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Connecticut Names New Army ATAG

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

Maj. Gen. Fran Evon, Adjutant General of the Connecticut National Guard, officially swore Brig. Gen. Karen A. Berry into the CTNG and named her Assistant Adjutant General – Army during a ceremony at the National Guard Memorial Museum in Washington, D.C., Feb. 7.

Berry comes to the Connecticut National Guard with more than 30 years of service in the Delaware National Guard, serving most recently as Director of the Delaware National Guard's Joint Staff. Her most recent deployment was to Afghanistan in 2017.

"Brig. Gen. Berry has led Guardsmen at all levels of command and we are thrilled to have her join the leadership team assembled here in Connecticut," Evon said. "In the coming months, (Berry) will visit your units to learn how Connecticut lives up to the motto, 'Always Ready, Always There.'"

Berry currently teaches at Sussex Central High School in Georgetown, Delaware. As a traditional Guardsman, Berry will continue to live in Delaware, commuting to Connecticut for drill periods, Annual Training, and many other events.

"I am honored to join the Connecticut National Guard as the next Army Assistant Adjutant General," Berry said. "Time and time again, Connecticut's Guardsmen have stepped up to the plate and delivered beyond expectations."

Her promotion to Brigadier General in late 2018 made



Maj. Gen. Fran Evon, right, places a CTNG patch on Brig. Gen. Karen A. Berry following her swearing into the Connecticut Army National Guard at a ceremony in Washington, D.C., Feb. 7. Berry was named Connecticut's Assistant Adjutant General - Army. (Photo courtesy of Mr. Bernie Kale, Delaware National Guard Public Affairs)

her the first female one-star in the long, storied history of the Delaware Army National Guard, and now she will bring all of her leadership experience to Connecticut, succeeding Evon, who was the state's last Army ATAG.

"I am excited to get to work and do my part to ensure that our men and women in uniform continue to remain a ready, relevant force for missions both home and abroad."

Berry's first drill with Connecticut will be in March, but she accompanied Evon and several members of the Connecticut National Guard's senior leadership on a four-day trip in the nation's capital, where they provided members of the Congressional Delegation and senior Army and Air Force leadership with the state of the Connecticut National Guard.

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How to Stay Safe When a Tornado Threatens

FEDERAL EMERGENCY MANAGEMENT AGENCY

Once spring weather hits, large storms that produce high winds bring the threat of Tornadoes. Although somewhat uncommon in New England, these violent storms do occur in the region each year bringing destruction, injury and even death. As we enter the tornado season, it is important to prepare to keep yourself, your family and your home safe. See the following tips on how to prepare, survive and recover from a tornado emergency.

Prepare Now:

Know your area's tornado risk. In the U.S., the Midwest and the Southeast have a greater risk for tornadoes.

Know the signs of a tornado, including a rotating funnel-shaped cloud, an approaching cloud of debris, or a loud roar—similar to a freight train.

Sign up for your community's warning system. The Emergency Alert System and National Oceanic and Atmospheric Administration Weather Radio also provide emergency alerts. If your community has sirens, become familiar with the warning tone.

Pay attention to weather reports. Meteorologists can predict when conditions might be right for a tornado.

Identify and practice going to a safe shelter for high winds, such as a safe room built using FEMA criteria or a storm shelter built to ICC 500 standards. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level.

Consider constructing a safe room that meets FEMA or ICC 500 standards.

Survive During:

Immediately go to a safe location that you identified.

Take additional cover by shielding your head and neck with your arms and putting materials such as furniture and blankets around you.

Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.

Do not try to outrun a tornado in a vehicle.

If you are in a car or outdoors and cannot get to a building, cover your head and neck with your arms and cover your body with a coat or blanket, if possible.

Be Safe After:

Keep listening to EAS, NOAA Weather Radio, and local authorities for updated information.

If you are trapped, cover your mouth with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.

Stay clear of fallen power lines or broken utility lines.

Do not enter damaged buildings until you are told that they are safe.

Save your phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messaging or social media to communicate with family and friends.

Be careful during clean-up. Wear thick-soled shoes, long pants, and work gloves.

Learn more about weather preparedness at <https://www.fema.gov/> and get the CTPrepares App for local alerts and public safety messages.

BE PREPARED FOR A TORNADO

FEMA

Tornadoes can destroy buildings, flip cars, and create deadly flying debris.

Tornadoes are violently rotating columns of air that extend from a thunderstorm to the ground.

Can happen anytime

200+ MPH

Bring intense winds

Can happen anywhere

Look like funnels

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

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

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

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CTMD Provides \$100K+ in Grants to USCG Families

RUSSELL J. BONACCORSO
MILITARY ADMINISTRATIVE & PROGRAMS OFFICER
CONNECTICUT MILITARY DEPARTMENT



Due to the fact that the United States Coast Guard falls under the Department of Homeland Security, members of the Coast Guard were left without pay during the extent of the recent

Government Shutdown.

Unlike the other recognized branches of the U.S. Military, the USCG does not under the Department of Defense, which was fully funded for the current fiscal year.

Through the Connecticut Military Relief Fund, the Connecticut Military Department provided a small comfort to members of the Coast Guard residing in the state (or still claim Connecticut as their official residency).

Thirty-seven Coast Guard families were provided grants totaling almost \$111,000.00 to help meet their basic household needs while working through the Government Shutdown.

The Military Relief Fund was established in 2005 by the Connecticut General Assembly to provide

financial assistance to members of the military and their families who have experienced a financial hardship due in part by their commitment to their military service.

The program is funded through individual donations. Connecticut taxpayers have the option to donate a portion of their income tax refund on their CT-1040. Over the years, the Military Relief Fund has provided grants to members of all services and all components of the U.S. Armed Forces – Active Duty, Reservists and National Guardsmen. To date, 175 members and families have been awarded grants totaling over \$450,000.00.

**ANYONE INTERESTED IN
APPLYING FOR A GRANT
FROM THE MILITARY
RELIEF FUND SHOULD
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MR. RUSSELL BONACCORSO
860-524-4968 OR
RUSSELL.BONACCORSO@CT.GOV

A New Approach to Guard Fitness

Connecticut Soldiers Participate in New Program to Achieve Health Goals

SPC. KENNETH SALCEDO
169TH GSAB UPAR

NIANTIC, Conn – The Connecticut National Guard aided Guardsmen striving to achieve their fitness and lifestyle goals at the first-ever Fitness Improvement Program, held at Camp Niantic Jan. 22-Feb. 2, 2019.

Over the course of 12 days, 37 Guardsmen attended a course aimed at not just providing a heavy dose of strenuous physical activity, but a holistic approach that included education on fitness, nutrition and other topics.

Soldiers begin each day at 6:00 a.m. and conducted morning physical activity, followed by breakfast and classroom education in nutrition and behavioral health. The second half of the day focused on a more nontraditional physical training regiment.

Guardsmen were schooled in different training methods that they may have never been exposed to before. CrossFit-style circuits, instruction by a certified yoga professional, and other aerobic exercise were just a few examples of the programs introduced to the attendees.

The FIP was developed by Connecticut National Guard leadership with aid from academic experts at Yale and Central Connecticut State University.

"I would like to thank Dr. Jason Melnyk and his colleagues from Central Connecticut State University for helping with the curriculum and lessons that were taught to the Soldiers in the Fitness Improvement Program," said Capt. Ryan Michalak, Fitness Improvement Program Coordinator. "CCSU and Yale both played an integral part of the planning and development for this course."



Fitness instructors demonstrate proper sit-up form to Connecticut Soldiers attending the CTARNG Fitness Improvement Program at the Regional Training Institute, Niantic, Conn., Jan. 29. It is the first time the CTARNG has hosted the course that aims at providing Guardsmen with the tools to achieve their fitness and health goals. (Photo courtesy of the CTARNG Fitness Improvement Program)

To aid in the Guardsman's lifestyle transformation, the National Guard recruited the aid of Mary Savoye, a registered Dietician, and Dr. Alicia Londono, a child and adolescent psychiatry fellow, both from the Yale School of Medicine. Together, they instructed the class in behavioral health and dietary changes. Using algorithms and diet logbooks,

Savoye helped Guardsmen plan out their required caloric intake, broken down by fats, carbs and protein. Savoye showed the class healthy food options, clean eating habits, food portioning, and ways to simplify weight loss.

Dr. Londono instructed Guardsmen on behavioral health attitudes necessary to make changes. She emphasized goal setting and practicality in achieving goals, highlighting the benefits of a healthy lifestyle and the complications that come with poor health choices.

"This course has shown me the error in my family's eating habits," said Sgt. Leonard Williams, 142nd Area Support Medical Company and class attendee. "I am going to make changes to my family's diet by substituting unhealthy food with replacements such as fruits, vegetables and lean



Dr. Alicia Londono, a child and adolescent psychiatry fellow at the Yale School of Medicine, instructs a class in behavioral health and dietary changes to Connecticut Soldiers at the Regional Training Institute, Niantic, Conn., Jan. 29. The class was part of the Connecticut Army National Guard Fitness Improvement Program, a new course aimed at providing Guardsmen with the tools to achieve their fitness and health goals. (Photo by Spc. Kenneth Salcedo, 169th General Support Aviation battalion, Unit Public Affairs Representative)

meats. This course will help change my lifestyle and provide me with the nutrition he needs to be able to play and keep up with his son."

Guardsmen also took classes in food preparation. Spc. Kawonna Golden-Broughton, Culinary Specialist assigned to the Connecticut Training Center played a role in preparing meals and instructing attendees on healthy ways to prepare food for themselves. Golden-Broughton's goal was to show Guardsmen healthy food choices and the correct way to prepare dishes for themselves.

"The Guardsmen have shown an improvement in eating habits," Golden-Broughton said. "Unhealthy snacks are left out during food service and all the Guardsmen now know to avoid such choices and pick the healthier options."

Although the course ended on Feb. 2, the attendees' journey is far from over. Participants will periodically meet over the next three months to talk about challenges, success, and new goals they are pursuing on their health and fitness journey.

Michalak says that he is excited for the course to develop further and is looking to include even more fitness instructors into the program.

"We are looking for registered dieticians and certified volunteers in Pilates, Cross-Fit, Tabata, Zumba, MELT, and Aerobics to help expand the experience for the students," Michalak said. "The idea behind this is to introduce the students to different forms of fitness."

Sentry Savannah: 103rd ACS at the Forefront

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

ORANGE, Conn. – It was a first for the Air National Guard and a show of advancement for the 103rd Air Control Squadron.

From 900 miles away at the unit's home station in Orange, Conn., the 103rd ACS provided air control (radar) services for combat air operations in Savannah, Georgia during the Sentry Savannah 19-1 Large Force Exercise.

More than 500 members of the Air National Guard, Active Duty Air Force, and Navy Reserve participated in the LFE based out of the Air Dominance Center in Savannah. The training gave participants real-world experience in using tactics and procedures for combat operations involving various 4th and 5th generation fighter jets.

"There are different types of aircraft going against each other in an airspace, fighting a (simulated) war," said Lt. Col. Glenn Sherman, 103rd Air Control Squadron Commander. "This is so (LFE participants) can practice their tactics, techniques and procedures against different types of aircraft."

While members of the 103rd ACS have participated in Sentry Savannah exercises before, this year's exercise marked the



Maj. Gen. Fran Evon, Adjutant General of the Connecticut National Guard and Brig. Gen. Gerald MacDonald, Assistant Adjutant General - Air look on as the 103rd Air Control Squadron participates in the Sentry Savannah 19-1 Large Force Exercise at their facility in Orange, Conn., February 1. For the first time, 103rd ACS controlled aircraft operating in Savannah, Georgia from home station. (Photo by Staff Sgt. Chad Warren. 103rd ACS)



Maj. Gen. Fran Evon, Adjutant General of the Connecticut National Guard looks on as the 103rd Air Control Squadron participates in the Sentry Savannah 19-1 Large Force Exercise at their facility in Orange, Conn., February 1. For the first time, 103rd ACS controlled aircraft operating in Savannah, Georgia from home station. (Photo by Staff Sgt. Chad Warren. 103rd ACS)

first time that the unit was able to control aircraft from home station. The capability was made possible through a collaboration with the Eastern Air Defense Sector, in which the 103rd ACS gained access to radars and radios in the eastern United States. The use of remote radio and radar (or R3, for short) puts the 103rd ACS at the forefront of the Command and Control community.

"We are the first Air National Guard unit to use R3, remote radio and radar access from the Eastern Air Defense Sector," said Sherman. "Access to

those radars and radios, we previously had not been able to attain."

Participation in Sentry Savannah ensures that members of 103rd ACS maintain the highest and most current level of training. Cyber operators and maintainers in the unit gain real-world experience setting up tactical radio, satellite and data link equipment to remotely execute missions from home station with aircraft that are operating in airspace over a thousand miles away.

"Successful integration of both local and remote sensors enhances our training capabilities in-garrison and ensures our readiness to support overseas contingencies," said Sherman. "This being a live-fly exercise allows us to control an actual event against real pilots that are operating real planes. Nothing is better than an actual live mission, because it gives them realistic training. This is what we do in war."

The 103rd ACS continues to advance and test new capabilities, including that of the new TYQ-23A weapons module, which allows increased data link capabilities and a larger area of coverage when managing an airspace. By integrating cyber operations capabilities and emergent technologies that support the C2 mission set within the United States Air Force, the 103rd ACS continues to be on the leading edge of the C2 community.

Connecticut Air Guardsman Competes at Golden Gloves

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

When Andrew Eikleberry stepped into the ring on Jan. 12, he felt a sense of calm.

He was still new to the sport, having taken up boxing just a little more than a year earlier, but he was ready to take his shot during the Western New England Golden Gloves Tournament in Hartford.

Eikleberry, a Connecticut Air National Guardsman who will begin his journey at basic training in April, emerged victorious and moved on to the quarterfinals.

Representing the University of Connecticut's boxing team, Eikleberry, 18, admits that he is not a, "sports guy."

"There was a lot of things that got me into boxing," Eikleberry said in a recent phone interview. "I was never really into sports as a kid, but I started getting into fitness with my friends. I don't remember when the exact moment happened, but something made me want to box."

Eikleberry said that his parents weren't thrilled with the idea, but once he got his driver's license, he found himself driving to a local boxing academy in Hartford.



Andrew Eikleberry, a member of the Connecticut Air National Guard and the University of Connecticut Boxing Team, prepares for his match against a member of the West Point Boxing team at the Western New England Golden Gloves at the Governor William A. O'Neill Armory, Hartford, Conn., Jan 19. Eikleberry is relatively new to the sport of boxing and he is also new to the CTANG. He currently drills with the CTANG Student Flight and will report to basic training in April. (Photo by Staff Sgt. Jamie Herrera Vega, 6th RRB, CTARNG)

"The first couple sessions were intense cardio – so intense that I still struggle with them to this day," Eikleberry said. "(My coaches) are very careful about who they let get into the ring. It took months of endurance training, hitting the bag and working on my form before I was ever allowed to step foot in the ring."

Just getting into the ring was an accomplishment all on its own, according to Eikleberry, referring to it as a highlight of the year.

"At that point, you start sparring, and it just becomes part of the routine," Eikleberry said.

For Eikleberry, the National Guard is a family affair. His dad, Lt. Col. Kevin Eikleberry, is an Instructor Pilot with the 103rd Airlift Wing and his stories helped make enlisting an easy choice.

"My dad being in the Guard was a big part of (my decision to join)," Eikleberry said. "He always talked so highly about the opportunities the Guard gave him."

"It just seemed like it would open a lot of doors for me."

And it certainly will. When Eikleberry ships out this spring, he'll be training towards certification in the rapidly growing field of cyber systems operations. His Air Guard job choice makes sense, considering he's pursuing a degree in Computer Science at UConn.

For now, Eikleberry is focused on staying in shape and getting ready for basic training while drilling with the Student Flight Program, which is designed to help enlistees prepare for what lies ahead.

The toughness and character he showed in his quarterfinal bout speak volumes about the kind of person he is: determined and up to the challenge.

In the first round, matched up against a member of the United States Military Academy team competing out of West Point, N.Y., Eikleberry took a shot to the face that resulted in a pretty significant bloody nose. At the end of the round, though, his coaches were impressed by the positive strides he was making despite absorbing such a heavy punch.

Although he went out there for the second round, the referee called the fight. Eikleberry had broken his nose and the bleeding couldn't be stopped on site.

"Looking back at the footage, it was a great fight,"



Andrew Eikleberry, right, a member of the Connecticut Air National Guard and the University of Connecticut Boxing Team, battles a member of the West Point Boxing Team during the quarterfinal bouts for the Western New England Golden Gloves at the Governor William A. O'Neill Armory, Hartford, Conn., Jan 19. (Photo by Staff Sgt. Christopher Berry, 6th Recruiting and Retention Battalion, Connecticut Army National Guard)

Eikleberry said. "I wish I could have kept going, but knowing now that my nose was broken, it was definitely the safe call."

Despite the disappointment of the loss, he was encouraged by his performance and strived to get right back to training once he was healed up.

"The people competing at the Golden Gloves work really hard to be there," Eikleberry said. "I worked really hard to be there, and competing against people who have been working just as hard was great, because it means that I have been progressing."

"If you look at the video from my very first bout to my bouts in the Golden Gloves, it looks like a totally different person in the ring. I'm proud of that."

As for his nose: the minor break has already healed. Within three weeks of the quarterfinals, it had healed well enough to begin sparring again.

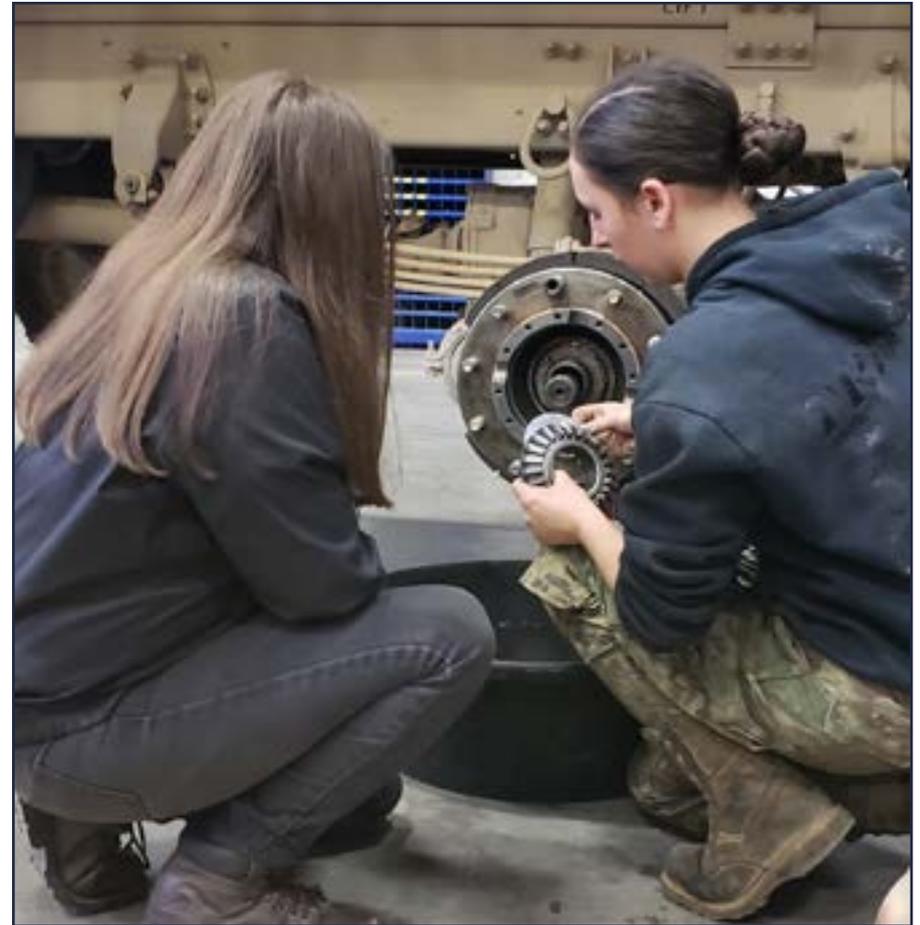
Western New England Golden Gloves crowned its champions at the Gov. William A. O'Neill Armory in Hartford during the tournament finals on Feb. 2. It was the first year the event had been held in Connecticut, let alone at a Connecticut Military Department facility.

From the Classroom to the Shop Floor

Cheney Students Learn Valuable Skills Alongside Grads-Turned-Guardsmen



Sgt. Robert Bolieau, left, a member of the 1048th Transportation Company, shares "tricks of the trade" with a group of Howell Cheney Technical High School students at Camp Hartell, Windsor Locks, Conn., Jan. 17. For two weeks, every month, students spend four hours per day learning under the supervision of experienced guardsmen while assisting in the daily operations and preventive maintenance inspections of military vehicles. (Photo by Spc. Kenneth Salcedo, 169th General Support Aviation Battalion, Unit Public Affairs Representative)



Pfc. Carie Trigo, right, a surface maintenance diesel technician assigned to the 1048th Transportation Company, inspects parts of a military vehicle while a Howell Cheney Technical High School student looks on at Camp Hartell, Windsor Locks, Conn., Jan. 17. For two weeks, every month, students spend four hours per day learning under the supervision of experienced guardsmen while assisting in the daily operations and preventive maintenance inspections of military vehicles. (Photo by Spc. Kenneth Salcedo, 169th General Support Aviation Battalion, UPAR)

SPC. KENNETH SALCEDO
169TH GSAB, UPAR)

WINDSOR LOCKS, Conn. – Since 2000, students from Manchester's Howell Cheney Technical High School have worked with the Connecticut Army National Guard to gain valuable technical experience and hands-on training in the world of diesel mechanics.

Cheney High freshmen and sophomores gain classroom experience on real engine components through classroom-focused lessons on the principles of diesel mechanics while juniors and seniors move out of the classroom to pursue part-time work in local diesel mechanic shops. A number of these student report to Camp Hartell to learn diesel mechanics from the guardsmen themselves.

For two weeks, every month, students spend four hours per day learning under the supervision of experienced guardsmen while assisting in the daily operations and preventive maintenance inspections of military vehicles. The guardsmen make it a point to teach important

technical skills to the students and provide new learning opportunities every time they are in the shop. The students learn the, "tricks of the trade," along with in-depth analysis in drivetrain, brakes, engine function, and tire maintenance in a hands-on environment.

The program's added benefit of showing high school students the benefits of joining the Connecticut National Guard can be seen in three individuals who graduated from Cheney Tech and now work at Camp Hartell. Spc. Emmanuel Soto, Pfc. Carie Trigo and Pfc. Cameron Perriolat, were all classmates who graduated from Cheney Technical High School and were former participants of this program at Camp Hartell. Soto and Perriolat served as mentors for Trigo, serving as a perfect example of what an impact this program has on current students and their potential futures in the National Guard.

"At first, you can tell that a lot of the students coming through our program have no idea what the Connecticut National Guard has to offer," said Maj. David Tripp, Connecticut Army National Guard Surface Maintenance Manager. "This program not only teaches them valuable

skills that may help them in a future trade, it exposes them to the benefits of being in the Guard and the on-the-job training that goes along with it."

After graduating high school in June 2017, Trigo went straight to basic and graduated AIT in April 2018. In October 2018, Trigo secured a temporary technician position at Camp Hartell as a diesel technician, where she hopes to attain a full-time position after she completes her probationary period. Although training her former high school classmates feels strange, she has been providing instruction since her junior year and finds it rewarding to share her knowledge. She is excited to continue to learn the diesel mechanic field together with her classmates.

The example set by these three demonstrate the positive impact the Connecticut National Guard has in the community. The Howell Cheney Technical Program's relationship with the National Guard is a great opportunity for young men and women to find a future career and become an asset to their community and country.

The Path to Flight Starts with Desire

1ST LT. ETHAN BEAN
C CO 3/142 AVIATION, CTARNG

There is nothing on this Earth that equates to the feeling of the first time you bring a U.S. Army helicopter off the ground under your control.

While there are a lot of exciting moments as an Army Aviator, I will never forget hovering three feet above the ground for the first time, realizing that I was doing something that even the great Leonardo Da Vinci could only dream of so long ago. There is a lot of work involved before you get to this point, but in that instant, it is all worth it.

It is easy to feel overwhelmed with the seemingly infinite list of requirements to become an Aviator, but the best way I found to handle it was to simply focus on what I needed to do to tackle the most immediate challenge in front of me. I enlisted with dreams of becoming an Aviator, and I distinctly remember being nervous about completing Survival, Evasion, Resistance,

and Escape School before I had even left for Basic Training. There certainly are a number of steps to take before you will ever sit in the pilot's seat of your assigned aircraft, but do not let that deter you from following your passion for flying.

The first and most important requirement for any Aviator is the desire to fly. The General Technical Score, Selection Instrument for Flight Training results, and Army Physical Fitness Training score mean nothing if you don't believe in your very core that flying is what you want to do.

There will be times in your journey that your Aviation dreams are the only thing pushing you to keep going. I will never forget pulling security in Officer Candidate School in the pouring rain thinking, "One day I'm going to be able to pick up the people who have to do this day and night and I'll bring them somewhere warm."

If you have the desire to fly but are still apprehensive about all of the requirements to be an Aviator, just start with what you can handle on your end. The first two things you need are a strong APFT score and a GT score of at least 110. Like any Army school, Flight School has regular APFTs, but there are long stretches of time where you will be flying and studying all day and you may not want to exercise regularly. If you have a consistent physical fitness regimen now, you are going to be set up for success.

Once you are ready to start working on your Flight Packet, you will need to schedule a time through the Education Office to take the SIFT test. The SIFT is certainly a challenge, but the study guides and practice tests that are available will help you navigate through it with confidence.

Once you have your SIFT score, it's time to complete your Flight Packet and go in front of the Aviation Review and Selection Board. If you get selected, you will then head down to Fort Rucker, Alabama to begin the Initial Entry Rotary Wing course and fulfill your dreams of becoming an Aviator.

Now, it is possible that you might have no issues taking tests, passing APFTs,



1st Lt. Ethan Bean, a UH-60 Black Hawk pilot assigned to Charlie Company, 3/142 Aviation, Connecticut Army National Guard, in a UH-60 cockpit during his time at flight school, Ft. Rucker, Alabama (Photo and I'll bring them somewhere warm." courtesy of 1st Lt. Ethan Bean, C Co, 3/142 Aviation, CTARNG)

or presenting in front of a Selection Board, but in the back of your mind you doubt your ability to actually fly an aircraft and think that you would wash out of IERW because you have no prior flight experience. The reality of Flight School is that the vast majority of failures chose to leave for one reason or another. Our flight instructors would continually stress that they could teach anyone to fly and I believe it.

The best advice I received before heading down for Flight School was, "Just don't quit and you'll be fine."

Although there is a lot of new material you need to learn in a very short amount of time, Flight School has a very high pass rate and graduation is achievable by anyone willing to put the effort in to completing it.

The reality is, the path to becoming an Aviator is challenging, but not impossible. Take on each new requirement with a positive attitude and determination and you will be successful. Always keep your overall goal of graduation in the back of your mind, but maintain your primary focus on your current phase of training. If you were born wanting to fly or even just recently took an interest in Aviation, put a Flight Packet together and talk to your Chain of Command about attending a Selection Board. Becoming a U.S. Army Aviator is possible; you simply need to take that first step.

The CTARNG State Aviation Office will be conducting an IERW Predetermination Board April 2-3 to select candidates to attend Flight School in FY20. For more information on how to apply please visit the GKO page at; https://gko.portal.ng.mil/states/CT/ARNG_Staff/SAAO/SitePages/IERW%20Recruitment.aspx

or contact the State Aviation Operations Officer, CW5 Smith, at 860.292.4593 or james.h.smith.mil@mail.mil.

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FY19 IERW Predetermination Board
2 & 3 April 2019

https://gko.portal.ng.mil/states/CT/ARNG_Staff/SAAO/SitePages/IERW%20Recruitment.aspx

james.h.smith.mil@mail.mil

860-292-4593

BASIC QUALIFICATIONS:

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

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CTNG EDUCATION SERVICES OFFICE

If you are one of the Soldiers or Airmen who are either approaching or who have exceeded their 16th year of service, and who have qualifying Post 9/11 GI Bill service time, with eligible dependents, and have not yet transferred your Post 9/11 GI Bill benefits to their dependents: The suspense date of July 12, 2019 is quickly approaching.

Eligibility to transfer those benefits will be limited to service members with less than 16 years of total active-duty or selected reserve service, as applicable as of July 12, 2019. If you have over 16 years currently and are eligible to be retained for the Mandatory Service Obligation of four years, then you have until the suspense date of to transfer the Post 9/11 GI Bill benefit to your dependents. All approvals for transferability of Post-9/11 GI Bill continue to require an additional four-year commitment in the CTARNG, as of the day the transfer is approved. All members must be eligible to be retained for four years from the date of election, so you have some time to clear up any flags you may have prior to July 12, 2019.

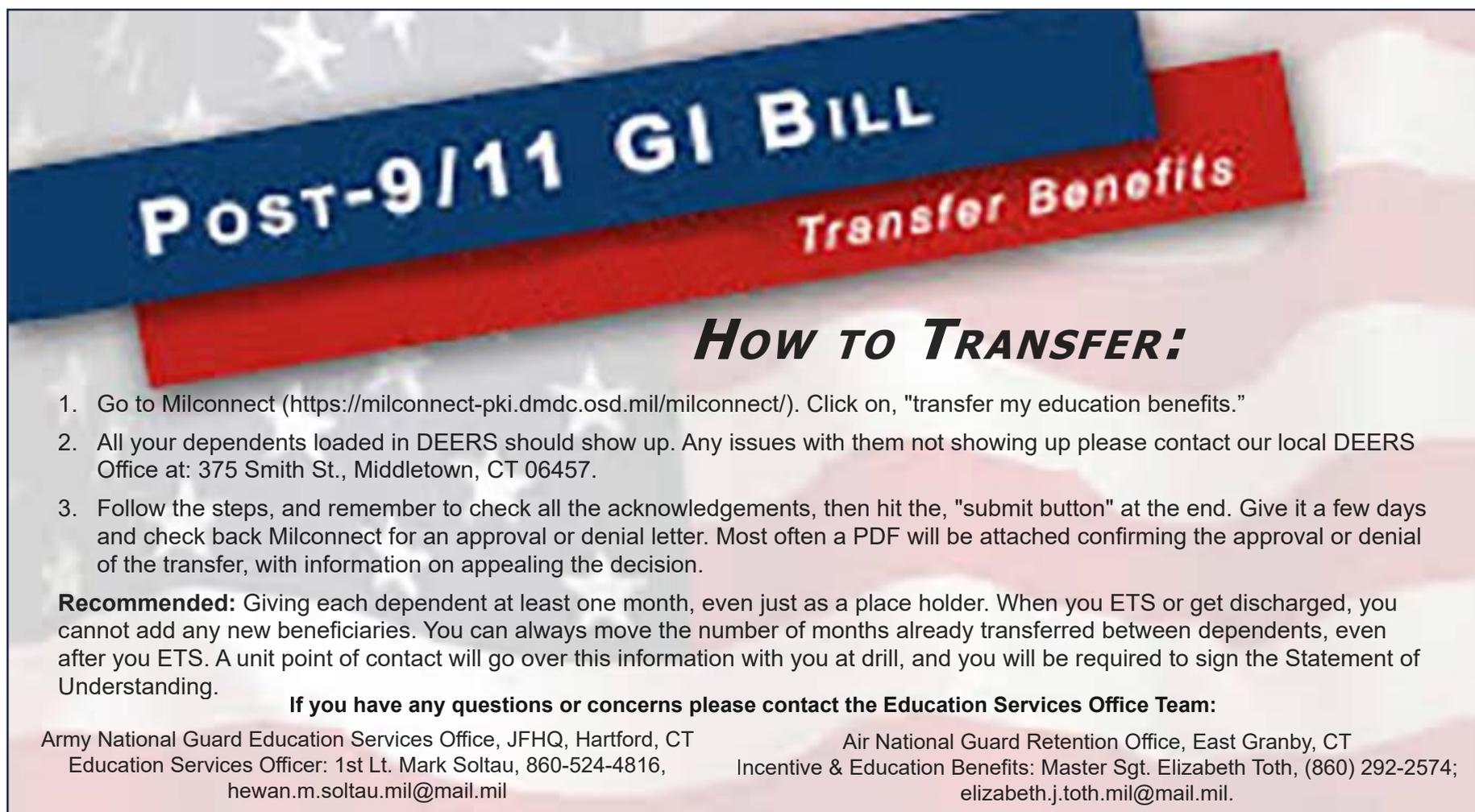
Important note: A Soldier must extend for four years, or have at least four years remaining on their contract in order to transfer the Post 9/11 Chapter 33 GI Bill benefit.



POST-9/11 GI BILL

IF YOU ARE APPROACHING OR HAVE
EXCEEDED YOUR 16TH YEAR IN
SERVICE - TRANSFER YOUR POST 9/11
GI BILL BENEFITS BY

JULY 12, 2019



POST-9/11 GI BILL
Transfer Benefits

HOW TO TRANSFER:

1. Go to Milconnect (<https://milconnect-pki.dmdc.osd.mil/milconnect/>). Click on, "transfer my education benefits."
2. All your dependents loaded in DEERS should show up. Any issues with them not showing up please contact our local DEERS Office at: 375 Smith St., Middletown, CT 06457.
3. Follow the steps, and remember to check all the acknowledgements, then hit the, "submit button" at the end. Give it a few days and check back Milconnect for an approval or denial letter. Most often a PDF will be attached confirming the approval or denial of the transfer, with information on appealing the decision.

Recommended: Giving each dependent at least one month, even just as a place holder. When you ETS or get discharged, you cannot add any new beneficiaries. You can always move the number of months already transferred between dependents, even after you ETS. A unit point of contact will go over this information with you at drill, and you will be required to sign the Statement of Understanding.

If you have any questions or concerns please contact the Education Services Office Team:

Army National Guard Education Services Office, JFHQ, Hartford, CT Education Services Officer: 1st Lt. Mark Soltau, 860-524-4816, hewan.m.soltau.mil@mail.mil	Air National Guard Retention Office, East Granby, CT Incentive & Education Benefits: Master Sgt. Elizabeth Toth, (860) 292-2574; elizabeth.j.toth.mil@mail.mil
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STARBASE CT

Students Learn STEM with Dungeons and Dragons

TED GARNER
STARBASE CT

STARBASE 2.0 is the next step for STARBASE CT students. STARBASE CT, the STEM Education Program funded through the DoD, focuses on exciting fifth grade students about STEM through immersive educational opportunities.

This five-day journey of exploration often comes to an end too soon for many students, who crave

more. They receive that next step in STARBASE 2.0, an opportunity for schools to bring STARBASE excitement and experiences into their halls. Working with schools that have attended STARBASE, STARBASE 2.0 staff create unique learning opportunities for students in grades 6-8 in an after school setting. These opportunities can take many forms; one day engineering challenges (e.g., build the longest self-sustaining bridge you can using only straws and paper clips), introduction to computer programming, or FIRST LEGO League robotic competitions, etc. These opportunities for students are enhanced by the introduction of community mentors who come into the school to work alongside the students as they explore new challenges.

This semester, STARBASE 2.0 and Betances STEM School are partnering to present a pilot program that provides a truly unique opportunity to students, to learn more about STEM through the structure of a role-playing game, Dungeons & Dragons. You may be wondering, "How can STEM be learned through a game where there are wizards, warriors, monsters, and magic?"

It is really more evident once you understand how the game works and how students learn best through imaginative learning, where their creativity is engaged. Dungeons & Dragons is a cooperative RPG as players work together with the Game Master to tell a story. In Dungeons & Dragons, that story usually has a strong fantasy bend to it; however, the game centers on problem solving, creativity, communication, and a willingness to



STARBASE students and mentors utilize the role-playing game Dungeons & Dragons to present STEM related challenges, puzzles and riddles to fifth-grade students in the STARBASE 2.0 program. (Photo courtesy of Melissa Vanek, Director, STARBASE CT)

take a calculated risk. These are skills that are central to engineering.

Working with community mentors, Katie Samson and Kaleigh Thibodeau-Grivois, and STARBASE staff member Ted Garner are running three concurrent games of Dungeons & Dragons for approximately 15 students at Betances STEM School. These games are centering on the same central story element and will culminate together. Along the way, students will have to work together to solve problems that the Game Masters throw in their way. Some of these problems will cover a wide variety of areas from puzzles and riddles, to code cracking to engineering solutions to a given situation.

It is the hope of the Game Masters to generate an excitement for STEM and gaming that will fuel the future of the students as they mature and discover new forms of communication, entertainment, or ways to improve the world around them.

While the Dungeons & Dragons Club at Betances STEM is set and running, there are always new and exciting ways for you to get involved and mentor young people who are excited to learn new things and be creative.

If you are interested in learning more or want to get involved in mentoring with STARBASE 2.0 contact Ted Garner at 860-292-4678 or tgarner@starbase-ct.com. Giving an hour a week can make a significant difference in the life of a young person.

MENTORSHIP & VOLUNTEER OPPORTUNITIES AVAILABLE



STARBASE is looking for mentors and volunteers for the STARBASE 2.0 after school program in 2019. The classes will be held at three different schools in Hartford and will operate between 3:30 - 5:00 p.m on weekdays. Mentors can choose to attend classes two - four times per month in order to fit their schedule.

DoD STARBASE is a premier educational program, sponsored by the Office of the Assistant Secretary of Defense for Reserve Affairs. At STARBASE, students participate in challenging "hands-on, mind-on" activities in Science, Technology, Engineering, and Math (STEM); such as physics and chemistry experiments, engineering challenges and computer-aided design (CAD) programming.

To volunteer, contact Melissa Vanek, Director of STARBASE Connecticut at (860) 292-4678 or mvanek@starbase-ct.com

Re-Class to Retain: *Now Hiring for Specialized Medical MOS*

CAPT. DAVID PYTLIK
TRAINING OFFICER,
118TH MULTIFUNCTIONAL MEDICAL BATTALION

Do you have less than 18 years of Service and want to a change of pace while continuing service towards retirement? The Connecticut National Guard is looking for existing Soldiers who are qualified for continued service to get a new MOS in the Medical Field. Some reasons why you might consider this:

- **Upward Mobility:** There are E-7 and E-8 positions available.
- **Reduced Competition for Promotions:** In most cases there are less than three other Soldiers in the State with these MOS'.
- **Get Skills for Civilian Success:** Open doors for yourself, learn new skills and improve your resume. Some of these MOS's translate into civilian salaries between \$70K-\$100K.
- **Do Something Different:** We all get tired of doing the same things over and over. Take the opportunity to see the CTARNG from a different foxhole!

Reclassing requires Commander Approval, passing an Occupational Physical Assessment Test, at the level required for your MOS of choice, a physical/mental health assessment, and ASVAB scores at/above required levels. Passing APFT before a school application is submitted is also required. Soldiers that need to re-take the ASVAB to increase their scores are encouraged to contact their nearest recruiter.



142nd Area Support Medical Company Combat Medic Specialists Spc. Ashley Guimond (left) and Sgt. Cory Fox evaluate a SimMan 3g Mannequin patient Nov. 17 at the Hartford (Photo by Sgt. 1st Class Benjamin Simon, JFHQ Public Affairs. CTARNG)

Soldiers are our greatest resource and talent management is one of the best ways for the CTARNG to keep our motivated high-performers in the Connecticut National Guard, but ultimately no one will manage your career but you!

Because of the coordination needed Soldiers are strongly encouraged to contact a Retention NCO before reaching Final Formation. Be aware that you should

expect to sign a two year contract extension in exchange for school attendance.

If you're interested in joining the 118th Medical Battalion (Middletown) or 142nd Medical Company (Danbury) contact Capt. Dave Pytlik david.c.pytlik.mil@mail.mil or (860)613-7635 or Retention NCO Sgt. Alexey Prokhachyk (203) 554-5126 alexey.prokhachyk.mil@mail.mil

**Department of Labor
&
Employer Support of the Guard and Reserve
Employment Workshop**

You're Invited! March 7th, 2019 9:00AM – 12:30 PM

Armed Forces Reserve Center Room 317 A/B

375 Smith St, Middletown, CT 06457

A workshop designed to prepare you for your next career through resume development and job preparation.

Space is limited, first come first served!

Register by March 1st to:

jonathan.j.braca.ctr@mail.mil

860-524-4908

Guard/Reserve members and Spouses are welcome!



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The next training session will start
Early Spring 2019
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(Estimated start date: March 31, 2019)



NOTES

Applicants must be United States Citizens or Permanent Residents and between the ages of 18-60*.

No military or horse experience necessary to join.

**Some restrictions apply*



Now Recruiting.

Hurry In! Call: 860.673.3525

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Health & Fitness

The Push / Pull / Leg Split *Building Your Workout Program*

STAFF SGT. SILAS HOLDEN
1109TH TASMG MASTER FITNESS TRAINER

This month I am going to cover what is perhaps the most trusted training split in resistance training, the push/pull/leg split.

It can get quite overwhelming trying to sort through all the different opinions, reviews, and guidelines when it comes to the world of resistance training. If doing an online search, the results covering what works best will be overwhelming. A majority of online links will simply lead to paid workout regimens and supplement advertisements that try to sell you the, "magic pill," to getting fit. So what did bodybuilders do before the internet age? Many of them followed the push, pull, leg training split, and many had some of the best results in the history of the sport.

With the "Push/Pull/Legs" split the body is split according to how it moves. Pushing movements, pulling movements, and legwork are what make up the program design. A major benefit of this method is that muscle groups get an overlap from the exercises that are performed while risk of injury from over-use is significantly reduced.

The training efficiency with this method is much greater than with many others since muscle groups work together, creating a very high level of muscle hypertrophy. As far as volume and frequency, a 5 x 5 training protocol is the

classic go to. It has been shown that this set and rep range is the best compromise between strength and hypertrophy and creates the best results for your efforts.

The foundation of the routine will be the four core lifts that I have gone over in previous month's articles. Bench press, deadlift, squat, and overhead press will be the central focus of the program. Below explains the three phases of this training regimen:

Push: upper body movements that move resistance away from the center of the body.

Pull: upper body movements that move resistance towards the center of the body.

Legs: movements that rely on and engage the leg muscles.

The reason this training split is so efficient is due to the overlap of working multiple muscle groups which promotes maximum muscle growth. For those looking to pack on large amounts of muscle mass in a short amount of time, this is the answer. An example of overlap is when doing bench press your triceps and front deltoid muscles are recruited in the exercise. So when it comes time to do triceps and shoulders (both push movements) the muscles are already warmed up which means you are creating maximum opportunity for hypertrophy within the muscle groups. It is also easy to find consistency with this regimen as you can do a four-day-per-week routine, or another option is to follow a three day schedule split, just be sure to allow at least five days between each group worked out.

A four day routine would appear something like this:

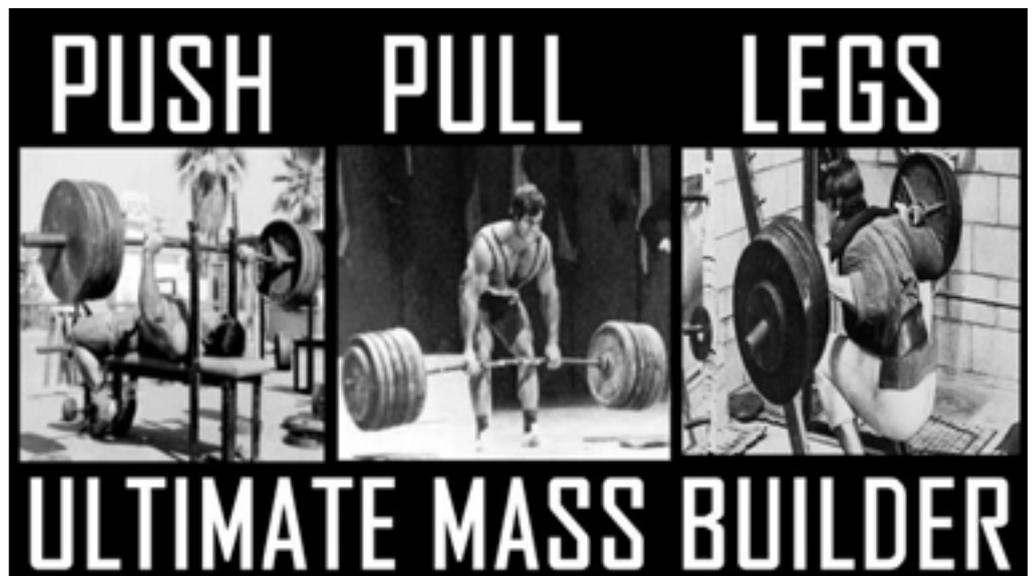
Mon.: legs, Tues.: push, Weds.: rest, Thurs.: pull, Fri.: rest, Sat.: legs, Sun.: rest, Mon.: push, Tues.: pull, Weds.: rest, Thurs.: legs, Fri.: rest,

Sat.: push, Sun: rest.

A three day split would appear something like this:
Mon.: legs, Tues.: rest, Weds.: pull, Thurs.: rest, Fri.: push, Sat.: rest, Sun.: rest.

To build upon the program you can put some cardio and stretching/self-care routines into the rest days. Be sure to allow your body the proper rest needed to maximize muscle repair and growth. Stretching is key to keeping good range of motion, so be sure to implement some sort of stretching routine. When training pecs, shoulders, and triceps together in one session the tendons in your elbows and front deltoids get more time to recover. Whereas splitting these sessions into different days puts more stress on the tendons and elevates the risk of injury.

Until next month stay hydrated, stay motivated, and stay fit!



PUSH/PULL/LEGS

PUSH	PULL	LEGS
		
Exercises	Exercises	Exercises
<ul style="list-style-type: none"> • Bench Press • OHP • Incline DB Press • DB Shoulder Press • Chest FLYs • Side Laterals • Push downs • Tricep Extensions 	<ul style="list-style-type: none"> • Barbell Rows • Pull Ups • DB Rows • Pullovers • Lat Pulldowns • Barbell Curls • Hammer Curls • Concentration Curls 	<ul style="list-style-type: none"> • Squats • Deadlifts or RDLs • Leg Press • Hack Squats • Lunges • Leg Extensions • Leg Curls • Calve Raises

Staff Sgt. Holden is a certified Master Fitness Trainer and a certified National Strength and Conditioning Association; Tactical Strength and Conditioning-Facilitator. He is currently deployed to Kuwait with the 1109th Theater Aviation Sustainment Maintenance Group, Connecticut Army National Guard. He is eager to share his knowledge with those wanting to learn. The thoughts and information in this article are based on his research and opinion. Always do research and consult your doctor before undergoing any physical fitness regimen. For topic requests or questions, email Staff Sgt. Holden at silas.k.holden.mil@mail.mil.

AROUND OUR GUARD

A Glimpse at Connecticut Guardsmen and Events



Members of the 102nd Infantry Regiment, Connecticut Army National Guard, repelled off the XL Center catwalk to deliver the game puck at the UConn Huskies vs. Boston University Terriers Hockey Game in Hartford, Conn, Feb. 15. (Photo by Allison L. Joanis, State Public Affairs Office)



Staff Sgt. Natalia Stuart, left from center, and Sgt. 1st Class Maksim Dobrushkin, right from center, along with the entire Supply Section of the 169th Regiment (RTI), were named as national finalists in the Supply Excellence Award Program. (Photo courtesy of the 169th Regiment (RTI), CTARNG)



Members of the 643rd Military Police Company Family Readiness Group hosted a successful fundraiser at a fitness center in Hamden, Conn. Money raised will fund the unit's FRG events and needs during the unit's upcoming deployment. (Photo courtesy of Bekah Quimby, 643rd MP FRG Leader)



Sgt. David Quimby, center, 643rd Military Police Company, is presented a Quilt of Valor by Steve Vohell, left, QOV quilter and Jane Dougherty, right, CT QOV Coordinator, at the Hagaman Memorial Library, East Haven, Conn., Dec. 29. (Photo courtesy of Bekah Quimby, 643rd MP FRG Leader)

AROUND OUR GUARD

A Glimpse at Connecticut Guardsmen and Events



Members of the 103rd Airlift Wing Fire Department assisted local first responders at an early morning motor vehicle accident on Route 20 in East Granby, Conn, Jan. 31. With their assistance, the driver was extracted from the vehicle and transported to a local hospital for treatment. (Photo courtesy of 103rd Airlift Wing)



The five newest graduates of the Army National Guard Non-Career Recruiting Course take a moment to pose for a photo following graduation from a five-week course at Camp Robinson, Ark. The course was designed to develop the basic skills needed to recruit future Guardsmen and help to retain current ones. (Photo courtesy of Capt. Andrew Bartlett, CTARNG RRB)



Author and leadership expert, Dr. Jeffrey Magee, provided training to Connecticut National Guard senior leaders at a two-day leadership seminar at Camp Niantic, Jan. 24. Connecticut's senior leaders are being challenged to learn the skills that will help develop the next generation of leaders that will move the organization forward in the future. (Photo by Maj. Mike Petersen, State Public Affairs Office)

CTNG to Host Medal of Honor Day Events in Niantic and Windsor Locks

MAJ. MIKE PETERSEN
STATE PAO



The Connecticut National Guard will officially rededicate two of its most well-known facilities in ceremonies designed to honor the organization's two Medal of Honor recipients, March 25.

Public Act No. 18-21 (An Act Honoring Connecticut National Guard Medal of Honor Recipients) was approved on May 25, 2018, officially renaming Camp Niantic as Camp Nett at Niantic and confirming the Camp Hartell name on the Guard's Windsor Locks facility.

The act immortalizes Colonel Robert B. Nett, who received the Medal of Honor for his actions during World War II on December 12, 1944, and 1st Lt. Lee Hartell, for actions on August 27, 2911 during the Korean War.

"These men embodied the bravery and patriotism this nation's freedom was built upon," said Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard. "From this moment forward, two of our largest facilities will bear the names of true American heroes. It is the least we can do to pay tribute to two of Connecticut's greatest sons."

A ceremony led by Evon and other Guard Leadership at Camp Hartell's Combined Surface Maintenance Shop will re-dedicate the post in honor of Lee Hartell, with local elected officials from both Windsor Locks and Danbury (the Hartells' home town) expected to attend. Although Camp Hartell has been named as such for over four decades, Public Act 18-21 will make it official within the Connecticut General Statutes.

In the afternoon, CTNG leadership will travel south to Niantic, where a ceremony at Nett Hall will be punctuated by an unveiling of brand new signs signifying the changing of the post's name. Previously, the Connecticut National Guard's flagship post had been named after the sitting Governor – a policy that was changed once M. Jodi Rell left office in favor of the more consistent Camp Niantic.

Editor's Note: To read the official citations detailing the acts of heroism performed by Robert Nett and Lee Hartell, check out the February 2019 edition of the Connecticut Guardian.



Evon, CTNG Leadership Deliver 'State of the State'

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

Over 20 Connecticut National Guard leaders joined Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard for professional development and strategic engagement events in Washington, D.C., Feb 6-9, 2019.

The agenda included the annual, "legislative breakfast," sponsored by the National Guard Association of Connecticut, a visit to the National Guard Association of the United States Museum, meetings with members of Connecticut's Congressional Delegation and their staff, meetings with our National Guard Bureau counterparts at the Army and Air National Guard Readiness Centers, and, most importantly – a delivery of the, "State of the Connecticut National Guard," to the Directors of the Army and Air National Guard. Throughout many of these events, the Connecticut National guard contingent was fortunate to be joined by members of the Uruguayan Armed Forces – Connecticut's State Partnership Program Partner.

"This was a great opportunity for not just (the Adjutant General) to brief national-level leadership on the successes and challenges in Connecticut, but a chance for Connecticut's leaders to learn more about the Guard from a higher perspective," said Capt. Erich Heinonen, Legislative Liaison and Connecticut Army National Guard Judge Advocate. "It also was a fantastic way to engage with our Congressional delegation and

counterparts in Washington."

Staff also had their first opportunity to meet with Brig. Gen. Karen Berry, now the Connecticut National Guard's Assistant Adjutant General – Army. Evon presented her with a Connecticut National Guard shoulder sleeve insignia during a small ceremony, Feb. 6. See Page 1 for more details on Berry.

The event wasn't without its camaraderie. Lt. Gen. L. Scott Rice, Director of the Air National Guard, hosted all 20-plus traveling members at the DANG's home. At the end of the evening, Evon presented Lt. Gen. Rice, the former Adjutant General and Commander of the Massachusetts National Guard, with a token of Connecticut's appreciation.

The visit also gave leadership the chance to catch up with Connecticut National Guardsmen currently serving on tours at National Guard Bureau headquarters. Connecticut has a number of personnel assigned to the state, that serve in a number of different capacities at the National Guard headquarters.

Evon's briefings to the Director of the Army National Guard was the final event of the trip, Feb. 9. The State of the State was the Adjutant General's opportunity to directly present Connecticut's successes and ongoing challenges to national-level leadership.

"It isn't often you get the opportunity to have the undivided attention of such important figures within our organization, and Connecticut absolutely took the opportunity to heart," Heinonen said.

Above Photo: Maj. Gen. Fran Evon, Adjutant General and Commander of the of the Connecticut National Guard, presents during a Professional Development event in Washington, D.C., Feb 7. (Photo courtesy of Maj. Ryan Miller, CTARNG)

Enlisted Update



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

I hope this month's update finds you well. I recently received a call from a high school friend and former Connecticut Guardsmen who is currently a lieutenant colonel assigned to Installation Management Command at Fort Belvoir in Virginia.

He wanted to share a positive experience he recently had when dealing with the Connecticut National Guard. While in

search of information regarding his time assigned with the CTNG, he reached Sgt. Reyna Ponce by phone. During their phone interaction he indicated he was treated like family and he actually received the best customer service he had ever received during his entire 36-year military career.

One of the Air Force's core values is integrity first, doing the right thing even when no one is looking. Sgt. Ponce's actions, courtesy and integrity brought great credit to our state. I want to thank her again for taking care of a fellow soldier with dignity, respect and as if they were family.

Recently, Lt. Gen. Scott Rice, Director of the Air National Guard, released his 2019 Priority Alignment, "Maximize the Field's Readiness, Take Care of TEAM Air National Guard Readiness Center, and Serve the Chief of the National Guard Bureau and the Director of the Air National Guard."

It should not be a secret the Air National Guard is looking to increase its staffing as well as convert some technician positions to an Active Guard Reserve force. In order to make this happen, there are very unique challenges ahead which can be seen by Lt. Gen. Rice's Lines of Effort outlined below and directly from his monthly update notes which read as follows:

"LOE 1-1: Readiness and Training

- How much funding, resources and seats do we need at schools?

- Is there training that we can do locally to reduce the burden of limited seats available to the ANG?

- TEC is also standing by to assist with training opportunities to meet the needs of the field.

LOE 1-2: Manning

- Our manning documents are obsolete and haven't evolved from our past strategic reserve construct.

- Our manning needs to increase in order for us to sustain as an operational reserve with a 24/7 mission.

- Increases in manning our, "variance manning," on the Drill Status Guardsmen side would help to reduce the strain and give us greater flexibility.

- Breaking up manning at the Group level and dispersing it at the Squadron level is still being looked at.

LOE 2-1: Airman's Time

- Develop clear metrics, measurements and data to support lines of effort.

LOE 2-2: Develop Human Capital

- How is every Airman getting annual face-to-face developmental feedback?

- The Force Development website is a great one-stop-shop for information.

- Develop clear metrics to support LOE.

LOE 2-3: Resilience

- Develop clear metrics to capture all the different data within this LOE.

- Resilience is having exemplary leadership skills.

LOE 3-3: Organizational Reform

- Air National Guard Readiness Center is conducting Continuous Process Improvement events.

- As we pursue automation solutions, the weekly dashboard needs to be revised and include more data from the 90 Wings."

I ask that leaders ensure you discuss this with your subordinates and coordinate with your leadership on a way ahead in executing Lt. Gen. Rice's vision.

One of the goals of the Enlisted Field Advisory Council is to provide our Airman additional tools to pursue a higher education. In early February, the state and wing CCM's received an update on EFAC's ability to secure federal tuition assistance funding. Brig. Gen.

Steven Nordhaus, Commander of the ANGRC, and his team have been diligently working on this project and the prospects look good. ANG is in the process of projecting out five years for these funds, so in the meantime they are looking at allotting Operation and Maintenance funds in the short term to get this program going.

Another hot topic on everyone's minds are the USAF Enlisted Performance Report. It appears the consensus is the EPR system does not appear to be working as well for the ANG as it does for Regular Air Force. In order to address the concerns, the EFAC has established an EPR Tiger Team in order to further develop a way forward and to ensure we have a long-lasting and effective evaluations system that will meet the needs of our airmen. The intent is not to have a different system than Regular Air Force; but the Tiger Team will determine the effectiveness of our current system and help us decide, through a deep dive, if what we currently have suits our needs.

Senior leaders are also fighting for Tricare Reserve Select for dual status technicians. This topic has bipartisan support in Congress, and we were very close to getting it passed last year, but it fell through at the conference level. We need Airmen to be in contact with professional organizations and with their Congressmen. EANGUS and NGAUS are already on board, and have made this a top priority. EANGUS has a tool on their website that can help you send emails directly to your members of Congress. This is certainly a readiness issue and your assistance in bringing this across the finish line would greatly assist in that effort.

Speaking of professional organizations, the 25th Annual NGACT Conference and Ball is approaching quickly and scheduled for Saturday, March 16th, at the Sheraton Hartford South Hotel. The conference will run from 2-5 p.m. with the ball to follow from 6:30-11 p.m. Please show your support for this incredible organization who fights tirelessly for benefits that directly impact you and your service.

I would again like to thank you all for what you do daily ensuring the safety and security of our state and country! Your senior leadership, my family and I are extremely impressed! Be Safe!



CONNECTICUT
AIR NATIONAL
GUARD

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<http://www.facebook.com/103AW>

Instagram: @bradleyangb -

<http://www.instagram.com/bradleyangb>



25th Annual NGACT Conference & Ball

Saturday, March 16th, 2019
Sheraton Hartford South Hotel,
100 Capital Blvd., Rocky Hill
Conference 2-5p.m.
Ball 6:30-11p.m.

Civilian attire, dress to impress
\$60 Per Person.
Includes: Conference, Ball,
Buffet Dinner & Dancing

Register Online at
<https://ngact.org/25th-ngact-conference-and-ball/>
OR
Mail the following information to
NGACT, 360 Broad Street,
Hartford, CT 06105
Checks payable to "NCACT"

Rank/Name(s): _____

Unit: _____ Phone: _____

Mailing Address: _____

Civilian email: _____



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Connecticut Candidates*

May 11, 2019 • 6 p.m.

Sheraton Hartford South

100 Capital Blvd. • Rocky Hill, CT

Social Hour Begins at 6 p.m. | Dinner Served at 7 p.m.

Meal Choices:

Strip Steak | Chicken | Vegetarian

Army Service Uniform Suggested
Formal Attire for Family & Guests
Tickets: \$65 Per Person • \$120 Per Couple

Please RSVP by March 23rd

OC Luis Gomez | 860.380.7650

73 Park Ave Unit 1, Enfield, CT
06082; or via email

Luis.a.gomez32@gmail.com

Payments can be made through

Venmo @Luis-Gomez-186

Cash, Checks made out to:

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Rooms Available through the
OCS Class 64 Dining Out Room
Block

Please reserve soon,
limited availability.



Inside OCS

Realistic Training to be Ready for Real World Missions

OFFICER CANDIDATE RUSSELL HAGIOS
OCS CLASS 64, 1-169 REGT (RTI)

During January drill weekend, Connecticut's Officer Candidates conducted an Army Physical Fitness Test, Medical Training, and Peer Evaluation Counseling

Upon arrival at drill, the Officer Candidate in charge briefed the monthly Operations Order and provided the monthly update on fundraising ideas for the class' upcoming Officer Candidate Dining Out.

On Saturday, Officer Candidates were familiarized on Tactical Combat Casualty Care where Officer Candidates were instructed on different techniques on how to apply aid to wounded soldiers during combat operations. Cadre gave examples on how to apply this aid as well as real life examples of when this very important skill



was utilized. OCs trained how to properly assist each other in lifting wounded soldiers in either a two- or four-member carry team. OCs even practiced loading and unloading a casualty into an ambulance as well as an individual casualty evacuation pull to understand the strenuous task of pulling a 180 pound wounded soldier by yourself to safety.

OCs were also trained on different movement techniques to include crossing danger areas. The Army typically stresses training for crossing danger areas, as it is a risk that can be mitigated if the right precautions are set into how we move as an element. Part of this training involved OC's learning about squad movement techniques and how they apply to real world scenarios.

On Sunday morning, OCs conducted a PT test, which was one of the final PT tests we will have during Phase II of OCS.

After a productive weekend, the OCs spent Sunday afternoon cleaning the barracks and turning in equipment before receiving their peer evaluation reports.

OCs also chose their, "Top 3;" Branches they prefer to select as their career path. The OCs then returned to home to start preparations for what lies ahead as we push through such a demanding course.



Become an Officer in the Connecticut Army National Guard!

For information and requirements, contact your chain of command or Maj. Steve Landry, RRB Officer Strength Manager steven.d.landry.mil@mail.mil.

CONNECTICUT NATIONAL GUARD 

Leads to Enlistments Awards Program
 Effective 01 Oct 18 - 30 Sept 19

- 1st Lead to Enlistment**
Shaker Bottle & T-Shirt**
- 2nd Lead to Enlistment**
Tactical Backpack**
- 3rd Lead to Enlistment**
Fleece Jacket or Hoodie**
- 4th Lead to Enlistment***
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ARCOM, Tactical Flashlight & "Honorary RRNCO" plaque**

CONTACT YOUR LOCAL RECRUITING AND RETENTION NCO FOR MORE INFO

Leads are subject to verification of enlistment DAN state lead tracker SOP
 **photos are representations only, actual items are subject to availability and funding.
 *Must be eligible to receive AAM or ARCOM. One award per person given at the end of the fiscal year based on number of enlistments.

"IT PAYS TO STAY"
 FY-19 ARMY NATIONAL GUARD RETENTION PROGRAM

STAY  GUARD

- Re-Enlist/Extend for 2 Years**
Receive a \$4,000 Bonus and a waterbottle or hydration pack
- Re-Enlist/Extend for 6 Years**
Receive a \$20,000 Bonus and a Gerber or tactical flashlight

CONNECTICUT NATIONAL GUARD 

CONTACT YOUR RETENTION NCO FOR MORE INFO

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

R3SP - Resilience, Risk Reduction & Suicide Prevention

DETECT ICEBERGS

Resilience: "Skill of the Month"



Edition #52: March 2019
R2PM: alexander.m.long5@mail.mil
(860) 524-4926

ICEBERGS

"What are some common examples of icebergs?"

Examples: Core Beliefs

Core beliefs are what one believes to be true about oneself, others, and the world, or the way it "is."

- I am strong
- Hard work is rewarded
- I am intelligent
- Family comes first
- Love conquers all
- I am a good person
- Respect is earned
- Suicide is wrong
- People can't be trusted
- The world is dangerous
- Seeking help shows weakness
- Life exists on other planets
- Health is important
- Life begins at conception

Examples: Core Values

Core values are what one aspires to, or what one believes him/her, the world, and others "should" be.

- You should respect your elders
- People should finish what they start
- A person's worth should be based upon actions
- The punishment should fit the crime
- Children ought to do as they are told

Use the attached activity to "Detect" some of your own "Icebergs."

What is the skill?

"Detect Icebergs" is used to identify and evaluate *core beliefs* or *values* that are driving our Emotions and Reactions.

Bottom Line Up Front (B.L.U.F.)

- Detect Icebergs helps to build Self-awareness.
- Identifying Icebergs allows us to reinforce or change them.
- Knowing that an Iceberg has been activated can give us control over our Emotions and Reactions.
- Effective Soldiers, Family members, and DA Civilians stay in control under tough circumstances.

ASAP Team Has a New Prevention Coordinator

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER

The Connecticut Army Substance Abuse Program Team would like to welcome Gregory Moulding as our new Prevention Coordinator. Greg comes to our Connecticut team with an extensive military background. As your new PC, Greg would like to remind you of the following:

Safe Use/Low Risk Guidelines

Army guidelines state that one standard drink is equivalent to 0.6 ounces of pure alcohol; this is equal to one 1-1.5 ounce shot, 12 ounces of beer, and 5 ounces of wine. It is important to keep in mind that a mixed drink could contain more than the standard 1.5 ounces. Making healthy choices when it comes to consuming alcohol is also important. Drinking when you are feeling hungry, angry, lonely or tired will increase the likelihood of negative side effects including high risk behaviors.

The ASAP team is here to help, if you or someone you know is struggling please reach out we can get you the supports you need to remain mission ready.

Contact the CT ASAP Team

Capt. Alex Long
R3SP Support
(860) 544-4926

Greg Moulding
Prevention Coordinator
(860) 836-5709

Meagan MacGregor
Alcohol & Drug Control
Officer
860-524-4962

Jennifer Visone
Suicide Prevention
Program Manager
(860) 548-3291

Suicide Intervention Officer Spotlight

1st Sgt. Zane Barber - 14th Civil Support Team

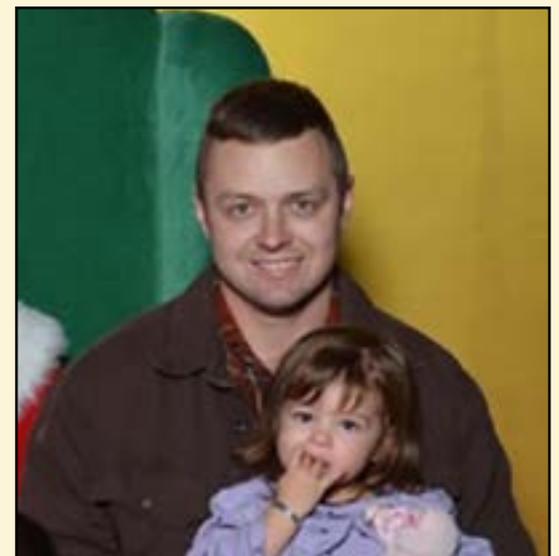
MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER

First Sgt. Zane Barber has been serving in the National Guard for 19 years. As the First Sergeant of the 14th Civil Support Team he holds dual MOS as 74D and 11Z. Barber has extensive experience both military and civilian working with people at risk of suicide. With four children at home, Barber doesn't have much free time, but when he finds some he trains in Jiu-Jitsu, boxing, and Kali. He supports his children in their youth sports program and enjoys time with his wife. Barber maintains a close network of friends and family members who

help him deal with stress. He finds value in having open communication with these people in his life to increase his protective factors.

"You don't have to be overly nosy or a gossip, but intentionally engage your fellow Soldiers and Airmen in honest, open conversation, even if for only three or four minutes. It can only improve your environment and the quality of life for everyone in that environment. Engage, reflect, repeat."

If you'd like to speak to First Sgt. Barber please contact him at 860-883-4681.



R3SP - Resilience, Risk Reduction & Suicide Prevention

Let's Talk About the "S" Word

CAPT. YUMI PANUI
CTARNG CHIEF BEHAVIORAL HEALTH OFFICER



Capt. Yumi Panui
CTARNG Chief Behavioral
Health Officer

Approximately 800,000 people die from suicide yearly. That is about 11 people for every 100,000.

What if it was someone you knew, a family member, a friend, your battle buddy who used to stand to your left or right? Maybe it was and maybe you recognize how important this topic is and why we should pay attention, learn more, and look

for ways to mitigate any identifiable risks. This is why the Connecticut National Guard Behavioral Health team partnered with the Center for Deployment Psychology and hosted a training on suicidal behaviors in the U.S. Military at the Maurice Rose Armed Forces Reserve Center in Middletown, Conn. on Jan. 9-10.

The audience consisted of a variety of military and community partners such as first responders, judicial

system staff, and both civilian and military behavioral health and medical providers. The workshop's main objectives were to assist professionals working with our military and veteran communities to gain clarity regarding some of the unique challenges faced by those populations and to educate on empirically-tested modalities. The training helped participants to gain increased insight towards the complexities related to assisting our Service Members and Veterans by providing updated information related to the topic as well as interactive segments to facilitate a deeper understanding of such an important issue.

The feedback from workshop participants were highly positive and validated the relevance of facilitating trainings that focus on topics that directly impact our force.

"The CDP training was excellent, relevant and applicable to the attendees that serve in various roles in support of the behavioral health mission to Soldiers in the CTNG," said Lt. Col. Michael Myslenski, a Physician's Assistant assigned to the Connecticut Army National Guard's Medical Detachment. "I gained an insight to the high level of expertise needed, the formal and informal practical training our BH professionals and paraprofessionals need to help our Soldiers and any patients they encounter."

Ms. Susan Tobenkin, Deputy Director of Psychological Health for the Connecticut Army National Guard, felt

the material was clear and relevant to clinicians in a variety of settings.

"The training helped the participants learn how to make judgment calls about unpredictable outcomes, often with insufficient or contradictory information," Tobenkin said.

Despite her extended years of experience working in the field of behavioral health and as a clinician with Connecticut Service Members, Tobenkin believed she still walked away with new concepts that she had not been introduced to and that the education model was simplified, interactive and inclusive.

The CDP is an organization that is located at the Uniformed Services University of the Health Sciences in Bethesda, Md. Their mission is to train professionals working with our military and Veteran populations to be culturally mindful and clinically competent and is committed to excellence in military medicine and public health during peace and war. The CTNG BH team has been partnering with CDP to bring their trainings to our networks and plans to continue that affiliation. Force readiness is our CTNG BH team's mission and the goal is to meet the needs of our Service Members and to strengthen our Guard family. Understanding the dynamic nature of behavioral health, especially military issues related to behavioral health, and the evidence based practices that have shown to be most effective with our population can and will improve service delivery and contribute towards the health of our force.

Adolescent Self-Injury Awareness Month

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER

March is observed as Adolescent Self-Injury Awareness Month. While not all self-injurious behavior is related to, or indicative of, suicide, the CTARNG R3SP Program feel this is an important topic to address and discuss as it does directly relate to suicide prevention.

The risk of suicide increases when a person's coping skills, or protective factors, are not sufficient to balance the stressors in their life. Self-harm is believed to be a coping mechanism used to deal with psychological or emotional pain. In this way self-harm could actually be seen as a preventative measure to suicide however self-injury is not a healthy coping skill.

Self-injury can become life-threatening even when suicide is not the intention of the action. Adolescents and younger adults are often unable to comprehend the

potential dangers and unintended consequences of self-injury. Any instance of self-injury should be handled with the same concern, patience, and persistence that a suicide ideation would be.

R3SP seeks to provide awareness and preventative services not only to our Soldiers, but also their families. If you become aware that a fellow Soldier or an adolescent family member of a Soldier is engaging in self-injurious behaviors there are many resources available to provide support.

Military OneSource provides access to providers versed in adolescent psychology as well as self-harm and can be accessed 24/7 at www.militaryonesource.mil.



militaryonesource.mil.

For additional information or resources please contact R3SP at 860-524-4962.

Find additional R3SP resources on Guard Knowledge Online

https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/G1/Resilience/SitePages/Home.aspx

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Official Pages - Managed by the CTNG PAO



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<http://facebook.com/ConnecticutNationalGuard>



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<http://twitter.com/CTNationalGuard>



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



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

Official Unit/ Leadership Pages

MaJ. Gen. Fran Evon
Facebook - @CTNGTAG
Twitter - @CTNGTAG

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

CTARNG Recruiting Battalion
Facebook - @CTArmyGuard
Instagram - @CTArmyGuard

CTANG Recruiting Team
Facebook - @CTAirGuard

103rd Airlift Wing
Facebook - @103AW

102nd Army Band
Facebook - @102dArmyband
Facebook (Rock Band) - @RipChord102D
Instagram - @102d_army_band
Twitter - @102dArmyband

HNC, 169th Aviation Battalion
Facebook - @HNC169AVN

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

1109th TASMG
Facebook - @1109thTASMG

Joint Force Headquarters
Facebook - @CTJFHQ

CTATNG Recruit Sustainment Program
Facebook - @ConnecticutGuardRSP

CTNG Service Member and Family Support
Facebook - @CTNGFamilies

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

Don't see your unit's page here? Make sure it is registered with the CTNG PAO.
Want to start a public page for your unit? Call the CTNG PAO for information.
860-524-4857

Off the Bookshelf

with Sgt. 1st Class Simon

Wicked Hartford

SGT. 1ST CLASS BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

Among the celebrities that lie in gravesites at Hartford's Cedar Hill Cemetery like Katharine Hepburn, Wallace Stevens, Gideon Welles and J.P. Morgan, a lesser known city personality also rests in the state's largest graveyard: Daniel C. Birdsall.

Birdsall owned and published the Hartford Telegram from 1883 until 1889. The Telegram was a tabloid-esque newspaper known for its salaciously informative content. Birdsall's favorite news subject was the extremely powerful Mayor of Hartford, and future governor, and senator, Morgan Bulkeley.

According to Steve Thornton in his book, "Wicked Hartford," the mutual turmoil between the two men was hostile and often turbulent.

At the 1884 Republican Presidential Convention in Chicago, Mayor Bulkeley's entourage allegedly spent their evenings in a house of ill repute. Birdsall did not hesitate printing this sensationalist story and Bulkeley's disdain for the newspaper editor intensified. Birdsall's reporting on Bulkeley continued through the 1888 Connecticut gubernatorial campaign. Bulkeley, fed up with his rival, allegedly orchestrated Birdsall's arrest for libel and allegedly hired assailants to murder him. Birdsall survived the attack and died of unrelated causes in 1891. When Bulkeley passed away in 1922, he joined his nemesis, in Cedar Hill Cemetery.

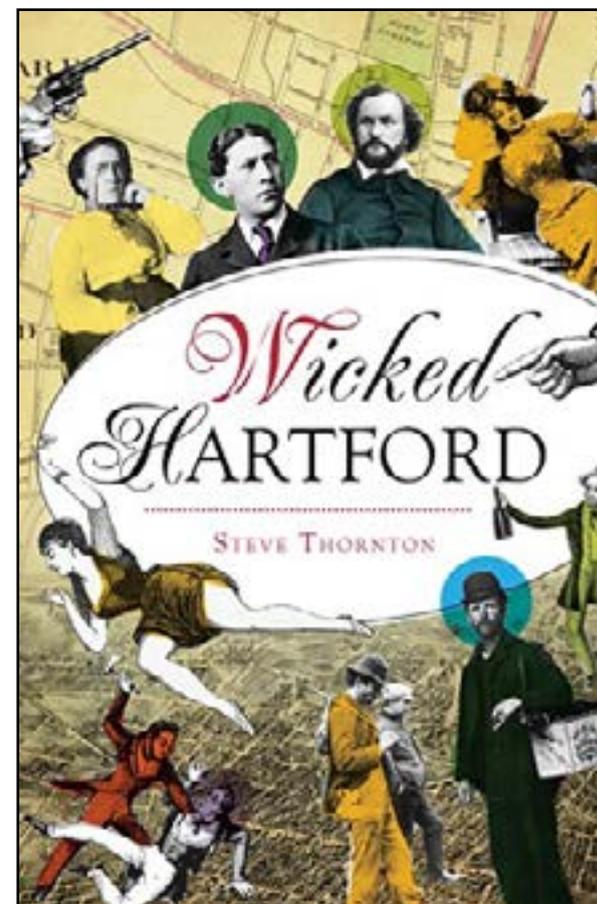
The story of Birdsall and Bulkeley's long running feud is one of many juicy Hartford historical anecdotes covered in Thornton's, "Wicked Hartford." Thornton's stories are astonishing and although mostly well known, the subject matter is still inexplicable.

- Samuel Colt actively sold firearms to both the Union and the Confederacy prior to the start of the Civil War. His last shipment of firearms to the South was made just three days before the Battle of Fort Sumpter.

- When abolitionist Frederick Douglas visited Hartford for the first time in 1843, he was not allowed to speak to indoor crowds. One of his highly attended outdoor speeches was held in front of the First Church of Christ on Gold Street.

- Up until as late as 1856, African American Slaves in Hartford, and throughout Connecticut, elected governors who, although mostly symbolic, were primarily responsible for enforcing punishments on slaves who broke rules and local laws.

- In 1857, Hartford Hospital was founded in response to the city's inability to care for casualties



produced by a regional steam boiler explosion epidemic.

- In 1932, hundreds of World War I veterans left Hartford to take part in protests in Washington D.C. over their disputed veterans' benefits. These bonus camp veterans were eventually driven from the nation's capital by troops led by General Douglas MacArthur.

- When Ethiopia surrendered to Italy in 1937, Hartford's streets were filled with celebrating and parading Americans of Italian descent who had supported, and even helped fund Mussolini's government.

Thornton's short book covers much historical Hartford ground. He even makes room in his text for a lesser known otherworldly reference. On Halloween evenings, Daniel Birdsall's spirit reportedly visits the neighboring grave of his old foe, William Bulkeley to taunt him, witnesses claim, or perhaps to dig up new salacious stories.

Request a book to be reviewed, or ask Sgt. 1st Class Simon a direct question by emailing him at basimon1234@gmail.com.

Lineage and Honors

Cavalry in Connecticut

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



"From the dash and romance of cavalry to the plodding machine-gunner of the Great War, from the gilt-bedecked uniforms of a parade organization to the grim olive drab of the American army, and from citizen soldiery who took drilling once each week as a recreation, to mud-spattered, cootie-infested veterans, was the path of evolution followed by Troop A,

Cavalry, Connecticut National Guard."

Although this was written a century ago in, "A History of Troop A Cavalry, Connecticut National Guard and its Service in the Great War As Co. D, 102d Machine Gun Battalion," by Robert John McCarthy, many current and former members of the Connecticut National Guard can relate to the sentiment.

Our small state has long history of providing, "mounted," soldiers in time of war. From Sheldon's Second Continental Light Dragoons of the Revolutionary War right up to the Cold War's Troop C, 1st Squadron,

26th Cavalry - "Yankee Eyes."

The First Company Governor's Horse Guard was chartered in 1788 as the Governor's Independent Volunteer Troop of Horse Guards. The unit originally served as an honor guard for the governor and visiting dignitaries. They participated in parades, dedications, and inaugurations and also served as an escort to such notables as George Washington, Andrew Jackson, William Tecumseh Sherman, and William Howard Taft.

A second cavalry troop was brought into existence by an act of the General Assembly of Connecticut on the second Thursday of October, 1808, which authorized the formation of a company of cavalry to be known as the, "Second Company of the Governor's Horse Guards," Their purpose was, "to attend upon and escort him in times of peace and war," and by accepting this obligation and supplying its own equipment and uniforms to be exempted, "from every other kind of military duty."

Over the course of their illustrious histories, the two Horse Guard Companies saw extended service to our country. The 1st Squadron 122nd Cavalry was established from elements of both organizations - the Governors Independent Volunteer Troop of Horse Guards at Hartford, and Second Company, Governor's Horse Guards at New Haven. It was redesignated as Troops A and B, 5th Militia Cavalry on June 17th, 1915 and then mustered into federal service for Mexican border three days later. Returning to Connecticut, the unit was mustered out in November 1916. The unit was then reorganized and federally recognized on May 3rd,



1917 as 1st Separate Squadron, Connecticut Cavalry, then subsequently redesignated 3rd Separate Squadron, Connecticut Cavalry later that month. It was called into federal service on July 25th, 1917. While training in Niantic the unit was converted and redesignated the 101st Machine Gun Battalion and assigned to the 26th division.

After service in the Great War, the unit was reorganized and federally recognized in March 1923 as 1st Squadron, Connecticut Cavalry with Headquarters and Troop A at New Haven and Troop B and C, at Hartford. It was redesignated again forty years later as the 1st Squadron, 26th Cavalry, a parent regiment under the Combat Arms Regimental System headquartered in Massachusetts as an element of the 26th Infantry Division with Troop C, allotted to the Connecticut National Guard. Reorganized one more time in October 1986 Troop C was redesignated Troop A. Sadly, Connecticut's affiliation with armored cavalry and the U.S. Army ended with the Operation QUICK SILVER reorganization in 1993. Fortunately, the tradition lives on with the First and Second Companies, Governor's Horse Guard.



Members of the Second Company Governor's Horse Guard stand in formation during their 2018 annual training at their facility in Newtown, Conn. (Photo courtesy of the 2GHG)

Brig. Gen. Cody retired from the CTARNG in 2014 and currently teaches 7th grade Social Studies in Stamford, Connecticut. Email him at rmcody@snet.net.

CTARNG Training Circulars

Course	Course #	Action Officer	Start Date	End Date
Domestic Operations Assessment and Awareness Tools (DAART)	350-17-59	Master Sgt. Karl Rhyndhart / Maj. Pam Lebejko	1-Mar-19	1-Mar-19
Unit Environmental Officer Training Course	350-17-23	Robert Dollak	2-Mar-19	2-Mar-19
Threat Tactics MTT	350-17-52	Maj. Justin Anderson	4-Mar-19	8-Mar-19
Virtual Convoy Operations Trainer (VCOT)	350-17-27	Capt. James Locke	11-Mar-19	14-Mar-19
Resilience Training Assistant (RTA) Course	350-17-16	Capt. Alex Long	12-Mar-19	15-Mar-19
OPSEC Level II	350-17-63	Maj. Justin Anderson	12-Mar-19	14-Mar-19
Sexual Assault Prevention and Response Victim Advocate Continuing Ed. Trng. Wkshp	350-17-15	Ms. Ashley Cuprak	19-Mar-19	21-Mar-19
Liaison Officer (LNO) Training Course	350-17-20	Master Sgt. Karl Rhyndhart / Maj. Pam Lebejko	20-Mar-19	21-Mar-19
Food Operations Management Course	350-17-17	Sgt. 1 st Class Jessica Torres	23-Mar-19	26-Mar-19
Unit Marksmanship Training Coordinator (UMTC) Course Phase I	350-17-19	Sgt. 1 st Class Jonathan Cuebas-Marrero	23-Mar-19	24-Mar-19
High Mobility Multipurpose Wheeled Vehicle (HMMWV) Egress Assistance Trainer (HEAT) Instructor Course	350-17-42	Capt. James Locke	23-Mar-19	23-Mar-19
Army National Guard Substance Abuse Program Unit Prevention Leader (UPL) Course	350-17-12	Sgt. Victor Martinez	28-Mar-19	29-Mar-19
CTARNG Best Warrior Competition (BWC)	350-17-14	Sgt. Maj. Michael D. Collins	28-Mar-19	31-Mar-19
ASK CARE ESCORT- SUICIDE INTERVENTION (ACE-SI)	350-17-29	Mrs. Jennifer Visone	5-Apr-19	5-Apr-19
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Mrs. Jennifer A. Visone	6-Apr-19	7-Apr-19
Intelligence Section Working Group	350-17-28	Maj. Justin Anderson	7-Apr-19	7-Apr-19
Unit Finance Course	350-17-34	Mr. Fabian S. Bennett	16-Apr-19	18-Apr-19
Unit Marksmanship Training Coordinator (UMTC) Course Phase II	350-17-19	Sgt. 1 st Class Johnathan Cuebas-Marrero	27-Apr-19	28-Apr-19
Unstabilized Gunnery Trainer-Individual(UGT-I)	350-17-33	Capt. James Locke	27-Apr-19	28-Apr-19
High Mobility Multipurpose Wheeled Vehicle (HMMWV) Egress Assistance Trainer (HEAT) Instructor Course	350-17-42	Capt. James Locke	4-May-19	4-May-19
Laser Collective Combat Advanced Training System (LCCATS), Laser Marksmanship Training System (LMTS) and Improvised Explosive Device Effects Simulator (IEDES)	350-17-54	Capt. James Locke	4-May-19	5-May-19
Unit Movement Workshop	350-17-55	Master Sgt. Thomas Ahearn	5-May-19	5-May-19
Call for Fire Trainer (CFFT)	350-17-40	Capt. Locke	13-May-19	16-May-19
Army National Guard Substance Abuse Program Unit Prevention Leader (UPL) Course	350-17-12	Sgt. Victor Martinez	16-May-19	17-May-19
Engagement Skills Trainer II (EST II)	350-17-22	Capt. James Locke	17-May-19	19-May-19

Highlighted Courses:

Virtual Convoy Operations Trainer: This training opportunity provides training for soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the VCOT. The VCOT is a virtual training system providing unrestricted movement throughout the virtual battlefield training soldiers in basic and advanced convoy skills. 11-14 March 2019; 8 Seat Max per class; See your unit training NCO for current availability.

Laser Collective Combat Advanced Training System, Laser Marksmanship Training System and Improvised Explosive Device Effects Simulator: L-CCATS is a Laser Marksmanship Training System that allows Soldiers to train with their service weapon while riding in actual vehicles. The L-CCATS System supports M-16, M4, M249, M2 and M24 weapons. The LMTS is a laser marksmanship training system that supports the Army's marksmanship training strategy. It is ideal for training scenarios in the field during the day or at night. The LMTS accommodates numerous weapons and calibers to include the M9 pistol, the M16 and M4 rifles, and the M249, M240 and M2 machine guns. The IEDES is configured to simulate a small, medium, large and extra-large explosive signature. The IEDES is designed to train key tasks of Explosive Hazards defeat, to predict, prevent, detect, classify, neutralize, mark, report and record EH and to protect personnel, equipment and facilities from EH effects. 4-5 May 2019; 15 Seat Max; See your unit training NCO for current availability.

Engagement Skills Trainer II: The EST II supports realistic and comprehensive gated rifle marksmanship instruction, identifies Service member's needs by requiring them to satisfy gate requirements in order to progress, and facilitates any necessary remedial training prior to qualification. This training opportunity provides training for Soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the EST II. 17-19 May 2019; 12 Seat Max; See your unit training NCO for current availability.

Maj. Michael Jakobson - G3-FTB, Training Specialist - michael.p.jakubson.mil@mail.mil - Phone: 860-493-2774

THE DA PHOTO PROCESS Do You Need A DA PHOTO?

- 1** Must be SSG or above. And at least one of the following:
- No photo on file
 - Current photo over 5 years old
 - Promoted since last photo
 - Received ARCOM or higher

REVIEW YOUR ERB/ORB

- 2**
- Check records for accuracy
 - Determine which awards you are authorized to wear for your photo
 - DO NOT Wear awards not listed in your record
 - ERB/ORB accuracy is an individual responsibility

PREPARE YOUR UNIFORM

Ensure your uniform is up to AR 670-1 standards before scheduling an appointment.

- 3**
- Uniform preparation is an individual responsibility
 - Last minute cancellations due to incomplete uniforms waste available slots. Be considerate of fellow Soldiers and only schedule an appointment once your uniform is 100% to standard.
 - Incomplete or inaccurate uniforms DO NOT justify a re-book. Your uniform must be complete and accurate before scheduling your appointment.

SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

- 4**
- Write down your appointment time & date. The automated e-mails WILL NOT contain your specific appointment details.
 - Only available time slots are shown. If your first choice is unavailable, choose another time.

SHOW UP AT SCHEDULED TIME

MG Maurice Rose
Armed Forces Reserve Center
375 Smith Street
Middletown, CT 06457
Room 322

- 5**
- Be on time and fully dressed at the scheduled time
 - Locker rooms available on the first floor if you wish to carry your uniform on a hanger

IMAGE MANIPULATION

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

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

How Does your photo get to your ERB/ORB?



What to Wear for a DA Photo

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

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

The Connecticut National Guard Foundation Announces 2019 Scholarship Program

The Connecticut National Guard Foundation, Inc. announces the 2019 scholarship program. This year the Foundation will award a total of seven scholarships.

- **Two \$4000.00 scholarships honoring SGT Felix Del Greco Jr.** will be awarded to a son or daughter of a member of the Connecticut ARMY National Guard. * Please note that a special application is required for the Del Greco scholarship which may be obtained from: <http://www.conncf.org>. No other application will be accepted.
- **Five \$2,000.00 scholarships** will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses and children of Connecticut National Guard Retirees. Application forms may be found at the Foundations website at <http://www.ctngfi.org>.

Additional Information

- Complete application packets for the CTNGFI scholarships must be postmarked no later than **APRIL 15, 2019**.
- The selection committee will choose students based on achievement and citizenship.
- You must be enrolled in, or planning to enroll in a regionally or nationally accredited degree or technical program.
- Mail application form (CTNGFI Scholarship Only) and completed package to:

CTNG Foundation Inc. Attn: Scholarship Committee 360 Broad Street, William A. O'Neill Armory, Hartford, CT 06105

Please contact the foundation at (860) 241-1550 or e-mail ctngfi@sbcglobal.net for further details.



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FOR MORE INFORMATION, CONTACT,
CW4 Roberto Lopez, AGR Tour Branch Manager,
(860) 613-7608, roberto.lopez4.mil@mail.mil
Sgt. 1st Class Laura Hernandez, Senior HR Sergeant,
(860) 613-7617, laura.hernandez3.mil@mail.mil



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ARMY

To Private 2

Davila, Lesly C.
Duszak, Nicholas M.
Gooden, Logan L.
Grate, Malcolm R.
Hall, Michael D.
Johnson, Kyle A.
Ortiz, Jonathan E.
Ortiz, Steven
Sanders, Trevor A.
Smith, William F.

To Private First Class

Adnane, Imade
Barna, Alicia M.
Brandao, Vitor H.
Chongcuy, Liliana R.
Couillard, Benjamin J.
Elder, Brandon M.
Hafez, Joseph A.
Hunter, Dmetri Z.
Kabel, Marcus A.
Mackey, Ajiana J.
Narvaezfontan, Juan G.

Nunez, Anthony A.

Olis, Joseph W.
Page, Matthew
Rivera, Alberto K.
Rivera, Hannah M.
Rojas, Carla M.
Ruther, Patrick J.
Sigel, Samuel R.
Sweeney, Kevin M.
Taylor, Tajanaye A.
Vaz, Django M.
Vega, Damien J.

To Specialist

Almanzarperez, Carlos S.
Brin, Willard J.
Buonomo, Matthew D.
Chambers, Kyle D.
Cintron, John C.
Coleman, Andrew P.
Dazaulloa, Carlos A.
Dowd, Connor J.
Ennis, Justin D.
Freeman, Jazmyn E.
Garcia, Alvaro L.

Grabowski, Michael T.

Hoang, Nam
Kidd, Anthony O.
Kussainova, Diana
Madiedo, Ruben C.
Morales, Luis D.
Olivorodriguez, Yailyana
Owusuansah, Samuel A.
Rodriguez, Frank J., Jr.
Ruckey, Curtis J., II
Satchell, Kino H.
Smith, Brendon L.
Stgermain, Maxim F.
Taylor, Mark E.
Valencia, Marco A.

To Sergeant

Lathrop, Austin J.
Leite, Raphael
Rentz, Stephan P.

To Staff Sergeant

Hettrick, Cody J.
Keeney, Zachary M.
Rodriguez, Yilkania

To Sergeant First Class

Flinchbaugh, Robert L.
Rodriguez, Hector A.
Zimmerman, Dillon M.

To Chief Warrant Officer 4

Falk, Karlene M.
Gaul, Thomas A.

To 2nd Lieutenant

Desai, Pavan A.

To Captain

Camacho, Jeremy R.
Cyr, Rachelle Y.
Gibb, Brooke R.
Luchuk, Jacob A.
McNally, Jillian M.
Ragos, Robert J.

To Major

Humphreys, Owen W.

AIR

To Senior Airman

Santana, Angela C.
Sanchez, Anthony
Brewer, Kai J.
Norton, Thomas S.

To Staff Sergeant

Donna, Alec M.
Thaxton, Alexander P.
Koenig, Emily J.
Tucker, Steven M.

To Technical Sergeant

Fasser, Joshua A.
Roy, Kyle J.

Congratulations to all!

Promotions as of February 1, 2019

Calendar

March

March 6

Ash Wednesday

March 5

April Guardian Deadline

March 8

International Women's Day

March 10

Begin Daylight Savings Time

March 16

NGACT Conference & Ball

March 17

St. Patrick's Day

March 25

Medal of Honor Day

March 29

Vietnam Veteran's Day

April

April 5

Gold Star Spouse's Day

April 9

May Guardian Deadline

April 15

Tax Day

April 19-27

Passover

April 21

Easter Sunday

May

May 7

June Guardian Deadline

May 12

Mother's Day

May 17

Armed Forces Day Luncheon

May 18

Armed Forces Day

May 27

Memorial Day



CONNECTICUT ARMED FORCES DAY LUNCHEON

★ *SAVE THE DATE* ★

MAY 17, 2019 ★ 11:00 A.M.
AQUA TURF CLUB, SOUTHLINGTON, CT

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



For more information, contact
Sgt. 1st Class William Blake ★ (860) 493-2750 ★ William.D.Blake14.mil@mail.mil
or visit http://ct.ng.mil/CT_AFDL or [facebook.com/CTArmedForcesDay](https://www.facebook.com/CTArmedForcesDay)

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Connecticut Family GUARDIAN

VOL. 20 NO. 3

HARTFORD, CONNECTICUT

MARCH 2019

Make a Plan: How to Save



MILITARYSAVES.ORG

When it comes to saving money, the sooner you start, the better. It's not an act that's accomplished overnight, but a process that happens gradually and grows over time. Just remember, Start Small, Think Big.

Making ends meet can be a challenge. And in today's tough economy, you may wonder how it's possible to spare anything. But any amount saved - a quarter, a dollar - is progress. Those quarters and dollars add up. As you get into the habit of routinely, "paying into your savings," you'll see the money you're setting aside grow.

Five Saving Strategies

1. Save for emergencies

Having an emergency savings fund may be the most important difference between those who manage to stay afloat and those who are sinking financially.

2. Pay off High Cost Debt

The best investment most borrowers can make is to pay off consumer debt with double-digit interest rates. For example, if you have a \$3,000 credit card balance at 19.8 percent, and you pay the required minimum balance of 2 percent of the balance or \$15, whichever is greater, it will take 39 years to pay off the loan. With accumulating interest, you will pay more than \$10,000 in interest charges.

3. Save automatically using an

allotment with myPay

These savings will provide funds for emergencies, future consumer purchases, home purchase, school tuition, or even retirement (also see Tip #4). You can use one (or more) of your six discretionary allotments to automatically

transfer funds monthly from your into a savings account. Saving automatically is the easiest and most successful way to save. What you don't see, you will probably not miss.

The people of the Defense Finance and Accounting Service take pride in serving the men and women who defend America. We take our contributions to national defense seriously. We work hard to fulfill the important fiscal responsibilities entrusted to us by the American taxpayers.

4. Participate in the Thrift Savings Plan

The Thrift Savings Plan is a retirement savings and investment plan for Federal employees and members of the uniformed services, including the Ready Reserve. It was established by Congress in the Federal Employees' Retirement System Act of 1986 and offers the same types of savings and tax benefits that many private corporations offer their employees under 401(k) plans.

5. Deploying? Take advantage of the Savings Deposit Program

A total of \$10,000 may be deposited during each deployment and will earn 10 percent interest annually. You cannot close your account until you have left the combat zone, although your money will continue to draw interest for 90 days once you've returned home or to your permanent duty station.

MILITARY AMERICA Saves
START SMALL. THINK BIG.

Join the movement that is motivating the military to save money, reduce debt, and build wealth.

BUILD YOUR FINANCIAL FITNESS

BE SAVINGS READY.

Take the Military Saves Pledge, a tool to help you set savings goals and create a savings plan.

FREE educational resources and customized communications

Text message tips/reminders

Military Saves Week, annual financial readiness celebration.

All to help you stay on track with your savings goals.

www.militarysaves.org

MAKE A COMMITMENT TO SAVE NOW
TAKE THE PLEDGE

Reach your savings and debt reduction goals. It all starts when you make a commitment to yourself to save. That's what this pledge is all about. And it doesn't stop there. Military Saves will keep you motivated with periodic information, advice, tips, and reminders sent by email or text message to help you reach your savings goal.

<https://militarysaves.org/for-savers/savings-tools-and-resources/take-the-pledge>



CATHERINE
GALASSO-VIGORITO

An Extraordinary Life is Yours

You stumbled and fell. Yet, you picked yourself up and persevered.

Someone didn't want you. Cast to the side, you were counted out. But you kept hope alive, believing for a better future.

There seemed to be no way out of your adverse situation. Still, you had

faith that God could intercede and make a way for you to reach your full potential.

Perhaps, people made fun of and laughed at you. But no one is laughing now.

You are on the threshold of seeing your dreams come true. Now is the moment. The hour is at hand. It's your time to claim an extraordinary life.

God has a plan for you and He is fulfilling that plan right now. He is going to take you further than you ever thought possible. God will make up for all the tears that were shed and the years that were lost. For He is whispering in your ear: "For I know the plans I have for you...plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11. God is going to advance you, bless you, and give you the desires of your heart.

Yet, sometimes, we can miss the opportunity of a lifetime, because we quit just an instant too soon. Maybe the pace is going slow, and our aspirations are taking longer than we expected to transpire. Otherwise, we're still holding on to the disappointments of the past. Or we are allowing a person with their own motives to impede our success. And although we've invested a lot of time and energy trying to realize a dream, we decide to 'settle,' letting fears or self-deprivation cause us to turn back, not realizing how close we were to great success when we gave up.

Years ago, when I worked in radio advertising, it was a commission-only position. However, for the first year,

the company started employees out with a small, weekly salary. Then, after six months, the salary was cut in half. So after the first anniversary of my employment, my small salary was completely taken away and thereafter, I was only to be paid commission on what I sold. At that time, I recall being a bit apprehensive and uncertain about the future. "How will I pay my rent?" "Should I find another position?" I questioned myself.

Looking back, I could have easily left my job, letting my mind wonder on all the reasons "why" I should yield. But I loved the radio business and my clients, so with a strong work ethic, I forged ahead.

In the twelve years that followed, everything worked out even better than I anticipated, as I enjoyed a long and rewarding career with the company.

I've heard it said that, "The most difficult time is right before the victory." Thus, don't allow negative thoughts to prey on you, trying to throw you off of your game. For I have found that when the enemy sees the opportunity to do so, he likes to sow seeds of discord.

The key, I believe, lies in remembering the last lines to one of my favorite poems called:

Don't Quit.

"And you never can tell how close you are, it may be near when it seems so far.

So stick to the fight when you're hardest hit.

It's when things seem worst that you must not quit."

Yes, obstacles will test your resolve. Some people might try to rain on your parade. And the way ahead may be challenging. But take it one step further. Stay in the race. Continue being industrious, believing that you will ultimately prevail.

In the Bible, I read where Peter told how a goldsmith would place the metal into the furnace just long enough to remove any impurities. The goldsmith then would pour out the liquid gold and create an exquisite piece of value and beauty. Similarly, we may not be sheltered from our difficulties, because we need them for our spiritual growth, and they prepare us for future glory. I like the verse in Romans 5:3-5 that says, "We gladly

suffer, because we know that suffering helps us to endure. And endurance builds character, which gives us a hope that will never disappoint us. All of this happens because God has given us the Holy Spirit, who fills our hearts with his love."

Difficulties mold us, strengthen our character and shape us for the blessings to come. And, as the goldsmith is near to his ore, God is close to us, His loving eyes upon us, and His strong hands guiding us.

Last December, my family and I went to New York City to see the Christmas Spectacular at Radio City Music Hall. The next day, we walked around the city and window shopped. There, the girls marveled at the sky-high buildings, the non-stop, bustling traffic and the smell of hot dogs being cooked on almost every corner.

As we walked on the street near New York's Central Park, we saw horse-drawn carriages. I pointed, "Look girls, look at the horses!" Walking closer to them, my middle daughter asked, "Why do the horses have shields on the sides of their eyes?"

I explained that the leather shields allow the horses to only see straight ahead. Therefore, when they walk on the street amidst the heavy traffic, the eye shields help the horses to stay focused and not be distracted.

Likewise, as you approach this important time in your life, you must not lose your laser-sharp focus. Free your mind from trivial annoyances. Release doubts and fears. And do not be consumed with past hurts, which can hold you back from your destiny. I like the advice of the famed

Canadian physician, Sir William Osler, who suggested, "Draw a circle around one 24-hour period of time and don't bother your mind with worries about what you need to accomplish outside of that."

You've sacrificed, waited, persevered and prayed, and now God's unseen hand is going to move you along a brand-new, wonderful path. Your dreams are right within your grasp. So step over into your glorious, new future.

An extraordinary life is yours.

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

CONNECTICUT NATIONAL GUARD HELPLINE

In an effort to support the needs of our service members and their families, the Connecticut National Guard has a 24-hour HELPLINE. Your call will be answered by a behavioral health professional. You will receive information and referrals to community resources to support you and your family.

HELPLINE - 1-855-800-0120



Military OneSource

Maintaining Your Finances

Military OneSource is Here to Help

MILITARY ONESOURCE

You're a year older, but are you richer or poorer? Should you make any changes in the way you save, spend, and invest your money? To answer such questions as these, it's a good idea to regularly review your financial health.

Whether you need help planning your finances, getting on a budget, managing your debt, reviewing saving and investment plans, or seek information on stocks, bonds, and retirement plans, Military OneSource is here to help.

As a member of the armed forces, you are faced with some unique financial issues due to permanent change of station, deployments, security clearance, and various tax situations (combat pay, state residency, etc.). These can present significant challenges for military families. Financial counselors will help you to keep sight of these challenges while providing solutions that foster financial peace of mind.

We can provide:

- **Productive counseling:** Work with a counselor to help set financial goals and develop a plan to achieve those goals. Examples include purchasing a vehicle or home or sending kids to college.
- **Preventative counseling:** Financial counselors will help you evaluate your current financial status and point out strengths and weaknesses to stay on track and avoid any potential problems. Topics that may be covered include: How to know when a little debt can become a major problem. What to do to build and maintain a great credit reputation How to implement an emergency fund for unforeseen circumstances.
- **Remedial counseling:** If you are experiencing a financial crisis, you can work with a counselor to regain control of your finances. This can be done through credit report review, strategies to reduce debt, strategies to negotiate with creditors, reduction of expenses, and reallocation of your financial resources to work through the crisis and establish a sound financial future.

Avoiding fraud

Service members are constantly bombarded by advertisements for military payday loans, military debt



consolidation loans, and other offers that sound like great deals. Our financial counselors can help you sort through this maze of information and provide guidance to make wise financial decisions. Service members also need to protect themselves against identity theft. Please do not hesitate to contact us so we can help you avoid becoming a victim or help you deal with identity theft if it occurs.

Keeping informed

Military OneSource financial counselors work hard to gather information that pertains to service members. Here are a few examples: You can refinance an existing VA loan through the Interest Rate Reduction Refinancing Loan. It is also referred to as a, "Streamline," or, "VA to VA."

If you are eligible for Thrift Savings Plan, you can contribute to a new Roth option. This allows you to contribute on an after-tax basis to a TSP account and receive tax-free earnings when funds are withdrawn. Roth TSP elective deferral limits are the same as traditional TSP limits (\$17,000 for regular contributions and \$5,500 for catch-up contributions). The Roth TSP is currently available to members of the Marine Corps and civilians working for the DoD and will be available to

members of the Army, Navy, and Air Force in October of this year. Under Service Members Relief Act, you can reinstate health insurance upon termination or release from service. Insurance must have been in effect before service commenced and terminated during the time of military service. This reinstatement does not apply to service members participating in employer-based insurance. You must reapply for reinstatement within 120 days after termination or release from military service.

We are here for you

It is never too late to start overhauling your finances or planning your financial future. The best financial advice for everyone is to start now. Time is your most valuable ally, whether you are trying to get a handle on financial issues or looking to save and invest for a brighter future. Take a moment to look at your finances and know that you have a support system dedicated to help you with many of your financial situations. If you are eligible for the Military OneSource program, you have year-round access to free financial counseling. Please call Military OneSource at 800-342-9647 or visit <https://www.militaryonesource.mil/> for more information.

<p>William A. O'Neill Armory 360 Broad St. RM 112 Hartford, CT 06105</p> <p>Service Member and Family Support Center (800) 858-2677 Fax: (860) 493-2795</p> <p>Child and Youth Program (860) 548-3254</p> <p>Yellow Ribbon Reintegration Program (860) 493-2796</p> <p>Military OneSource (800) 342-9647 (860) 502-5416</p> <p>Survivor Outreach Services (860) 548-3258</p> <p>Open Mon.-Fri.</p>	<h2 style="margin: 0;">CONNECTICUT NATIONAL GUARD</h2> <h3 style="margin: 0;">Family Assistance Center Locations</h3> <p>Family Assistance Centers are an information and referral hub for all Branches of Service</p> <p style="text-align: center;">Our Programs Include:</p> <table style="width: 100%; border: none;"> <tr> <td>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 & ID Card Assistance</td> </tr> </table> <p style="text-align: center;">Support is available 24/7 by calling (800) 858-2677</p> <p style="text-align: center;">*Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.</p>	Budget Counseling	Community Support Options	Financial Assistance and Relief	Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)	Legal and Pay Information	Outreach	Family Readiness Groups (FRG)	TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance	<p>New London Armory 249 Bayonet St. New London, CT 06320 (860) 772-1422 Open Mon.-Fri.</p> <p>103rd Airlift Wing 100 Nicholson Rd. East Granby, CT 06026 (860) 292-2730 Open Tues.-Fri.</p> <p>103rd Air Control Squadron 206 Boston Post Rd. Orange, CT 06447 (800) 858-2677 *By Appointment*</p> <p>Niantic Readiness Center 38 Smith St. Niantic, CT 06357 (860) 739-1637 Open Mon-Fri</p> <p>Windsor Locks Readiness Center 85-300 Light Ln. Windsor Locks, CT 06096 (860) 292-4602 Open Mon.-Fri.</p> <p>Veterans' Memorial Armed Forces Reserve Center 90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.</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												

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.civ@mail.mil	(800) 858-2677
Deputy Director	SNG Melody Baber	melodybaber.sng.haber.mil@mail.mil	(860) 548-3276 (desk)/(860) 883-2815 (cell)
Family Assistance Center Coordinator	Andrea Lathrop	andrea.a.lathrop.ctr@mail.mil	(860) 524-4928 (desk)/(860) 883-4934 (cell)
Family Assistance Center Specialist	Olga Castellanos	TBD	(860) 493-2797 (desk)
Family Assistance Center Specialist	Jason Perry	jason.perry.ctr@mail.mil	(860) 524-4969 (desk)/(860) 655-9288 (cell)
Family Readiness Support Assistant	Linda Rolstone	linda.rolstone.ctr@mail.mil	(860) 524-4963 (desk)/(860) 680-2209 (cell)
Family Readiness Support Assistant	Wendy Hagen	wendy.m.hagen.ctr@mail.mil	(860) 524-4920 (desk)/(860) 881-4677 (cell)
Family Readiness Support Assistant	Kelly Strba	kelly.a.strba.ctr@mail.mil	(860) 548-3283 (desk)/(860) 500-3813 (cell)
ARNG Yellow Ribbon Program Coordinator	SPC Matt Yotka	matthew.t.yotka.mil@mail.mil	(860) 493-2796 (desk)/(860) 500-3058 (cell)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.mccarty4.ctr@mail.mil	(860) 548-3254 (desk)/(860) 883-4953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.o.shaughnessy.ctr@mail.mil	(860) 548-3258 (desk)/(860) 594-8748 (cell)
Military OneSource Consultant	Scott McLaughlin	scott.mclaughlin@militaryonesource.com	(860) 493-2722 (desk)/(860) 502-5416 (cell)
Personal Financial Consultant	Reggie Harwell	phr.ct.ag@zolders.com	(203) 233-8790 (cell)
State Support Chaplain	CHL (MAJ) David Nutt	david.nutt.mil@mail.mil	(860) 548-3248 (desk)/(860) 883-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(860) 524-4908 (desk)/(860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Britnell	sean.r.britnell.ctr@mail.mil	(860) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
Citizen Soldier For Life Career Readiness Counselor - Hartford	VACANT	TBD	TBD
Citizen Soldier For Life Career Readiness Counselor - New London	Miles Daniels	mdaniels@patriotenterprisesllc.com	(860) 887-0987 (cell)
Citizen Soldier For Life Career Readiness Counselor - Middletown	VACANT	TBD	TBD
<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) 883-4940 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.a.middlebrook.ctr@mail.mil	(860) 292-4601 (desk)/(860) 883-2704 (cell)
<i>Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810 -Open Monday-Friday</i>			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk)/(860) 883-2746 (cell)
<i>New London Armory: 249 Bayonet Street, New London, CT 06320 -Open Monday-Friday</i>			
Family Assistance Center Specialist	Michelle Powell	TBD	(860) 772-1422 (desk)
<i>103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday</i>			
Alirman and Family Readiness Program Manager	Kasey Timberlake	kasey.b.timberlake.civ@mail.mil	(860) 292-2730 (desk)/(860) 462-0279 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.a.middlebrook.ctr@mail.mil	(860) 292-2595 (desk)/(860) 883-2704 (cell)
Yellow Ribbon Support Specialist	TBD	TBD	(860) 292-2772 (desk)/(860) 201-3107 (cell)
<i>Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 - (860) 858-2677 - Open Monday - Friday</i>			
Family Assistance Center Specialist	Jay Jennett	jay.a.jennett.ctr@mail.mil	(860) 739-1637 (desk)/(860) 883-2720 (cell)
Personal Financial Consultant	Rhona Heyl	phr3.ct.ng@zolders.com	(860) 287-7552 (cell)