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CT Military Department, U.S. Coast Guard Sign Cooperative Agreement

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER
CONNECTICUT NATIONAL GUARD

HARTFORD, Conn. – Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard joined Capt. Gregory C. Rothrock, Commander of the U.S. Coast Guard Research and Development Center, signed a joint memorandum of understanding during a ceremony at the Gov. William A. O’Neill Armory, Friday, March 29.

The MOU will pave the way for the two organizations to explore mutually-beneficial partnerships and potentially collaborate on a number of different endeavors in the realms of cyber, intelligence, Arctic operations and concept development.

“The Connecticut Military Department, specifically the Connecticut National Guard, has a long history of interagency cooperation to better serve the state and nation,” Evon said. “We are excited to work with the Coast Guard to share ideas and develop new, innovative methods that will help shape the future of our organizations.”

During the signing, Evon addressed the gathered audience of Guardsmen, Military Department Employees and Coast Guard Research and Development personnel, referring to the partnership as an important step

in the right direction for, “Connecticut’s Home Team,” referring to the CTNG.

The Coast Guard Research and Development Center is located in New London, Connecticut, and was, “established in 1968 to answer the service’s need to increase efforts to discover new concepts and develop technological improvements necessary to meet present and future mission requirements,” according to its website.

“The Coast Guard Research and Development Center has been part of the Connecticut community since 1974,” said Rothrock. “Signing an MOU with our home state’s National Guard leverages the capabilities of both organizations towards



Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard, right, and Capt. Gregory C. Rothrock, Commander of the U.S. Coast Guard Research and Development Center, sign a joint memorandum of understanding during a ceremony at the Gov. William A. O’Neill Armory, Friday, March 29. (Photo by Sgt. April Kattermann, JFHQ Public Affairs, CTARNG)

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103rd Medical Group Takes Its Expertise to the Classroom

STAFF SGT. STEVEN TUCKER
103RD AIRLIFT WING PUBLIC AFFAIRS

TORRINGTON, Conn. -- Airmen assigned to the 103rd Medical Group visited Torrington High School March 21, 2019, to teach students CPR and educate them on some of the opportunities the Connecticut Air National Guard has to offer. Seven classes of 30-40 students received instruction from a team led by Master Sgt. Darrel Hanrahan, an Aerospace Medical Technician assigned to the 103rd Medical Group, who said that the course is a great way for the Guard to engage with the community.

"It's a great tool to get us out there," Hanrahan said. "They see us in uniform; they see us actually teaching them skills that are very helpful for the community."

The CPR class was coordinated between Katie Gregory, Torrington High School's Physical Education Coordinator, Master Sgt. (Ret.) Robert Sullivan, a Junior ROTC Instructor at Torrington High School, Technical Sergeant Todd A. Wilkinson, a Production Recruiter and Retainer assigned to the 103rd Airlift Wing, and Hanrahan, and helps students meet one of their educational requirements while learning from new faces.

"CPR and first aid is now a mandated item that we have to go over for health and physical education every year," Gregory said. "Especially coming from the [military] side, you guys have other experience you can talk to them about and give them examples or stories that correspond or go along with what you're talking about."

This type of interaction between students and Guard members also sets it apart from a typical recruiting visit, Wilkinson said.

"In an opportunity like this, we get the kids to see that this is us, we're in uniform, here's the things that we do in the Air Guard," Wilkinson said. "It kind of breaks down the barriers of what people think military members do as a whole."

These interactions can be positive guidance for students as well, Gregory said.

"After we've had these outside groups come in and do the CPR training or whatever it may be, our kids have come up to you guys after and asked different questions about career paths and colleges and what you guys have been through," Gregory said.

According to Hanrahan and Wilkinson, the training was rewarding for the students and instructors alike.

"I enjoy teaching them," Hanrahan said. "A lot of them come in actually not knowing any CPR in general. By the time they leave, they're able to do the skills we've taught them."

"The reactions and feedback [the Airmen] are getting from them, it seems like it's something they're going to take away," Wilkinson said. "In the limited conversations I've had with the instructors here, they feel like it's something that they would like us to come back and hopefully support again."



Master Sgt. Darrel Hanrahan, an Aerospace Medical Technician assigned to the 103rd Medical Group, helps teach a CPR class at Torrington High School, Torrington, Conn., March 22. Airmen from the 103rd Medical Group volunteered to help students meet requirements for their physical education class. (Photo by Staff Sgt. Steven Tucker, 103rd Airlift Wing, Public Affairs, CTANG)



Master Sgt. Darrel Hanrahan, an Aerospace Medical Technician Assigned to the 103rd Medical Group, demonstrates chest compressions on a CPR manikin during a CPR class at Torrington High School, Torrington, Conn., March 22. Airmen from the 103rd Medical Group volunteered to help students meet requirements for their physical education class. (Photo by Staff Sgt. Steven Tucker, 103rd Airlift Wing, Public Affairs, CTANG)

Flying Yankees Break Ground on Construction of New Main Gate

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

The Connecticut Air National Guard held a groundbreaking ceremony to mark the beginning of construction on a new main gate entrance at Bradley Air National Guard Base.

The start of the \$8.5 million project marks a pivotal moment in the reconstruction of Bradley Air National Guard Base, which has taken nearly 15 years to plan and fund.

103rd Airlift Wing Base Civil Engineer Lt. Col. Henry Chmielinski, alongside current and former Connecticut National Guard leaders worked together to finally make the plans come to fruition.

“From 2005 to 2014, we planned several solutions to fix the front gate issues, but all fell through,” said Chmielinski. “In 2014, Lt Col Jim Guerrero, noticed a for sale sign had been posted on 4.5 acres connecting our property and Route 20 and let Col. Detorie know, and we were off. This only happened because of the team we had, no other reason, and we had a great team!”

The National Guard Bureau awarded a \$7 million contract for the project and the remaining costs were covered through a state bond.

“During the design process, we determined through discussions with the CAA and the town of East Granby, Walnut Drive, a road located directly across the street



Connecticut National Guard leaders and guests shovel dirt during a groundbreaking ceremony, March 21, 2019 at Bradley Air National Guard Base, East Granby, Conn. The groundbreaking ceremony was held to mark the start of construction on a new main gate. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing Public Affairs)

from our future gate, would need to be relocated to ensure the safety of the new intersection being created by the new front gate,” said Chmielinski. “This could not be done with federal funds so the TAG requested, and was awarded, a \$1.5M bond to facilitate the design and relocation of Walnut Drive from Governor M a l l o y ’ s state bond commission.”



Maj. Gen. Francis Evon, Adjutant General of the Connecticut National Guard, speaks before an audience at a ground breaking ceremony, March 21, 2019 at Bradley Air National Guard Base, East Granby, Conn. The ground-breaking ceremony was held to mark the start of construction on a new main gate. (Photo by Tech. Sgt. Tamara R. Dabney, 103rd Airlift Wing Public Affairs)

The project will include a gated entrance, a signalized intersection, a new entry control facility, and relocation of Walnut Drive. With the completion of the project, Bradley will meet all modern security requirements and become a more visible presence

to the local community. For Col. Stephen Gwinn, 103rd Airlift Wing Commander, the visibility that the project will bring to the bases is something that members of the Connecticut Air National Guard can be proud of.

“It’s a sense of pride for the base and for me,” said Gwinn. Specifically, when I’m off base in the local community, I always have to describe who I am, and what we do, and where we are, believe it or not, even within the local towns. So, as people drive down Route 20, which is a very bust road, they will know, as they pass that gate, that we are a professional military organization. We are their National Guard and we’re here to support them and the country.”

According to Chmielinski, the project is also expected to increase the safety of Route 20 and the Bradley International Airport Connector Freeway.

“It is the first step in making this stretch of Route 20 safer for all motorists,” said Chmielinski. “The relocation of walnut drive and the installation of the new signal will facilitate a future change in the exit and entrance on to Ease Granby Road, a deadly intersection which has experienced numerous vehicular accidents resulting in death.”

“Part of our commitment to the community is not just being an Air National Guard Base, but it’s also the mission that we have adopted,” said Gwinn. We have 1,200 people who can be used anywhere within the state of Connecticut and in our partnering states. We are the response force for domestic operations. The link to our communities is the National Guard.”

CSM of the National Guard Spends Four Days in CT

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER
CONNECTICUT NATIONAL GUARD

The Connecticut National Guard played host to Command Sgt. Maj. John F. Sampa, 12th Command Sergeant Major of the Army National Guard, April 6-9, 2019.

Sampa, former Senior Enlisted Leader for the Texas Military Department, arrived on Saturday and hit the ground running, visiting multiple units and meeting with Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard.

“We are so grateful to Command Sgt. Maj. Sampa for his time,” Evon said. “To spend four days conducting a ‘battlefield circulation’ of sorts to spend with as many of Connecticut’s troops as possible is a level dedication we are deeply appreciative of.”

On Sunday, April 7, Sampa began his day with the 1-102nd Infantry Regiment at the New Haven Armed Forces Reserve Center. The regiment’s leadership conducted a two-hour combined arms rehearsal for its upcoming rotation at Fort Polk’s Joint Readiness Training Center in Louisiana.

Sampa listened intently and took notes as members of the regiment’s staff and its company leadership did a phase-by-phase dive into the operation. At the end, he selected random senior NCOs and asked for a back brief on specific measures to be taken per the battalion’s standard operating procedure.

Escorted by Command Sgt. Maj. John Carragher, Senior Enlisted Leader of the Connecticut Army National Guard, Sampa headed to Camp Nett at Niantic Sunday evening for a barbeque and professional development with Connecticut’s noncommissioned officers in a more relaxed setting. The event gave Connecticut’s NCOs to hear from the Guard’s Senior Enlisted Leader about challenges we have to overcome as a force.

“When you stop to consider how large the entire Army National Guard truly is, and then realize that Command Sgt. Maj. Sampa dedicated four days of his time right here in Connecticut, it’s pretty impressive,” Sgt. 1st Class Jason Bloom, CTARNG Retention NCO and

one of those responsible for hosting the barbeque, said. “He spent time with a lot of different units, hearing from a lot of different perspectives and providing us with some guidance from his 30-plus years in uniform. It isn’t every day you get that kind of opportunity.”

Monday was another day of visiting units, to include two of Connecticut’s more unique capabilities – the 928th Military Police Detachment (Military Working Dogs) in Newtown and the 1109th Theater Aviation Sustainment Maintenance Group in Groton.

“Readiness is the name of the game. Either you are ready to fight tonight, or you are going to be left behind,” Carragher said. “Connecticut’s Guardsmen have worked tirelessly to ensure our organization will remain always ready, and always there, and I hope Command Sgt. Maj. Sampa saw a glimpse of that in his time here.”

Although the TASMG is one of four of its kind in the nation, the 928th is very unique, as it is the only reserve component working dog detachment in the Army’s inventory.

“Highlighting what is uniquely Connecticut is a clear depiction of what our state can bring to the table, regardless of our size,” Carragher said. “These units, like all CTNG units, can provide their expertise at the local, state, federal and international levels, and have proven so time-and-time again.”

Sampa’s final event with the CTNG was to serve as the keynote speaker at the 169th Regiment’s (Regional Training Institute) first-ever Military Police Advanced Leader Course graduation. The course, typically hosted



Command Sgt. Maj. John F. Sampa, 12th Command Sergeant Major of the Army National Guard speaks to the graduates of the 169th Regiment’s (Regional Training Institute) first-ever Military Police Advanced Leader Course during the graduation ceremony at Camp Nett at Niantic, April 9. (Photo by Maj. Mike Petersen, State Public Affairs Office)

by the United States Army Reserve, was the first of two to be held this year at Camp Nett at Niantic. Nearly 50 MPs will now return to their Guard units across the nation fully qualified in the military education at the squad level.

“The course saw Soldiers from all over the nation graduate, meaning that the Army National Guard Sergeant Major got to speak directly to men and women who will return to places other than Connecticut,” Carragher said. “I hope they remember his words – along with the words of (169th Regimental Senior Enlisted Leader) Command Sgt. Maj. Paul Vicinus – and his guidance and take these lessons to heart as they lead military police squads.”

Sampa’s visit will have a lasting mark on the hundreds of Connecticut Guardsmen he met with in just four days on the ground, according to Carragher.

“We hope Command Sgt. Maj. Sampa got a glimpse into how hard the Connecticut Guardsman works to maintain a ready, effective and lethal force,” Carragher said.

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common interests. We are excited that by working together we increase our opportunities to impact our combined services and the citizens we support.”

The Connecticut Military Department consists of the Connecticut Army National Guard, Connecticut Air National Guard and the Governor’s Foot and Horse Guard Units of the State Militia. In total, the organization encompasses more than 5,000 Guardsmen, Militia Members and Employees.

“We are committed to providing state-of-the-art training and equipment to Connecticut’s Guardsmen in order to ensure we remain a ready, relevant force,” Evon said. “Partnering with an in-state entity like the Coast Guard’s Research and Development Center was a no-brainer, and we can’t wait to get to work.”

Connecticut is the second state National Guard to partner with the USCG R&D after an agreement was reached with the Ohio National Guard in 2018.



Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard, right, and Capt. Gregory C. Rothrock, Commander of the U.S. Coast Guard Research and Development Center, signed a joint memorandum of understanding during a ceremony at the Gov. William A. O'Neill Armory, Friday, March 29. (Photo by Sgt. April Kattermann, JFHQ Public Affairs, CTARNG)

Non-Commissioned Officer Education Returns to the 169th Regiment

LT. COL. PAUL THOMPSON
ADMINISTRATIVE OFFICER, 169TH REGIMENT (RTI)

NIANTIC, Conn. – Non-Commissioned Officer Professional Education had not been a part of the 169th Regiment (Regional Training Institute) since 2009, until now.

Third Battalion, 169 Regiment (Military Police Training) is facilitating a pilot 31B (Military Police) Advanced Leaders Course for nearly 50 junior NCOs as part of their non-commissioned officer development.

The two-phase, 28-day course began March 11, 2019 at Camp Nett at Niantic and is comprised of National Guard sergeants and staff-sergeants representing twenty-five different states.

Last August, U.S Army Training and Doctrine Command temporarily authorized the Regiment, specifically 3/169 Regiment, to teach 31B ALC. The decision was significant, because Non-Commissioned Officer education mission belonged exclusively to the United States Army Reserve for the last decade.

However, the overwhelming number of Soldiers requiring the next level of Military Police Soldier development started to create a backlog. Permitting the National Guard to run the course is expected to greatly reduce the current queue and qualify more Soldiers to fill vital unit leadership vacancies.

Many factors contributed to 3/169 Regiment's selection from among eight other regiments to initially teach the course. Foremost in the criteria was the Regiment's status as an Institute of Excellence, TRADOC's designation for the best training institutions. In addition to the Regiment's excellent reputation was the capacity to teach, coupled with the long-standing desire to teach ALC. The National Guard Bureau recognized the Regiment's combination of aptitude and attitude as the essential ingredients needed to represent the National Guard's first opportunity to teach ALC in ten years.

The 31B ALC training includes a combination of general military and military police-specific topics. Military Police History, biometrics, criminal psychology, domestic disturbance, crisis incident response and many other topics are instructed during the focused 250-hour course. The course is conducted in small groups, with one facilitator for every 16 students. Many of the topics are student led, giving students some of their first interactive, as opposed to directed, learning experiences. The course includes a one-week field exercise where students apply their classroom lessons and experience tactical operations from the tactical operations center, or TOC, perspective for the first time.

Rapidly preparing to teach the new course material was challenging for the unit and required a synchronized effort from many stakeholders. Fortunately, the unit was up to the task and quickly developed a plan to execute the course just seven months after receiving the mission.



The graduating class of the 31B (Military Police) Advanced Leaders Course at Camp Nett at Niantic, following their graduation ceremony, April 9. The class of nearly 50 Soldiers includes National Guard sergeants and staff-sergeants from twenty-five different states. This is the first time that the 3-169th Regiment (RTI) has offered the 31B ALC course. (Photo by Maj. Milke Petersen, State Public Affairs Officer)

The most important course preparation component was building a team of certified instructors. Four experienced NCOs – Master Sgt. Phillip Maldonado, Sgt. 1st Class Gabriel Rosario, Sgt. 1st Class Kevin Arrojado and Staff Sgt. Patrick Passantino – spearheaded the mission. Over the next four months, they received over six-weeks of additional instructor training required to teach the course and became proponent certified in February 2019. Their certification was acquired while preparing all other aspects of the course, to include schedules, facilities, support staff and a myriad of administrative requirements.

The instructors' enthusiasm to properly set the conditions for the ALC course was reinforced by many members of the Regimental Headquarters, JFHQ-CT, National Guard Bureau, United States Army Military Police School and even other CTARNG units. Schedules were adjusted, accommodations were made, resources were provided and processes were expedited to ensure the first ALC course taught in over a decade exceeded the standard.

Sgt. Amber Turner, one of two Soldiers in attendance hailing from the Mississippi National Guard, said the course was amazing, highlighting how much she was learning. Her feedback was echoed by other students during the course and is the exact experience everyone at

the 169th Regiment strives to deliver to every attending student.

The students graduated on April 9, 2019, at a ceremony held inside Nett Hall.

The Regiment was honored to welcome Command Sgt. Maj. John F. Sampa, the 12th Command Sergeant Major of the Army National Guard, as the keynote graduation speaker. During his visit, Sampa spoke with the graduating class, observed training, and received first-hand accounts of the quality and value of training conducted within Connecticut's RTI. The 169th Regiment provided proof of concept and more importantly delivered a powerful and professional NCOES experience for a diverse group of future leaders.

Third Battalion, 169th Regiment will be teaching two more 31B ALC courses in 2019. The Missouri and Tennessee National Guard have requested local 31B ALC training. The Battalion will travel to those states in May and July respectively as a mobile training team, marking another first for the 169th.

The Battalion will partner with and facilitate the course while expanding 31B ALC teaching capacity in those states. The pilot 31B ALC course will continue for a minimum of three years, but the Regiment expects to retain the mission for the foreseeable future.

CT National Guard, Coast Guard Team Up Again to Retrieve Buoy



A Connecticut Army National Guard 1-169 General Support Aviation Battalion CH-47 Chinook moves a six-ton buoy for retrieval by U.S. Coast Guard Cutter Juniper, off the coast of Quidnet Beach, Nantucket, Mass., April 10. This was the second time that the CTARNG assisted the USCG with a buoy retrieval mission, previously supporting a similar mission in Chatham, Mass., in May 2017. (U.S. Air Force Photo by Staff Sgt. Chad Warren)

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER
CONNECTICUT NATIONAL GUARD

The Connecticut Army National Guard supported a United States Coast Guard request to replace a 12,000-pound navigational buoy that had broken free of its mooring and beached itself off the coast of Quidnet Beach, Nantucket, Mass., April 10, 2019.

It was the second time in less than three years the two branches of the Armed Services linked up to conduct such a mission. In May 2017, the CTNG supported a near identical mission after a buoy broke free in Maine and found its way off of the Massachusetts coastline.

The 1-169 General Support Aviation Battalion sprang into action, mobilizing a CH-47 Chinook to hoist the six-ton buoy and a UH-60 Black hawk to serve as a trail/observation aircraft.

In March 2018, Great Round Shoal Channel Lighted Buoy 10 was reported missing, beaching itself on a

destination popular with tourists and nesting migratory species, according to a Coast Guard spokesperson. A replacement buoy hull was placed Apr. 4, 2018, but the removal of the original buoy was still the goal.

Taking off from Windsor Locks, Conn., the Connecticut Army National Guard aircraft linked up with personnel assigned to United States Coast Guard Cutter Juniper. National Guard and Coast Guard personnel on the ground assisted in clearing the buoy of the sand it had partially buried itself in before it was hoisted by the waiting Chinook.

The massive navigation aid was then placed in the Juniper, where it will be refurbished.

"Coast Guard Cutter Juniper and Connecticut Air National Guard's joint operation highlighted how effective our services work together," said Rear Adm. Andrew Tiongson, Commander, First Coast Guard District. "Through outstanding coordination, we safely and efficiently retrieved Great Round Shoal Channel Buoy 10 from Quidnet Beach. It is critical to exercise

our joint capabilities to ensure we are always ready to respond to all-hazards."

According to the Coast Guard, the buoy serves as a turn in Great Round Shoal Channel, which is the main outlet from Nantucket Sound going east. The aid marks the southern tip of Great Round Shoal, part of the Monomoy Shoals.

"Interagency coordination to conduct support operations in a timely fashion is something the Connecticut National Guard takes great pride in," said Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard. "We have the equipment, we have the know-how and we have the experienced Guardsmen capable of supporting the Coast Guard in mission execution."

The Connecticut Army National Guard flies a fleet of both Chinooks and Black Hawks (both utility transport and equipped to conduct medical evacuation), while the Connecticut Air National Guard operates a fleet of C-130H Hercules.

Always Ready, Always There

1048th Re-Validated as a National Guard Response Force

MAJ. GIANCARLO M. D'ANGELO
ADMINISTRATIVE OFFICER, 143RD CSSB

For its March training period, the 1048th Transportation Company assembled at the Enfield Armory in order to conduct their fourth consecutive annual National Guard Response Force validation.

NGRF units are specially trained on a multitude of tasks that include site security, civil disturbance control, critical infrastructure protection and personnel security. The goal is to provide each state a rapid response capability focused on incidents requiring law enforcement or security support.

The NGRF is designed to respond to an incident ahead of federal assets and capable of delivering an initial force of 75-125 personnel within eight hours and a follow-on force of up to 375 personnel within 24 hours. All NGRFs are organized as temporary task forces and perform their mission primarily under the command and control of their home state.

The leadership of the 1048th focused on providing challenging real world collective and individual training for their NGRF training. Soldiers reported to the Armory on Friday night and slept, ate in the armory thru the weekend. The intent was to simulate a real world defense support of civil authorities, or DSCA, operation in which the unit would have to employ from their home station to an austere environment. External evaluators assessed the unit's proficiency on four Department of the Army



Members and equipment belonging to the 1048th Transportation Company, Connecticut Army National Guard, trained on a variety of tasks at their annual National Guard Response Force validation during their March drill at the New England Disaster Training Center at Camp Hartell in Windsor Locks, Conn. (Photo by Maj. Giancarlo M. D'Angelo, 143rd CSSB, CTARNG)

Collective tasks focusing on NGRF specific training evaluation outlines.

The validation took place at the New England Disaster Training Center at Camp Hartell in Windsor Locks, Conn., and the weather cooperated in providing a challenging environment. Soldiers assigned to the 1048th experienced temperatures in the low 30s with periods of snow, sleet and freezing rain.

The disaster training center provided a state of the art training facility, enhancing the training, and validation consisted of two culminating events.

One was to provide site security, and search and rescue capabilities to a natural gas power plant facility that had just experienced a major catastrophe and the second involved Soldiers responding to protect a warehouse from civil unrest due to prolonged power outages and restricted logistical

lines of communication due to a powerful category III hurricane impacting the state of Connecticut.

Ultimately, the unit successfully validated during its IDT weekend, external evaluators were quick to point out at how well the unit worked together and how motivated the Soldiers were.

"The Soldiers' level of motivation throughout the validation was very high," said Master Sgt. Jose Rodriguez, the unit's Truck Master. "They utilized their time wisely, planning and executing the tasks, even when variables were thrown at them. They kept their motivation high and worked together."

First Lt. Shaneka Ashman and 1st Sgt. Alex Seretny were impressed with the level of response to each scenario and the motivation shown throughout the drill weekend despite the difficult weather conditions.

The 1048th has accomplished many missions over its short history, from supporting a multitude of natural disasters like Hurricane Katrina and Super Storm Sandy, to securing the Iraqi/Iranian border and travelling millions of miles providing convoy security in combat in Iraq and Afghanistan.



Members of the 1048th Transportation Company, CTARNG, evaluate a casualty at their annual National Guard Response Force validation during their March drill at the New England Disaster Training Center at Camp Hartell in Windsor Locks, Conn. (Photo by Maj. Giancarlo M. D'Angelo, 143rd CSSB, CTARNG)

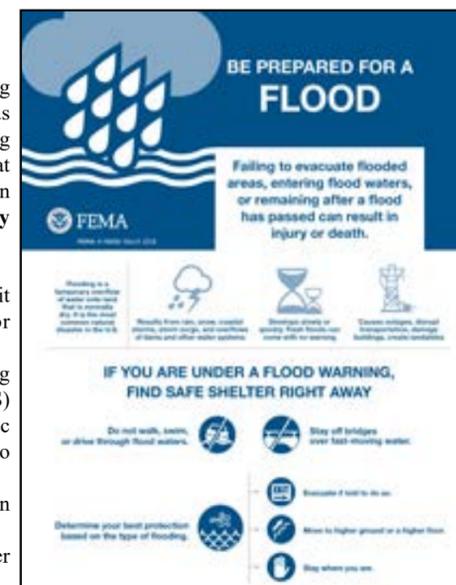
Severe Spring Weather Can Cause Flooding - Learn How to Stay Safe When Waters Rise

FEDERAL EMERGENCY
MANAGEMENT AGENCY

Failing to evacuate flooded areas, entering flood waters, or remaining after a flood has passed can result in injury or death. Flooding is a temporary overflow of water onto land that is normally dry. Floods are the most common natural disaster in the United States. **How to stay safe when a flood threatens:**

Prepare Now

- Know types of flood risk in your area. Visit FEMA's Flood Map Service Center for information.
 - Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
 - If flash flooding is a risk in your location, then monitor potential signs, such as heavy rain.
 - Learn and practice evacuation routes, shelter plans, and flash flood response.
 - Gather supplies in case you have to leave immediately, or if services are cut off. Keep in mind each person's specific needs, including medication. Don't forget the needs of pets. Obtain extra batteries and charging devices for phones and other critical equipment.
 - Purchase or renew a flood insurance policy. It typically takes up to 30 days for a policy to go into effect and can protect the life you've built. Homeowner's policies do not cover flooding. Get flood coverage under the National Flood Insurance Program (NFIP).
 - Keep important documents in a waterproof container. Create password-protected digital copies.
 - Protect your property. Move valuables to higher levels. Declutter drains and gutters. Install check valves. Consider a sump pump with a battery.
- ### Survive During:
- Depending on where you are, and the impact and the warning time of flooding, go to the safe location that you previously identified.
 - If told to evacuate, do so immediately. Never drive around barricades. Local responders use them to safely direct traffic out of flooded areas.
 - Listen to EAS, NOAA Weather Radio, or local alerting systems for current emergency information and instructions.
 - Do not walk, swim, or drive through flood waters. Turn Around. Don't Drown!
 - Stay off bridges over fast-moving water. Fast-moving water can wash bridges away without warning.



- If your vehicle is trapped in rapidly moving water, then stay inside. If water is rising inside the vehicle, then seek refuge on the roof.
 - If trapped in a building, then go to its highest level. Do not climb into a closed attic. You may become trapped by rising floodwater. Go on the roof only if necessary. Once there, signal for help.
- ### Be Safe After
- Listen to authorities for information and instructions. Return home only when authorities say it is safe.
 - Avoid driving, except in emergencies.
 - Snakes and other animals may be in your house. Wear heavy gloves and boots during clean up.
 - Be aware of the risk of electrocution. Do not touch electrical equipment if it is wet or if you are standing in water. If it is safe to do so, turn off the electricity to prevent electric shock.
 - Avoid wading in floodwater, which can contain dangerous debris and be contaminated. Underground or downed power lines can also electrically charge the water.
 - Use a generator or other gasoline-powered machinery ONLY outdoors and away from windows.

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

Legal

Your Duty to Disclose

SPC. DANIELLE FAJPLER
PARALEGAL, CTARNG OSJA

Soldiers, Airmen, and federal employees of the Connecticut National Guard are bound to adhere to a set of ethical standards established by law, regulation, and policy. The purpose of these ethical standards are to ensure the honest, fair, and effective use of public resources in the execution of official government business. One of the most important ethical standards is the duty to disclose known violations of law, regulation, and policy to the proper authority to ensure the organization can appropriately address the matter.

When federal employees or service members witness clear violations of law, regulation, or fraud, waste, abuse, they are obligated to report the violation to their supervisory chain of command. Any failure to adequately address or disclose reasonably known information could be grounds for disciplinary or adverse action, as it is a violation of several Army, Air Force and other federal regulations.

The 14 Principles of Ethical Conduct provide the foundational moral guidance for all federal employees and service members in the execution of their official duties. The purpose of these principles are to ensure that every citizen has confidence in the integrity of the federal government.

The principles generally set forth that public service is a public trust, address conflicts of interest, and establish the prohibition of the use of public office for private gain.

However, it is the 11th principle that address the duty to disclose: "Employees shall disclose waste, fraud, abuse, and corruption to appropriate authorities." That language makes it an abundantly clear that all federal employees have a duty to disclose.

In addition to the 14 Principles of Ethical Conduct, Soldiers, Airmen, and federal employees are also ethically bound by department and service regulations. The most commonly known amongst them may be the Joint Ethics Regulation, or DoD 5500.07-R. Like the Army and Air Force Core Values, the JER identifies integrity and selfless service as two hallmarks of federal service. Yet, the JER goes into much greater detail in prescribing ethical standards for all uniformed and civilian members of the Department of Defense including the receipt of gifts, outside employment activities, and participation in non-federal entities, amongst others. This detail also includes the duty to disclose in section 10-200. That section mandates federal employees who suspect a violation of the ethical standards established in the JER to report it to appropriate authorities, which include the employee's or suspected violator's designated supervisory chain of command, an ethics counselor, the servicing office of the inspector general, criminal investigative office or the branch's ethics hotline. If a report is made to someone outside of these roles, that individual must communicate the claim to an ethics officer.

There are also protections in place to prevent reprisal against Soldiers, Airmen, and federal employees who report violations of laws, regulations, or other ethical standards, known generally as whistleblower protection laws. It is incumbent upon members of the Connecticut National Guard and its employees to report known instances of violations of laws, regulations, unlawful discrimination, sexual harassment, gross mismanagement, or a substantial and specific danger to public health and safety. By doing so, you not only help protect the integrity of our organization, but also ensure your own compliance with law and regulation.

TAG, CTNG Participate in Capitol's Honoring of Vietnam Veterans

SGT. APRIL KATTERMANN
JFHQ PUBLIC AFFAIRS

HARTFORD, Conn. -- Members of the Connecticut National Guard participated in the state's annual Welcome Home Vietnam Veterans Day commemoration at the State Capitol, providing the ceremony's color guard and invocation, March 29, 2019.

The date is officially recognized in the United States as National Vietnam War Veterans Day, in honor of the brave men and women who served during the Vietnam War.

Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard, addressed the event's attendees. He was joined by U.S Senator Richard Blumenthal, Brig. Gen. (CT-Ret.) Daniel McHale and Thomas J. Saadi, Commissioner of the Connecticut Veteran Affairs Department.

One-by-one, speakers declared their admiration and respect for the service of the state's thousands of Vietnam Veterans and their deep appreciation for all those who fought and made the ultimate sacrifice.

Blumenthal and Saadi both mentioned the long overdue benefits that Vietnam War Veterans have not been awarded. McHale, a former Connecticut National Guardsman who served in Vietnam, spoke of steps the state of Connecticut is taking to fully acknowledge the service of that era's veterans.

During his address, Evon proudly displayed his father's military identification tags from the Vietnam era that he wears daily as a reminder of the service of Vietnam War veterans.

On March 29, 1973, the last U.S. combat troops were withdrawn from Vietnam and in 1974 President Richard Nixon declared March 29 the first Vietnam Veterans Day. In 2017 President Donald Trump put into law, National Vietnam War Veterans Day as an official holiday.



State leaders and members of the Veteran community attend the Welcome Home Vietnam Veterans Day commemoration at the State Capitol, March 29. (Photo by Sgt. April Kattermann, JFHQ Public Affairs, CTARNG)



Maj. Gen. Fran Evon, Adjutant General of the Connecticut National Guard, left, and members of the Connecticut Army National Guard Joint Force Headquarters provide comments and a color guard at the Welcome Home Vietnam Veterans Day commemoration at the State Capitol, March 29. (Photo by Sgt. April Kattermann, JFHQ Public Affairs, CTARNG)

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"Supporting our Soldiers, Airmen and Families in need, in the form of grants and scholarships to members of the Connecticut National Guard, Retirees of the Connecticut National Guard, members of the organized militia, and authorized Reserve Component Family Groups."

NGACT Celebrates Successes, Discusses Future at 2019 Annual Conference

MR. STEVE MACSWEENEY
VICE PRESIDENT, NGACT

ROCKY HILL, Conn. – The National Guard Association of Connecticut hosted its annual Conference and Ball, March 16, 2019, at the Sheraton Hartford South Hotel.

Kim Rolstone, outgoing NGACT President and lieutenant colonel in the National Guard, oversaw the swearing in ceremony of the newly elected executive board and passed the torch of leadership to incoming president, Tom DeRing (also a Guard lieutenant colonel).

Each year, NGACT members gather to discuss the milestones and progress of the previous year and chart a path forward for the organization. Speakers and presentations outlined the success of legislative efforts at the state and national level. These legislative initiatives provide and protect the benefits to current and retired members of the National Guard.

The legislative brief was delivered by J.C. Cardinale, the Legislative Programs Manager of the National Guard Association of the United States Legislative Team. Mr. Cardinale briefed the membership on the NGAUS strategic overview, notable accomplishments, a Congressional update, and the NGAUS priorities for Army, Air, and Joint Force personnel in fiscal year 2020.

The Connecticut National Guard will be directly impacted by some of these priorities, such as the modernization and recapitalization of equipment used by the units in our state. Some of the legislative priorities included the UH-60 Black Hawk, HMMWV, and the C-130. Mr. Cardinale also highlighted professional development opportunities for officers, congressional engagements, and spoke about a database that would allow members to monitor the progress of draft resolutions important to our membership.



The newly elected board of the National Guard Association of Connecticut is sworn in by outgoing president, Mr. Kim Rolstone at the 2019 annual conference at the Sheraton Hartford South Hotel, Rocky Hill, Conn., March 16. (Photo courtesy of Mr. Steve MacSweeney, Vice President, NGACT)

The Conference recognized the accomplishments and contributions of various individuals for their efforts and presented awards to individuals ranging from the Soldier and NCO of the Year.

NGACT also recognized Maj. Gen. (ret.) Thad Martin, former Adjutant General of the Connecticut National Guard, for his 13 years of leadership at the head of the CTNG.

Command Sgt. Maj. John Carragher, State Command Sergeant Major of the Connecticut Army National Guard,

called current Adjutant General, Maj. Gen. Fran Evon, to the front of the room to recognize him for joining the Enlisted Association of the National Guard of the United States, citing that "professionals join professional organizations."

Evon stressed the importance of and reliance on the members to continue the hard work and dedication that was so instrumental in the success of NGACT under outgoing president Rolstone.



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

State Militia

Second Company Governor's Foot Guard to Celebrate 244th Powder House Day

1ST LT. JEFF CLARK
2GFG UPAR



(NEW HAVEN, Conn) – On the morning of May 4, 2019 at 11:45am, the Second Company, Governor's Foot Guard will commemorate the 244th Anniversary of Powder House Day. Powder House Day is an important day in the history of New Haven, in the history of the State of Connecticut, and in the history of the United States. Powder House Day is celebrated every year, rain or shine, to commemorate the patriotic events that occurred on Saturday, April 22, 1775.

On that spring day, in 1775, when news of the battles of Lexington and Concord arrived in New Haven, the Aldermen of New Haven gathered at Beer's Tavern and voted not to send aid to our sister colony of Massachusetts, instead, awaiting further developments. However, the then recently formed Second Company Governor's Foot Guard could not stand by and idly wait. Fifty-eight of her members voted to march to Cambridge, under arms, where the patriot army was gathering. The Second Company Governor's Foot Guard, under the command of 'then' patriot Captain Benedict Arnold leaped into action. Captain Arnold assembled the Company, in full dress uniforms on the New Haven Green. After receiving the blessing of the



Members of the Second Company Governor's Foot Guard present arms during the National Anthem at Powder House Day, 2018, on the New Haven Green. (Photo by Cpl. Todd Ingarra, 2GFG)

Rev. Jonathan Edwards at Center Church on the Green, the Second Company marched to Beer's Tavern where the town's selectmen were meeting. Captain Arnold, his Officers, and troops of the Second Company Governor's Foot Guard formed up and demanded from the New Haven Aldermen, the keys to New Haven Colony's powder house-without regular orders. It was a testy exchange to say the least. Captain Arnold had a hot temper and a very short fuse. At Beer's Tavern, Captain Arnold demanded from the selectmen the keys to New Haven Colony's powder house. The selectmen were reluctant to yield the keys, but Arnold persisted, declaring: "You may tell the selectmen that if the keys are not forthcoming within five minutes, my men will break into the supply-house and help themselves. None but the Almighty God shall prevent me from marching." (Arnold was a man of directness.) The selectmen, wishing to avoid "any further unseemly proceedings at a time where all men should stand together," wisely surrendered the keys to Arnold's subordinate. No longer was neutrality an option - New Haven was now part of the American Revolution.

The pageantry and passion of this local historic event is re-enacted annually by the Second

Company Governor's Foot Guard on the historic New Haven Green. The public is welcome, and encouraged to witness and participate in this historic celebration. Come and ask questions and take photographs. The event takes place May 4, 2019, on the New Haven Green. The Demanding of the Keys and artillery salute takes place on the steps of the New Haven City Hall between 11:45 a.m. and noon, followed by a Battalion Review on the Lower Green. This is where sight where the original Second Company Governor's Foot Guard mustered and trained in 1775.

The 2nd Company Governor's Foot Guard has proudly been in continuous service to the citizens of Connecticut since 1775. Positions are available in the Rifle Company, Band, and Fife and Drum Corps. Come and be a part of history. Training is conducted 1 evening a week. New members must be between the ages of 18 and 60 and be able to pass a physical and background check. Previous military experience is not required, but previous service members are encouraged to apply. There is room for new soldiers to join the ranks, and uniforms are provided. We are growing and expanding, and the time to Join is now.

If you have any questions or need any further information, please contact us at the following, we are happy to field your questions and queries, please contact Russell Bonaccorso at Russell.Bonaccorso@ct.gov or (860) 548-3239.

Chief Warrant Officer Lisa Demunda, Bandmaster, 2GFG, conducts the band during Powder House Day 2018 on the New Haven Green. (Photo by Cpl. Todd Ingarra, 2GFG)



Chief Warrant Officer Lisa Demunda, Bandmaster, 2GFG, conducts the band during Powder House Day 2018 on the New Haven Green. (Photo by Cpl. Todd Ingarra, 2GFG)

State Militia

First Company Horse Guard Trains New Recruits



At the end of March, eight new recruits were sworn into the First Company Governor's Horse Guard in Avon. For the next 16-weeks, the recruits will train twice per week, learning drill and ceremony, horse care and riding, barn maintenance and history before their graduation to full time 1GHG members. (Photos by Staff Sgt. Brigitte Soucy, 1GHG UPAR)



Second Company Horse Guard Kicks Off Parade Season

Troopers and Horses of the Second Company Governors Horse Guard are off to a great start of another busy parade year.

On March 24, 2019 they attended the Danbury St. Patrick's Day parade which featured 30 marching units, floats, bands, horses and the Easter Bunny.

Lots of spectators turned out on a cool day with bright blue sky's – the perfect weather for a parade day.

This was the Second Company Governor's Horse Guard second parade this year, following the Governors Inaugural on January 9th. The annual calendar had many scheduled events for the coming year which includes weekly drill nights, parades, annual training, recruit graduation, as well as a host of events and fundraisers throughout the year. May will be one of the busiest months for the State Militia, with the unit scheduled to partake in three parades over the Memorial Day weekend. (Photo submitted by 2nd Lt. Marion Lynott, 2GHG UPAR)



Celebrating Asian American, Pacific Islanders in the U.S. Armed Forces

MAJ. ASHTON CHU FOO
EOO CTARNG

These countries consist of many nations in Oceania, APAC (Asian/Pacific American Coalition) countries and regions, e.g. American Samoa, Australia, Cook Islands, Easter Island, Fiji, French Polynesia, Guam, Hawaiian Islands, Kiribati, Marshall Islands, Micronesia, Philippines, Polynesia, Vietnam, South Korea, Thailand, China, Japan, Indonesia, Malaysia, India and many more, which are accounted for in the region.

Asian/Pacific American Heritage Month originated with Congress. In 1977 Representative Frank Horton of New York introduced House Joint Resolution 540 to proclaim the first 10 days of May as Pacific/Asian American Heritage Week.

In the same year, Senator Daniel Inouye introduced a similar resolution, Senate Joint Resolution 72. These resolutions did not pass, so in June 1978, Rep. Horton introduced House Joint Resolution 1007, which passed, proposing that the President should proclaim a week during the first 10 days in May of 1979 as Asian-Pacific American Heritage week.

This was signed in to Law by President Jimmy Carter on October 5, 1978 to become Public Law 95-419.



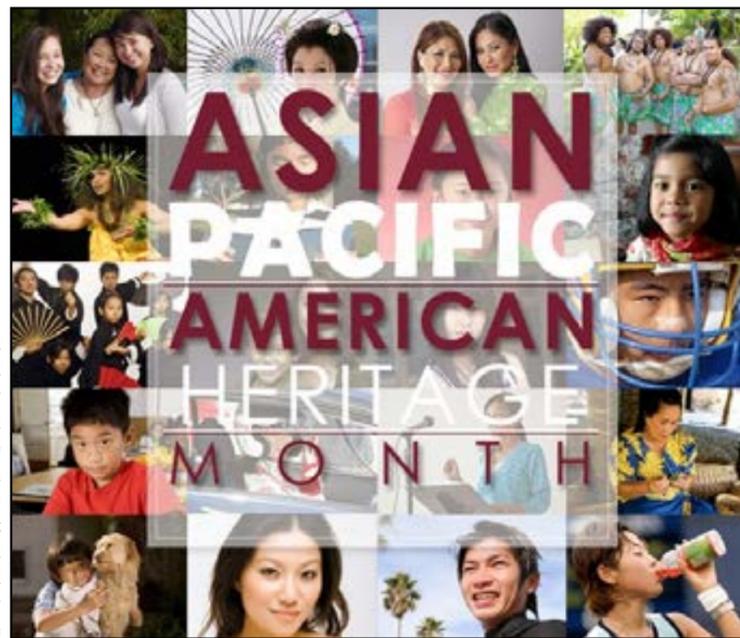
Members of the 442nd Regimental Combat Team march tough Vada, Italy, July 27, 1944. The 442nd Regimental Combat Team was a highly decorated infantry regiment in the United States Army comprised of Americans of Japanese ancestry. The 442nd fought in Italy and France during World War II. (Photo <http://www.the442.org>)

This law was amended in 1992 by Congress and annually designated May as Asian/Pacific American Heritage Month. The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. A large portion of the workforce who laid the tracks were Chinese immigrants.

The history of North America is shaped by the stories of immigrants from Asia and the Pacific and the native people of the Pacific Islands. While some of the earliest Asian immigrants arrived from China, Japan, India, and Korea, immigration reforms tied to U.S. civil rights legislation brought even more groups to the United States, including Vietnamese, Cambodians, Laotians, Indonesians, the Hmong (People of ethnic group in East and Southeast Asia, a sub-group of the Miao people, and live mainly in Southern China, Vietnam and Laos) and other peoples from South and Central Asia.

Asian Americans have fought for the United States for as far back as the 19th century, fighting in both World Wars, the Cold War, Gulf War, and others. A quarter of those would serve in the U.S. Army Air Force and some of them were sent to the Chinese-Burma-India theater for service with the 14th Air Service Group and the Chinese-American Composite Wing. Another 70 percent would go on to serve in the U.S. Army in various units, including the 3rd, 4th, 6th, 32nd and 77th Infantry Divisions.

Prior to the war, the U.S. Navy had recruited Chinese Americans, but they had been restricted to serve only as stewards. This continued until May 1942, when restrictions ceased and they were allowed to serve in other ratings.



In 1943, Chinese-American women were accepted into the Women's Army Corps in the Military Intelligence Service. They were also recruited for service in the Army Air Force, with a few later becoming civilian Women Airforce Service Pilots.

The 100th Infantry Battalion was engaged in heavy action during the war taking part in multiple campaigns. The 100th was made up of Nisei who were originally members of the Hawaii National Guard. The Battalion shipped out in August 1943, landing in North Africa before fighting in Italy, eventually participating in the liberation of Rome. The Nisei are persons born in the U.S. or Canada whose parents were immigrants from Japan.

442nd Regimental Combat Team
The 442nd Regimental Combat Team was mainly made up of Nisei. While the first group of volunteers fought in Europe as part of the 100th Infantry Battalion. The 1st Battalion of the 442nd began sending replacement troops to join the 100th, which suffered an extremely high casualty rate, and the 2nd and 3rd Battalions shipped out on May 1, 1944, joining the 100th in Italy. These men arrived in Europe after the 100th Infantry Battalion had already established its reputation as a fighting unit, and in time, the 442nd became, for its size and length of service, the most decorated unit in U.S. military history.

There is no doubt that Asians and Pacific Islanders are serving in the U.S. Military. The organization's diversity will continue to play an important part in the military's future endeavors.

It is an important opportunity to celebrate the contributions that Asian Pacific Americans have made and continue to give to our country. Our diverse cultures, languages, traditions and histories come from more than 40 countries that comprise most of the world's population. The Asian Pacific Americans Heritage highlights how their experience has helped shaped our country in many ways.

Proud of Our Heritage, Proud to Be Americans

Connecticut Guardsmen Share Their Heritage and What it Means to Serve



Capt. Michael Tu, Commander, HHC 1-102nd Infantry Regiment, Connecticut Army National Guard

Capt. Michael Tu, Commander, HHC 1-102nd Infantry Regiment (Mountain), CTARNG, joined the Connecticut Army National Guard in August of 2010.

Why did you decide to join?
I decided to join the Connecticut Army National Guard because I wanted to serve my country and the State of Connecticut. While wearing this uniform, I feel I belong to something that is bigger and greater, not to mention the lineage that takes us back to pre-revolutionary war times. I am proud of the Guard and am glad to be a part of the greatest team on earth.

What has been your favorite moment or part of serving?
The best moments have always been attending service schools, and while we are training and learning, in garrison or in field. The broad choices of professional military education and training opportunities have always been a motivator for me to learn more and do better. This is an opportunity that no other civilian organizations can offer.

What does this observance mean to you?
It is exceptionally important to me because it recognizes and celebrates the culture, traditions, and history of Asian-Americans and Pacific Islanders in the United States. The observance also serves as a reminder to never forget where I came from and how good a life I have now, by living the American dream. The Army National Guard is also a great equalizer, everyday it reminds me of the power of will to succeed, regardless of my skin color and ethnic background.



Airman 1st Class Chanhda Ly, 103rd Airlift Wing Public Affairs Section, Connecticut Air National Guard

Anything else we should know about you?
Outside of the Guard, I have a strong passion for Engineering and Quality/Process Assurance in the Aerospace Industry. I currently work for Pratt and Whitney (a division of United Technologies Corporation) in the supplier quality field. I also enjoy target practice and motorcycle riding during my spare time.

Airman 1st Class Chanhda Ly, a photojournalist with the 103rd Airlift Wing Public Affairs Section joined the Connecticut Air National Guard in July 2017.

Why did you decide to join?
I decided to join the Connecticut Air National Guard for its educational benefits. I plan on continuing my education beyond my Bachelor's degree.

What has been your favorite moment or part of serving?
My favorite part of serving is being able to meet such a diverse group of people. I have gained more of an appreciation of other cultures just by speaking to people and learning about their background.

What does this observance mean to you?
This observance is important because it recognizes the efforts of Asian American and Pacific Islanders who have contributed to the foundation of the United States and defended the nation's freedom. I feel proud to have the opportunity to honor and celebrate all those who have paved the way for me.

Anything else we should know about you? My father served in the Vietnam War as a medic/EMT. He was



Staff Sgt. Albert Valdez, 1048th Transportation Company, Connecticut Army National Guard

trained by the U.S. Army.
Staff Sgt. Albert Valdez, a Motor Transport Specialist with the 1048th Transportation Company, joined the Connecticut Army National Guard in November, 2001.

Why did you decide to join? The reason I joined was because of the attacks on our nation on September 11, 2001. I felt like it was my duty to serve and protect this country, and to do my part. I enlisted as a 13B Cannon Crew Member and shipped off to Fort Sill, Okla.

What has been your favorite moment or part of serving?
My deployments have been my favorite parts of my career. Going to different countries and meeting new people, and experiencing diverse cultures, and ultimately feeling like we are doing our part to enrich their local population's lives.

What does this observance mean to you?
I'm proud to see that Asian Pacific Guardsmen are being recognized for what they do for the military but also what Asian Pacific American have done for our country.

Anything else we should know about you?
I emigrated from the Philippines when I was six years old. I remember how much of a culture shock it was. I can still remember the Parades after the Gulf War and that kind of set my course as wanting to be a Soldier. Even then as a young boy, I remember being proud and amazed at the U.S. Army.

Experience, Dedication Lead the Way for Connecticut's Best

SPC. KAITLYN WALLACE
130TH PUBLIC AFFAIRS DETACHMENT

Soldiers representing units from across the state of Connecticut gathered at Camp Nett at Niantic, March 28-31, to compete in the 2019 Connecticut National Guard Best Warrior Competition for the titles of Soldier and Non-commissioned Officer of the Year.

Spc. Samuel Andrychowski, Delta Company, 1-169 General Support Aviation Battalion, and Sgt. Daniel Rector, 14th Civil Support Team, were named Soldier and NCO of the year, respectively.

"It is mind blowing," said Andrychowski, regarding his win. "I didn't expect to win this year."

The grueling four-day challenge tests the competitors' physical strength, endurance and willpower. Each event brings on a unique set of variables that require a warrior's skill set to complete.

Each competitor brings a mentor along for the duration of the competition. The mentor is usually a more experienced service member from within that Soldier's unit or chain of command and their role is to provide coaching before and during the event.

Competitors are divided into two groups: Soldier competitors are the rank of private through specialist, while NCO competitors are the rank of sergeant through sergeant first class.

"The people that are here are the people you want to be around," said Rector. "They're motivated, they're the top of the top."



2019 CTARNG Soldier of the Year, Spc. Samuel Andrychowski, Delta Company, 1-169 General Support Aviation Battalion. (Photo courtesy of the 130th Public Affairs Detachment, CTARNG)



2019 CTARNG Non-commissioned Officer of the Year, Sgt. Daniel Rector, 14th Civil Support Team (Photo courtesy of the 130th Public Affairs Detachment, CTARNG)

Friday was an early start for competitors and mentors alike. Half of the competitors boarded helicopters to move to the East Haven Rifle Range for a stress shoot and the other half drove to Stone's Ranch Military Reservation to complete Army Warrior Tasks. The day's events tested the soldiers' abilities to shoot, move, navigate, medicate and decontaminate, said Command Sgt. Maj. John S. Carragher on his official Facebook page (facebook.com/CTCommandSgtMaj).

This year the AWT event tested Soldiers' proficiency with radio communications, ability to evaluate a casualty and reaction to a chemical attack. The soldiers are informed of these

tasks before the competition to allow for study time. However, each year they are also tested on a mystery task. This year they were assessed on their ability to apply camouflage to blend in with the terrain at SRMR. East Haven Rifle Range hosted weapons qualification, an urban stress shoot event and a challenge for each competitor to assemble a weapon from a collection of parts.

When each group completed the tasks at their first location, the Soldiers and NCOs swapped locations via helicopter to complete the other set of challenges.

The day ended fairly early, but there was no end in sight for the competitors yet. Instead of heading back to Camp Nett for a short night of sleep in the barracks, soldiers ventured into the woods at SRMR to pitch their tents. This is the first year that competitors have stayed overnight in the field for the competition.

"I think it's better," said Rector. "You're not moving all the way around, and you can just go chill out."

Well before the crack of dawn, day three of the competition began. Night land navigation started at 3:00 a.m. Soldiers were allotted three hours to trek through the starlit woods in search of their assigned points. After the time limit, they returned to the starting point for breakfast and preparation for daytime land navigation.

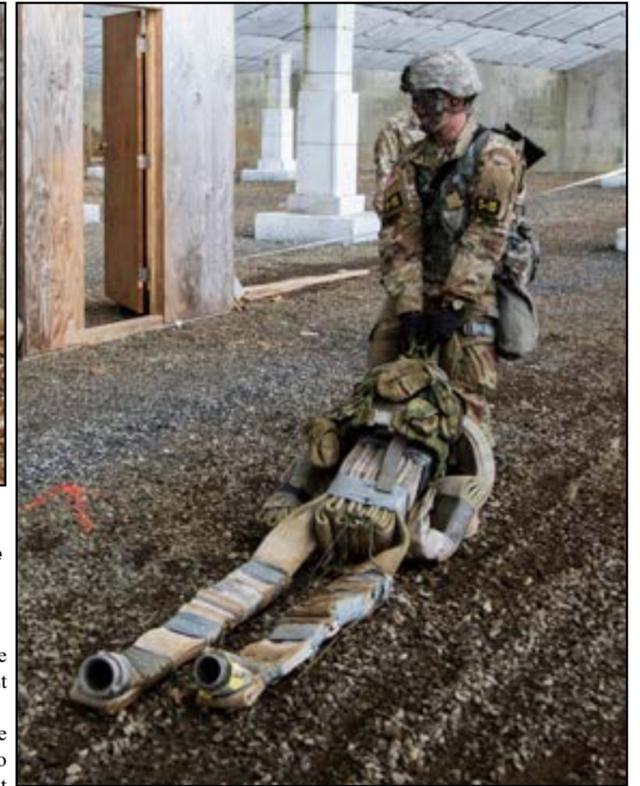
The last and most strenuous event of the day is the 12-mile road march. The competitors are only given



The class of 2019 CTARNG Best Warrior Competitors. Nearly 20 Soldiers representing units from across the state of Connecticut put their Army skills to the test during the four-day competition that took place in Niantic, East Lyme and East Haven, Conn., March 28-31. (Photo by Spc. Kaitlyn Wallace, 130th Public Affairs Detachment, CTARNG)



Spc. Mariano Andino, Headquarters and Headquarters Detachment, 1109th Theater Aviation Sustainment Maintenance Group, left, and Spc. Samuel Andrychowski, Delta Company, 1-169 General Support Aviation Battalion trek through the woods in search of their assigned points for the land navigation event during the Best Warrior Competition at Stone's Ranch Military Reservation, March 30th. Andrychowski will represent the state of Connecticut at the Regional Best Warrior Competition in May. (Photo by Spc. Kaitlyn Wallace, 130th Public Affairs Detachment, CTARNG)



Spc. Eric Sullivan, 143rd Military Police Company, drags a dummy to safety as part of an urban stress shoot at East Haven Rifle Range, March 29. The stress shoot is part of day two of the Best Warrior Competition. (Photo by Spc. Kaitlyn Wallace, 130th Public Affairs Detachment, CTARNG)



Above: Pfc. Jean Charlestin, HHC, 1-102nd Infantry Regiment, front, and Spc. Justin Stannard, 130th Public Affairs Detachment, perform physical fitness to raise their heart rate before a stress shoot at East Haven Rifle Range, March 29. The stress shoot requires soldiers to shoot in an urban environment with pop-up targets. (Photo by Spc. Kaitlyn Wallace, 130th Public Affairs Detachment, CTARNG)

three hours to complete the 12 miles through SRMR, East Lyme and Niantic.

Only one-third of the competitors were able to complete the task in time, but the first two competitors to cross the finish line proved how tight the competition was this year. Rector and Sgt. Luk Silk, 102nd Infantry, raced in a full sprint to the finish line and crossed in a tie. Silk was the 2017 Connecticut Army National Guard Soldier of the Year and represented the state at Region I Best Warrior Competition, as 2018 NCO of the Year when the competition's winner was unable to attend.

"The ruck march was definitely the hardest for me," Andrychowski said. "My legs started cramping up really early on and it took a lot of willpower to fight through that. I just had to keep telling myself I could do it."

Andrychowski's mentor, Sgt. Timothy Horan, Delta Company, 1-169 GSAB, also helped him with the ruck by pacing him. He crossed the finish line with two minutes to spare. Horan will mentor Andrychowski at May's Region I Best Warrior Competition.

"I was here to win," said Rector. "That's the only reason I came."

Rector was the runner-up for NCO of the Year last year, losing out to Sgt. Ryan Curry. The two serve side-by-side in the CST, and Curry mentored Rector this year.

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

On Sunday, the soldiers and NCOs competing dressed for success in their Army Service Uniforms. The final events were a written test and an appearance board. The soldiers were also required to submit an essay about the upcoming change from the APFT to the Army Combat Fitness Test.

The state competition might be over for the competitors, but the winners have a new challenge in sight. The Region I Best Warrior Competition is scheduled to take place the first week of May and will include the Best Soldier and NCO from the six New England States, plus New York and New Jersey.

Rector transferred from the Coast Guard to the Army National Guard, so he plans to focus on the AWT skills that he is not as familiar with yet.

Andrychowski plans to prepare for the competition by focusing on the ruck march, he said.

For both winners, April will be a month of celebration and preparation for the upcoming competition in May.

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

2019 ARNG NATIONAL "NEEDS ASSESSMENT"



LET YOUR VOICE BE HEARD!

We are conducting a survey to obtain Soldier feedback on ARNG Education Programs and Services.



Survey available until May 30, 2019

To participate visit:
<https://www.surveymonkey.com/r/FY19ARNGSurvey>

Visit us online: www.nationalguard.com/education

Contact your Education Services Office:
<https://state.nationalguard.com/>

Enlisted Update



COMMAND CHIEF MASTER SGT. JOHN M. GASIOREK

The Connecticut Air National Guard celebrated the 2018 Outstanding Airman of the Year during the March drill weekend. The ceremony is an important event where we not only celebrate the individual accomplishments of the award winner but the accomplishments of the 103rd Airlift Wing collectively. There are definitely many things to be celebrated.

Although the official 2018 OAY ceremonies are concluded, we are now starting to see how our Airmen are doing at the national level.

I am pleased to report that Master Sgt. Winnifred A. Dion and Staff Sgt. Jennifer L. Lenzi, both assigned to the 103rd Operations Support Squadron, were selected as the 2018 Air National Guard Airfield Management Senior Non Commissioned and Commissioned Officers of the Year.

Their dedication and professionalism will forge a path of exceeding superior standards and expectations. Both Dion and Lenzi have been submitted as the ANG nominees for the Air Force Flight Standards Agency. Their packages will compete against the other submissions at the Air Force level competition.

Recently I reviewed the Air Mobility Command's, "Vision," document in an effort to fully understand how our National Guard and our 103rd Airlift Wing fit into the grand scheme of things as it relates to the 2018 National Defense Strategy.

We already know the Air Mobility Command has a broad spectrum of capabilities, which helps influence and enable the Joint Force in dispatching forces to the

fight and sustain the fight by providing vital resupplies both before and during the conflict. The NDS clearly states we have no option but to compete, deter and win! If any of these elements fail the mission is certain to fail as well. We must be in the mindset 24 hours a day, seven days a week to ensure we can deploy to the fight safely, securely and quickly. We must endure the fight and continually succeed with each and every mission in order to be successful.

So how do we measure our success? The end prize, which we all look forward to by returning home safely and you guessed it, prepare for wherever the next conflict takes us.

This is the new norm as the life and times of a United States Airman. As long as we wear the fabric of our nation, we are in a constant thrash of preparation, engage, defrag and prepare for the next engagement. Our National Guard is an operational force more in line than with our active duty counterparts than we are a reserve force. We are a multi-faceted force which has to balance our three distinct missions of executing the federal mission while also ensuring we safeguard the homeland and build upon our state partnerships.

So how do we Airman ensure we balance our civilian employment, family, mental and physical health and still take some time for ourselves? One word: Discipline.

Fortunately, for our Air Force we have the USAF Core Values, which I look at as a way of life rather than a forced requirement. It can be used in every aspect of life not only in the Air Force but also with our families, our civilian employers and our friendships we build throughout life. Think about the old adage of, "treating people like you want to be treated."

Who wouldn't want to receive excellence in everything we do, the very best one person can give. Who wouldn't want to be the beneficiary of service before self where someone puts the needs of another ahead of their own. Lastly who wouldn't expect integrity first, where someone is doing the absolute right thing every time even when no one is looking. The Core Values are simple but are a guide, which has increased Airman's mission success rates for years.

Discipline is what makes our military better than any other military in the world and increases our mission success rate. Failure to possess discipline will increase the opportunities for our enemy to exploit our weaknesses. Discipline sets the foundation for everyone to be on the same page. All Airman are accountable to AFI's which are written around every aspect of what the Air Force does in every career field. We have the ability to learn, know and be aware what the other career fields do as most AFI's interchange and reference other AFI's. Security Forces needs to understand aircraft movement, and Operations. Maintenance needs to understand maintenance but also needs to understand Operations and Security Forces. Security Forces needs to know how to safely park a vehicle near an aircraft as does Maintenance which is part of Operations but Operations and Maintenance need to know Security Forces AFI's as it relates to restricted areas. AFI's are the foundation of everything we do which we have to know and understand we can build that muscle memory and become more efficient at executing the mission and taking it to the next level.

The Profession of Arms Center of Excellence has a great video titled, "Loyalty." I watch this video often to hear a few sentences which I hope resonates with all Airmen:

"Battles are won with orders and weapons. Wars are won with loyalty and commitment. Loyalty to mission, loyalty to each other. Every one of us is a wingman. You don't prove yourself through one heroic act, you prove yourself through a lifetime of honor, integrity and valor. Your devotion to duty, to your fellow Airman, your love for your country, your moral choices on and off duty will inspire loyalty in others."

Guardsmen: be disciplined and be loyal! We will all reap the benefits in the process of your hard work!

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

Follow the 103rd Airlift Wing on Social Media

Facebook: @130AW - <http://www.facebook/103AW>
Instagram: @bradleyangb - <http://www.instagram.com/bradleyangb>

CTANG Recruiting Team Facebook: @CTAirGuard - <http://www.facebook.com/CTAirGuard>
CTANG Recruiting Team Twitter: @CTAirGuard - <http://www.twitter.com/CTAirGuard>





Get Reimbursed for Your Motorcycle Safety Course

All Soldiers in the Connecticut National Guard who ride a motorcycle will need to complete a Motorcycle Safety Foundation certified safety course.

Go to <https://www.msf-usa.org/> to find a course near you.

After completing the MSF course you are eligible for reimbursement, follow the steps below.

For more information and supporting documentation go to the GKO CT State Safety page: https://states.gkoportal.ng.mil/states/CT/ARNG_Staff/Safety/SitePages/Home.aspx or contact the CTARNG State Safety Office at 860-292-4597 or 860-292-4599.

Find a MSF certified motorcycle course and sign up. You will have to pay for it up front, but you can get reimbursed. **SAVE YOUR RECEIPT.**

After you complete the course, fill out an SF-1199A and submit it to your readiness NCO with the receipt and your certificate. Follow the GKO link above for a step-by-step power point.

Your readiness NCO will fill out an SF-1034, open a help desk ticket through FootPrints, Pay and Travel and submit both forms, your receipt, and certificate.

After the SF-1199A, SF-1034, course receipt, and course certificate are submitted, you can expect your payment in four to six weeks.

Questions?

Contact the CTARNG Safety Office
860-292-4597
860-292-4599

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 IAW 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.

Inside OCS

The Integration of New York, Connecticut Candidates

OFFICER CANDIDATE LUIS GOMEZ
OCS CLASS 64, 1-169 REGT (RTI)

Our classes worked diligently to prepare for drill throughout the weeks following February drill. Our leadership was in constant communication with New York's leadership, and it made the transition seemingly smooth.

Not wanting to take any chances, candidates spent a lot of time studying for the Call for Fire exam. On Friday all candidates reported to Camp Nett at Niantic, drew all of our equipment for the weekend, and set up the classroom and barracks.

First formation was followed by a command inspection, forcing all candidates to change into ASUs, and await the command team's arrival. Through hard work and effort, our class has achieved, "Senior Status," which affords us various privileges, most notably the consumption of coffee, which has given us a major boost in morale.

Following the inspection we headed back to the classroom for the dining out brief, followed by the integration of the two states.

We did not know what to expect with the mix of

personalities within the student bodies and the cadre, the differences in leadership style and how much each of us has matured mentally since Phase 1.

When the time came and our classes joined, cadre allowed us a few minutes to get together and square things away before the operations order brief. Following the brief we jumped right into the introduction to Call for Fire class.

The next morning, Class 64 conducted a Call for Fire Trivia Physical Training session. The platoon was split into two, and we took turns answering on the subject matter. The team who did not answer the question correctly had to perform a workout from a list of corrective training exercises. Back in the classroom, we continued our review, to include multiple Call for Fire practical exercises.

After a lunch break and an hour study hall, it was time for the exam. We reached our goal, achieving a 100 percent passing rate, and we could not have done it without the cadre's expertise and the candidates' dedication to the subject matter.

It was then time to put that subject matter to use, as candidates utilized a virtual Call for Fire lab, gathering intelligence in order to send a Call for Fire to the Fire Direction Center, and successfully hit their targets in the virtual environment.

The next morning's physical training session saw both OCS company commanders join for a series of

highly motivating workouts. Following PT, candidates practiced basic rifle marksmanship at Camp Nett's simulation center – working the key fundamentals in a virtual setting.

We were able to go through familiarize ourselves on a series of qualifications, including night fire and firing in a protective mask.

After New York's candidates were dismissed, Connecticut's had a class in troop leading procedures to close out the training period. Candidates were quizzed and challenged on movements, formations and reacting to certain attacks and scenarios as cadre attempted to reinforce our ability to think on our feet.

The one thing that sticks out the most to us from this class, was that as the person leading an element you are the one with the most influence. Very much like a symphony conductor, the Leader moves with the decisive element.

Connecticut's candidates look forward to next month's drill with New York OCS on their home turf, where we will be able to put everything we have learned from the course's first two phases in the classroom to work in the field.

From troop leading procedures to calling for fire, we hope to fine-tune and fix any mistakes we may commit. Now is the time to work through those mistakes, as we use these opportunities to help strengthen our leadership skills.



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

R3SP - Resilience, Risk Reduction & Suicide Prevention

Fresh Check Coming Back to Niantic

GREGORY MOULDING
CTARNG PREVENTION COORDINATOR

On May 19, 2019, Camp Nett at Niantic will once again play host to Fresh Check Day.

Fresh Check is an event that is designed to increase suicide awareness, alcohol and drug awareness, and resiliency practices in the Connecticut National Guard. Fresh Check will be attended by Recruit Sustainment Program Soldiers destined to join the Connecticut National Guard, but all personnel with access to Camp Nett at Niantic are welcome to attend and learn more.

The program's suicide awareness goals are to increase awareness of mental health resources available to Guardsmen, reduce stigma and misconceptions around mental health and suicide that often deter individuals from seeking help, empower peers to be gatekeepers by understanding warning signs and knowing what to do if a friend is exhibiting signs of suicide or mental health concern, and increase willingness to ask for help

if experiencing emotional distress.

The alcohol and drug awareness goals are to increase a Guardsman's knowledge of the CTNG's Alcohol and Substance Abuse Program, as well as its drug testing program. The resiliency goals are to teach common and useful skills that Soldiers can take with them to increase their resiliency.

Each booth will have a community and National Guard representative to present their respective material. The material will be presented at booths that deliver mental health, alcohol, drug, or resiliency information in an interactive and engaging way.

In order to ensure the successful implementation, Fresh Check has the full endorsement and support of the Connecticut National Guard's leadership. Engaging the Soldiers, the Connecticut National Guard reminds



each Soldier they are not alone with any mental health, alcohol, or drug issue.

If you or someone you know needs resources for alcohol or drug use, Guardsmen should talk to their leadership and call ASAP at 860-548-3291.

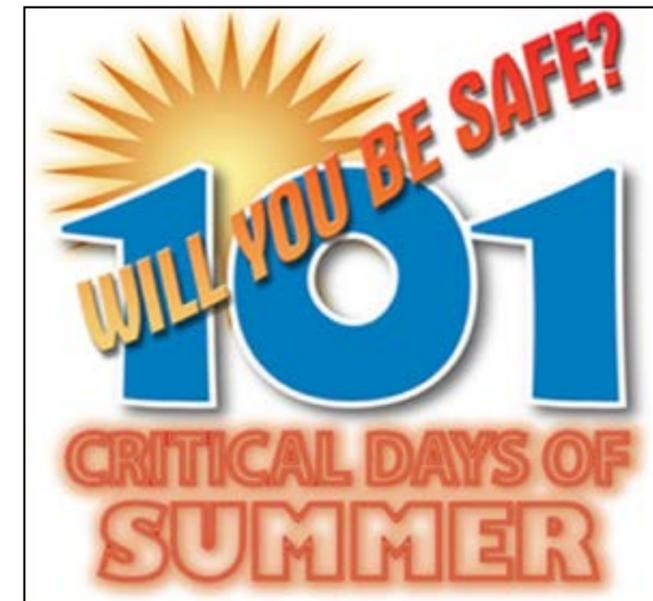
R3SP - Resilience, Risk Reduction & Suicide Prevention

Summer is Upon Us!

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER

Since 1971, the 101 days between Memorial Day and Labor Day have been designated by the Department of Defense as the, "critical days," of summer as studies have found an increase in accidents and fatalities during this time.

In the summer months more people, civilians and military alike, engage in potentially dangerous activities than in other months. It is essential during these months that we all take some time to recognize the potential dangers and mitigate those risks effectively. Summer offers many of us the opportunity to relax, engage in water-related activities, and gather with friends and family. Don't let the use of alcohol or drugs cloud your judgment. Stay safe this summer and enjoy the sun!



Memorial Day

In addition to honoring the sacrifices made by members of the U.S. Armed Forces, Memorial Day also signifies the unofficial start of summer and the official start of the 101 Critical Days of Summer. When you're firing up the grill this Memorial Day Weekend keep these few tips in mind to ensure a safe celebration:

- Always keep grills/bbqs in a well-ventilated area with a fire extinguisher close by
- Comply with all local ordinances regarding open flames and keep your grill well-maintained
- A responsible, sober adult should be in charge of the grill to ensure no injuries occur because of impairment
- If you drink/serve alcohol remember to follow low-risk guidelines for everyone's safety

Remember— alcohol clouds judgment and increases the risks of accidents. Don't let drinking cause your summer to be a wash-out!

MEAGAN MACGREGOR - CTARNG ALCOHOL & DRUG CONTROL OFFICER

Stigma and Suicide

MEAGAN MACGREGOR
SUICIDE PREVENTION PROGRAM MANAGER

Stigma is the perception among leaders and Soldiers that help-seeking behavior will either be detrimental to their career (e.g. prejudicial to promotion or selection to leadership positions) or that it will reduce their social status among their peers.

Actions that can result from or cause stigma:

- Excluding people (avoiding them)/isolating people (shunning them or omitting them from group activities).
- Laughing at people
- Picking on people or making them scapegoats for the group.

It is everyone's job to reduce stigma by promoting resiliency, help-seeking behaviors, and being mindful of the language we use surrounding mental health and suicide.

Protective (Resilience) Factors are skills, strengths, or resources that help people deal more effectively with stressful events. Protective factors enhance resilience and help to counterbalance risk factors (negative life events such as academic, occupational, or social pressures). Protective factors may be personal, external, or environmental.

USAPHC <http://phc.amedd.army.mil/>

A **Ask your buddy**

- Have the courage to ask the question, but stay calm
- Ask the question directly: Are you thinking of killing yourself?

C **Care for your buddy**

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

E **Escort your buddy**

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)

TA - 095 - 0510

KNOW YOUR RESOURCES!

In an emergency, always call 911

CTARNG Suicide Prevention & Alcohol and Drug Prevention Program
860-524-4962

GTANG Director of Psychological Health
860-292-2516

Military Crisis Line
800-273-8255

Behavioral Health Careline
855-800-0120

National Guard Peer Support Line
844-357-7337

National Helpline for Substance Abuse Prevention
800-662-4357

Resilience: "Skill of the Month"

Edition #54: May 2019
R2PM: alexander.m.long5.mil@mail.mil
(860) 524-4926

PERSPECTIVE

"What is 'Catastrophizing' and how do I fight against it?"

What is the skill?
"Put It In Perspective" is a method to stop catastrophic thinking and deal with the Most Likely outcomes.

WATCH OUT!

Triggers of "Catastrophic Thinking"

- Is the situation ambiguous?
- Do you already fear the situation?
- Are you run down or depleted?
- Is something you value highly at stake?

Then you could be at...

RISK RISK

What's My Plan?!

Step 1: **Describe** the Activating Event.
Step 2: **Capture** Worst Case thoughts.
Step 3: **Generate** Best Case thoughts.
Step 4: **Identify** Most Likely outcomes.
Step 5: **Develop** a Plan for dealing with Most Likely outcomes.

Off the Bookshelf

with Sgt. 1st Class Simon

What I Talk About When I Talk About Running

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

During the 2019 Peak Snow Devil Snow Shoe Ultramarathon in Pittsfield, Vt., I began talking to myself around 2:00 a.m.

The race had not been enjoyable, and although I had not helped myself by being undertrained, other factors contributed to my running unease. The race trail was not properly marked, so I ran an unnecessary extra distance with some of the other participants. Snacks and water were not provided. I fell numerous times during the race.

I laughed the first time I lost my balance on the unpacked snow. The eighth and ninth times weren't as funny.

By the 20th hour, I was alone on the mountain course, ignoring a voice telling me to stop and nap next to the frozen trail. Another voice told me to cheat and take a shortcut. Another voice told me to run directly to my car and leave. Another voice repeatedly asked, "Who are you?" like the smoking caterpillar in, "Alice in Wonderland."

Japanese Author, Haruki Murakami's, 2008 memoir, "What I Talk About When I Talk About Running," is an extremely polite and romantic exploration of his running history. Murakami did not begin running regularly as a form of exercise until he was 33. He found that he enjoyed what he refers to as the void and homemade nostalgic silence.

His running routine also helped improve his writing, and he inevitably began competing in marathons and ultra-marathons.

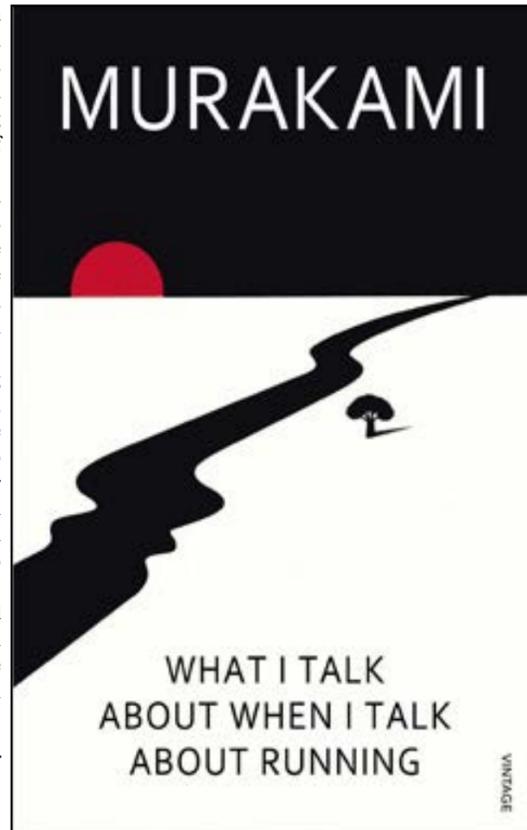
Murakami is a very practical author (and runner). In his memoir, he discusses building his body's strength and endurance levels in preparation for various races. He explores his planned recovery times and performance goals. He describes himself as a running novelist and, true to form, has competed in dozens of marathons and written over a dozen books.

Running is a very clean sport for Murakami and his writing is perfect for Sunday morning discussions with coffee shop patrons and brunch guests. There is no blood nor guts in his memoir. He does not use expletive language, and he certainly does not mention thoughts of cheating or having conversations with invisible running partners.

When the sun rose on my second morning running the 2019 Peak Snow Devil Snowshoe Ultramarathon, I concluded that the trees, the squirrels, the race volunteers and even the mountain had conspired to obstruct my success. During one of my spectacular falls that day, one of my snowshoe blades hooked onto one of my pant legs. I tumbled and slid ungraciously down the frozen trail without pants to cushion my fall.

While sliding down the snow trail that I had worked vigorously to ascend, I cursed the incessant voices in my head. I also thought of Murakami and the grace through which he ran his races, and the graceful language he used to describe them.

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



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/>**



Lineage and Honors

George Washington In Connecticut

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

George Washington made more than 20 trips to Connecticut from 1756 to 1789. In fact, many of the buildings where he stayed or dined still exist today.

One of Washington's first documented visits was as a 24-year-old militia colonel serving with the British Army during the French and Indian War. Subsequent visits occurred as Commander in Chief of the Continental Army and, finally, as the first President of the United States.

None of these visits to the Nutmeg State were more important than his meeting with General Jean Baptiste Donatien de Vimeur, Comte de Rochambeau of the French Army, to plan the Yorktown Campaign of 1781.

The two met on May 22, 1781, at Joseph Webb's house in Wethersfield, Connecticut. The town was chosen because it was located halfway between Washington's headquarters in New Windsor, New York, and Newport, Rhode Island, where Rochambeau's army of 6,000 soldiers had landed in July 1780. The meeting was originally planned to take place in Hartford, but the General Assembly was in session and there was no place to meet or stay. Webb's home just five miles south of Hartford was chosen because General Washington's aide-de-camp, Samuel Blachley Webb had grown up in Wethersfield and his brother Joseph owned the family house.

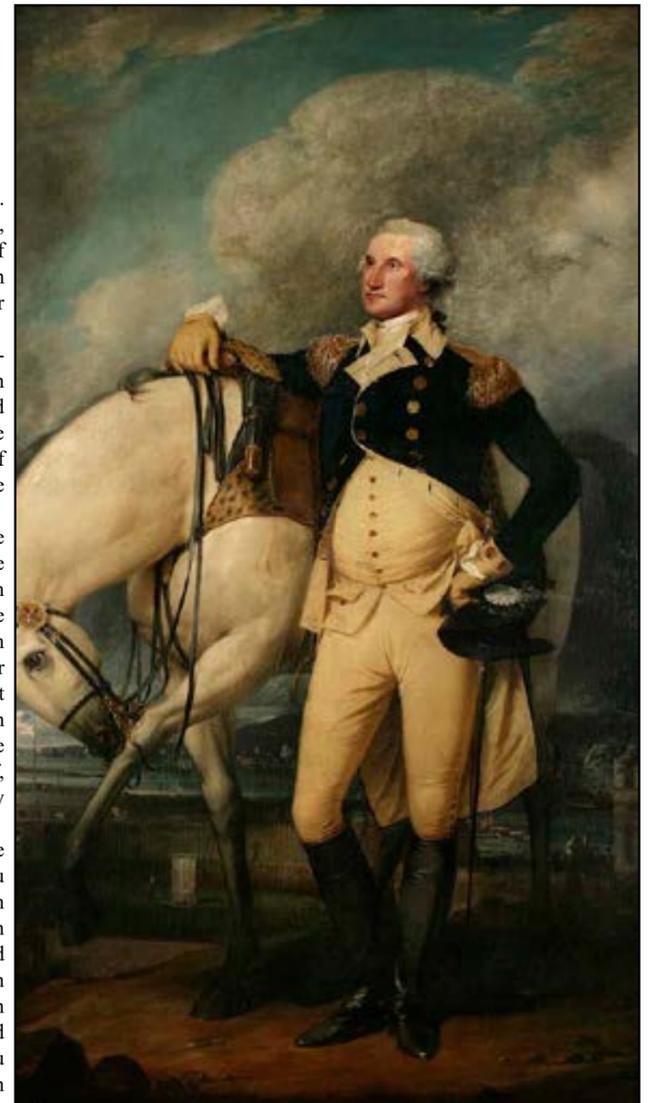
Unlike New York, Connecticut was considered friendly

territory, free of British occupation. Our governor, Jonathan Trumbull, had always been a great supporter of American independence. Washington often fondly referred to him as, "Brother Jonathan."

Trumbull was the only royally-appointed governor in the American colonies to side with the Patriots and he remained in office throughout the conflict, providing a great deal of material support and manpower to the Continental Army.

In the parlor of the Webb house, the two generals studied maps laid out on the table and exchanged their ideas through interpreters. Rochambeau would write requests and recommendations in French on the left-hand side of a piece of paper and two of his generals who were fluent in English would write out the translation for Washington on the right side. While the two generals agreed on a strategy of, "stay flexible and move quickly," they disagreed on where to attack.

Washington wanted to attack and retake New York City, while Rochambeau wanted to march south where the British were weaker and the combined French and American force could be assisted



General George Washington stands in front of a white horse, with Bowling Green and the Battery in the background, on Evacuation Day, November 25, 1783. Oil on canvas by John Trumbull of Lebanon, Conn., 1790.



Joseph Webb House, Wethersfield, Connecticut

by the French fleet. The plan Washington and Rochambeau devised in Joseph Webb's house set the stage for the Yorktown Campaign

which would take place five months later and end the War for American Independence.

The town of Washington, Connecticut in Litchfield County was incorporated in 1779 from parts of Woodbury, Litchfield, Kent, and New Milford. It was named in honor of General Washington to commemorate the many times he passed through the area.

Brig. Gen. Cody retired from the CTARNG in 2014 and currently teaches 7th grade U.S. History in Stamford, Connecticut. He was recently awarded a scholarship to study General Washington at a teacher's workshop being conducted this summer at Washington's home in Mount Vernon, Virginia. Email him at rmcody@snet.net.

CTARNG Training Circulars

Course	Course #	Action Officer	Start Date	End Date
Medical Administration Training	350-17-64	Chief Warrant Officer 3 Daniel Serbyn	1-May-19	1-May-19
High Mobility Multipurpose Wheeled Vehicle (HMMWV) Egress Assistance Trainer (HEAT) Instructor Course	350-17-42	Maj. 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	Maj. 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	Maj. James Locke	13-May-19	16-May-19
Medical Administration Training	350-17-64	Chief Warrant Officer 3 Daniel 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	Maj. 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	350-17-29	Mrs. Jennifer Visone	15-Jul-19	15-Jul-19
Applied Suicide Intervention Skills Training Course	350-17-08	Mrs. Jennifer 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 Daniel Serbyn	14-Aug-19	14-Aug-19
G-3 Fulltime Manning Training Course	350-17-56	SGM 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
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Maj. Jeffrey T. Colvin	23-Aug-19	23-Aug-19

Highlighted Courses:

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.

Engagement Skills Trainer II: The EST II is designed to simulate live weapon training events that directly support individual and crew-served weapons qualification, including individual marksmanship, small unit collective and judgmental escalation-of-force exercises in a controlled environment. It provides detailed feedback to the individual fire team/squad that covers the fundamentals of marksmanship, fire control and distribution of fires. This training opportunity provides training for Soldiers to set-up, operate, reconfigure, troubleshoot and perform minor PMCS on the EST II. 17-19 May 2019. 12 Soldiers Max, See your unit training NCO for current availability.

G3 Fulltime Manning Training Course: The course provides interactive training on the various operations systems and topics faced by the training community. The course will include best practices on a multitude of topics along with a class on budget and training management fundamentals. 19-23 August 2019. 20 Soldiers Max, See your unit training NCO for current availability.

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

THE DA PHOTO PROCESS

Do You Need a DA Photo?

- 1** Must be SSG OR ABOVE And at least one of the following:

 - No photo on file
 - Current photo over 5 years old
 - Promoted since last photo
 - Received ARCOM or higher
- 2** REVIEW YOUR ERB/ORB

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

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

 - Uniform preparation is an individual responsibility
 - Last minute cancellations due to incomplete uniform 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-visit. Your uniform must be complete and accurate before scheduling your appointment.
- 4** SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

 - Write down your appointment time & date. The automated emails WILL NOT contain your specific appointment details.
 - Only available time slots are shown. If your first choice is unavailable, choose another time.
- 5** SHOW UP AT SCHEDULED TIME

NO Messes Room
Armed Forces Reserve Center
275 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 adding new items, removing items or existing conditions or objects. 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 done computer file, disk or copy WILL NOT be issued to the Soldier.

How Does your photo get to your ERB/ORB?

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

What to Wear for a DA Photo

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

FOR MORE INFORMATION, VISIT: WWW.ARMY11.ARMY.MIL/DA/UNIFORM

SAVE THE DATE

RETIREE AND FULL TIME STAFF PICNIC

THURSDAY AUGUST 22, 2019
CAMP NETT AT NIANTIC

\$25 BY AUGUST 9, 2019
\$30 AT THE DOOR

Retiree Benefit Update - 10:30 a.m.
Cookout - 12:00 p.m.

REGISTER AND PAY ONLINE

<https://ngact.org/ngact/2019-retiree-and-full-time-staff-picnic/>
OR MAIL CHECKS PAYABLE TO NGACT TO
NGACT Retiree/FTS Picnic - 360 Broad Street, Hartford, CT 06105

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

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HONOR GUARD

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

Retiree Voice

Stop the Scam, Spam and Spoofed Calls

Sgt. 1st Class (Ret.) Stephanie Cyr
RETIREE AFFAIRS COLUMNIST

Even in the digital age, the telephone is still one of the preferred methods for a scammer to defraud people of their money or share personal information.

The average household receives two or more calls a day. The calls in 2018 were up 300 percent from 2017. According to Truecaller, 72 percent of these calls are for free vacations, credit card debt, fake IRS, loans, political calls, bank problems, and scams like the famous, "Nigerian Prince."

There are also calls for unsolicited charities, health products and home improvement companies. Not only are these calls annoying, but they can be dangerous. Some calls report a loved one missing or kidnapped. Others claim the police are coming to arrest a person if they don't immediately send funds to stop the court proceedings.

These calls come in the forms of online marketers, robocalls and caller ID spoofing. Robocalls use computerized autodialers to deliver a prerecorded message. Caller ID spoofing is where the caller uses the network to make the number look like it was coming from somewhere or someone else.

There are ways to stop or at least slow down the calls. The Federal Communications Commission (FCC), AARP and other consumer agencies have come up with dos and don'ts to help cut down the number of calls and what to do when you get one.

Do put your phone number on the FTC's National Do Not Call List. Though spam calls won't stop, most legitimate telemarketers won't call a number from the list. It is important to note that there are some fundraising groups who are exempt from using the Do Not Call list.

Do consider a number blocking for your cell phone.

Telephone companies such as AT&T, Verizon, Wireless, T-Mobile, and Sprint offer products to help determine legitimate calls.

Do know which calls to avoid. The most common calling scams are ones that promise to reduce debt, reduce credit card debt, free vacations, home security systems, medical supplies and government and utility imposters. Watch for Caribbean countries' area codes 268, 284, 809 and 876, which have very high rate per minute charges.

Here are some things not to do. Don't answer calls from unknown numbers even if they look familiar. Let them go to voice and usually there is no message left. Remember, if it's something important, the caller will leave a message.

Do not return one-ring calls from unknown numbers. The caller wants a call back and that can result in not only calling the scam number but incurring hefty per minute and connection fees.

Don't follow instructions on robocalls when told to push a number to speak to someone or press a key to be taken off the call list.

Do not pay registration or shipping charges to get a free product or prize. Asking for payment is a way to get payment information. Requests for payments by prepaid debit, gift card or wire transfers are red flags for fraud. Never give out personal or financial data, Social Security Number, or credit card information to unknown callers especially if the caller says they just want to verify the information.

The FCC Consumer Connections offer the advice to be suspicious of unsolicited calls. Never assume an unexpected call is legitimate. Use extreme caution if you are pressured for immediate payment. It is always okay to hang up if the call is not what was expected.



Robo and scamming calls are a billion dollar business. It is estimated that senders spend roughly \$438 million per year on robocalls and reap almost \$10 billion a year from victims.

In short, telephone scams in the forms of robocalls, illegitimate telemarketers and spoofing are real rising forms of fraud that bilk consumers of their money every day. Be alert and don't be a victim. Report questionable marketers to the FTC Online or by phone at 1-877-382-4357. Report all robocalls and unwanted telemarketing calls to the Do Not Call Registry. Caller ID spoofing can be reported to the Federal Communications Commission either online or by phone at 1-888-225-5322.

Remember, if it's too good to be true, it usually is. If something doesn't sound right, it probably isn't.

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, domiciliarys, readjustment counseling centers, and various other facilities.

Benefits & Services

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

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

Burial and Memorials

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

Veterans Benefits Fact Sheets

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

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

CONNECTICUT NATIONAL GUARD PROMOTIONS ARMY

To Private 2

Abora Diallo S.
Acompa Carlo
Bettencourt Ashley M.
Bradshaw Stephen J., Jr.
Burgos Jeremie J.
Cancel Gregory B.
Cavanaugh Kaitlin G.
Chadwick James K.
Chadwick James K.
Freebairn Richard M.
Garcia Idalis J.
Huginski Kayla S.
Janerico Sergey
Lee Antwine Jr.
Molina Madero J.
Ortiz Rivera Anderson A.
Platt Katherine O.
Sam Daren V.
Santana Yasmil

To Private First Class

Arnaut Adam N.
Audette Nicholas S.
Belekewicz Briana L.
Bouchard Brandon .
Branson Andrew T.
Castro Andres A.
Cooke Connor R.
Diamond Jovani K.
Dio Emma L.
Espino Ryan X.
Farrell Christopher T.
Flores Oscar B.

Goodwin Benjamin H.
Graham Ajali E.
Herreravasquez Juan N.
Holley Hunter J.
Lim Kenneth K.
Lumpkin Kecara D.
Maher Malakai J.
Riverarodriguez Jorge R.
Stoner Quintin J.
Thoma James J., Jr.
Troiano Giovanni A.
Valentin Keith B.
Velez Kevin T.
Weinsteiger Andrew B.
Zerbe Aaron J.

To Specialist

Acheampong Nana O.
Bastos Carolinne D.
Baynes Lorenzo D.
Charlestin Jean P.
Cherney Colton J.
Diaz Ojeda C.
Dorr Alexis R.
Edwards Laura M.
Farley William A.
Gibsonmarquardt Gregory
Gordon Julia M.
Hogan Daniel W.
Kayembe Jaebets K.
Laflamme Coreybeth A.
Lucibello Matthew T.
Mercado Sheila B.
Michaud Justin J.
Narvaez Sergeo J.
Omalley Jake M.

Piazza Anthony F.
Rivera Melvin J.
Rogers Brody J.
Rudneva Aleksandra
Russell Brian D.
Ryan Anthony F. Jr.
Spence Alexis Starr
Thomas Lucinda V.
Way Benjamin I.
Zea Diego

To Sergeant

Anglisz Damian S.
Brown Jordan A.
Cortes Kenneth A.
Figueroa Jarred Eddie R.
Hychko Matthew M.
Millo Joseph V.
Newman John P.
Perez Julissa M.
Surin Jean D.

To Staff Sergeant

Case Joseph
Evola William G.
Griffith Alexander D.
Kerr Joseph F.
Marsh Dennis A.
Maselek Raymond R.III
May Veniso P., Jr.
Meveigh Cody F.
Meza Marissa S.
Michaud Lisa M.
Nava Evan
Parreira Daniel J.

Potter Joseph W.
Quinones Emanuel
Romano Jaime L.
Santos Rosaly Jr.
Simpson Justin H.

To Sergeant First Class

Burnham Nathaniel J.
Feliciano Efrain Jr.
Gonzalez Carmelo Jr.
Hall Andrew J.
Nolan Michael J., Jr.
Root Zakary D.

To Warrant Officer

Gulino David J.

Chief Warrant Officer 3

Larsen Jay K.

Chief Warrant Officer 5

Bowdy Jay B.

To 2nd Lieutenant

Ramos Emee G.

To Captain

Brackett Sean P.

ATR

To Airman

Rodriguez, Ryan L.

To Airman First Class

Tariq, Mohammad U.

To Senior Airman

Edwards, Alec J.
Danalis, Cameron J.
Beecher, Corey J.
Brennan, Corey M.

Petersen, Jonathan M.
Standish, Kimberly A.
Leach, Kyle B.

Wysocki, Matthew J.
Blanchette, Noah H.
Howard, Robert L.
Twigg, Samuel P.
Dennis, Stephanie K.

To Staff Sergeant

Chang, Aisha C.

Lumpkin, Daysean L.
Benton, James D.

To Technical Sergeant

Forgue, Jeremy M.
Jeremy M.
Lancini, John W.
Miller, Robyn L.

Calendar

**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

July

July 4

Independence Day

July 9

August Guardian Deadline

July 27

National Korean War Armistice Day

70th ARMED FORCES DAY LUNCHEON
AQUA TURF CLUB - 556 Mulberry Street
SOUTHINGTON, CONNECTICUT 06489

Please use this form to reserve individual or group attendance for the Connecticut Armed Forces Day Luncheon at 1100 Friday, May 17, 2019.
Cost per individual is \$30.00

Please make checks payable to "CT Armed Forces Day Luncheon"

NAME: _____
TITLE: _____ ORGANIZATION: _____
STREET: _____
CITY: _____ STATE: _____ ZIP: _____
PHONE NUMBER: _____
NUMBER of GUESTS: _____ AMOUNT ENCLOSED: \$ _____
E-MAIL ADDRESS _____
COMMENTS / SPECIAL REQUESTS: _____

**SEATING IS LIMITED SO PLEASE RETURN COMPLETED FORM WITH PAYMENT
NO LATER THAN FRIDAY, MAY 11, 2019 to:**

Armed Forces Luncheon
William A. O'Neill Armory
360 Broad Street
Hartford, CT 06105

Check, or Cash only please
(We are unable to accept Credit Cards)

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

Guests:

1 _____	6 _____
2 _____	7 _____
3 _____	8 _____
4 _____	9 _____
5 _____	10 _____

More Information at http://ct.ng.mil/CT_AFDL/Pages/default.aspx



**CONNECTICUT
ARMED FORCES DAY
LUNCHEON**

★ SAVE THE DATE ★

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

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



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

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Connecticut Family GUARDIAN

VOL. 20 NO. 5

HARTFORD, CONNECTICUT

MAY 2019

CT SMFSC Hosts 22nd Annual Breakfast With the Easter Bunny

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

HARTFORD, Conn. – Over 160 military children and their families enjoyed a pancake breakfast, an Easter egg hunt and a visit from the Easter Bunny himself during the Connecticut Service Member and Family Support Center’s 22nd annual, “Breakfast with the Easter Bunny,” April 20, 2019.

Held at the Gov. William A. O’Neill Armory in the Connecticut capital, the event was open to members of the Connecticut National Guard and their families, providing some pre-Easter entertainment for Connecticut military families.

“The Connecticut National Guard is committed to giving back to our service members’ families, and we hope that our annual Breakfast with the Easter Bunny provides just a small thanks for

all the sacrifices they make,” said Maj. Gen. Fran Evon, Adjutant General and Commander of the Connecticut National Guard, in a press release before the event. “It is always important to remember that, especially at this time of year, as annual training season approaches and many of our units are gearing up for a stretch of time away from home.”

Over 20 units will conduct their annual training between May and August.

Since September 11, 2001, the Connecticut National Guard has placed special emphasis on the Family Support Program, having mobilized and deployed over 7,500 Soldiers and Airmen in support of the Global War on Terror.

Over 200 members of the Connecticut National Guard are currently deployed in support of operations around the world.



Above: The Easter Bunny is the guest of honor at the Connecticut Service Member and Family Support Center Easter Bunny Breakfast at the Gov. William A. O’Neill Armory in Hartford, Conn., April 20. More than 160 military children and their families were in attendance at the event that included a pancake breakfast, arts and crafts and an Easter Egg hunt on the drill shed floor. (Photo by Harold Bernstein, CT SMFSC Volunteer)



Left: Families participate in arts and crafts at the Connecticut Service Member and Family Support Center Easter Bunny Breakfast at the Gov. William A. O’Neill Armory in Hartford, Conn., April 20. More than 160 military children and their families were in attendance at the event that included a pancake breakfast, a visit with the Easter Bunny and an Easter Egg hunt on the drill shed floor. (Photo by Harold Bernstein, CT SMFSC Volunteer)

CT SMFSC Volunteer Presented Special Award

ALLISON L. JOANIS
STATE PUBLIC AFFAIRS OFFICE

Connecticut National Guard Service Member and Family Support volunteer, Harold Bernstein was recognized as a, “Lifetime Honorary CTNG Public Affairs Specialist,” at the 2019 Service Member and Family Support Center Volunteer Award Dinner at the Pond House in Hartford, Connecticut, April 11.

Members of the Connecticut National Guard Public Affairs office were on hand to present the award to Bernstein for his long-time photography support he has provided to the CTNG public affairs mission.

“Our goal in Public Affairs is to tell the Connecticut National Guard’s story,” said Maj. Mike Petersen, Connecticut National Guard State Public Affairs Officer. “Involving the families of our Guardsmen in a number of different events is a huge part of what we do, and we’re able to promote those events almost solely due to what I like to call Mr. Bernstein’s, ‘Harold-grams.’”

Yellow-labeled envelopes containing discs of hundreds of photos have become affectionately referred to as “Harold-grams” in the CTNG Public Affairs Office and they are always timely, professional and appreciated, said Petersen.

“Harold has gone above and beyond to contribute to the telling of the CTNG’s story, and we can’t thank him enough for all that he does. Recognizing him today as one of our own is merely a formality, because the reality is that we’ve considered him as such for as long as I’ve been here.”

Harold Bernstein has been a volunteer with the Connecticut National Guard family program since 2005. As a hobby photographer, he has taken it upon himself to document the vast majority of the Connecticut National Guard’s Service Member and Family Support Center events along with many events at the Bradley Air National Guard Base in East Granby.

Harold’s photos have been published in the Connecticut Guardian, and the Yankee Courier - the CTNG’s two printed monthly publications. His work has also been featured on the Connecticut National Guard’s social media pages platforms and prints of his have recently been displayed at the Legislative Office Building as part of the CTNG’s annual photo exhibit.



Harold Bernstein, right, was recognized for his photography contribution to the CTNG Public Affairs Office by Allison Joanis, State Public Affairs Office, at the 2019 CT SMFSC Volunteer Appreciation Dinner at the Pond House, Hartford, Conn., April 11. (Photo by Staff Sgt. Dan Damon, Visual Information Manager, CTARNG)

DEPLOYMENT DISCOVERY DAY OPPORTUNITIES AVAILABLE TO GUARDSMEN AND MILITARY KIDS!



REPORT Date/time: 11 May 2019 at 0830	Activities Include: PT & Obstacle Course Fire Dept Demo Working Dog Demo C-130 Tours Black Hawk & Chinook Tours Welcome Home Ceremony BBQ Lunch Provided AND MORE!!! <small>(Activities subject to change)</small>
Duty Location: 103rd AW DFAC- 100 Nicholson Rd, East Granby	
Jr. Service Members must be in Kindergarten through 8th grade	

Register by **3 May 2019** at the link below:
<https://ctng-discovery-day.eventbrite.com>
 Password: DX32019

Questions or want to Volunteer?
 Contact Michelle McCarty at
 michelle.m.mccarty4.ctr@mail.mil or Kasey Timberlake at kasey.b.timberlake.civ@mail.mil



VOLUNTEERS NEEDED!!

REPORT Date/Time: 11 May 2019 at 0830
Duty Location: 103rd AW DFAC
 100 Nicholson Rd, East Granby

What are we looking for?

- Squad Leaders
- Cooks
- Set up, clean up, general support

Sign up to help by 3 May:
<https://ctng-ddd-volunteers.eventbrite.com>
 Password: VOLD32019

Questions?
 Contact Michelle McCarty at
 michelle.m.mccarty4.ctr@mail.mil or Kasey Timberlake at kasey.b.timberlake.civ@mail.mil



CATHERINE GALASSO-VIGORITO

Relax, You are Loved and Needed

In the news, I heard a report about a stray dog. Being an animal lover, the story got my attention. But it was the message that touched my heart and struck a chord with me.

It had been a long week, when a man decided to visit his sister at her office for

lunch. So he drove to her office, parked his car and started walking toward her business. Jangling his car keys in his hands, the man noticed a very thin, dirt-covered young dog hiding underneath a parked car eating scraps of food. The man paused, thinking for a moment.

Regardless, when the dog saw the man, he came scampering toward him. Wagging his tail excitedly, the stray dog approached the man with a curious, yet eager disposition. It was like the man was his long-lost friend.

The man and the dog sat on the sidewalk together. Content just receiving warm caresses on his matted fur from the man, for the first time it seemed the mistreated dog was able to relax. Then, the man carefully picked up the worn out, abandoned, young dog and carried it into his car. Immediately, the drained and weary dog fell asleep on the man's strong shoulder. It was as if the weight of the world was taken off of the animal even for a short time.

With loving compassion and the help of his sister, the man drove the dog directly to the veterinary hospital. At the hospital, the frail, underfed dog was treated. And going forward, with the proper care, he would survive.

In a flash of certainty, the man took the dog home. He fed him. He spoke comforting words to him. Pet him. And then he bathed him. The man was shocked to find out that after all the dirt and grime came off the animal's body, and he was properly brushed, his fur was actually pure white with amazing vividness.

The young dog spent his entire life trying to survive day-to-day on the streets. Neglected, disregarded, free to roam around in dangerous surroundings, getting him adapted to having a secure home was at first difficult.

It was purported the man described, "When I would take him for walks, he was constantly terrified that I was going to leave him back on the streets, so he would yank his leash away from me and run back into the parking lot of our building complex."

This happened for a while. But the family continued to shower him with verbal and physical love, until the dog realized he was going to be safe and cared for by his new family.

A few months passed, and the dog finally understood that he was needed, wanted and loved. At long last, he was able to relax. And now the healthy dog is flourishing.

Do you sometimes feel like that stray dog? Lost or forgotten? Neglected or overlooked? Restless, have you been going in circles way too long?

No matter what your situation looks like today, relax; you are loved and needed... don't ever doubt yourself and what God can do for your future. Soon, you're going to move past difficult situations. Don't lose hope. In an instant, as with the stray dog, God's hand will move. And circumstances will turn around for your great good.

God sees your value and potential. So never belittle yourself. Perhaps what happened to you wasn't right or fair, yet God still has a great purpose for you. It's not over. Be strong. Be courageous. You're not finished or all washed up. Be patient with yourself. There are many options for you. Your life is still full of countless possibilities; new joys, new opportunities and new friendships. Thus, be grateful for all that God has done in the past and only expect God's goodness for your future.

Right now, turn challenging matters over to God, for He will "show himself strong in the behalf of them whose heart is perfect toward Him." (2 Chronicles 16:9). And will "solve and settle... the cases of His people."

(Hebrews 10:30).

You have not been brought this far to be left alone. There is more for you just up ahead.

In Mark 10:46-52 of the Bible, it tells us that as Jesus and his disciples were leaving Jericho, they came across a man who was sitting by the roadside. The man's name was Bartimaeus, and he was blind. It appeared that his hopes and dreams were over. But Bartimaeus didn't give up on life.

When he heard that Jesus was passing by, he began to shout, "Have mercy on me." People criticized Bartimaeus and told him to be quiet. Yet, he didn't listen to the critics or to the voice in his head that might have said, "it's not going to happen, forget it," or "give up; you're worthless."

Rather, Bartimaeus had faith to believe Jesus could heal. He persisted and called out to Jesus all the more expecting Him to answer. Suddenly, Jesus stopped. He asked Bartimaeus to come to him and questioned, "What do you want Me to do for you?" Promptly, Bartimaeus answered, "I want to see!" Jesus replied, "Go... your faith has healed you." Immediately, he received his sight. Bartimaeus was looking for his miracle. He believed he would be healed and asked in faith until Jesus granted his request.

Like Bartimaeus, there's a miracle coming for you. God has great plans for your future. There is an overflowing of blessings in store for you. So love yourself so much that you protect your mind from nervousness, depression or despair.

God loves you and wants you to know, "You are valuable, esteemed, highly regarded and your best days are to come." You are worthy of great love and respect. You're intelligent and gifted. Realize God is watching over you. Please don't let the temporary storms of life make you forget it. Each day holds the possibility of a miracle. So go forward with faith and dignity. And live the peaceful, abundant life that you were born to live.

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



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- The EBSCO Small Engine Repair Reference Center contains reference books with photos and illustrations for small engine repair.
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- RB Digital Audiobooks and eBooks offers a wide selection of unabridged books for you to read or listen to.
- RBdigital IndieFlix brings engaging stories and robust content to movie lovers around the world, including over 7,000 high-quality shorts, features, documentaries, classic TV shows and web series from 85 countries.
- Safari Books Online is a collection of technology and management resources where IT and management professionals can get reliable answers to questions.
- Academic Search Ultimate offers students an unprecedented collection of full-text academic



journals, magazines, periodicals, reports, books and videos meets the needs of scholars in virtually every discipline ranging from astronomy, anthropology, biomedicine, engineering, health, law and literacy to mathematics, pharmacology, women's studies, zoology and more.

- Ancestry® Library Edition allows you to unlock the story of your family with billions of U.S. and international records.
- CultureGrams makes you feel like you are there as you research cultural information from more than 200 countries.
- Gale Health & Wellness Resource Center offers

reference works, multimedia and much more, covering a full range of health-related issues, from current disease and disorder information to in-depth coverage of alternative medical practices.

- GreenFILE lets you dive into topics, like global warming and other environmental issues.
- Explora provides a

fund and easy, kid-friendly database that makes annual research projects a snap.

- Fold3 Library Edition is a premier collection of historical U.S. military records and unique military content, bringing to life the details of America's military veterans with stories, photos and personal documents from the Revolutionary War through today.
- Military and Government Collection allows you to skip the stuff that doesn't apply to you when you need answers to military-specific questions.
- Morningstar Investment Research Center gives you reliable information about mutual funds, stocks, exchange-traded funds and market returns.
- Safari Books lets you search reference books or watch instructional videos on a variety of topics.
- Small Engine Repair Reference Center helps you complete those do-it-yourself maintenance projects using reference guides, photos and illustrations.
- Teacher Reference Center lets you dig up education standards, best practices and curriculum development to enhance your education or teaching career.
- Weiss Ratings provides independent ratings covering stocks, ETFs, mutual funds, insurance companies banks and credit unions.

These are just some of the many resources available through the Morale, Welfare and Recreation Digital Library. Check out their site, <https://www.militaryonesourceconnect.org/achievesolutions/en/militaryonesource/Content.do?contentId=27777> today to find more.

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>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												
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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

Position	Name	Email	Phone
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	melodyckeyance.huber.mil@mail.mil	(860) 548-3258 (desk)/(860) 883-2518 (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) 524-4983 (desk)/(860) 680-2509 (cell)
Family Readiness Support Assistant	VACANT		(860) 524-4920 (desk)/(860) 883-4877 (cell)
Family Readiness Support Assistant	VACANT		(860) 548-3283 (desk)/(860) 500-3813 (cell)
ARCNG 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	reggie.barwell@redirs.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) 524-4988 (desk)/(860) 748-0037 (cell)
Employee Support for the Guard and Reserve	Susan Britnell	susan.c.britnell.civ@mail.mil	(860) 548-3298 (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	per.orsichodi@patriotenterprisec.com	(860) 524-4894 (desk)
Citizen Soldier For Life Career Readiness Counselor - New London	Miles Daniels	mdaniels@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	Sara Carey	sara.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)
103rd 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	Alexis Aldrich	alexis.a.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	rhona.hoyl@redirs.com	(860) 387-7552 (cell)