



Connecticut GUARDIAN

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Leadership Visits Deployed CTARNG Units



Maj. Gen. Fran Evon (front left), Adjutant General of the Connecticut National Guard and Command Sgt. Maj. John Carragher (back left), State Command Sergeant Major, Connecticut Army National Guard with members of the 1109th Theater Aviation Sustainment Maintenance Group, CTARNG, at their overseas location in March 2019. Evon and Carragher visited the unit who has been deployed since August 2018. During the week-long trip they also visited with Headquarters and Headquarters Company, 192nd Engineer Battalion. (Photo courtesy of the 1109th TASMG, CTARNG)

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Strengthen Your Financial Preparedness For Emergencies

When the Threat of Harm Has Passed, Have Your Records Ready

FEDERAL EMERGENCY MANAGEMENT AGENCY

Americans at all income levels have experienced the challenges of rebuilding their lives after a disaster or other emergency. In these stressful circumstances, having access to personal financial, insurance, medical, and other records is crucial for starting the process of recovery quickly and efficiently. Taking the time now to collect and secure these critical records will give you peace of mind and, in the event of an emergency, will ensure that you have the documentation needed to start the recovery process without delay.

1. Gather financial and critical personal, household, and medical information.

2. Consider saving money in an emergency savings account that could be used in any crisis. Keep a small amount of cash at home in a safe place. It is important to have small bills on hand because ATM's and credit cards may not work during a disaster when you need to purchase necessary supplies, fuel or food.

3. Obtain property (homeowners or renters), health, and life insurance if you do not have them. Review existing policies for the amount and extent of coverage to ensure that what you have in place is what is required for you and your family for all possible hazards. Homeowners insurance does not typically cover flooding, so you may need to purchase flood insurance from the National Flood Insurance Program.

4. Download the Emergency Financial First Aid Kit to get started planning today. The Emergency Financial First Aid Kit (EFFAK), a joint publication from Operation Hope and FEMA to help you prepare

financially and provide tips to reduce the impact disasters can leave you with financially.

Using the EFFAK as a guide, or by downloading a secure mobile app on your phone, store important documents either in a safety deposit box, an external drive, on the cloud to make it easy to access during a disaster.

Having your financial and medical records and important contact information will be crucial to help you start the recovery process quickly.

Household Identification

- Photo ID to prove identity of household members
- Birth certificate to maintain or re-establish contact with family members

- Social security card to apply for FEMA disaster assistance

- Military service

- Pet ID tags

Financial and Legal Documentation

- Housing Payments to identify financial records and obligations

- Insurance policies to re-establish financial accounts

- Sources of income to maintain payments and credit

- Tax statements to provide contact information for financial and legal providers & apply for FEMA disaster assistance

Medical Information

- Physician information to provide doctors with health information if medical care is needed

- Copies of health insurance information to ensure existing care continues uninterrupted

- Immunization records

- Medications

Insurance Information

Having insurance for your home or business property is the best way to ensure you will have the necessary financial resources to help you repair, rebuild, or replace whatever is damaged.

Household Contact information

- Banking Institutions

- Insurance agent

- Health professionals

- Service providers

- Place of worship

Get your benefits electronically

A disaster can disrupt mail service for days or weeks.

If you depend on Social Security or other regular benefits, switching to electronic payments is a simple, significant way to protect yourself financially before disaster strikes. It also eliminates the risk of stolen checks. The U.S. Department of the Treasury recommends two safer ways to get federal benefits:

- Direct deposit to a checking or savings account.

Federal benefit recipients can sign up by calling (800) 333-1795 or sign up online

- The Direct Express® prepaid debit card is designed as a safe and easy alternative to paper.

Download the step-by-step Emergency Financial First Aid Kit at <https://www.fema.gov/media-library/assets/documents/96123>.

For more information about emergency preparedness, contact 1st Lt. Patrick Hevey, Emergency Management Program Coordinator, at 860-548-3221.

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

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A Message From Our Senior Leaders



Mark T. Esper, Secretary of the Army



Gen. Mark A. Milley, Chief of Staff of the Army

Don't be a Bystander

**MARK T. ESPER, SECRETARY OF THE ARMY AND
GEN. MARK A. MILLEY, CHIEF OF STAFF OF THE ARMY**

As members of the United States Army, each of us has an obligation to promote a climate of trust-our profession's bedrock-throughout our organization. The way we do this is by living the Army Values: loyalty, duty, respect, selfless service, honor, integrity, and personal courage. From the newest Soldiers in basic training, to our most senior leaders, the Army Values bind us together as a profession. While much is changing for the Army right now, our Values will not. They are enduring and remain as relevant today as they were when first created. When it comes to living the Army Values, there can be no bystanders.

Across the Total Army, we continue to focus on eradicating sexual harassment and sexual assault from our ranks. We must do everything within our power to rid the Army of these crimes. This is a readiness issue that affects our ability to accomplish our mission. Over the past several years, we have placed a high priority on our prevention efforts, and although we are on the right trajectory, we still have significant room to improve. In all components, sexual assault reporting is increasing, which is an indication that our Soldiers trust their leaders to address the situation in a professional manner. We all have a responsibility to look out for one another - there can be no bystanders. Stay alert when the warning signs become present, and if you see something, ACT! Leaders and Soldiers have an ethical obligation to intervene to stop sexual harassment and sexual assault from happening. Those who do not, violate the Nation's trust and the trust of their peers.

The Army will continue to improve the effectiveness of our prevention efforts moving forward. In April, we

will co-lead a Joint SHARP Conference hosted by the Military Service Academies that will bring together college and university leaders from across the country to share best practices. As our society wrestles with this difficult problem, the Army will continue to take a leading role in developing solutions. This starts by ensuring that the perpetrators of sexual harassment and sexual assault are held accountable and that the victims are protected without fear of retribution.

Throughout the force, we must also continue to focus on preventing suicides. Although suicides fell by 1.3 percent across the Total Army in 2018, Regular Army suicides increased by a troubling 18 percent. Our most vulnerable population consists of our junior Soldiers. Leaders and teammates must watch attentively for indicators of suicides and inform their chain of command when they know trouble is on the horizon. Every loss of life from suicide is a tragedy that could have been prevented. Our NCOs are the first line of defense - we expect you to know your Soldiers, visit them in the barracks, and provide them the care and assistance they need and deserve.

We're counting on each of you to help solve these problems. Every instance of sexual assault or suicide has a moment when someone could have intervened to change the outcome. Have the courage to stand up and act when you see something wrong. Seize the opportunity to get your teammate help or to remove your battle buddy from the environment when warning signs become present. We need everyone on this team to be ready to fight when called upon, which can only happen if we look out for one another. Let us all reaffirm our commitment to our values and to one another. In doing so, we will remain the strongest army on the face of the earth.

Well Drillers Add to Toolkit During California Training

SPC. BRENDAN GONDEK
247TH ENGINEER DETACHMENT

RIDGECREST, Calif. – Four Soldiers assigned to the Connecticut Army National Guard's 247th Engineer Detachment (Water Well Drillers) graduated a six-week training course located at the Naval Air Weapons Station, Feb. 15.

The course was designed to give Soldiers the training to become Lead Water Well Driller Technicians.

Staff Sgt. Christopher McAllister, Sgt. David Benton, Cpl. Michael Frazer and Spc. Brendan Gondek attended the joint operation course alongside Navy Seabees and Air Force Redhorse Units. Led by the instructors of the Naval Construction Training Center, students were taught the basics of hydrology, geology, drill site operations, air rotary drilling, mud rotary drilling and air hammer drilling.

"NCTC instructors are well-versed, knowledgeable and trained in conducting water well operations and teach at a level that is understandable by someone with little to no experience," McAllister said. "After attending this course I am confident in my ability to lead and assist the Commander in water well operations."

Throughout the course, Soldiers focused on 24-hour operations in a field environment and successfully constructed a water producing monitoring well that will be used in environmental monitoring research.

As one of the course's attendees, and a Guardsman who has only been assigned to the unit for a year, I can say with conviction that the course provided me with a lot more confidence going forward. That sentiment was echoed by those with far more experience.

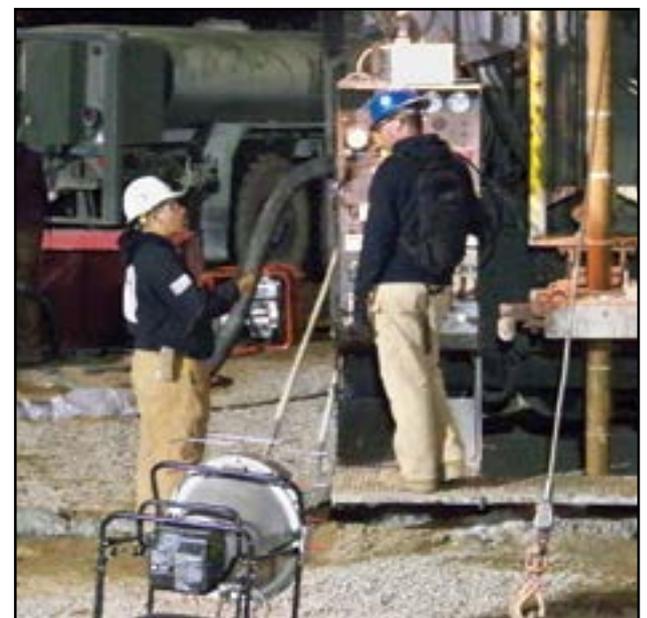
"With years of well drilling on the civilian side and years drilling with the 247th, after taking this course I've learned new techniques that, I feel, could make a difference for smoother operations on the drill site," Frazer said.

The course also focused on not just operations, but the equipment itself. Benton said that the heavy focus on the machinery will help the unit troubleshoot and repair mechanical problems on-site.

Learning repair techniques in the field will increase unit efficiency and safety awareness, which will help the 247th focus on completing the mission at hand.



Staff Sgt. Christopher McAllister, Cpl. Michael Frazer and Spc. Brendan Gondek, assigned to the 247th Engineer Detachment (Water Well Drillers), Connecticut Army National Guard, remove drill steel at a Lead Water Well Driller Course at the Naval Air Weapons Station at China Lake, Ridgecrest, Calif., in February. The Connecticut Soldiers attended the six-week course where they were taught the basics of hydrology, geology, drill site operations, air rotary drilling, mud rotary drilling and air hammer drilling. (Photo courtesy of the 247th Engineer Detachment)



LEFT: Spc. Brendan Gondek, assigned to the 247th Engineer Detachment, CTARNG, conducts a drill mud test during Lead Water Well Driller Course at the Naval Air Weapons Station at China Lake, Ridgecrest, Calif., in February. RIGHT: Staff Sgt. Christopher McAllister receives guidance from an instructor as a lead driller at the Lead Water Well Driller Course at the Naval Air Weapons Station at China Lake, Ridgecrest, Calif., in February. (Photos courtesy of the 247th Engineer Detachment)

A Most Honorable Return

The Connecticut Military Funeral Honors Team Welcomes Home an American Hero After 73 Years

STAFF SGT. MICHAEL J. FINNEGAN
MILITARY FUNERAL HONORS, G1, JFHQ, UPAR

WINDSOR LOCKS, Conn. – On a cold January morning, Connecticut’s Military Funeral Honors Team assembled on the tarmac of Bradley International Airport. Their mission that day was to conduct planeside honors, welcoming home 1st Lt. Allen R. Turner, a Soldier listed as Missing in Action since 1945.

The Honorable Transfer of his remains was just one part of the MFH Team’s involvement in this repatriation case.

First Lt. Turner, a native of Brookline, Mass., served his country by joining the Army Air Corps during World War II. The 25-year-old, C-109 Liberator pilot was a member of the 1330 Army Air Force Base Unit, Air Transport Command, in the Pacific Theater. He was responsible for flying cargo missions in the China-Burma-India area of operations.

Turner’s aircraft and crew disappeared on July 17, 1945 while on a resupply mission en route from India to an airbase in central China. This flight took Turner and his crew on a dangerous route over the Himalayas, infamously known as, “The Hump.” Turner was awarded



Members of the Connecticut National Guard Military Funeral Honors Team perform plane side honors for U.S. Army 1st Lt. Allen R. Turner at the Bradley International Airport, Jan. 2, 2019. Turner, a native of Brookline, Mass., was listed missing in action in 1945. His remains along with his aircraft were discovered in Northern India in September of 2018. (Photos courtesy of Staff Sgt. Michael J. Finnegan Military Funeral Honors, G1, JFHQ, UPAR)



U.S. Army 1st Lt. Allen R. Turner. (Photo courtesy of Paula Mosca, daughter of 1st Lt. Turner)

the Distinguished Flying Cross for his actions and skill in completing numerous missions over this treacherous terrain.

Late in 2007, over 60 years after his aircraft’s disappearance, an independent investigator encountered aircraft wreckage that the investigator believed was of WWII vintage. Located in a remote mountainous area in northern India, the crash site was not far from the Chinese frontier.

Bones were also found at the crash site. These materials were sent to the Joint POW/ MIA Accounting Command in Hawaii for identification. On Sept. 24, 2018 the remains of 1st Lt. Allen Turner were positively identified through DNA testing.

Capt. Patrick Montes, Casualty Assistance Officer for the U.S. Army in Connecticut, and member of the 169th Regiment (Regional Training Institute), served as 1st Lt. Turner’s CAO.

“A repatriation case is the process of returning the

remains of a United States service member, lost or missing, back home to their loved ones,” Montes said. “These service members are considered missing in action until their remains are found and identified.

“It is an honor and a privilege to be part of such a mission. I can see, feel and hear the family’s grief, skepticism and even anger when they are told that their loved one is finally coming home. It is not until the sight and sounds of the Military Funeral Honors ceremony that they seem to get their long sought closure.”

On January 2, 2019, 1st Lt. Allen Turner returned stateside for this first time in over 70 years. 1st Lt. Turner’s Escort Officer from the 25th Infantry Division, accompanied Turner from Hawaii until transferring the remains to Capt. Montes. Montes, in turn, passed the remains to Turner’s Family Member on the flight line of Bradley International Airport.

Continued, see TURNER on page 11

Flying Yankees Earn OSHA Certification

STAFF SGT. CHAD WARREN
103RD CIVIL ENGINEER SQUADRON

EAST GRANBY, Conn. —Members of the 103rd Civil Engineer Squadron partnered with industry safety experts recently to conduct Occupational Safety and Health Administration training at Bradley Air National Guard Base in East Granby, Conn.

Enacted in 1970, The Occupational Safety and Health Act established OSHA as a federal agency that sets guidelines and regulations for workplace safety. Additionally, the act mandated into law the right to a safe workplace as a basic human right.

“The idea is that these guys are better able to recognize hazards in the workplace and protect themselves from those hazards,” said Master Sgt. (Ret.) John Donnelly, OSHA Federal Compliance Officer and former member of the 103rd CES.

The 103rd CES routinely undertakes industrial-scale projects which could potentially entail significant risks for someone who is unaware of the hazards. The training bridges that gap and prepares the unit to recognize and eliminate workplace risks.

In addition to increasing safety for the unit as a whole, the training provides a marketable certification that is valuable in the civilian sector.

“It’s important to understand the safety aspects for all of the construction projects and everything that we do, not only in the military but civilian life as well,” said Master Sgt. Daniel Reilly, 103rd CES. “This gives people a certification not only for the military but in the civilian sector, and it also gives them awareness.”

According to Reilly, the training was a testament to the unit’s partnership with the community and commitment to workplace safety. It is his vision to have safety at the forefront of any project, and this was a critical step in continuing the trend of safety excellence.

“This incorporates a lot of community partners that we

have, people who are doing this stuff with the industry standards outside, working with other governmental compliance safety agencies as well,” he said. “I don’t want to have safety treated like just a check box, I want it incorporated into our culture.”



Members of the 103rd Airlift Wing Civil Engineer Squadron with representatives from the Occupational Safety and Health Administration at Bradley Air National Guard Base, East Granby, Conn., Feb. 10. More than 20 members of CES earned their OSHA certification during a course offered on base. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing, Public Affairs)

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History of Sexual Assault Awareness Month

Ms. ASHLEY CUPRAK,
JFHQ VICTIM ADVOCATE COORDINATOR

Since 2001, the month of April has been recognized as Sexual Assault Awareness Month. However, the history of this month far exceeds the 18 years SAAM has received official recognition, and runs deep within the veins of American History.

Social change in our country began during the Civil Rights Era. While there existed minimal discussions about fighting sexual assault and domestic violence, at that time many activists began to challenge the status quo and fight for equal rights. Rosa Parks is an exceptional example as she fought against race-based and gender-based violence.

In the 1970s, activists and survivors of sexual assault brought a heightened awareness to the country and in 1971, San Francisco opened up the first ever Rape Crisis Center. Just seven years later in 1978, the first Take Back the Night event was held.

In 1993, survivors began to call for legislation and funding, which would support victims of sexual assault. In 1994, President Clinton signed the Violence Against Women Act, providing funding towards investigations and prosecution of violent crimes, enacting mandatory restitution for victims, and allowing civil redress.

In 2001, SAAM was nationally observed across the country and to this day, many advocates hold marches, events, and observances. The goal



The Rape Crisis Council for Leigh Valley, Pa., holds an event in 1980. (Photo courtesy of the National Sexual Violence Resource Center)

of SAAM is to bring awareness to campuses, communities, and workplaces. SAAM possesses a goal of teaching prevention through consent, bystander intervention, and educating others on health sexuality.

Each year, the National Sexual Violence Resource Center announces a new theme for April. This April, the theme is, "I Ask." According to NSVRC, this theme encourages and empowers everyone to ask for consent, to listen, and to accept answers without pressuring or coercing another.

Sexual assault is contradictory to the Army and Air Force values and there is no place for it our National Guard. As Guardsmen, I am asking for your support in bringing awareness of sexual assault to our Organization. I am also encouraging you to implement and utilize the theme, "I Ask," into your everyday life. Sexual assault continues to be a pervasive problem in our Armed Forces.

With the implementation of the National Defense

Authorization Act and countless policies, we have seen more survivors coming forward and having a voice. However, the military still has a long road ahead if they ever want to eradicate sexual assault completely within our ranks. We need to create a cultural shift within our ranks, where we eliminate the precursors to sexual assault, such as sexual innuendos and harassment. At all levels, we need to establish a climate of strong bonds, dignity, and trust.

If you or someone you know is a victim to sexual assault, whether as a civilian or military member, we encourage you contact local law enforcement and utilize the resources available to you within the Connecticut National Guard. The SHARP/SAPR team's primary focus is victim care and to provide resources and advocacy. Call the DOD SAFE Helpline at 1-977-995-5247 for more information. To learn more about the NSVRC Theme of, "I Ask," and gather printable resources, please go to www.nsvrc.org.



A 2019 poster for the National Sexual Violence Resource Center Sexual Assault Awareness Month reflecting the year's theme, "I Ask." (Image, <https://www.nsvrc.org/saam/>)



Be The Force Behind The Fight

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

What is the role of a victim advocate?

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

How to become a victim advocate:

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

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

For more information, contact

Katherine Maines at katherine.a.maines.civ@mail.mil or
Ashley Cuprak at ashley.a.cuprak.civ@mail.mil

CTARNG RSP Recognized at the Top of its Field

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

During the Director's Strength Maintenance Awards Ceremony, in Potomac, Maryland, the Connecticut Army National Guard's Recruit Sustainment Program was recognized as the top small-state program in the nation, Jan. 30, 2019.

Receiving the award on behalf of the Connecticut National Guard were Lt. Col. Alan Gilman and Command Sgt. Maj. Glen Hein, the command team assigned to Connecticut Army National Guard's 6th Recruiting and Retention Battalion.

With an RSP that averages a throughput of approximately 600 Soldiers per year, according to 1st Lt. Stephen Sanabria, Officer in Charge of the Connecticut Army National Guard's Recruit Sustainment Program, the RSP team has to be on top of its game at all times.

"We are extremely proud that the hard work of our team has led to recognition at the national level," Sanabria said. "The Recruit Sustainment Program is really the enlistee's first exposure to the Connecticut National Guard, and it is on us to set them along the right path before not only initial entry training, but before they head off to their first drill."

Although assigned to a unit when a Soldier first enlists, they do not immediately begin to train with that unit. Drills prior to shipping to basic training are conducted with the RSP staff at Camp Nett at Niantic.

"Having Soldiers drill here helps give the state a leg up on any administrative issues that may come to light,"

Sanabria said. "Over the last year our contractors, Mr. Buyile Rani and Ms. Monique Colbert, alongside our human resource section, Staff Sgt. William Rosario and Spc. Kristy Gallant, identified these issues, like pay, and tackled them early on.

"Their hard work ensured that when it comes time to officially transfer the Soldier to his or her unit, they are battle ready in every sense of the word."

RSP doesn't just take care of the paperwork, but helps acclimate the enlistee for life in basic training. RSP Drill Sergeants Sgt. 1st Class David Rodriguez and Staff Sgt. Randall Gowdy instruct the Guard's newest members on everything from drill and ceremony to a physical fitness regimen that will set them up for success.

The program also works closely with the state's logistics channels to ensure Soldiers are issued the necessary uniforms and equipment, lessening the burden on a unit Supply NCO when a Soldier first reports.

"Staff Sgt. Jose Irizarry, our RSP Supply NCO, helped provide the Soldier his or her basic issue prior to completion of the RSP program and consequently lighten the already-heavy load on the unit Supply NCO," Sanabria said. "Supply NCOs already have enough to focus on to keep the day-to-day operations of a unit."

In order to highlight the RSP's award locally, Brig. Gen. Ralph Hedenberg, Director of the Connecticut National Guard's Joint Staff, presented the trophy to RSP Staff during the Feb. 24 Battle Handoff Ceremony



Brig. Gen. Ralph Hedenberg, Director of the CTNG's Joint Staff, left, presents an award to Connecticut's Recruit Sustainment Program for being recognized as the Top Small State RSP in the nation, at a local ceremony at Camp Niantic, Conn., Feb. 24. (Photo by Chief Warrant Officer 3 Christopher McCarty, 6th Recruiting and Retention Battalion, CTARNG)

at Camp Niantic's Nett Hall.

"We were honored to have Brig. Gen. Hedenberg present the trophy in front of the RSP staff and Connecticut newest Soldiers," Sanabria said. "It is a good day anytime you can recognize deserving troops for their hard work. I strongly want to recognize Chief Warrant Officer 4 Michael Mottolo, who truly deserves the credit for Connecticut's success. He was the previous Officer in Charge who ran the program last year alongside Sgt. 1st Class Yohance Martin, our current Noncommissioned Officer in Charge."

2019 General Assembly Legislative Session

SPC. DANIELLE FAIPLER
PARALEGAL, 524TH TRIAL DEFENSE TEAM

The 2019 legislative session of the Connecticut General Assembly began on January 9th of this year, and committees are underway deliberating over bills and planning how to move bills forward in the legislative process until the end of the session on Wednesday, June 5th.

The Connecticut General Assembly is the legislative or "law-making" branch of our state government. It is a bicameral legislature that is composed of 151-member House of Representatives and the 36-member Senate will end on Wednesday, June 5. Since the beginning of the session, legislators have worked with their constituents and other organizations (public, private, and non-profit) to develop bills which create, modify, or abolish laws that will best meet the needs of our great state and its citizens.

During the current session, the Connecticut Military Department has worked with the Governor's office and lawmakers, particularly those on the Veterans Affairs Committee, to introduce four bills concerning the state's military operations. All four bills have now received a joint favorable (JF) report out of the Veterans Affairs Committee, and are awaiting a vote on the floor of the respective chamber (House of Representatives or Senate)

from which each bill originated prior to the close of the session.

The first two bills proposed by the CTMD to receive a JF report out of the Veterans' Affairs Committee were Senate Bill (S.B.) No. 800, "An Act Establishing the Medal of Merit for Civilians," and House Bill (H.B.) No. 7063, "An Act Concerning Leasing of Military Department Facilities." Both of these bills help support one of the Connecticut Military Department's top priorities – recruiting and retention in the Connecticut National Guard and Organized Militia, and also support the quality of life of our Soldiers and Airmen. S.B. No. 800 creates a Medal of Merit that the CTMD may bestow upon civilians who contribute significantly to the accomplishment of Connecticut's armed forces' mission. H.B. No. 7063, on the other hand, will authorize the Adjutant General to lease state military facilities to members of the armed forces of the state for significant military career events as a benefit of their service. This benefit will place members of the Connecticut National Guard and other members of the armed forces of the state on parity with our active duty brethren who are afforded a similar benefit on federal active duty installations.

The latter two bills that received a JF report out of the Veterans' Affairs Committee were S.B. No. 860, "An

Act Establishing a Law Enforcement Support Program Account," and H.B. No. 7246, "An Act Concerning the Organization of the Connecticut State Guard." Both of these bills seek to maximize the efficiency of CTMD operations and ensure that laws pertaining to the CTMD in Title 27 of the Connecticut General Statutes are clear and unambiguous.

For government to operate effectively and to uphold the values most important to Connecticut residents, members of the public must be informed and engaged in the lawmaking process. Resources are available for those who would like to become more involved in what is happening at the State Capitol. Interested persons may visit the Connecticut General Assembly website, www.cga.ct.gov, to track bills, view the General Assembly's schedule of events including dates for committee meetings and public hearings, stream House and Senate sessions online via CT-N, and find information to testify in support or opposition to a proposed bill.

If members of the Connecticut National Guard or other members of the armed forces of the state would like to know more about the CTMD's bills and the legislative process they may contact the Office of the Staff Judge Advocate at (860) 524-4961 or by email at erich.j.heinonen.mil@mail.mil.

1-102nd Drops In On XL Center Delivers Game Ball, Puck for UConn Athletics

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

HARTFORD, Conn. – Just minutes before the starting lineups were introduced during the University of Connecticut Men’s Basketball game against the University of Cincinnati, Feb. 24, four ropes dropped from the ceiling rafters of the XL Center.

When fans in the crowd looked up, they saw four rappel-trained Guardsmen of the 1-102nd Infantry Regiment, locked in the traditional, “L” position that signifies the beginning of a descent.

Fans were quick to grab phones to record the occasion. After just a few moments, the four completed the nearly 90-foot drop, where safeties waiting on the court helped unhook them to raucous applause.

One Guardsman, Spc. Benjamin Wilke, the Regiment’s reigning Soldier of the Year, walked to center court after pulling the game ball out of his ruck sack and delivered it to the on-court announcer. Again, the cheers nearly drained out the public address system.

The game ball delivery was on the heels of the unit’s first performance during UConn Men’s Hockey game against Boston University, Feb. 15.

Prior to the basketball game, the entire team gathered on the catwalk high above the court to check ropes and knots while going over the safety protocols you’d expect

to hear time and time again before undertaking a mission like this.

“To qualify as a mountaineer is no small feat. It takes a lot of study, hard work and constant practice to be proficient enough to partake in this event,” said Sgt. 1st Class Chris Vincent, Rappel Master and Assistant Operations NCO for the 1-102nd Infantry Regiment. When it comes to rappelling, he is one of the Connecticut National Guard’s most experienced. “Everyone involved should be extremely proud of being a part of putting on such a professional, and safe, display.”

Although a Connecticut National Guard unit, the 1-102nd Infantry Regiment falls under the 86th Infantry Brigade Combat Team, headquartered in Vermont.

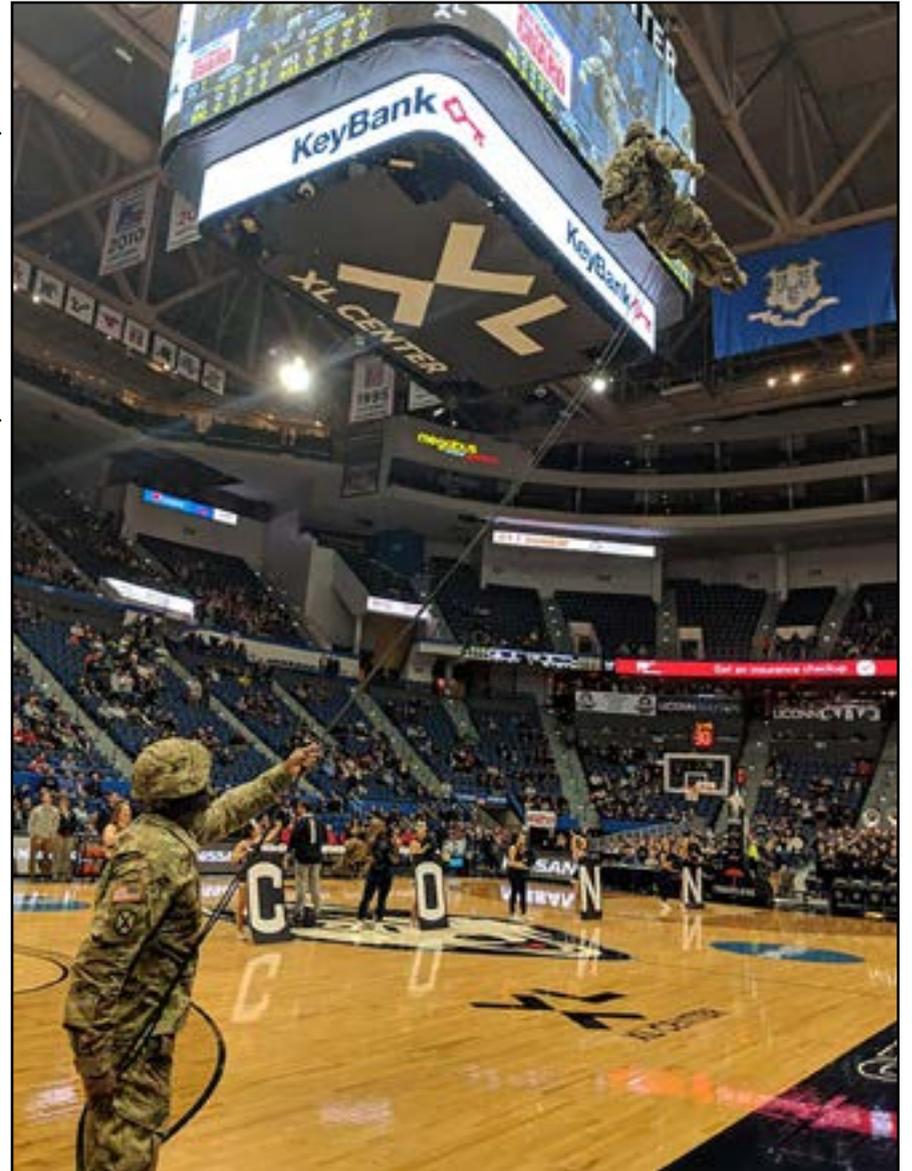
Other subordinate units falling underneath the 86th include units hailing from Massachusetts, New Hampshire, Colorado and Vermont itself.

As a unit trained in mountain warfare, the 1-102nd and its higher headquarters specialize in rappel operations, with many of its Guardsmen graduating from the highly-challenging Army Mountain Warfare School, located in Jericho, Vermont.

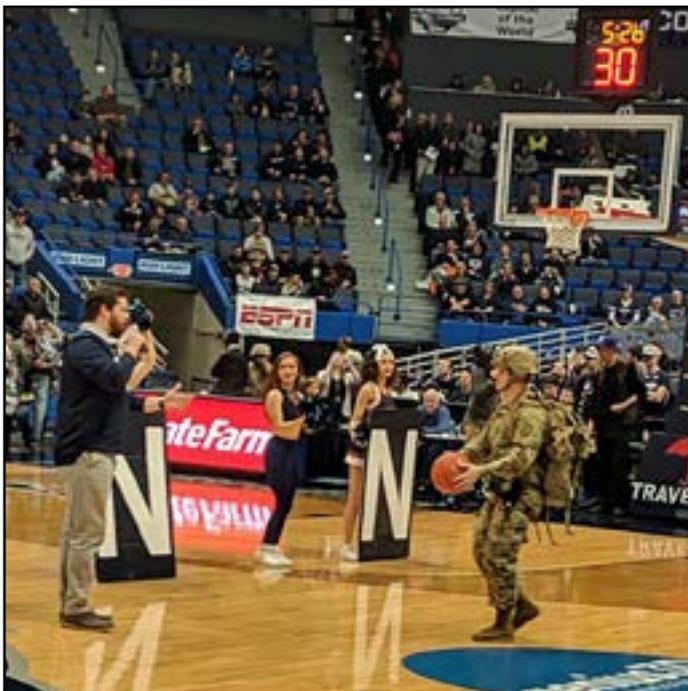
Earning the “Ram’s Head” tab signifying graduation from Army Mountain Warfare School is not a walk in the park, according to Vincent. Especially for those who go in the winter.

“Jericho can be very unforgiving if you go during the colder months,” Vincent said. “You need to be on top of your game physically and mentally, and you need to know your knots backwards and forwards.”

The pre-game isn’t just an opportunity to



Members of the 1-102nd Infantry Regiment, Connecticut Army National Guard, drop from the rafters of the XL Center at the UConn Basketball game against the University of Cincinnati in Hartford, Conn., Feb. 24. Four rappel-trained Infantrymen completed the nearly 90-foot drop with safeties assisting on the court below. (Photo by Maj. Mike Petersen, State Public Affairs Office)



Spc. Benjamin Wilke, assigned to the 1-102nd Infantry Regiment, CTARNG, delivers the game ball to the UConn Basketball game against the University of Cincinnati at the XL Center in Hartford, Conn., Feb. 24. Wilke delivered the ball after rappelling 90-feet from the catwalk above the court. (Photo by Maj. Mike Petersen, State Public Affairs Office)

inform the public about the Connecticut National Guard—it is a legitimate training exercise. Vincent said it doesn’t get more realistic than hooking into rope and seeing nearly 90 feet between you and the ground.

“There’s most definitely a training value there. Just because you aren’t conducting the operation on the side of the mountain, or under fire, doesn’t mean you can’t use the opportunity to better your Soldiers,” Vincent said. “Staring down at that court from the top of the XL Center, that’s as real as it gets.”

The 1-102nd hopes to conduct more events to help raise awareness of what Connecticut Guardsmen are capable of.

AROUND OUR GUARD

A Glimpse at Connecticut Guardsmen and Events



Five members of the Connecticut Army National Guard re-enlisted at the New England Black Wolves Lacrosse game at Mohegan Sun Arena, March 3. (Photo courtesy of the 6th Recruiting Battalion, Connecticut Army National Guard)



Sgt. Giovanna Donofrio, Sgt. 1st Class Jeffrey Holyst and Schurkje, a Belgian malinois assigned to the 928th Military Working Dog Detachment, Connecticut Army National Guard, were recognized in the General Assembly of the State Capitol, for K9 Veterans Day, March 13. The official citation was presented by State Representatives Henry J. Genga and Sean Scanlon. K9 Veterans Day is a day set aside to honor commemorate the service and sacrifices of American military and working dogs throughout history. (Photo by Allison L. Joanis, State Public Affairs Office)



Governor Ned Lamont with members of the Connecticut Air National Guard Recruiting Team at the State Capitol, March 8. The CTANG Recruiters visited the Capitol as part of their first ever State Recruiting Leadership Development meeting that included a tour of the State Capitol and the Legislative Office Building in Hartford, Conn. (Photo courtesy of the CTANG Recruiting Team)



Members of the Connecticut Army National Guard's Aviation community who traveled to North Carolina in response to Hurricane Florence in September 2018 were presented awards for their service at a small ceremony at the Windsor Locks Readiness Center, Windsor Locks, Conn., March 10. Maj. Gen. Fran Evon, Adjutant General of the Connecticut National Guard, presented the awards on behalf of the North Carolina National Guard. (Photo by Spc. Kaitlyn Wallace, 130th Public Affairs Detachment, Connecticut Army National Guard)

TURNER from page 5

Two days later, the Military Honors Team conducted a full honors ceremony for 1st Lt. Turner at the Massachusetts Veterans Cemetery in Agawam, Mass. This ceremony consisted of a rifle salute, the playing of, "Taps," the ceremonial folding and presenting of the U.S. Flag to Turner's family.

"I was an escort the morning of the plane-side honors. I ensured that Military Honors were rendered in overseeing the movement of the remains from the Escort Officer to Lt. Turner's family."

"Plane-side honors are the transfer of the remains of a fellow Service Member from an aircraft to the transport vehicle, typically a hearse," said Staff Sgt. Justin Karatkivcz, an Honors Team member from the 248th Engineer Company. "In most cases, this is the first time that family members actually see their loved ones return; it is a very sensitive and emotional moment."

According to Sgt. Anthony Ricco,

Honors Team member assigned to Alpha Company, 192nd Engineer Battalion, serving as a member of the team is an important and privileged role. It is a reminder to honor those who made the ultimate sacrifice in defense of the United States.

"Not everyone has the opportunity or desire to do what we do every day as a member of the Military Funeral Honors team. I believe there is nothing better than to welcome back a fellow Soldier and to be part of their final salute." Karatkivcz said.

"A family member once asked me, 'Why does the Army go through all this trouble to find and bury someone who died so long ago?'" Montes said. "The best response I could give was, 'This is what we do. When we deploy, we promise each other that no matter what, when, or how, we are all coming home.' I believe in that promise faithfully."

To learn more about Connecticut's Military Funeral Honors Program, contact the MFH office at: ctarng.mfh@gmail.com or 203-568-1741.



Members of the Connecticut National Guard Military Funeral Honors Team conducted a full honors ceremony for U.S. Army 1st Lt. Allen R. Turner at the Massachusetts Veterans Cemetery in Agawam, Mass., Jan 4, 2019. Turner, a native of Brookline, Mass., was listed missing in action in 1945. His remains, along with his aircraft, were discovered in Northern India in September of 2018. His remains were transferred to Connecticut where they were accepted with honor by CTMFH and presented to Turner's next of kin. (Photos courtesy of Staff Sgt. Michael J. Finnegan Military Funeral Honors, G1, JFHQ, UPAR)



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

Health & Fitness

Spring into Action

STAFF SGT. SILAS HOLDEN
1109TH TASMG MASTER FITNESS TRAINER

With the approach of warmer weather we will soon see all the fair weather athletes back outside. With this comes a greater chance for injury or mishaps that sideline us from our goals and often our work and life missions.

While deployed here in Kuwait, Sgt. 1st Class Mark Wotring, our unit safety NCOIC, sent out an excellent presentation on injury prevention. The authors of the presentation were Maj. Michael Bean, DPT, and Mr. Robb Rogers, M.Ed, MSCC, CSCS with the 3/160th SOAR(A). The presentation covers a very important topic that is the number one threat to health and readiness throughout all branches of the military. It is very important to think of our military as an athletic organization, if a tactical athlete is sidelined the team suffers and the mission can become compromised.

Let's go over some numbers and statistics within the uniformed services.

- Over 2.1 million medical encounters affecting 900,000 service members per year.
- Annual Department of Defense costs related to injuries exceed \$3.5 billion dollars.
- Special operations organizations experience 10-12 soldiers injured per month (or physically compromised).
- The Army has the highest injury rate with an average of 2.2 injuries per Soldier annually.
- Sixty-eight percent of all limited profiles in the military are the result of musculoskeletal injuries, which result in 110,000 days in the hospital and an estimated 25 million duty days lost.

Looking at those numbers it is very easy to see how detrimental that is to our overall mission enhancement capabilities.

While there is no fix all for the risk of occupational related injury there are ways to limit risk and reduce the numbers. Recent data shows that 50 percent of injuries in the Army are a direct result of strenuous load and impact bearing exercise caused by physical training and sports related activities. With proper prevention tactics and enhanced knowledge and instruction this percentage could be reduced to 25 percent or below reduction, which could have dramatic effects on the overall readiness and mission capabilities of our military.

So what are the key factors that contribute to the elevated injury risks? Low fitness level, which can be decreased even more if having an occupation/lifestyle that allows extended sitting and sedentary habits to form. Physical inactivity (or inconsistent physical activity), this is a big factor in the National Guard and Reserves

as training follows long periods of being away from the demands of the military operation tempo. Prior injury is another factor that is high on the list, and if not treated or rehabilitated properly can become even more of a risk. Soldiers under 18 percent body fat performed significantly better during fitness tests with fewer injuries than those with higher body fat percentages.

So what evidence is available on the subject of injury prevention? A Department of Defense workgroup looked at all scientific evidence and wrote a technical report in 2008. It found that resistance training is number one for immediate impact on the prevention of injury. Other factors included:

- Perform multi-plane/diagonal rotation and agility exercises.
- Consume nutrients post-workout, this doesn't mean a sugar laden post workout, this means quality, clean nutrients.
- Use mouth guards for contact sports or activities using moving objects or people.
- Wear synthetic blend socks, and use semi-rigid ankle braces or taping when playing soccer, basketball, or other sports that rely on agility related movements.

K-taping is becoming extremely popular in all sports and has great results in both injury prevention and injury rehabilitation. There is a science behind K-taping, so I would not recommend buying a roll and simply placing it on an area of need. Take the time to find an individual who is certified in taping and manual therapy.

Group fitness activities should never be based upon the level of extremely fit individuals, this is a recipe for injury. Pre-workout static stretching is not a complete warm-up and can often lead to injury. Dynamic movements that utilize multiple joints, tendons, and ligaments such as multi-plane exercises warm the body up properly for more vigorous activity. Stay within your



Using proper form as well as correctly utilizing gym equipment will help to prevent injury. When you begin your new spring routine, enlist the help of a friend to assist you with adjusting your form. (U.S. Air Force photo illustration by Senior Airman Destinee Sweeney)

ability level, injuries are often the result of overreaching an individual's current ability. Use proper equipment to include sport specific footwear. Pay attention to intensity (speed, load, distance, and volume), these principles will help shape a solid program. Ensure that recovery and regeneration is given the necessary attention it needs. Sleep, nutrition, and rest are crucial to allowing progression to occur without injury.

If you place importance of the prevention of injury then the readiness of our entire force will benefit. Gain knowledge, enhance self and others, and don't allow your ego to outperform your realistic ability level. Until next month, stay hydrated, stay motivated, and stay fit!

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.

Health & Fitness

"Not Just a Fat Camp: My Experience in the CTARNG Fitness Improvement Program"

SPC. YAILYANA OLIVO
HHD, 1109TH TASMG

My name is Spc. Yailyana Olivo and I am an Automated Logistics Specialist serving in the Connecticut Army National Guard's 1109th Theater Aviation Sustainment Maintenance Group.

I serve the traditional one weekend a month, two weeks a year.

When I heard that I would be attending the Fitness Improvement Program, I had no clue what I was in store for. I was not sure if the instructors would try and kill us make us drop down doing push-ups until we vomited. Or ruck march us for miles on end.

I tried to keep my head clear and look at the bright side: I'd come out of the program a little more physically fit than when I went in.

I arrived to what I thought would be a, "Fat Camp," still unsure of what to expect. The second day was dedicated to a diagnostic APFT to gauge where participants were in terms of targeted areas of fitness improvement.

Then, instructors began to discuss the program's schedule from start to finish. As they explained, I began to realize that this course was not going to be at all like my initial entry training. The courses and physical training twice a day was structured differently from what a lot of us were used to.

The first week was dedicated to providing attendees with a lot of information: benefits you need to be financially stable, nutrition on how to eat properly, meal preparation and fitness program design. The second week was about setting your individual workouts with the most realistic possibilities in order to help stick to the plan.

On the last day we did another diagnostic APFT so we could see if we improved throughout the two weeks of training. I liked how we were taught how to eat properly and how to develop a suitable fitness schedule that fits our day-to-day life.

The biggest challenge, however, is continuing the program after leaving Camp Niantic and returning to my regularly scheduled life. A few weeks have passed, and I'm learning that one of the things I need to continue to focus on is logging my daily caloric intake.

Next time I meet with the Fitness Improvement Program cadre, we will conduct another APFT to look for any further changes since, "graduation." The next day we will make modifications (if needed) to our individual



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)

exercise routines and meal plans to best suit growth along this journey.

I thought this program was useful and beneficial for Soldiers who have difficulty with exercise and maintaining healthy food choices and I am excited to continue improving to reach my own personal goals.

State Militia

2GHG Promotions: RIGHT: Sgt. Bonnie Cypher and Sgt. Samantha Burton are promoted to the rank of Sergeant at the Second Company Governor's Horse Guard facility in Newtown, Conn., during January drill weekend. Cypher also was the recipient of the 2018 Mursko award for going above and beyond throughout the year, assisting with Recruit Training and leading the Fundraising Committee. The award was named for Maj. Ed Mursko, who served in 2GHG for more than 50 years and personified 2GHG's, "Ready to Serve," motto. (Photo by 1st Lt. Marion Lynott, 2GHG UPAR)



Learn More About the State Militia



1st Co. Governors Foot Guard
<http://www.governorsfootguard.com/>
1st Co. Governors Horse Guard
<http://www.ctfirsthorseguard.org/>

2nd Co. Governors Foot Guard
<http://www.footguard.org/>
2nd Co. Governors Horse Guard
<http://www.thehorseguard.org/>

"I'm Just Lucky To Be Here"

A CT Guardsman Competes in Elite Edelweiss Raid 2019

1ST LT. SCOTT STONE
HHC, 1-102ND INFANTRY REGIMENT

"I'm just lucky to be here."

It was a thought that had crossed my mind repeatedly in the days leading up to the 2019 Edelweiss Raid.

Held in the Tyrol region of the Austrian Alps, I was incredibly fortunate to be selected to be among those vying for one of the eight spots on the first team to ever represent the U.S. at, "the unofficial world championship of military mountaineering."

My competition was stiff: several instructors from the Army Mountain Warfare School, former college cross-country skiers, a coach from the Army Biathlon Team and a former Olympian, to name a few. I'm just an Infantry Officer that likes to ski, and I was extremely honored to be selected for this historic event.

The Edelweiss is an alpine flower that typically only grows in rocky terrain above 5,000 feet and has become a symbol of mountaineers around the world. This competition, the Edelweiss Raid, took over 200 military mountaineers from Europe and eight from North America into that extreme environment and put them to a grueling, two-day endurance test on a variety of tasks essential to mountain warfare.

As the plan for this historic first trip to the competition came together under the leadership of Maj. Nathan Fry Army Mountain Warfare School operations officer assigned to the Vermont National Guard, our goal became clear: finish.

This was easier said than done, however, as no first-time competitor in the event had ever completed the course which calls for over 40 kilometers of movement and more than 4,000 meters of elevation gain, all on skis.

The elite team that was chosen for the raid hails from all over the 86th Infantry Brigade, with representatives

2019 Edelweiss
Raid Team USA
with Trevor
Traina, U.S.
Ambassador
to Austria
(rear center).
Members of
the U.S. Team
all belong to
the U.S. Army
86th Infantry
Brigade, with
representatives
from Colorado,
Vermont and
Connecticut.
(Photo courtesy
of 1st Lt. Scott
Stone, HHC,
1-102nd Infantry
Regt., CTARNG)



1st Lt. Scott Stone skis the Tux Alps in Tyrol, Austria for the 2019 Edelweiss Raid, Feb. 27-28. The largest international military mountaineering competition in the world, the Edelweiss Raid brings together the top mountain units from across Europe to test their skills in a highly demanding two-day race. Stone, a member of HHC, 1-102nd Infantry Regiment, CTARNG was selected to be part of the first team to ever represent the United States at the event. (Photo courtesy of 1st Lt. Scott Stone, HHC, 1-102nd Infantry Regt., CTARNG)

from units in Vermont, Colorado and Connecticut. Given the geographic dispersion of our personnel, a great deal of the training and preparation was done individually with only two collective train-ups conducted prior to boarding our flights to Austria. In addition to the endurance training required, there were many specific mountaineering tasks that had to be mastered.

Along the raid course, teams were required to demonstrate proficiency in avalanche search and rescue, rappelling, rope-team skiing, lowering a rescuer to a casualty, reconnaissance, construction and movement of a

sled to pull heavy equipment, cold weather bivouac, high angle shooting, route planning, land navigation, evacuating a casualty down a mountain, hand grenade throwing and finally a, "quick march," in which the time it took to move the final three kilometers of the course would be tripled.

Upon our arrival in Austria, we linked up with two members of the Austrian Mountain Warfare School who had previously completed the race. They offered us some insider advice on completing the tasks correctly and efficiently. The training opportunity proved invaluable, as it not only showed us new tactics, techniques and procedures, but gave us a chance to acclimate to the high alpine environment in which we would be operating.

Two days prior to the start of the race, the international community of military mountaineers began to arrive to the Austrian training area at Lizum-Walchen to make final preparations for the event. This active Austrian military base is nestled in the bottom of a, "bowl," nearly 1000 meters high on all sides and is accessible only via a one-lane road in which tactical vehicles are required to use chains. It is one of the most beautiful places in the world but it is also the perfect environment for mountain warfare training and thus this competition.

On the morning of Feb. 27, the competition kicked

off. A sprint start to the avalanche search area to locate and recover two of the beacons that would be required equipment for the rest of the race was followed by a long slow slog up nearly 900 meters to the top of Geier, the highest peak we would reach that day.

At this point, the top teams in the competition already began to separate themselves as they climbed away and out of sight.

The first technical task was the rappel and we quickly worked our way down the 15-meter cliff face under the guidance of Staff Sgt. Tim McLaughlin, an Army Mountain Warfare School instructor assigned to the Vermont Army National Guard. What followed was perhaps our best event: the roped ski. This is a technique that would be used to ensure safety when crossing a crevasse-laden glacier. It isn't meant for speed. Despite that, and as a testament to American teamwork, we passed several other teams on the way down.

The remainder of the day was a grueling up-and-down test of endurance and mountaineering skill. We received a bit of extra motivation part of the way up our last big climb of day one when the U.S. Ambassador to Austria, Trevor Traina, greeted the team and offered his words of encouragement. We all very much appreciated the willingness of Mr. Traina and his delegation to make the trip to cheer us on.

Day one ended several hours later as we dragged our sled full of our overnight equipment uphill into the bivouac site after dark. Dehydrated, hungry and exhausted we began making camp with the assistance of the neighboring German team. The tents we were provided were Austrian issue and in the dark, in our exhausted state it is likely that it would have taken us hours to get them configured properly. We can't thank



1st Lt. Scott Stone rappels down a cliff face as his U.S. teammate looks on for safety, in Tyrol, Austria for the 2019 Edelweiss Raid, Feb. 27-28. The largest international military mountaineering competition in the world, the Edelweiss Raid brings together the top mountain units from across Europe to test their skills in a highly demanding two-day race. Stone, a member of HHC, 1-102nd Infantry Regiment, CTARNG was selected to be part of the first team to ever represent the United States at the event. (Photo courtesy of 1st. Lt. Scott Stone, HHC, 1-102nd Infantry Regt., CTARNG)

that German team enough for their generosity.

Day two began promptly at 3:00 a.m. with breakfast before we broke down camp and moved to the start position. For about an hour, we climbed by the light of our headlamps until the sun rose over the Alps. It was a beautiful morning, but the day was just beginning. There were many miles and tasks to go.

The second day was slightly shorter in distance and elevation gain but required more technical skill. Following the high-angle shooting event in which our team was one of only two in the competition to hit all 16 of our targets, we began our biggest climb of the day, about 700 meters, to a very windy and exposed ridge.

The skis came off and we climbed utilizing fixed ropes and hasty rappels to move several kilometers along the ridgeline to our final technical tasks of the day, land navigation, casualty evacuation, hand grenades.

The team performed well at each of these events, given our wide variety of talent and experience, as well as our ability to make up for each other's weaknesses. After throwing our last grenade, it was time for the three-kilometer, 400-meter climb to the finish: the quick march.

Speed was imperative here as our time would be tripled, but after two days of near-continuous movement through the mountains it was crucial that we all finish strong, but together.

We crossed the line together with a total race time of 20 hours, 27 minutes, good enough for 13th place out of the 23 teams that started. What came next was an unforgettable military ritual highlighted by a formal awards ceremony followed by a more informal dinner for all the competitors. We had the opportunity to meet and talk with mountain warriors from all over Europe late into the night. We exchange stories and patches, found common ground, and congratulated each other on our accomplishment.

It was an incredible honor to represent the 1-102nd Infantry Regiment, the state of Connecticut, and the United States at the 2019 Edelweiss Raid. This experience taught me a great deal about myself both personally and professionally. Training with and competing against our allies in the mountain warfare community was one of the most challenging and rewarding experiences of my life. I really was lucky to be there.



Team USA climbs the Tux Alps in Tyrol, Austria for the 2019 Edelweiss Raid, Feb. 27-28. The largest international military mountaineering competition in the world, the Edelweiss Raid brings together the top mountain units from across Europe to test their skills in a highly demanding two-day race. Stone, a member of HHC, 1-102nd Infantry Regiment, CTARNG was selected to be part of the first team to ever represent the United States at the event. (Photo courtesy of 1st. Lt. Scott Stone, HHC, 1-102nd Infantry Regt., CTARNG)

Transfer your Post 9/11 GI Bill Now!

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.

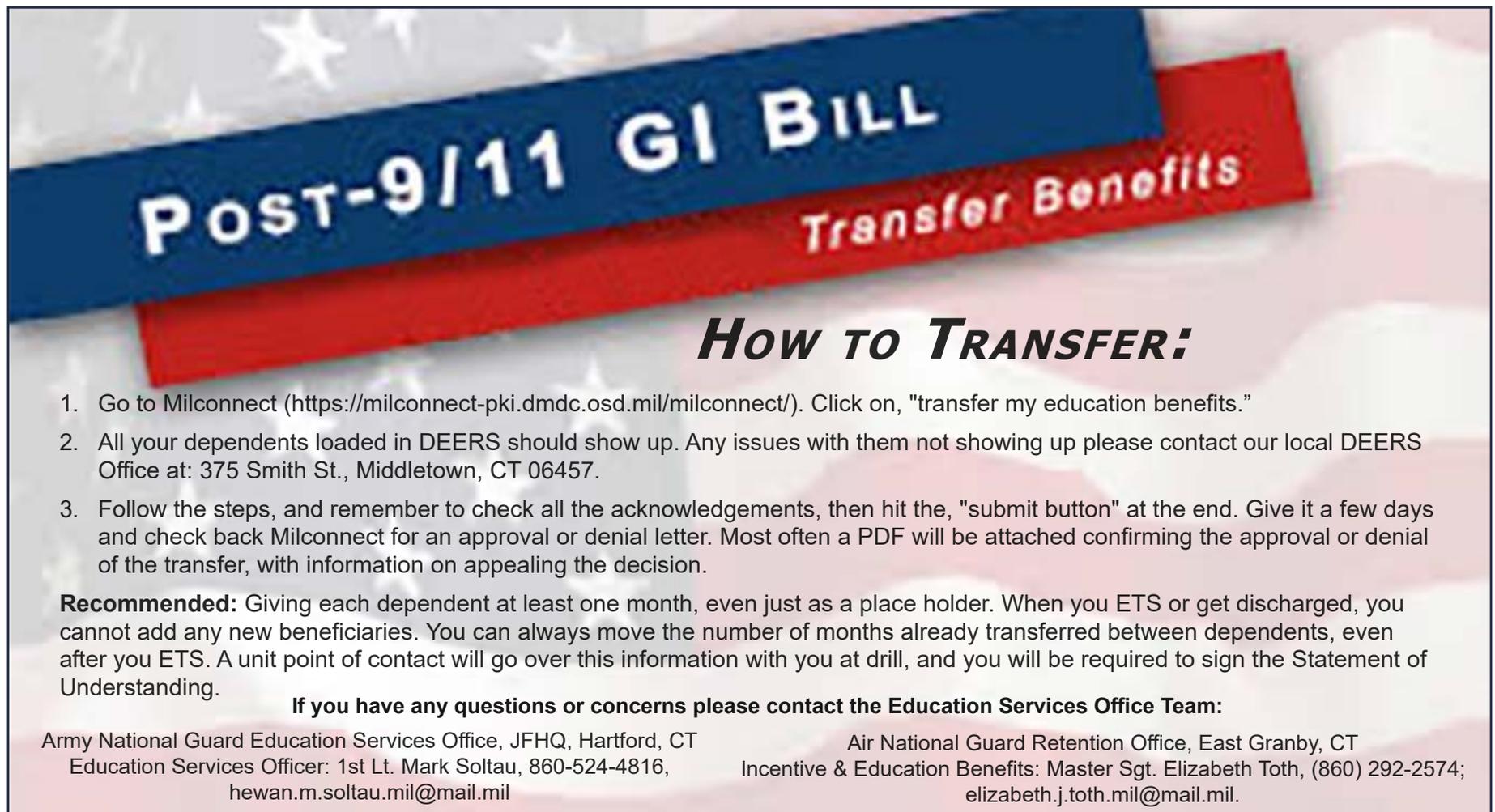
Important note: A Soldier must extend for four years, or have at least four years remaining on their contract in order to transfer the Post 9/11 Chapter 33 GI Bill benefit.



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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Enlisted Update



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

Welcome to April, Team!

I am looking forward to getting back outside, especially for some good PT sessions!

It has been a busy couple of months. In early February, a group of senior leaders and staff members travelled to Washington,

D. C. to brief the Directors of the Army and Air National Guard on the State of your Connecticut National Guard. The hard work each of you do was evident during both briefings. Collectively, we are solidly in the top third of the 54, and at the top of similarly-sized states. The challenge will be to stay there and improve!

We must continue to work hard maintaining excellence across functional areas. That means continuing to pay attention to all of the indicators of a manned and ready force. We need to continue to focus on personal and individual readiness. Collective readiness is important but collective readiness can be increased relatively quickly if we have trained and available people.

Our visit to the nation's capital also introduced us to our new Assistant Adjutant General (Army), Brig. Gen. Karen A. Berry. Brig. Gen. Berry comes to us from the great state of Delaware. Maj. Gen. Evon swore her into the Connecticut National Guard in the museum hall of the National Guard Association of the United States building. Since that day, Brig.

Gen. Berry has hit the ground running and I am sure she will be a great addition to the team. Welcome to the family, ma'am!

As you read elsewhere in this month's edition of the Guardian, April is Sexual Assault Awareness Month. I make it a point to speak with our newest Soldiers every month prior to our Battle Hand-Off Ceremony. Each of these new Soldiers has just returned from initial entry training. They have received the very latest training our Army has to offer, including sexual assault prevention training. We have all watched the videos, sat through the classes, and probably chuckled a bit at the characters/actors. I assure you, it is no laughing matter.

I make it very simple for our newest Soldiers: We are a family. I will not allow that crime to take place in my family. I will take action when I see a situation that could lead to sexual assault. I will make sure that victims of this crime receive the support they need and are treated with dignity and respect. Sexual assault is a violent crime that can destroy lives and has no place in our family. I urge every unit and every leader to talk about this crime during the April drill: "Not on my Team, Not in my Family."

April will also be a historic month for the 169th Regiment (Regional Training Institute). On April 9, 2019, the 169th will graduate its first NCO Professional Development System course in close to 20 years!

Some of you remember when NCOES courses were common for our Guard. We used to run the Basic and Primary NCO Course and the Primary Leadership Development Course (predecessors to today's Basic Leader Course) and the common core for the Basic and Advanced NCO Course (BNCOC and ANCOC, predecessors to today's Advanced Leader Course and Senior Leader Course, respectively) every year. Changes to course requirements and regionalization left us without a role in the NCO education mission.

Across the Guard, the backlog of NCOPDS school seats has received significant attention because promotion is once again linked to attendance and trained leaders is required to build readiness. We have made great strides in improving school attendance over the past few years.

Several MOSs remained critically short, including Military Police.

Armed with a brand new facility, several years of success teaching Military Police reclassification, an outstanding reputation, and a very good relationship with the proponent, the 169th Regiment set out to take on the Military Police ALC mission. Based on demonstrated excellence, we got the mission. Less than a year later, the 169th Regiment built the capacity to execute the mission and will graduate 48 students this month, meaning that 48 squads of Soldiers will have a trained, qualified leader. That is a direct impact on readiness and lethality across the Army National Guard. Great job!

As the weather improves and we move into prime Inactive Duty Training months and annual training is right around the corner, I ask that you keep safety in mind. Stop and think before you execute even the most routine of tasks. Have I considered the risks involved? Have I done everything I can to mitigate the risks? Is the result of the task worth the risk that I cannot mitigate?

If the answer to any of these questions is "no" STOP! Get help and figure out how to accomplish the task without taking unnecessary risk. Routine tasks are the most problematic. Make sure you have a ground guide. Make sure the weapon is clear and checked before coming off the range. Processes and procedures only work if you follow them. The most common cause of accidents is not knowing the procedure or not following the procedure.

I look forward to getting out to your annual training locations to see the great things you are doing. Use every available second of available training time. It might just save your life. Train hard, train safe.

"PT is not the most important thing you will do today. It is the most important thing you do every day."

-SMA Daniel A. Dailey,
15th Sergeant Major of the Army
CSM Carragher
CT-7



Command Sgt. Maj. Carragher is on Facebook!

Command Sgt. Maj. Carragher regularly updates his page with posts about U.S. Army and National Guard standards. He also shares visits with Connecticut Guard units and daily motivation and inspiration messages.

Follow him @CTCommandSgtMaj
<https://www.facebook.com/CTCommandSgtMaj/>



FAMILY, FRIENDS & Co-WORKERS

You are Cordially Invited to

A TRADITIONAL ARMY DINING OUT WITH OCS CLASS 64

For food, drinks and music to celebrate officership with the Connecticut Candidates

May 11, 2019 • 6 p.m. • Sheraton Hotel South • 100 Capital Blvd. Rocky Hill, CT

Social hour - 6 p.m. | Dinner served - 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 through Venmo @Luis-Gomez-186



Checks made out to AFDL
 Rooms are available through the
 OCS Class 64 Dining Out Room Block
 Limited availability, please reserve soon



Tuesday, April 9, 2019 - 11 AM to 3 PM

Rentschler Field Ballroom, East Hartford

★ Learn about specialized services and benefits

★ Spouses & military families welcome!

Veterans – explore a wide range of possible career opportunities! Positions available in many fields. Meet with employers, social service providers and non-profit organizations.

/CTCAREER.FAIRS /CTCAREERFAIRS CTJOBFAIRS.COM



Entercom

TRAVELERS

Inside OCS

Training to be Ready for Real World Missions

OFFICER CANDIDATE ISABELLE MOTLEY
OCS CLASS 64, 1-169 REGT (RTI)

During February Drill, Officer Candidates received classes on offensive operations, machine gun theory, battle drills, conducted a Tactics Exam, and completed a diagnostic five-mile run.

As usual, drill began on Friday night with student leadership briefing the operations order and dining-out updates. Following that, OCs learned the fundamentals of offensive operations which covered topics such as maneuvers, types of attacks, and various warfighting functions.

On Saturday morning, OCs received a class about machine gun theory. In addition to the slideshow, OCs also received hands-on training with multiple machine gun platforms ranging from the M249 to the MK19. This



informative block of instruction taught OCs how to clear and employ machine guns effectively in order to attain an overwhelming base of fire in a variety of scenarios. Range, rate of fire, and proper employment are some of the required knowledge that OCs must retain for practical exercises in the upcoming months.

OCs also conducted practical exercises with formations, movement techniques and establishing objective rally points on the parade field. Despite the flat field with freedom of movement, we learned that Army doctrine put into practice is not as easy as anticipated. After a few rehearsals, we started to learn the ropes, but this was merely the crawl phase. More challenges lay ahead when these practices are applied at the less forgiving terrain at Stones Ranch and beyond.

The tactics exam did prove to be challenging for OCs this month. Everything from operational terms and graphics, troop leading procedures, and battle drills was testable material. OCs had to study beyond the basic maneuvers and doctrinal tactics covered from this weekend and draw upon any tactics-related material learned in the course thus far.

Next drill, OCs must prepare for the call for fire exam, troop leading procedure classes, utilizing the Engagement Skills Trainer, and another five-mile run.

Candidates from New York will training alongside Connecticut candidates, so both classes will need to integrate and work cohesively. This will be the first combined training between the two states in Phase II so both classes are eager to collaborate in training.



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***
AAM & Gerber Multi-Tool**
- 5th Lead to Enlistment***
ARCOM, Tactical Flashlight & "Honorary RRNCO" plaque**

CONTACT YOUR LOCAL RECRUITING AND RETENTION NCO FOR MORE INFO

Leads are subject to verification of enlistment 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

Alcohol Awareness Month

GREGORY MOULDING
CTARNG PREVENTION COORDINATOR

April is Alcohol Awareness Month, and is used as a focused opportunity to increase awareness and understanding of alcohol addiction and dependency. The Connecticut National Guard Army Substance Abuse Program offers Soldiers struggling with safe alcohol use the opportunity to self-disclose their issues and seek treatment while limiting the effect alcohol misuse could have on their career.

Alcoholism does not discriminate; it affects people of all ages, ethnicities, genders, geographic regions, and socioeconomic levels. Studies do show that military members consume alcohol at a higher rate than their civilian counterparts. Alcoholism is and has affected Soldiers' ability to complete their mission and their overall readiness.

With this in mind, it is vital that the Soldiers and their units put in place preventive measures to mitigate any negative effects of excessive alcohol consumption.

A part of Alcohol Awareness Month is Alcohol-Free Weekend on April 5-7, 2019. This weekend is used to raise public awareness about the use of alcohol and how it may be affecting individuals, families, and in the military.

During the Alcohol-Free Weekend, Soldiers are encouraged to engage in three alcohol-free days. A drill weekend is a perfect time to engage in the event. If you find it difficult for you to keep form consuming alcohol for the weekend that is a significant indicator that you need to reach out to one of many resources.

If resources for alcohol use are needed by you or another Soldier, talk to your leadership and call ASAP at 860-548-3291.



R3SP Welcomes New Drug Testing Coordinator

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER

Enduring Freedom. Martinez has served as the Drug Testing Coordinator for approximately a year and a half, working diligently with the R3SP team to increase comprehensive Soldier fitness through early detection of substance abuse.

The Connecticut Army National Guard R3SP is happy to announce that Sgt. Anthony Repasi has joined the team as Drug Testing Coordinator. Sgt. Repasi, a Human Resources Specialist assigned to the Headquarters and Headquarters Company, 192nd Military Police Battalion, attended the Drug Testing Coordinator course in December 2018 in preparation for his transition into this position.

Martinez has become an integral part of the team and solidified CTARNG's spot as one of the leading Drug Testing Programs in the nation.

Units can look forward to a seamless transition from Sgt. Victor Martinez to Sgt. Repasi.

Sgt. Victor Martinez, the CTARNG's outgoing Drug Testing Coordinator, has deployed in support of Operation

Sgt. Repasi can be reached at 860-548-3298 or Anthony.t.repasi.mil@mail.mil.

Resilience: "Skill of the Month"
Edition #53: April 2019
#2PM: alexander.m.jong5.mil@mail.mil (860) 524-4926

PROBLEM SOLVING

JUST the FACTS

What is the "Confirmation Bias" and how do I fight against it?

What is the skill?
"Problem Solving" is used to increase flexibility and accuracy in thinking about the causes of problems and to develop effective solution strategies.

Problem Solving Steps:

- #1: What's the problem you are trying to solve? Keyword: "OBJECTIVE"
- #2: What caused the problem? Keyword: "WHY"
- #3: What did you miss? Keyword: "FLEXIBILITY"
- #4: What's the evidence? Keyword: "ACCURACY"
- #5: What really caused the problem? Keyword: "CLARITY & CONTROL"
- #6: What can you do about it? Keyword: "POSITIVE CHANGE"

The Confirmation Bias or "Velcro/Teflon Effect" is common and influences all of us:

<p>It causes us to:</p> <p>Notice Remember Weight</p> <p>Evidence that supports our thoughts and beliefs</p> <p>↓</p> <p>VELCRO EFFECT It sticks</p>	<p>It causes us to:</p> <p>NOT Notice NOT Remember NOT Weight</p> <p>Evidence that does NOT support our thoughts and beliefs</p> <p>↓</p> <p>TEFLON EFFECT It slides off</p>
--	--

*** FIGHT AGAINST the Confirmation Bias:**

1. Try distancing yourself from your thought. Write it down.
2. Ask FAIR questions to gather evidence for and against your thought.
3. Consult with others!

Find additional R3SP resources on Guard Knowledge Online
https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/G1/Resilience/SitePages/Home.aspx

R3SP - Resilience, Risk Reduction & Suicide Prevention

Understanding Military OneSource Confidential Non-Medical Counseling

MILITARY ONESOURCE

You never have to be without support. Military OneSource and Military and Family Life Counseling provide free, short-term, confidential non-medical counseling services for a wide range of issues from marital conflicts and stress management to coping with grief and deployment adjustments.

Confidential non-medical counseling is effective for finding answers to common emotional and interpersonal difficulties.

This overview explains the kinds of issues addressed by confidential non-medical counseling and how you can access it.

Eligibility for Non-medical Counseling

Confidential non-medical counseling services are free and available to the following groups through Military OneSource and your installation's Military and Family Support Center:

- Active-duty service members and their immediate family members
- National Guard and reserve service members (regardless of activation status) and their immediate family members
- Designated Department of Defense expeditionary civilians and their immediate family members
- Survivors

Children and Youth Services

Children are eligible to receive confidential non-medical counseling services under the following circumstances:

- Children ages 12 and younger may attend face-to-face sessions through Military OneSource with a parent or guardian, but not on their own.
- Youth, ages 13 through 17, are eligible for individual, face-to-face counseling through Military OneSource, but a parent must attend the first session.
- Children younger than age 18 are eligible for

counseling with a child and youth behavioral military and family life counselor with parental consent.

All military and family life counseling with children occurs within line of sight of another adult.

Confidentiality

The non-medical counseling services through Military OneSource and the Military and Family Life Counseling Program are confidential. The Military and Family Life Counseling Program is also anonymous. This means:

- A family member can receive counseling without the service member's knowledge.
- A service member can receive counseling without a family member's knowledge.

Privacy protections ensure your personal information will not be:

- Provided to the military or chain of command
- Shared with family or friends
- Released to other agencies
- Exceptions to privacy include:
 - Duty to warn
 - Suspected family maltreatment (domestic violence, child or elder abuse or neglect)
 - Harm to self or others
 - Illegal activity

Issues addressed in non-medical counseling services

Confidential non-medical counseling addresses issues such as:

- Adjustments (including deployments)
- Marital problems
- Parenting skills
- Stress management
- Decision-making
- Communication
- Grief and loss

Non-medical counseling services don't address certain issues. If you need help with any of the following issues, contact the Military Crisis Line (1-800-273-8255 and Press 1):

- Active suicidal or homicidal thoughts
 - Sexual assault
 - Child abuse
 - Domestic violence
 - Alcohol and substance abuse
 - Mental health conditions such as depression
- Non-medical counseling isn't suitable for individuals:
- Prescribed psychoactive medication
 - Receiving therapy with another practitioner
 - Involved in Family Advocacy Program cases
 - Undergoing fitness-for-duty evaluations
 - Undergoing court-ordered counseling

Accessing free counseling services

Face-to-face confidential non-medical counseling may occur in an office setting with a counselor located in the local community or with military and family life counselors on an installation. Military OneSource offers counseling sessions in three other formats:

- Telephone
- Secure online chat
- Secure video

Service members and their families can request counseling services at any time of the day or night, any day of the year, from anywhere in the world by calling Military OneSource at 800-342-9647. A consultant will assess your needs and give you a referral. You can also access Military OneSource counseling services online.

To speak with a military and family life counselor, contact one of the following:

- Military and Family Support Center
- Unit commander
- National Guard and reserve family programs

Whether it's getting to the next level or juggling responsibilities, we all need help sometimes. Tap into your military network to get the support you need. Confidential non-medical counseling is available to help you manage the stressors of military and family life anytime, anywhere.

KNOW YOUR RESOURCES!

In an emergency,
always call 911

CTARNG Suicide Prevention,
Alcohol & Drug Prevention
860-524-4962

CTANG Director of
Psychological Health
860-292-2516

Military Crisis Line
800-273-8255

National Helpline for
Substance Abuse Prevention
800-662-4357

Behavioral Health Careline
855-800-0120

National Guard Peer
Support Line
844-357-7337

Get social with the CONNECTICUT NATIONAL GUARD

Official Pages - Managed by the CTNG PAO



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



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



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



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

Official Unit/ Leadership Pages

MaJ. Gen. 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

If You Can't Beat Them, Enjoy Them

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

Connecticut is home to gray squirrels, flying squirrels, red (standoffish) squirrels and sometimes eastern gray (black) squirrels. The energetic chipmunk is also part of the extended squirrel family. Squirrels are mostly herbivores but will eat insects including pesky gypsy moths, snakes and even smaller rodents when convenient. Among their natural woodland diet interests, squirrels prefer to consume sunflower and safflower seeds, thistle, sorghum and millet: of course, these are the common ingredients of commercial bird food. Birdfeeders were first sold commercially over a hundred years ago. In 1988, author Bill Adler, Jr. attempted to answer a question that is as old as the bird feeding hobby: how does one effectively keep squirrels off one's birdfeeder?

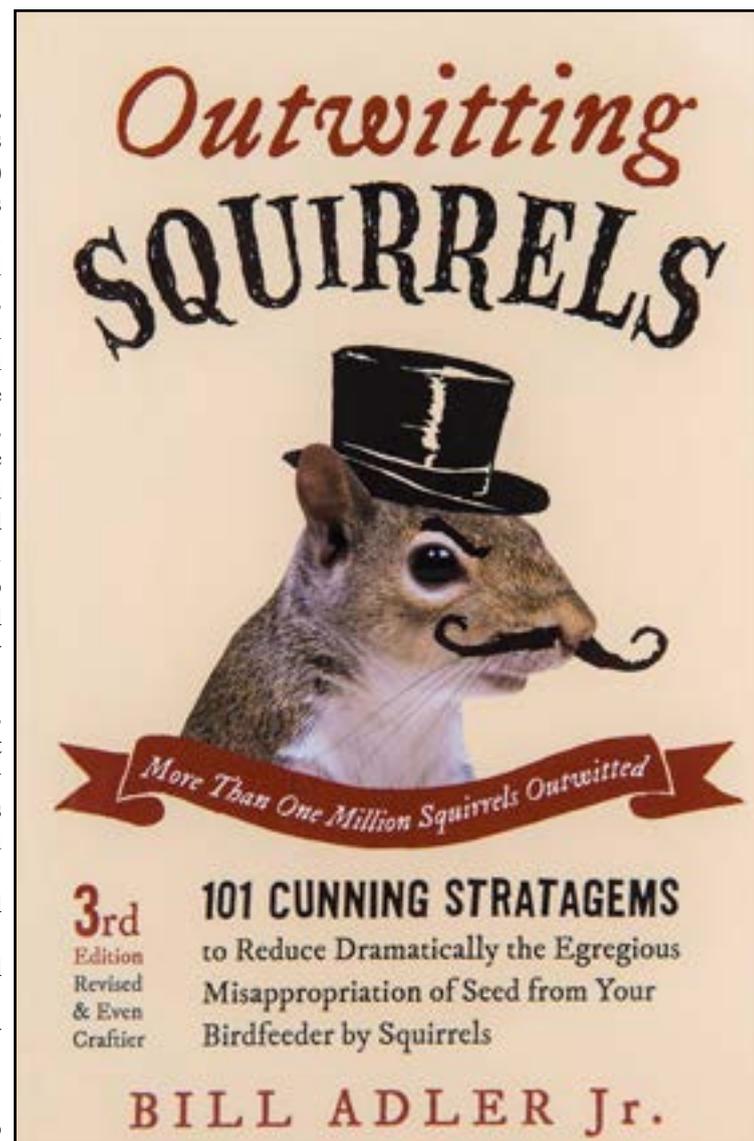
In "Outwitting Squirrels," Adler, wittily, offers 101 strategies to bird lovers to assist them in their futile battle against the hungry furry tailed rodents that live in their trees (and sometimes attics). Here are a handful of his tips:

- Dig a moat around your bird feeder and fill it with piranha
- Fill your birdfeeder with marbles and buy a parakeet to keep indoors
- Read this book to squirrels so that they know who is in charge
- Acquire rattlesnakes for your lawn
- Feed the squirrels caramel apples to keep them from opening their jaws
- Follow squirrels as they collect leaves and twigs for their nests and take them from them

In 2018, New England experienced a major rise of its squirrel population due to

an abundance of acorns available to the rodents the previous year. New Englanders were at their wit's end. Local farmers' crops were impacted due to the squirrels' insatiable appetites, and homeowners were troubled due to squirrels nesting in attics and chimneys. On the other hand, native predators like coyotes and hawks benefitted from the upsurge of their food sources, and scavengers like vultures and opossums enjoyed the increase of squirrel roadkill.

In "Outwitting Squirrels," Adler reminds his readers that the average squirrel lifespan is only approximately one year, unless they're raised as pets. The appetites



and skills that the aging generation of squirrels acquires during their year of foraging may not necessarily pass to their offspring. In 2019, moats with piranha around birdfeeders may be enough to keep glutenous squirrels at bay.

The final strategy offered by Adler in his book is his most practical: learn to appreciate squirrels and understand that they are not so bad... but, keep in mind that they can be cooked with bread crumbs, oregano, and mustard seed and served with wild rice and a full-bodied Syrah.

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

Nike Missiles in Connecticut

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

During the first decade of the Cold War, the Soviet Union began to develop a series of long-range bomber aircraft capable of reaching targets within the continental United States. The mission of Nike within the continental U.S. was to act as a, "last ditch," line of air defense for selected areas.

The Nike system would have been utilized in the event that the Air Force's long-range fighter-interceptor aircraft had failed to destroy any attacking bombers. Within the continental United States, Nike missile sites were constructed in defensive rings surrounding major urban and industrial areas.

Nike, named for the mythical Greek goddess of victory, was the name given to a program which ultimately produced the world's first successful, widely-deployed, guided surface-to-air missile system. Planning for Nike began during the last months of World War II.

A typical Nike air defense site consisted of two separate parcels of land. One area was known as the Integrated Fire Control Area. This site contained the Nike system's ground-based radar and computer systems designed to detect and track hostile aircraft, and to guide the missiles to their targets. The second parcel of land was known as the launcher area. At the launcher area, Nike missiles were stored horizontally within heavily constructed underground missile magazines. A large, missile elevator brought the Nikes to the surface of the site where they would be pushed (manually) by crewmen, across twin steel rails to one of four satellite launchers.

The missile was then attached to its launcher and erected to a near-vertical position for firing. The near-vertical firing position ensured that the missile's booster rocket (lower stage) would not crash directly back onto the missile site, but, instead, would land within a predetermined booster impact area. The control and launcher areas were separated by a distance of 1,000 to 6,000 yards (roughly 0.5- to 3.5-miles) and were often located within different townships.

In Connecticut, there were a total of 15 Nike sites, located in two defense areas: Bridgeport and Hartford. The sites were in Ansonia, West Haven, Milford, Fairfield, Westport, Monroe, East Windsor, Warehouse Point, Manchester, Portland, Cromwell, New Britain, Plainville, Simsbury and Avon. Early in my career (1980's), CTARNG units trained at some of these former missile sites. Today, many of the sites are owned by the towns or private owners.

All Nike Ajax sites in the continental United States were closed down by 1964. Closures of select Nike Hercules sites began during the mid 1960s. During 1974, all remaining operational sites within the nationwide Nike air defense system were inactivated. A Nike missile is on display at Camp Niantic.



An aerial view of the Portland, Conn., Launch Battery, Oct. 21, 1959. (Photo courtesy of <http://www.fosa-ct.org/>)



The locations of the Connecticut Nike Missile Sites. (Photo courtesy of Bwmoll3 - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=12156774>)



A Soldier inspects a Nike Ajax anti-aircraft missile. (Photo courtesy of <http://www.fosa-ct.org/>)

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
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
Unstabilized Gunnery Trainer-Individual(UGT-I)	350-17-33	Capt. James Locke	27-Apr-19	28-Apr-19
Medical Administration Training	350-17-64	Chief Warrant Officer 3 Dan Serbyn	1-May-19	1-May-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. James Locke	13-May-19	16-May-19
Medical Administration Training	350-17-64	Chief Warrant Officer 3 Dan Serbyn	15-May-19	15-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
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffrey T. Colvin	24-May-19	24-May-19
Domestic Operations Assessment and Awareness Tools (DAART)	350-17-59	Master Sgt. Karl Rhyhart / Maj. Pam Lebejko	14-Jun-19	14-Jun-19
ASK CARE ESCORT- SUICIDE INTERVENTION (ACE-SI)	350-17-29	Mrs. Jennifer Visone	15-Jul-19	15-Jul-19
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Mrs. Jennifer A. Visone	16-Jul-19	17-Jul-19
Army National Guard GT Enhancement Course	350-17-57	Chief Warrant Officer 2 Lisa Chipman	5-Aug-19	9-Aug-19
Unit Movement Workshop	350-17-55	Master Sgt. Thomas Ahearn	11-Aug-19	11-Aug-19
Medical Administration Training	350-17-64	Chief Warrant Officer 3 Dan Serbyn	14-Aug-19	14-Aug-19
G-3 Fulltime Manning Training Course	350-17-56	Sgt. Maj. Michael D. Collins	19-Aug-19	23-Aug-19
Army National Guard Substance Abuse Program Unit Prevention Leader (UPL) Course	350-17-12	Sgt. Victor Martinez	22-Aug-19	23-Aug-19

Highlighted Courses:

Unstabilized Gunnery Trainer-Individual: This training opportunity provides training for soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the UGT-I. These individuals may have ADOS opportunities available to operate the systems for different units and organizations with DOD affiliation, as well as operating and taking responsibility of the system to provide training their own units. This is a (2) day course. Attendees must attend both days of instruction to be considered certified on the UGT-I system. 27-28 April 2019. 10 Soldiers Max, 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.

General Technical Enhancement Course: This program is designed to identify and assess the educational needs of each enrolled Soldier and provide customized instruction in an effort to increase GT scores to 110 or higher. This training increases availability of viable candidates for Officer Candidates School, Warrant Officer Candidate School, and highly technical MOS's and ASI's requiring a 110 or higher GT score. 05-09 August 2019. 30 Soldiers Max, See your unit training NCO for current availability.

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

THE DA PHOTO PROCESS DO YOU NEED A DA PHOTO?

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

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% in 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-mail 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

- 5**
- NO Maurine Row
Armed Forces Reserve Center
375 Smith Street
Middletown, CT 06457
Room 322



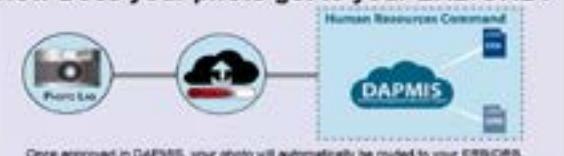
- Be on time and fully dressed at the scheduled time
- Locker rooms available on the first floor if you wish to carry your uniform on a hanger

IMAGE MANIPULATION

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

- Per AR 640-30, Photographers will not alter the photograph, to include editing new rank, insignia, stars or rating washlines or stripes. 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 authorized
- Only wear PERMANENT awards listed in your records
- Wear only Unit Citations that PERMANENT and listed in your individual records
- Wear Marksmanship Badges
- Nameplate must be worn
- Identification badges worn on left pocket, if authorized
- Wear ONE CSB, if authorized
- No headgear worn for DA photo

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

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.

**CONNECTICUT
NATIONAL
GUARD**



CONNECTICUT NATIONAL GUARD FULL TIME EMPLOYMENT OPPORTUNITIES

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

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

FOR MORE INFORMATION, CONTACT,
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

CTARNG Funeral Honors Team
Now Accepting New Members



HONOR
GUARD

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

Retiree Voice

Updates From the CTARNG Retirement Services Officer

SGT. 1ST CLASS ERICKA THURMAN
RETIREMENT PROGRAM MANAGER, CTARNG

The Office of Retirement Services- Our office has moved. We are currently located in Room 100 of the Governor William A. O'Neill State Armory located at 360 Broad Street, Hartford, CT 06105. Together, Sgt. Reyna Ponce and I assist soldiers and retirees with correcting their Retirement Points Accounting Statement, complete verification of creditable service, process and generate the Notice of Eligibility for Retired Pay for Non-Regular Service (20-year letter), assist and prepare Retirement Pay application packets, conduct retirement briefings, provide education on survivor benefits, and assist with annuity claims for the Survivor Benefit Plan. Although this is a long list, it only reflects some of the assistance we are able to provide to service members and retirees. Please feel free to contact our office if you

have any questions or need any assistance.

Retiree Reminders:

Retirement Pay is not automatic. Each Retiree is responsible for completing and submitting a Retirement Pay Application Packet to Human Resources Command prior to age 60. It is recommended to complete and submit the application 4-6 PRIOR to your 60th birthday.

Retirement Briefings are available at Governor William A. O'Neill State Armory. If you would like to attend a briefing, please sign-up. Retirement Briefings are mandatory for all soldiers approaching 20 years of service, and recommended for retiring Soldiers entering Gray Area Retirement, or approaching age 60 and filing their Retirement Pay Application Packet. Upcoming briefing are April 7th, May 5th, Aug. 4th, and Oct. 6th. RSVP with the Retirement Services Office, Sgt. 1st Class Ericka Thurman at (860) 524-4813 or ng.ct.ctarnng.list.g1-rso@mail.mil.

Attention Guardian Readers

Due to a recent contract change, there is the potential for a lapse in mailed Guardians beginning in May 2019.

Issues of the Guardian will continue to be released on the CTNG website on the first of each month. Please follow us on Facebook for updates.

Read the Guardian online: <https://ct.ng.mil/Guardian/Pages/default.aspx>

CTNG on Facebook: <https://www.facebook.com/ConnecticutNationalGuard>

CTNG Office of the Guardian: (860) 524-4858

Military ID Offices in Connecticut

Middletown Armed Forces Reserve Center

375 Smith Street

Suite 111

Middletown, CT 06457

(860) 613-7619

CTANG 103rd Airlift Wing

100 Nicholson Rd.

East Granby, CT 06026-9309

(860) 292-2368

CTANG 103rd Air Control Squadron

206 Boston Post Rd

Orange, CT 06477

(203) 795-2934

Navy Submarine Base New London

PSD Bldg. 83

I.D. Cards Rm# B1

Groton, CT 06349-5088

(860) 694-3022

Coast Guard Academy

I.D. Card Section, Munro Hall

15 Mohegan Ave.

New London, CT 06320

(860) 444-8208

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

Where to Find Veterans Services



Veterans of the United States Armed Forces may be eligible for a broad range of programs and services provided by the U.S. Department of Veterans Affairs.

Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions, and certain

benefits require service during wartime. If you are new to the VA, the Federal Benefits for Veterans, Dependents and Survivors booklet will help you get started.

http://www.va.gov/opa/publications/benefits_book/

Health Care

VA's health care offers a variety of services, information, and benefits. As the nation's largest integrated health care system, VA operates more than 1,400 sites of care, including hospitals, community clinics, community living centers, domiciliaries, readjustment counseling centers, and various other facilities.

Benefits & Services

VA administers a variety of benefits and services that provide financial and other forms of assistance to veterans, their dependents, and survivors. Major benefits include compensation, pension, survivors' benefits, rehabilitation and

employment assistance, education assistance, home loan guaranties, and life insurance coverage.

Burial and Memorials

Burial and memorial benefits are available for eligible service members, Veterans and eligible family members. Service include interment, headstones and markers, and Presidential memorial certificates. VA operates 128 national cemeteries in the United States and Puerto Rico, together with oversight and management of 33 soldiers' lots, confederate cemeteries, and monument sites.

Veterans Benefits Fact Sheets

<http://www.vba.va.gov/VBA/benefits/factsheets/#BM1>

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

CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Ariza, Juan D.
Bernard, Wyatt L.
Capoldo, Nathan P.
Frost, Arthur E.
Gerber, Brianna S.
Landry, Benjamin J.
Liska, Evan J.
Lopez, Armando G.
Lynn, Gunther W.
Magro, Anthony R., Jr.
Mullen, Sarah E.
Pachecocontreras, Stephanie
Pimentel, Samuel S.
Pine, Deniz M.
Vargas, Arianna S.
Zaragoza, Michel

To Private First Class

Gallagher, Joshua W.
Gonzalez, Brittnie I.
Griffith, Michael E.

Kotsopey, Serhiy B.
Maccione, Michael S., Jr.
Mahoney, Brandi J.
Maldonado, Newton A.
Marmol, Brendaly A.
Nalezynski, Brian K.
Penner, Natalie R.
Pulford, Brandon T.
Quinteroespinoza, Caleb
Taylor, Douglas E.
Verner, Rashae L.

To Specialist

Andino, Mariano A.
Boi, Tyler P.
Brewer, Jonathan C.
Brown, Michael A.
Dickison, Benideliz
Diggs, Jordan K.
Farrar, Paula A.
Hood, Nicholas M.
Pagan, Juan R.
Starsiak, William J.
Sweeney, Kevin M.

To Sergeant

Andreozzi, James C.
Barragan, Christian
Doherty, Ryan M.
Husovsky, Nicholas E.
Sinclair, Noah W.

To Staff Sergeant

Cooper, Synquan A.
Dufour, Jason E.
Jacabacci, Anthony, Jr.
Morrison, Ryan J.
Rodriguez, Ruben, Jr.
Williams, Kerbye B., Jr.

To Sergeant First Class

Guiffra, Felix J., III
Hershberger, Timothy A.
Marshall, Robert L.
Vacca, Jonathan E.

To Master Sergeant

Ortiz, William

To Captain

Avedisian, Joyce H.
Rago, Timothy W.

To Major

Parnell, James R.

To Lt. Colonel

Dollak, Robert F., Jr.

AIR

To Airman First Class

Mortensen, Bailey R.
Antuna, Melanie L.

To Senior Airman

Deering, Alex G.
Savoie, Haley L.
Brown, Kenton D.
Guerin, Sean M.
Winslow, Scott J.

To Staff Sergeant

Thompson, Adaniel E.
Morin, Alexander
Miller, Douglas T.
Cartagena, Gabriel M.
Johnson, Jeremi J.
Holmes, Jonathan P.
Walton, Roy D.

To Technical Sergeant

Cirulll, Anthony
Bein, Craig S.

Claudio, Gustavo
Holbrook, Jayson A.
Kiely, Jason T.
Arango, Jose R.
Barkman, Michael R.
Kien, Paul V.

To Major

Suprenant, Dawn M.

To Lt. Colonel

Maines, Katherine A.

Congratulations to all!

Promotions as of March 1, 2019

Calendar

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

June

June 4

July Guardian Deadline

June 6

D-Day, WWII

June 14

Flag Day, U.S. Army Birthday

June 16

Father's 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 GUARDIAN

VOL. 20 NO. 3

HARTFORD, CONNECTICUT

APRIL 2019

CT Military Kids Celebrate Reading

MICHELLE McCARTY
LEAD CHILD & YOUTH COORDINATOR
CTNG SMFSC

The Connecticut National Guard Child and Youth Program hosted its annual Dr. Seuss Birthday party in celebration of Read Across America Day and Dr. Seuss's birthday at the Governor William A. O'Neill Armory, Hartford Conn., March 2.

The event hosted more than 40 Connecticut military children and families who enjoyed Dr. Seuss inspired activities, such as fishing for "One Fish, Two Fish, Red Fish or Blue Fish" coloring socks for fox, a meet and greet with Cat in the Hat, played by Kim Hoffman, Director of the Connecticut National Guard Service

Member and Family Support Center.

Additionally there was face painting, crafts, stories, Dr. Seuss inspired snacks and a showing of Cat in the Hat, the movie. In order to encourage more reading at home, each child brought home one book of their choice.

Read Across America Day is a nationwide reading celebration that takes place each year on March 2, children's book author, Theodor Seuss Geisel's, better known as Dr. Seuss, birthday. The observance calls upon all communities to bring children of all ages together to celebrate and encourage a love for reading as well as developing good reading habits that they will carry through life.



One of Connecticut's Military Children attends the Dr. Seuss Birthday party, hosted by the CTNG Child and Youth Program at the Governor William A. O'Neill Armory, March 2. CTNG families attended the event that encourages a love for reading in celebration of Read Across America Day and children's book author, Dr. Seuss. (Photo by Harold Bernstein, CTNG SMFSC Volunteer)

Purple Up - Be Part of the Celebration of the Military Child

MICHELLE McCARTY
LEAD CHILD & YOUTH COORDINATOR
CTNG SERVICE MEMBER & FAMILY SUPPORT CENTER

April is Month of the Military Child and the Child and Youth Program hosts several events and programs throughout the month to honor our youngest heroes. One of the initiatives we celebrate is, Purple Up for Military Kids Day on April 15. Wearing purple is a visible way to show support and gratitude for the children of military members, noting that they too, make sacrifices while their parent is away.

Why Purple? Purple symbolizes all branches of the military- combining Army green, Marine red, Coast Guard, Air Force and Navy blue. So I challenge you to wear as much purple as you can on April 15th to celebrate all military children worldwide.

Please share the love of purple and military children with you friends, family, school and community and post photos tagging the Connecticut Child and Youth Program on Instagram and Facebook or email pictures to michelle.m.mccarty4.ctr@mail.mil to be featured online.

child & youth program
connecticut national guard

MOMC
2019

KEEP
CALM
AND BE
MILITARY KID
STRONG

Purple symbolizes all branches of the military- combining; Army green, Coast Guard blue, Air Force blue, Marine red and Navy blue. Wear purple on April 15th to show your support for the strength and sacrifices of our Military Youth! Share your photos on social media - #CTNGPurpleUp2019

FACEBOOK: Facebook.com/CTCYP
INSTAGRAM: @CTNG_CYP
PINTEREST: @CTCYP Michelle
TWITTER: @CT_NO_CYP



CATHERINE
GALASSO-VIGORITO

Say, "So Long, Farewell," To the Past, Step Into the Future

Say, "So Long, Farewell," to the past and step into a new future

From Rodgers and Hammerstein's 1959 musical *The Sound of Music*, the song, "So Long, Farewell" was first performed by the Von Trapp children.

In the movie at a fancy dinner party in their home, they sang the song to the guests.

Being a farewell song, the talented Von Trapp children sang it to them before their bedtime.

Is there a situation in your life that is robbing you of your peace of mind? Have you been struggling or overwhelmed with challenges? Are you carrying around worry, anxieties or heaviness?

Perhaps, in self-pity you're so down on yourself from a past mistake or feeling cheated because life hasn't been fair or turned out as you had hoped. It can be easy to focus on what's wrong.

But like the Von Trapp children sang, it's time to say today, "So Long, Farewell" to everything that is holding you back from the abundant life that God wants you to live.

- Say, "So Long, Farewell" to past disappointments. Keep persisting. Be strong. Soon, those disappointments will become reappointments. "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him and He will direct your steps." (Proverbs 3: 5-6).
- Say, "So Long, Farewell" to worries and fears. Keep up your courage. Don't be held back, because God will protect and deliver you. He is working now to arrange situations in your behalf. "The Lord is my light and my deliverer. Whom then shall I fear? The Lord is the strength of my life of whom shall I be afraid?" (Psalm 27:1).
- Say, "So Long, Farewell" to bitterness, failures or offenses. Do not relive the hurts. Focus on the positive

aspects of your life. God will repair your broken heart for, "If God is for you, who can be against you?" (Romans 8:31).

- Say, "So Long, Farewell" to the setbacks you've experienced. Pray; dream another dream and pursue it. God has something better right in front of you. "Be not dismayed for I am your God. I will strengthen you. I will help you. I will uphold you with my righteous right hand." (Isaiah 40:31).
- Say, "So Long, Farewell" to mulling over 'what you didn't get.' Stop mourning and don't live in the past. Start moving forward, and God will make it up to you. There are unlimited possibilities yet to be. And rest assured He will "restore double to you." (Zechariah 9:12).

Start enjoying your life. Whatever happened is in the past; and it doesn't belong in your future.

God wants you to find rest in your heart, mind and spirit. So be at peace with what you don't understand or with what occurred long ago. And God tells you how: "Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." (Isaiah 26:3). Thus, do not measure problems according to your own abilities. Instead, hand situations that you cannot manage yourself over to God ... and as one of my books is titled: God will do the rest.

This is your time; it's your day to be set free. Be strong and courageous. Accept what has transpired and move on to a bright future.

When you wake up each morning, keep God foremost in your mind. Pause to pray and praise Him. Then, during the day, ponder upon God's presence and know that He is with you wherever you go. Don't let your imagination run wild, or allow negative images to play like an old movie in your mind. Never let worst-case scenarios dominate your thinking. If something happens that causes you to worry, refuse to give in to it.

Try this: Spend several minutes focusing on the exact opposite of what you have been worried about or fearful

of happening.

There is a good possibility that the situation you're fretting over isn't that bad. Hence, change your focus. Hidden benefits and blessings are to come.

You're closer to your heart's desires than you think. Your tomorrow is going to be better. Expect some surprises, big and small, to take place. And never, ever give up... your miracle is on its way.

Recently, I received a lovely email from a reader: "Catherine, I just read a beautiful newspaper article that was published some time ago entitled, *One of these days, life will pleasantly surprise you*. What a gifted, inspiring writer you are!"

"I have lived in this area for 45 years, but about once a year, I get together with a dear friend who lives here and she usually sends me home with some kind of reading material. So she gave me this newspaper and I just got around to reading it and came across your article. Every word spoke to me and I felt like the words you wrote were God's gift to me today. My cousin once told me that 'there are no coincidences'. So, I truly believe that today, this evening, was exactly when I needed to read your beautifully written article. As I read your composition a second time, I imagined that your words seemed to be heavenly inspired, and your spirit that day was filled with joy that you wished to share with others.

"I am saving your article, and it will always remind me that new beginnings and new hopes and new surprises are always awaiting us from a loving God that never gives up on us, who heals past hurts, and who restores our strength.

May God always bless you for sharing your faith with others through your writing."

Accordingly, there are new beginnings, new hopes and new surprises waiting for you. Regardless of what you're up against, is there something for which you need to say, "So Long, Farewell?"

Do it now. And step forth into a new, wonderful life.

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

OPERATION MILITARY CHILD INTELLIGENCE TRAINING (MCIT)

Military Youth in grades K-5 are welcomed to participate in this 4 day camp! These 4 days will include a variety of fun activities that will make learning fun! Activities include, Health and Fitness, Science, technology a field trip to CT Science Museum and USA Ninja Challenge!!! Most importantly you will be with other military kids just like you!!

Date: April 15-18, 2019

Time: 9:00 a.m. to 3:00 p.m.
(drink and snacks provided)

Location: 1st Co Governor's Horse Guard
280 Arch Road, Avon CT

PACKED LUNCH FOR EACH DAY

RSVPs are REQUIRED by April 9th in addition to a complete registration packet prior to the start of the program! Please register your child at the link below

<https://ctng-april-mcit-2019.eventbrite.com>
Password: AMCIT19

\$15 non-refundable registration fee per child



Field Trips!
April 16th- USA Ninja Challenge
April 18th- CT Science Center



BREAKFAST WITH THE EASTER BUNNY

Saturday, April 20, 2019
William A. O'Neill Armory
360 Broad Street
Hartford, CT 06105

Registration begins at 9:00 AM (please see early birds)
Breakfast is served from 9:30 to 10:00 AM

Cost:
Adult Tickets (11 and older): \$5 per person
Children Tickets (10 and under): \$3 per child

Included in your cost: unlimited Breakfast buffet, crafts, egg hunt and gift bag

We are happy to announce this event is open to all! Dependents, retirees and friends to our military are invited to join us for a fun filled morning! Registration is required through the Eventbrite link below by April 12th.

<https://ctng-bweb-2019.eventbrite.com>
Password: BWEB19

Calculators are accepted 24 hours in advance to any business transaction and I made to get your event. We kindly ask that you make an effort to use change to your advantage as this will open space for others. Greatly appreciate to take part in this opportunity. If you require and do not show, you are subject to be placed on the wait list for the upcoming event. Thank you for your understanding.

Mark your Calendars!
It's that time of year again
and the planning has
begun!
We hope you can join us
for the
2019
Volunteer Workshop.



Location and registration information to follow soon.

Please note—to be qualified for Presidential Awards ALL Volunteer hours for the last year must be logged into JSS no later than 31 January 2019. **NO Exceptions.**

Enjoy a FREE weekend of training, networking, information & activities designed to bring out the best in each Volunteer!

William A. O'Neill Armory 360 Broad St. RM 112 Hartford, CT 06105 Service Member and Family Support Center (800) 858-2677 Fax: (860) 493-2795 Child and Youth Program (860) 548-3254 Yellow Ribbon Reintegration Program (860) 493-2796 Military OneSource (800) 342-9647 (860) 502-5416 Survivor Outreach Services (860) 548-3258 Open Mon.-Fri.	<h2 style="margin: 0;">CONNECTICUT NATIONAL GUARD</h2> <h3 style="margin: 0;">Family Assistance Center Locations</h3>  <p style="text-align: center;">Family Assistance Centers are an information and referral hub for all Branches of Service</p> <p style="text-align: center;">Our Programs Include:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%;">Budget Counseling</td> <td style="width: 33%;">Community Support Options</td> <td style="width: 33%;">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	New London Armory 249 Bayonet St. New London, CT 06320 (860) 772-1422 Open Mon.-Fri.
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												
		103rd Airlift Wing 100 Nicholson Rd. East Granby, CT 06026 (860) 292-2730 Open Tues.-Fri.												
		103rd Air Control Squadron 206 Boston Post Rd. Orange, CT 06447 (800) 858-2677 *By Appointment*												
		Niantic Readiness Center 38 Smith St. Niantic, CT 06357 (860) 739-1637 Open Mon-Fri												
		Windsor Locks Readiness Center 85-300 Light Ln. Windsor Locks, CT 06096 (860) 292-4602 Open Mon.-Fri.												
		Veterans' Memorial Armed Forces Reserve Center 90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.												

Service Member & Family Support Center Staff Directory

William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 - Fax: (860) 493-2795 - Open Monday-Friday			
Director, Service Member and Family Support Center	Kimberly Hoffmann	kimberly.j.hoffmann.civ@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Huber	melodyclayton.e.huber.mil@mail.mil	(860) 548-3256 (desk)/(860) 883-2515 (cell)
Family Assistance Center Coordinator	Andrea Lathrop	andrea.lathrop.civ@mail.mil	(860) 524-4938 (desk)/(860) 883-6934 (cell)
Family Assistance Center Specialist	Olga Castellanos	olga.castellanos.civ@mail.mil	(860) 493-2797 (desk)
Family Assistance Center Specialist	Jason Perry	jason.perry.civ@mail.mil	(860) 524-4989 (desk)/(860) 655-9288 (cell)
Family Readiness Support Assistant	Linda Robinson	linda.l.robinson.civ@mail.mil	(860) 524-4963 (desk)/(860) 680-2509 (cell)
Family Readiness Support Assistant	VACANT		(860) 524-4920 (desk)/(860) 883-4677 (cell)
Family Readiness Support Assistant	VACANT		(860) 548-3283 (desk)/(860) 500-3813 (cell)
ARNG Yellow Ribbon Program Coordinator	SPC Matt Yorlin	matthew.yorlin.mil@mail.mil	(860) 493-2786 (desk)/(860) 500-3098 (cell)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.mccarty4.civ@mail.mil	(860) 548-3254 (desk)/(860) 883-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.l.oshaughnessy.civ@mail.mil	(860) 548-3258 (desk)/(860) 394-8748 (cell)
Military OneSource Consultant	Scott McLaughlin	scott.mclaughlin@militaryonesource.com	(860) 493-2722 (desk)/(860) 502-5416 (cell)
Personal Financial Consultant	Reggie Barwell	rjb@reda.com	(203) 233-8790 (cell)
State Support Chaplain	CH (MAJ) David Nutt	david.e.nutt.mil@mail.mil	(860) 548-3240 (desk)/(860) 863-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.civ@mail.mil	(860) 524-4968 (desk)/(860) 748-0037 (cell)
Employee Support for the Guard and Reserve	Sean Britell	sean.c.britell.civ@mail.mil	(860) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4969 (desk)
Citizen Soldier For Life Career Readiness Counselor - Hartford	Peter Orsichodi	porsichodi@patriotenterprisec.com	(860) 524-4894 (desk)
Citizen Soldier For Life Career Readiness Counselor - New London	Miles Daniels	miles.miles@patriotenterprisec.com	(860) 887-8907 (cell)
Citizen Soldier For Life Career Readiness Counselor - Middletown	Elizabeth Barney	elbarney@patriotenterprisec.com	(860) 861-7996 (cell)
Windsor Locks Readiness Center: 85-300 Light Ln., Windsor Locks, CT 06096 - Open Monday-Friday			
Family Assistance Center Specialist	Sean Carey	sean.carey.civ@mail.mil	(860) 292-4602 (desk)/(860) 883-6940 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.n.middlebrook.civ@mail.mil	(860) 292-4601 (desk)/(860) 883-2704 (cell)
Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810 - Open Monday-Friday			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.civ@mail.mil	(203) 205-5050 (desk)/(860) 883-2746 (cell)
New London Armory: 249 Bayonet Street, New London, CT 06320 - Open Monday-Friday			
Family Assistance Center Specialist	Michelle Powell	TRD	(860) 772-1422 (desk)
103 rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday			
Airman and Family Readiness Program Manager	Kasey Timberlake	kasey.timberlake.civ@mail.mil	(860) 292-2730 (desk)/(860) 462-9379 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.n.middlebrook.civ@mail.mil	(860) 292-2595 (desk)/(860) 883-2704 (cell)
Yellow Ribbon Support Specialist	Alicia Aldrich	alicia.m.aldrich.mil@mail.mil	(860) 292-2772 (desk)/(860) 261-3107 (cell)
Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 - (800) 858-2677 - Open Monday - Friday			
Family Assistance Center Specialist	Jay Jaunett	jay.jjaunett.civ@mail.mil	(860) 739-1637 (desk)/(860) 883-2720 (cell)
Personal Financial Consultant	Rhona Hoyl	rhc3.civ@zaidon.com	(860) 387-7552 (cell)