm can become a dangerous pattern and potentially a habit if there is no intervention. It is important to take all expressions of emotional pain seriously and encourage the person to seek treatment for the underlying issues.

The ACE method, (Ask, Care, Escort) can be utilized for addressing issues of emotional distress including self-harm. Self-harm should be addressed with the same empathy and respect that you would address a suicide behavior with. A person engaging in self-harm may feel guilty or ashamed of their behavior so patience and persistence is key in engaging with the person and offering resources and support.

If a Soldier is engaging in self-harm there are resources available to address the underlying issues. Soldiers, or their family members, can contact R3SP at 860-524-4962 or the Behavioral Health Careline at 855-800-0120 to discuss services and supports available to address self-harm.

**Resilience Resources:**

**Outward Bound**  
[www.outwardbound.org/veterans](http://www.outwardbound.org/veterans)

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

**Military OneSource**  
[www.militaryonesource.mil](http://www.militaryonesource.mil)



# R3SP - Resilience, Risk Reduction & Suicide Prevention

## Familiarize Yourself with the Military Drug Policy

SGT. VICTOR MARTINEZ  
CTARNG DRUG TESTING COORDINATOR

Most Soldiers are familiar with the Army policy on drugs like cocaine, marijuana, and heroin. But did you know there are multiple other drugs the Army tests for? Here's some helpful information about other drugs you may be tested for.

**CBD Oils:**

There are a lot of misconceptions when it comes to Cannabinoids, or CBD. It isn't actually THC (the part of cannabis that gets you high) and it's not psychoactive. It is, however, found in hemp products and marijuana. Per Army Regulation CBD Oil is still deemed illegal along with the use of hemp and marijuana products.

**Codeine:**

Codeine, a type of opiate, is present in several types of prescribed cough and pain medications. It is important to know what you are putting in your body and

ensure that you have a valid prescription. If you have a cough and your friend is offering you cough medicine be sure to check the bottle label. Over the counter cough medicines do not contain codeine and are acceptable for use in the Army, however cough medicine with codeine is only acceptable with a valid prescription from your doctor.

**K2:**

K2, or Spice, is a synthetic marijuana that is illegal for use by Army personnel. It is linked to seizures and death with a high toxicity level. K2 is now on the list of drugs tested during the monthly random drug screenings.

**Molly:**

Molly, or MDMA, is a synthetic drug that alters mood and perception. It can be found in pill, powder, or liquid form and is extremely popular at nightclubs and raves. It is illegal for use by Army personnel and is tested for during random drug screenings

### 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



## The Effects of Binge Drinking

MEAGAN MACGREGOR  
ALCOHOL & DRUG CONTROL OFFICER

Binge drinking is defined by the National Institute on Alcohol Abuse and Alcoholism as "a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08 g/dL."

In essence it's drinking to get drunk in a short span of time. The Center for Disease Control states that binge drinking is the, "most common, costly, and deadly pattern of excessive alcohol use in the United States."

Binge drinking is not necessarily indicative of alcohol dependence. In fact according to the CDC most people who report binge drinking are not alcohol dependent.

Binge drinking tends to be most common amongst younger adults and adolescents typically between ages 18-34 according to most studies. The majority of underage drinkers report binge drinking habits.

The prevalence of binge drinking behaviors in underage individuals has led the Substance Abuse and Mental Health Services Administration to label it as a, "considerable public health issue." The Institute of Medicine found in its 2012 study of the military that 47% of service members reported binge drinking.

Binge drinking is often overlooked as a serious problem because it is not always linked to alcohol dependence.

Those who binge drink do not feel the physical or psychological need to drink and their daily functions are not impaired by lack of alcohol. This often means that their need for resources and support

to address the problem behavior goes unnoticed and unaddressed.

Knowing that binge drinking is prevalent in the military, specifically with our younger Soldiers (ages 18-34), it is important to understand the damage that binge drinking does. Binge drinking puts an excessive strain on the body by requiring it to metabolize and process high amounts of alcohol introduced into the body over a short period of time. The effects of binge drinking on the body include:

- Gastritis
- Heart Disease
- Pancreatitis
- Liver Disease
- Depression
- Seizures
- Irritable Bowel Syndrome
- Anemia
- Stroke

Binge Drinking is also associate with significant risks including:

- Car Accidents
- Falls
- Reckless/Impulsive Behavior
- Suicidal Thoughts
- Memory Loss/Impairment

Binge drinking is serious issue that can lead to Soldiers becoming ineffective, apathetic, and unable to perform their duties. It is important that Soldiers be aware of their alcohol consumption and adhere to safe use guidelines to prevent unwanted outcomes. If you or one of your Soldiers is binge drinking and need help to safely abstain from alcohol you can self-refer to ASAP to receive treatment.

# Off the Bookshelf

with Staff Sgt. Simon

## Connecticut's Black Soldiers, 1775-1783

STAFF SGT. BENJAMIN SIMON  
JFHQ PUBLIC AFFAIRS, CTARNG

On Sept. 6, 1781, Brig. Gen. Benedict Arnold led two battalions of British forces up the Thames River to raid New London, Connecticut. Much of New London burned in the ensuing raid, but the attacking British forces experienced heavy casualties in their ultimately successful attack of neighboring Fort Griswold.

During the battle, British Maj. William Montgomery was stabbed and killed with a pike yielded by an African American slave named Jordan Freeman. Freeman was owned by Col. William Ledyard, who commanded the militia forces.

A plaque at Fort Griswold commemorates this moment of the battle. Freeman was one of hundreds of free and enslaved Connecticut African Americans who fought in the Revolutionary War. According to author David O. White in, "Connecticut's Black Soldiers," the service of Connecticut African American Soldiers and militiamen during the war helped fill the ranks of the Continental Army and militias during the fledgling force's monumental effort to establish American independence from Great Britain.

Although the accomplishments of African American service members is widely recognized throughout the course of America's military history, the slave owning history of New England is often forgotten. In 1774, one in four Connecticut households contained slaves. Stonington, and New London, Connecticut like Newport, Rhode Island and Boston were busy ports where slaves were regularly delivered for auction. Connecticut officially abolished slavery in 1848.

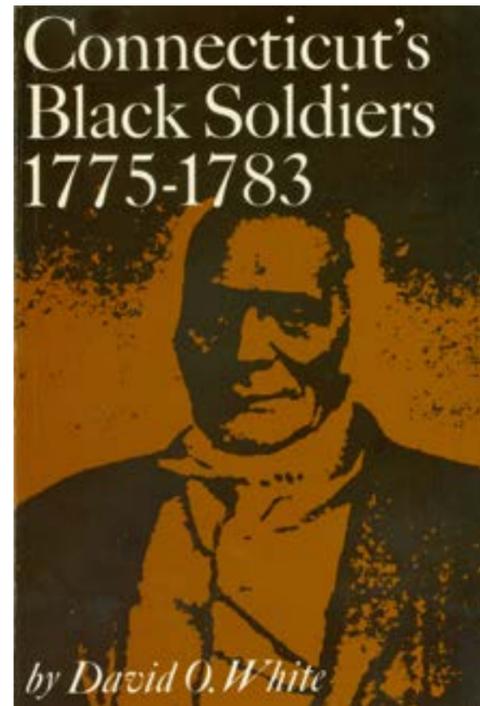
In "Connecticut's Black Soldiers," White states that many Connecticut slaves chose military service to potentially earn their freedom, and numerous joined without the permission of their owners. Some chose to join British forces, due to the more promising assurance of their freedom at the war's end. White's book, published in 1973, is layered with fascinating anecdotes.

A slave named Ned was instrumental in helping Connecticut militiamen repel British forces from Danbury in the Battle of Ridgefield in 1777. According to White, the defenders of Danbury inflicted over 200 casualties on the British as they retreated. Ned died in the battle, and his owner, Redding resident, Samuel Smith, caustically requested compensation for him from the Connecticut General Assembly.

One of Connecticut's folk heroes, Joseph Wadsworth, who according to legend, was responsible for hiding the Connecticut Charter from the British, freed his slave named Thomas Sackett, when Sackett enlisted into the Continental Army.

Connecticut native, Gen. Israel Putnam's slaves accompanied him through his military campaigns and joined more than 100 other African American Soldiers and militiamen, including Prince Hall and Salem Poor, in the Battle of Bunker Hill in 1775.

White emphasizes that many Connecticut war veteran slaves were forced to petition for their freedom and pensions at the war's end. A slave named Caesar from Hebron, Connecticut, owned by a loyalist family, required the help of the Connecticut General Assembly to approve his freedom when his owner fled to England at the end of the war.



Samuel Bush, a war veteran and former slave from Stonington, Connecticut, had an easier time securing his pension than others. Gen. George Washington personally signed his military discharge papers.

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860.595.9962

# Military History

## Tryon's Raid

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

In the summer of 1779, Gen. William Tryon, a senior officer in the British Army, renewed his attacks along the Connecticut coastline. With only sporadic action in the North, the British had turned their attention primarily to the South. There was very little military pretense to these attacks along the colony's southern shore.

With the exception of some militia units, there were no troop concentrations in Connecticut. Gen. Israel Putnam's Division had left their encampment in Redding a few months earlier in May. There were no large supply depots to be destroyed as there had been in Danbury two years earlier. The raids by the British were simply for plunder and punishment. Tryon had even hoped to win the loyalty of the people of Connecticut by showing them that Gen. Washington could not protect them from British attacks. He hoped that the population of Connecticut would become disillusioned with the rebellion and realign itself with the crown.

On July 5, 1779, British forces attacked New Haven, Connecticut. At the time, New Haven was the sixth largest city in the new nation with a population of more than 8,000. One division of 1,500 men led by Gen.

George Garth landed near Old Field Shore (now Savin Rock) in West Haven.

Campbell Avenue in West Haven is named for a British Officer, William Campbell who showed mercy to area residents during the attack by coming between them and Hessian soldiers. He was later killed in the fighting.

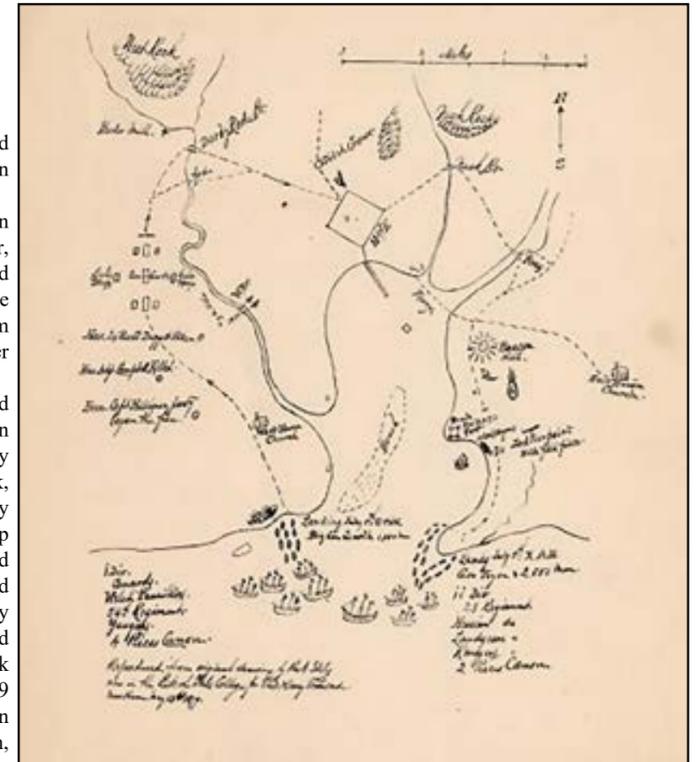
A second enemy division landed at South End and Morris Neck in what is now East Haven. As they approached the fort at Black Rock, which is now Fort Hale Park, they met opposition from a small group of patriots. The British marched inland and entered the town around 1:00 p.m. near the present-day intersection of Goffe, Whalley and Dixwell Avenues. The New York Journal reported on July 19, 1779 that the enemy, "entered the town in the most malignant disposition, enraged by a number much inferior to their own."

The enemy then consolidated their two elements on the New Haven Green. During a meeting between Generals Tryon and Garth and Adm. Sir George Collier, it was decided not to burn the town of New Haven. Col. Edward Fanning, who was Tryon's son-in-law and a 1757 Yale graduate, was reportedly instrumental in saving the college from the flames.

This raid resulted in just over \$14,000 worth of damage to New Haven. The library at Yale College was plundered of many books. Days later, ships in Long Island Sound sailed through many of the library's plundered papers floating on the water, obviously thrown overboard by the British. Fortunately, three quarters of the library's holdings had been moved to safety in the towns of Northford, Durham and Westbury (Waterbury) just a month before the raid.

Tryon continued his attacks against the patriots of Connecticut by raiding the small agricultural town of Fairfield two days later. The town consisted of about 150 homes, most of them on the Post Road. The New London Gazette on August 4, 1779 described the scene this way: "The British fleet with the same crew of abandoned, bloody miscreants who left New Haven yesterday, arrived at Fairfield this afternoon and continued their plundering and destruction."

This assault by the British burned 85 homes, 54 barns, 47 storehouses, two schools, two churches and



Hand-drawn map by Ezra Stiles showing the British movements at New Haven, Conn. (ConnecticutHistory.org)

the courthouse. Tryon personally refused an appeal made by Mrs. Thaddeus Burr to save the Burr mansion. Tryon made the excuse that Fairfield, "was burnt to resent the fire of the rebels from their homes and mask our retreat."

The winter of 1779-1780 was the harshest since 1740. Many of the residents of Fairfield who lost their homes had to spend that winter in makeshift shelters.

With Fairfield still smoldering, Tryon's troops returned to Connecticut and came ashore just a few miles away at Norwalk on July 11, 1779 to give the people there a, "taste of British clemency." Norwalk was a choice target because of the many privateers that sailed from the town on their way to attack British and Loyalist ships on the Sound. Tryon landed his first division at about 9:00 p.m. near, "the Cowpasture," on the east side of the harbor about two miles from the center of Norwalk. His men came up through South Norwalk, which at this time was called "Old Well." A spring located here was a prime source of fresh water for area ships. In this quiet harbor town, they put 130 homes, 100 barns, 40 shops, two churches and five ships to the torch.

The British attack on the Connecticut coast during the first two weeks in July 1779 was a dismal failure, both strategically and militarily. Sir Henry Clinton had hoped to draw Gen. Washington out of the Highlands so that he could engage him in Connecticut or near New York City. Washington did not take the bait.



British General William Tryon. (https://en.wikipedia.org)

# CTARNG TY18 Training Circulars

Course	Course #	Action Officer	Start Date	End Date
Technical Transportation of Hazardous Material (HAZMAT) 80 Hour Course	350-17-48	Sgt. Maj. Jeffery Colvin	16-Jul-18	27-Jul-18
The Adjutant General's Marksmanship Competition	350-17-25	Sgt. 1st Class Jonathan Cuebas-Marrero	3-Aug-18	5-Aug-18
Army National Guard Substance Abuse Program Unit Prevention Leader (UPL) Course	350-17-12	Sgt. Christopher Wichrowski	14-Aug-18	15-Aug-18
High Mobility Multipurpose Wheeled Vehicle (HMMVV) 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	Warrant Officer Jaquelin Birge	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

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:

• **Technical Transportation of Hazardous Material (HAZMAT) 80 Hour Course:** This training opportunity provides CTARNG personnel the ability to certify HAZMAT for shipping. Target audience is the following personnel; USPFO-TRANS, G4-TRANS, S4s at all levels, unit personnel who's certification has recently lapsed, unit personnel currently certified needing recertification within the next 9 months, and unit personnel from units without HAZMAT certifiers identified to attend. 16 – 27 July 2018. 20 Soldiers Max, See your unit training NCO for current availability.

• **Company Level Pre-Command and First Sergeant's Course:** The objective of the Pre-Command and First Sergeant's Course is to provide current and future Company Commanders and First Sergeants with basic information to successfully perform company/detachment command. This course is required for selection of future Company Commanders and for First Sergeants currently with less than one year of time in current position or E-8s projected for future assignment to a First Sergeant position. 14-16 September 2018. 25 Soldiers Max, See your unit training NCO for current availability.

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 courteous of fellow Soldiers and only schedule an appointment once your uniform is 100% to standard
  - Incomplete or inaccurate uniforms DO NOT justify a re-shoot. Your uniform must be complete and accurate before scheduling your appointment.
- 4** SCHEDULE AN APPOINTMENT IN VIOS
  - Write down your appointment time & date. The automated e-mails WILL NOT contain your specific appointment details.
  - Only available time slots are shown. If your first choice is unavailable, choose another time.
- 5** SHOW UP AT SCHEDULED TIME
  - Be on time and fully dressed at the scheduled time
  - Locker rooms available on the first floor if you wish to carry your uniform on a hanger

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

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 (Enlisted)
- 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
- Wear Marksmanship Badges
- Nameplate must be worn
- Wear ONE CSB, if authorized
- Identification badges worn on left pocket, if authorized
- Only wear PERMANENT awards listed in your records
- No headgear worn for DA photo.

FOR MORE INFORMATION, VISIT: [WWW.ARMY1.ARMY.MIL/UNIFORM](http://WWW.ARMY1.ARMY.MIL/UNIFORM)

Reconnect with friends!!!

Cookout starts at Noon

Retiree Benefit Update at 10:30 a.m.

**CONNECTICUT NATIONAL GUARD ASSOCIATION**

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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](http://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:**  
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**

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

CTARNG Funeral Honors Team  
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**HONOR GUARD**

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# Summer is Here: Keep Cool, Play it Safe

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

It's the time of year for the outside activities of summer. As we look forward to warm weather and outdoor fun, three areas of safety considerations come to mind: sun, heat, and insects. Everyone young and old need to take safety precautions when dealing with sun exposure, summer's heat and humidity, and biting insects.

Sunburn, skin damage, eye damage and skin cancer are all damaging results of too much sun exposure. More people are diagnosed with skin cancer each year than all other forms of cancers combined. Spending time in the sun raises the risk of skin cancer or other skin damage. People of all skin colors are at risk.

Risk of skin damage can be reduced for following some basic sun safety guidelines. Limit sun time, especially during the hours of 10 a.m. to 2 p.m., when the sun is strongest. Cover exposed skin by wearing long-sleeved shirts, pants, sunglasses, and a hat that covers not only the face, but ears, and the back of the neck. Use a broad-spectrum sunscreen with a minimum SPF 30 rating and use according to manufacturer's directions. Though all exposure risk can't be eliminated, it can be lowered.

Older adults, of which many of us retirees are, are more sensitive to summer heat and humidity. As we get older, bodies do not regulate as well to temperature change. Individual may or may not have a chronic medical condition that affects normal body responses to heat. There are prescription medicines can interfere with the body's ability to control its temperature or sweat.

Heat stress can be minimized by following these simple words of advice to stay cool and stay hydrated. Stay in air-conditioned buildings and don't rely on just a fan as a cooling source when it is a really sweltering day. Drink more water than usual and don't wait to drink until you feel thirsty. Other things you can do to stay cool include wearing loose, light-colored and lightweight clothing; taking cool showers or baths to cool down; and avoid doing strenuous activities in the heat.

In Connecticut, the four main biting insects which carry illnesses and diseases that can be life threatening

are mosquitos, ticks, bees, wasps, and black flies. Bees and wasps, especially if one has an allergy have the most immediate danger. They cause painful bites and can cause a person to go into anaphylactic reaction. Doctors suggest wearing light colored clothing, not using scented shampoos or perfumes, and avoiding flowering plants. If stung by, remove the stinger with your fingernail not tweezers. Wasps don't leave a stinger. Clean the area with soap and water and take a pain reliever. If you have a known allergy to bees and wasps, always have your EpiPen with you. In the event you have swelling lips, tightening throat or breathing problems, seek immediate medical attention.

Black fly season begins in May and lasts through mid-August. The bites are painful and can cause no reaction in some people and painful boils and welts in others. The best defenses against Black Flies are to wear light-colored long sleeves and pants because they can't bite through cloth and avoid their habitats morning, late afternoon and early evening. Treat bites with an anti-itch product.

Ticks and mosquitos are the most dangerous of the common biting insects. Ticks, though more active in warm weather, are active anytime when the temperature is above 32 degrees. Ticks carry serious diseases including Lyme disease and Rocky Mountain Spotted fever. Nine viruses have been isolated from mosquitos collected in Connecticut. Of these, West Nile and Eastern Equine Encephalitis are the most common.

Tick and mosquito bites should be avoided at all costs. Wear long sleeve shirts, pants and socks. Tuck your pants into socks. Apply tick and mosquito recommended insect repellents according to manufacturer's directions. Avoid mosquitos by not going outside when they are most active. Examine your entire body for ticks after being outside.

Unfortunately, with the glories of summer, there are health risks to minimize. The best advice to stay healthy and make use recommended safety tips for sun, heat, and insect bites. For more information, the Connecticut Department of Energy and Environmental Protection



(CT DEEP), and U.S. Centers for Disease Control and Prevention (CDC) have in depth information on their websites: <http://www.ct.gov/deep/site/default.asp>, <http://www.cdc.gov/>.

## 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](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/#BMI>

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

# CONNECTICUT NATIONAL GUARD PROMOTIONS ARMY

### To Private 2

Denova, Erick  
Agustin, Macario C.  
Khan, Marina R.  
Gazy, Nicholas Patrick S.  
Wiese, Natalia J.  
Connell, Michael W.  
Lloyd, Robert N.  
Villagomez, Jose M.  
Johnston, Chase S.  
Page, Matthew  
Freeman, Corey J.  
Swanson, Kenneth H.  
Rivera, Briana M.  
Tsapar, Yuriy R.  
Nalezynski, Brian K.  
Jacobs, Kenrick L.  
Davis, Brianna J.  
Rollan, Jada K.  
Drossel Tiana E.  
Graham, Cameron E.  
Sullivan, Serena Y.

### To Private First Class

Ficeto, Alexis M.  
Rojas, Joshua  
Brown, Kasim A.  
Rodriguez, Jesus A.  
Hull, Jesse A.

Fiddler, Kevin M.  
Gleason, Nicklaus R.  
Rodriguez, Elenis  
Ferrucci, Ryan R.  
Rawlings, Camryn R.  
Sarria, Markgenesis P.  
Reyes, Christina M.  
Turchetta, Devin V.  
Santiago, Aries W.  
Cubilla, Robert A.  
Louis, Joseph G. Jr.

### To Specialist

Guimond, Ashley R.  
Smith, Corey D.  
Damicol, Justin M.  
Calderon, Sharina R.  
Gonzalez, Luis A. Jr.  
Moreno, Bryanna N.  
Silvestrini, Michael A.  
Jones, Jasmin J.  
Williams, Navardo O.  
Holm, Kevin J.  
Kelly, Ryan W.

### To Sergeant

Hovanec, Zachary B.  
Castanedapalacios, Moises  
Forte, Daniel II

Batts, Jaymar S.  
Fox, Cory Nicholas  
Ricco, Anthony J.  
Garvin, Gary W.  
Moya, Nathaniel

### To Staff Sergeant

Peterson, Michael R.  
Hagert, Jenna L.  
Gerena, Gloria I.  
Lamphere, James D.

### To Sergeant First Class

Martinez, Michelle  
Croteau, Paul F. II  
Borden, Charles E.

### To Master Sergeant

Stanley, Jesse J. Jr.  
Masi, Steven J.  
Earle, David C.

### To Sergeant Major

Souffront, Karl J.

### To Warrant Officer

Mingoia, Joseph M. Jr.

### To Chief Warrant Officer 3

Simeth, Rachel L.

### To 2nd Lieutenant

Vittone, Sergei V.  
Dumas, Chantel M.

### To 1st Lieutenant

Morande, Jeffrey S.  
Demeo, Nicholas D.

### To Captain

Tomkiewicz, Evan M.  
Kaswer, Jeremy M.

### To Major

Pena, Carmelo Jr.

### To Lt. Colonel

Erickson, Andrew T.  
Nowakowski, Stephan L.

### To Colonel

Sipples, Michael J.

### To Airman First Class

Egocheaga, Mayra A.

### To Senior Airman

Cebry, Andrew M.  
Reynolds, Brittany M.  
Jordan, James H.  
Hewes, Sadie E.

### To Staff Sergeant

Hannagan, Jacob D.  
Feinstein, Maxwell B.  
Wdowiak, Tomasz

### To Technical Sergeant

Maniscalco, Steven M.

# Congratulations to all!

Promotions as of June 1, 2018

## Calendar

**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)

**September  
September 3**

Labor Day

**September 10**

Rosh Hashana

**September 11**

Patriot Day

\*October Guardian Deadline\*

**September 15**

POW/MIA Recognition Day

**September 18**

Air Force Birthday

**September 19**

Yom Kippur

**September 24**

Gold Star Mothers & Families Day

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\*PROGRAM SUBJECT TO CHANGE

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# Connecticut Family GUARDIAN

VOL. 19 NO. 7

HARTFORD, CONNECTICUT

JULY 2018

## CTNG Kids Get First Hand Look At Military Parent's Day-to-Day Life

1ST LT. JENNIFER PIERCE  
PUBLIC AFFAIRS OFFICER  
103RD AIRLIFT WING, CTANG

EAST GRANBY, Conn. - Approximately 50 Connecticut National Guard children, from kindergarten through eighth grade, participated in the first Deployment Discovery Day, organized through the 103rd Airlift Wing's Family Support program, May 19, 2018, at the Bradley Air National Guard Base S1.

Laughter and excitement filled the air as children progressed through a series of push-ups, sit-ups, burpees and relay runs. Grey skies and dark clouds loomed overhead, but that didn't diminish the enthusiasm felt by the children participating in the physical training session. Following PT, meals ready to eat, or MREs, were served followed by a trip to the flight line and, even as the rain began to pour, there was no stopping the group. The

children were, "deployed," and they had to continue the mission despite the weather.

"We hosted a Deployment Discovery Day where kids from the Connecticut National Guard got to participate in a mock deployment event," said Kasey Timberlake, Family Support Coordinator for the 103rd Airlift Wing.

"They went through a [physical training] session in the morning, had a chance to eat an MRE, and then they boarded buses over to our flight line where they saw a fire department demonstration, a demonstration by our security forces, then they were able to get onto a C-130...onto a Blackhawk, and then they participated in a welcome home ceremony with their families," Timberlake said.



The child of a Connecticut National Guardsman sits in a C-130H Hercules during Deployment Day at Bradley Air National Guard Base in East Granby, Conn., May 19. The children were allowed to explore the aircraft to give them a more realistic feel of what riding in one may feel like for their parents. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing Public Affairs, CTANG)



A firefighter assigned to the 103rd Airlift Wing helps a young girl spray a fire hose during Deployment Day at Bradley Air National Guard Base in East Granby, Conn., May 19. The event was designed to teach military children what a typical deployment may be like for their parents. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing Public Affairs, CTANG)

The "deployment" was the brain child of Timberlake, who gleaned inspiration for this project from her own upbringing.

"I think being a part of a military family myself and being around military families for the last 10 years; seeing the impact that deployment has on children and the expression that they have when they get to see their parent come off that bus from a deployment is probably one of the most heartwarming things you can see," said Timberlake.

"The idea was to recreate that experience on the opposite side for the families, so that they can welcome their child home and shower them with a little bit of love and attention; let them see what it is they

work so hard to do, whether it's deployment, training or just everyday life here at the base and giving the kids an experience where they can get a feel for what their

Continued, see DISCOVERY DAY on page S3



CATHERINE GALASSO-VIGORITO

## God Has Something Better in Store For Your Future

I once heard a fictional story about three trees. In a country field, the trio of small trees stood side by side. One beautiful summer morning, each tiny tree looked up to the heavens. Then, they asked themselves, "What should I be when I grow up?"

Thinking long and hard, the first tree uttered, "I'd like to be a beautiful chest and hold exquisite treasures." After a few moments, and the second little tree said, "I want to be a strong ship and carry royalty." Finally, filled with anticipation, the third little tree declared, "I would like to grow up and be the tallest tree in the world, so when people see me they will look up and think of God."

As years passed, the little trees grew up. The first tree was made into a cradle. It was not covered with gold, rubies, or filled with jewels, living in a palace. Rather, it was brought to a stable, and it was stuffed and covered with hay and used to feed farm animals. Yet, one evening, a bright star shone over the stable. And a young woman named Mary placed her newborn son in the feedbox. Suddenly, the first tree realized it was holding the greatest treasure in the world.

Much later, the second tree was crafted into a boat. Since the tree was too weak to sail on an ocean, it was taken to a lake. Then, a group of men crowded into the boat to go fishing. One man fell asleep on the boat. But, without warning, a huge storm came. The wind blew and the waves were so high, that water was coming into the boat, and the boat was about to sink. The second tree didn't think it had the strength to carry the group safely through with the wind and the rain. However, the man arose. He stood up, stretched out his hand, and commanded, "Peace, be still." And the storm subsided. All of a sudden, the second tree knew it was carrying the King of Heaven and Earth.

Humiliation whittled at its self-esteem, as the third tree felt its dreams were over and done. It never became what it had hoped. Instead, it was left alone in a lumberyard.

Bombarded with negative thoughts, the tree was so depressed. "What happened to me?" the tree questioned. "All I ever wanted was to stay in the countryside, grow tall, so when people saw me they would look up and think of God."

The third tree didn't see how it could ever be happy again. At one time, it was strong and full of energy and joy. Now, the third tree was bitter and complaining. He began to think his life was over, and, with no purpose, he didn't want to go on living.

Yet...God had a plan. One Friday, the third tree was taken from the forgotten woodpile. And cross was made from the third tree's largest limbs. A gentle, loving man was forced to carry the cross through an angry crowd. Tears rolled down cheeks of onlookers when soldiers nailed the innocent man's hands to the cross. But, when the sun rose on Sunday morning, sorrow turned to joy. The third tree knew that God's unconditional love and grace had changed the course of mankind's future. And every time people thought of the third tree, they would think of God... and that was far better than being the tallest tree on Earth.

Could it be, as in this fictional story that God is waiting to advance you toward His will? But could negative thoughts, emotions or bitter memories be blocking the good that God wants to bring into your life? So the next time you're upset because you didn't get what you wanted, or things hadn't gone your way, be at peace. God is at work and, like this story, He is getting ready to give you something far better.

Possibly, you think 'it's too late,' or 'it's the end of the road.' Just when the Israelites thought that they had come to a dead end in their journey, God parted the Red Sea. So keep moving forward in faith and watch what God will do for you.

Perhaps, you made an effort to achieve a dream and failed, and now you're ready to quit. Well, walk outside and behold the butterfly, and recall all the stages it had to go through in order to become the exquisite creature God intended. Thus, persist and try again. God has not forgotten about you, and He is going to bless you even more than you can imagine.

Maybe you went through a long, difficult time and you

think, 'My best days have passed me by,' or 'I wasted years in that adverse situation.' Trust in God's timing. God is a God of justice; for He is going to take the years that you think you wasted, and in an instant, can accelerate you way ahead.

Or, you've experienced an unexpected, challenging circumstance. Your story is far from over. You might have been 'down' for a short while, but you're not 'out.' Today is a breakthrough day. Rest assured, God has more in store for you.

Scripture tells us: "For as he thinketh in his heart, so is he." (Proverbs 23:7) Therefore, let go of the fears, regrets, or heartaches of the past. Do not allow your mind to be filled with discouragement or hopelessness. This mind-set can allow you to accept circumstances as unchangeable or impossible. Our mind can bear a resemblance to a garden. What we grow in the garden of our mind will be according to the kind of seeds that we planted in it. So, never allow negative thoughts to take root and grow. Instead, have a strong will and strive to always look for the best. Every morning, choose to think and talk optimistically. Pray, believe and be filled with joyful expectation, for belief is a positive and draws out the best. It can make the unseen visible and can fuel your perseverance. "If you can believe, all things are possible." (Mark 23).

It is just a matter of time before you prevail. Soon, you are going to be blessed in such a way that you won't even remember the unfair pains of the past. Like an eraser that can erase writing on a chalkboard, you're going to forget what you've been through. God is going to make up to you for what you've lost. New opportunities will be presented to you. The impossible will become possible. You'll have peace, love and acceptance. And you will be happier than you've ever been before.

Recently, while browsing through a gift store I saw a wooden sign that read, "Too blessed to be stressed." Stay encouraged. Be filled with gratitude. God's love is reaching you. Talk to Him; tell Him about your concerns. And know that, ultimately, things are going to work out for your good. God is navigating conditions in your favor, and He is planning the very best for you.

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

DISCOVERY DAY from page S1

parent does on a daily basis."

While the children were, "deployed," parents were able to participate in a training program used to strengthen families by giving participants an understanding of their own and their family member's strengths, weaknesses, joys and motivations. Many of the parents who participated were grateful that the whole family was included.

"I know throughout the day the parents were also engaged in training, so they had something for them as well," said Tech. Sgt. Todd Wilkinson, 103rd Airlift Wing recruiter.

"I think [this event] is a great opportunity for anyone in the Connecticut Air or Army National Guard to come up and utilize

some of these benefits that family support is putting on for us," Wilkinson said.

At the end of the day, the event was all about the children learning more about what their parents go through.

"I think [this] helps create a conversation between the parents, it opens up those lines of communication to talk a little bit more about what it's like to be a military family," Timberlake said.

"It gives them a frame of reference. Walking around hearing the kids talk about the MREs and seeing them look at their parent and saying, "Do you really eat these things?" Having that bit of conversation and that bit of a frame of reference for what their parents go through creates a little more conversation in the household about military life."



Above: The child of a Connecticut National Guardsman sits in the driver's seat of an Army vehicle during Deployment Day at Bradley Air National Guard Base in East Granby, Conn., May 19. The Army National Guardsmen who brought the vehicle to Deployment Day taught them about what it may be used for during a deployment, to give the children a more realistic idea of what their parents do when they are deployed overseas. (Photo by Airman 1st Class Sadie Hewes, 103rd Airlift Wing Public Affairs, CTANG)



Left: A Connecticut National Guardsman leads a group of CTNG children in a series of push-ups during Deployment Day at Bradley Air National Guard Base in East Granby, Conn., May 19. After completing a series of exercises, the children were put through a mock physical-training test before experiencing a simulated deployment to the flight-line. Children from Kindergarten to 8th grade participated in Deployment Day which was hosted by Bradley's Airman and Family Readiness Center give children a more realistic idea of what their parents do when they are deployed overseas. (Photo by Airman 1st Class Roxanne Kongkiat 103rd Airlift Wing Public Affairs, CTANG)

**Service Member and Family Support Center**  
**2018 MLB 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](mailto:ct.smfsc@gmail.com)  
 Cash/Check Payable to: Family Program Special Projects by July 6th.

**Service Member and Family Support Center**  
**2018 MLB 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:  
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<b>William A. O'Neill Armory</b> 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) 493-2796 Military OneSource (800) 342-9647 (860) 502-5416 Survivor Outreach Services (860) 548-3258 Open Mon.-Fri.	<h2 style="margin: 0;">CONNECTICUT NATIONAL GUARD</h2> <h3 style="margin: 0;">Family Assistance Center Locations</h3>  <p style="text-align: center;">Family Assistance Centers are an information and referral hub for all Branches of Service</p> <p style="text-align: center;"><b>Our Programs Include:</b></p> <table style="width: 100%; border: none;"> <tr> <td>Budget Counseling</td> <td>Community Support Options</td> <td>Financial Assistance and Relief</td> </tr> <tr> <td>Family Communication</td> <td>Counseling Referrals</td> <td>Morale, Welfare and Recreation (MWR)</td> </tr> <tr> <td>Legal and Pay Information</td> <td>Outreach</td> <td>Family Readiness Groups (FRG)</td> </tr> <tr> <td>TRICARE Assistance</td> <td>Volunteer Opportunities</td> <td>DEERS &amp; ID Card Assistance</td> </tr> </table> <p style="text-align: center;"><b>Support is available 24/7 by calling (800) 858-2677</b></p> <p style="text-align: center;">*Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.</p>	Budget Counseling	Community Support Options	Financial Assistance and Relief	Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)	Legal and Pay Information	Outreach	Family Readiness Groups (FRG)	TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance	<b>New London Armory</b> 249 Bayonet St. New London, CT 06320 (860) 772-1422 Open Mon.-Fri. <b>103<sup>rd</sup> Airlift Wing</b> 100 Nicholson Rd. East Granby, CT 06026 (860) 292-2730 Open Tues.-Fri. <b>103<sup>rd</sup> Air Control Squadron</b> 206 Boston Post Rd. Orange, CT 06447 (800) 858-2677 *By Appointment* <b>Niantic Readiness Center</b> 38 Smith St. Niantic, CT 06357 (860) 739-1637 Open Mon-Fri <b>Windsor Locks Readiness Center</b> 85-300 Light Ln. Windsor Locks, CT 06096 (860) 292-4602 Open Mon.-Fri. <b>Veterans' Memorial Armed Forces Reserve Center</b> 90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.
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Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)												
Legal and Pay Information	Outreach	Family Readiness Groups (FRG)												
TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance												

## Service Member & Family Support Center Staff Directory

<i>William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 - Fax: (860) 493-2795 - Open Monday-Friday</i>			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.ch@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melody.cbe@usmc.baber.mil@mail.mil	(860) 548-3276 (desk) (860) 883-2315 (cell)
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Family Assistance Center Specialist	Jason Perry	jason.t.perry.ctr@mail.mil	(860) 524-4969
Family Readiness Support Assistant	Linda Robitone	linda.l.robitone.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) 881-4077 (cell)
Family Readiness Support Assistant	Kelly Sirba	kelly.a.sirba.ctr@mail.mil	(860) 548-3283
ARNG Yellow Ribbon Program Coordinator	SPC Shango	shannon.a.shango.mil@mail.mil	(860) 493-2796 (desk)
	SPC Matt Yorba	matthew.t.yorba.mil@mail.mil	
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.mccarty4.ctr@mail.mil	(860) 548-3254 (desk) (860) 883-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.o.shaughnessy.ctr@mail.mil	(860) 548-3258 (desk) (860) 384-8748 (cell)
Military OneSource Consultant	Diana Dash	diana.dash@militaryonesource.com	(860) 493-2722 (desk)
Personal Financial Consultant	VACANT	gfc.ct.ag@oida.com	(203) 233-8790 (cell)
State Support Chaplain	CH. (MAJ) David Natt	david.c.natt.mil@mail.mil	(860) 548-3240 (desk) (860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(860) 524-4968 (desk) (860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Britnell	sean.e.britnell.ctr@mail.mil	(860) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4948 (desk)
Citizen Soldier For Life Career Readiness Counselor - Hartford	Dana Coraello	dcoraello@afsc.com	(860) 524-4894 (desk)
Citizen Soldier For Life Career Readiness Counselor - New London	Michelle Johnson	michellejohnson@afsc.com	(860) 858-2677 (desk)
Citizen Soldier For Life Career Readiness Counselor - Middletown	Julissa Perez	jperer@afsc.com	(860) 633-7568 (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.carey.ctr@mail.mil	(860) 292-4602 (desk) (860) 883-2704 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.a.middlebrook.ctr@mail.mil	(860) 292-4603 (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 Hoesay	timothy.j.hoesay.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>			
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Family Assistance Center Specialist	Lisa Middlebrook	Lisa.a.middlebrook.ctr@mail.mil	(860) 292-2595 (desk) (860) 883-2704 (cell)