EAST GRANBY, Conn. – The brand-new Small Air Terminal’s front doors swung open as Airmen en route to a deployment for training formed the first processing line May 3, 2019, Bradley Air National Guard Base, Conn. After 12 years and 10 facility changes, the 103rd Logistics Readiness Squadron finally began work in their new, permanent home.

“It’s better than Christmas for us,” said Chief Master Sgt. Christopher Fanelli, 103rd LRS aerial port superintendent. “It truly is one of the greatest moments I’ve had being here the last 12 years.”

The new $6.5 million terminal, which had its official opening via a ribbon cutting ceremony May 21, 2019, supports the 103rd LRS in meeting all passenger processing requirements, including manifesting, screening and security. The facility also allows for pallet build-up and parachute packing and drying capabilities adjacent to the flight line, boosting deployment processing efficiencies that ultimately enable the Connecticut Air National Guard to meet increasing global demands.

“We have the most state-of-the-art aerial port in the

Continued, See SMALL AIR TERMINAL on page 2

The 103rd Logistics Readiness Squadron began work in its new Small Air Terminal at Bradley Air National Guard Base, East Granby, Conn. May 3, 2019. The new facility improves process efficiency for the 103rd LRS and provides direct access to the flight line. (Photo by Staff Sgt. Steven Tucker, 103rd Airlift Wing Public Affairs)
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Connecticut Guardian
306 Broad Street, Hartford, CT 06105-3795
Phone: (860) 524-4819, DSN 636-7877
FAX: (860) 524-4802
E-mail: allison.joanis.civ@mail.mil

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Download today to learn about everything the Guard can offer YOU! Available on Apple and Android devices.
Connecticut Air National Guard Showcases Global Reach in Greenland

KANGERLUSSUAQ (SONDRE STROMFJORD, GREENLAND) - The Air National Guard is known to be a force that is ready to respond to domestic emergencies. These proven capabilities range from natural disaster relief to civil disturbance operations. However, the scope of the Air National Guard's federal mission, which calls for Air Guardsmen to serve in various nations around the world, is lesser known.

In April, as a C-130H from the 103rd Airlift Wing soared 1,500 feet above the snowy, mountainous landscape of western Greenland, the global reach of the Connecticut Air National Guard was on full display. In support of the National Science Foundation’s climate research mission, the 103rd transported equipment and NSF scientists from the northwestern United States to Greenland.

The NSF mission in Greenland is just one of many overseas missions that have been supported by the 103rd. The C-130H and other Guard units across the United States. In fact, nearly half of the Air Force's tactical airlift support is provided by the Air National Guard.

"As you can see, we're sitting up here on top of the world," said Lt. Col. Brian Hebert, 103rd Operations Group Deputy Commander and aircraft commander. From being able to move people and cargo around the United States, to disaster relief, to being able to come to disaster relief to civil disturbance operations. However, the scope of the Air National Guard's federal mission, which calls for Air Guardsmen to serve in various nations around the world, is lesser known.

The NSF mission in Greenland is just one of many overseas missions that have been supported by the 103rd Airlift Wing and other Guard units across the United States. In fact, nearly half of the Air Force's tactical airlift support is provided by the Air National Guard.

Tech. Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs

CTARNG Aviation Soldiers Compete in Aerospace Maintenance Competition

ATLANTA – Five Aviation Soldiers assigned to the Connecticut Army National Guard’s 1109th Theater Airlift Maintenance Support Battalion competed against the Army National Guard teams from across the nation as well as against military and non-military competitors in the 2019 Aerospace Maintenance Competition at the World Congress Center, Atlanta, April 8-11. Wagner and Rivera were part of a five-person Connecticut Army National Team that made history as the first Army National Guard team to ever compete in the event.

In addition, the U.S. Coast Guard sent five teams, the U.S. Marine Corps sent one team, and the U.S. Army sent two teams. Two teams competed in the prior competition experiences, the CTARNG’s Aviation Team was competing for the first time.

The competition itself consisted of 10 separate events, spaced over the course of two days, by a myriad of manufacturers, corporations, and vendors. All the events were timed, and a violation of any protocol would result in a time penalty added to your overall time.

The competition was largely slanted toward fixed wing disciplines which gave a distinct advantage to the non-helicopter maintenance teams at a bit of a disadvantage. So, in good fun, Team 67 - CTARNG, gave themselves the moniker, “Cool Runnings,” as a nod to the 1993 Jamaican Olympic Bobsled Team acknowledging their odds of winning.

Team 67 had the opportunity to utilize new equipment normally available to them. For example, during the Aircraft Damage Evaluation Event, the team got the opportunity to use a DentCHECK and a high speed scanner which captured images on damages it finds on the airplane skin surface allowing the technician to assess whether or not the skin is in compliance with the manufacturer’s limitations.

The Connecticut Air National Guard Team of the 2019 Aerospace Maintenance Competition was led by the 1109th Theater Airlift Maintenance Support Battalion as well as the 1109th Tactical Airlift Group from the United States Army National Guard.

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Master Sgt. Ramon Rivera, Production Control, 1109th TASM.

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Guardsmen ready to respond anytime and anywhere.

In more completed missions and an overall force of units can help each other, cross train Soldiers, resulting specialized units. Because of that working relationship, the good working relationship between our organization's personnel involved. Each driver was given a class on CH-47 Chinook helicopters.

Locks and moved to Westover Air Reserve Base and was willing to support, providing two 915 tractors with over populated areas, meaning that the unit couldn't snag.

Aviation Support Facility via commercial vendor. Delivery came in to the Windsor Locks-based Army received five new external load training blocks to be

The mission provided valuable training for the 1048th Transportation Soldiers were exposed to some new training. (Photo courtesy of Command Sgt. Maj. Anthony Savino, Command Sergeant Major, 1-169 General Support Aviation Battalion)

A Connecticut Army National Guard 1-169th General Support Aviation Battalion CH-47F prepares to lift a external load training block while performing strip load training at Westover Air Base in Massachusetts. The training block were transported to Westover by the CTARNG TARMAC Transportation Company from Windsor Locks, Conn.

"The (National Guard Bureau) see this DFT as value added training," said Master Sgt. Brad Wilson, National Guard Bureau DFT operations and logistics manager. "Not only can they complete upgrade training, they receive contemporary skills training," which this training is comprised of multiple construction projects involving 103rd Civil Engineer AS which include building demolition, new building construction, tree removal, concrete installation, road work, and HVAC maintenance. "The training opportunities are great here," said 1st Lt. Patrick Kelley, 169th Civil Engineer Squadron and Bellows DFT officer in charge. "Just in terms of the actual construction we are doing, we are completing full-scale, ground-up projects. A lot of the civil engineer, AFSC’s are involved, they’re all getting hands in the construction. The training for the Bellows, however, began long before the 103rd arrived to Bellows.

"The planning process requires our 103rd Civil Engineer Squadron commander. "If we ever got tapped to go to an environment where there wasn’t any infrastructure, the planning for this helps in that mindset. The process of movement, coming out here and air and determining what we need to take, also has touch points in our readiness mission. At the end of the day, when we deploy to the environment when we deploy to the environment, we are giving, we are laying down concrete, doing demolition, and construction. These skill sets we are working on, learning and perfecting even here are the same skill sets we would use in a deployed environment.

"Working in tandem with the Royal Canadian Air Force and other Guard engineer units also provided an extra dimension of training for the 103rd during this DFT. "One of the biggest benefits of working outside of one’s own group is just seeing other ways that things can be done, and sharing things we are working on with these other units," said Kelly. "Reality is that we are deployed, so we’re not going to be together as an entire squadron. These opportunities to mix and mingle with the other units are more realistic training. Making connections with the other units is beneficial from a long term training and readiness standpoint."

Ultimately, this training is a mutually beneficial way for the Air National Guard to receive vital readiness training while assisting an active duty Air Force detachment.

"My professor originally reached out to NGB for help completing projects at Bellows because it’s a great training opportunity," said Staff Sgt. Craig Enomoto, 103rd Civil Engineer Squadron commander. "If we didn’t have a gym here, a lot of our guys ask the guard units to come out for some great training and help us close some of our work tasks. One of the largest projects that will be completed is the demolition and rebuild of the Bellows AFS gym designated specifically for the Airmen assigned to Bellows.

"The gym was originally supposed to just be a restart, but when we opened up the walls, we found extensive termite damage beyond saving the actual building," said Enomoto. "If we didn’t have a gym here, a lot of our guys weren’t going to be able to work on and lift weights. We were working out and staying fit. It keeps our morale up and our guys come back for some great training and help us close some of our work tasks."

"Being able to see results that are impactful to our partners at the DFT location and an extra layer of gratification and sense of accomplishment for our troops," said Kelly. "I think being in the Guard, and having mostly traditional folks as part of our squadron, we bring a lot of skills and expertise that our governments do on the outside. For us to be here at Bellows and working with the Royal Canadian Air Force and other Guard partners at the DFT location provides an extra layer of protection for our troops."

Workers at the Royal Canadian Air Force Station’s Detachment 2, 18th Force Support Squadron that began in 2017. The Bellows DFT provides Air National Guardwomen the opportunity to receive vital readiness training and work with units from other states as well as international partners. This year Connecticut’s 109th Civil Engineer Squadron, Marine’s 104th Civil Engineer Squadron, and South Carolina’s 109th Civil Engineer Squadron will provide their personnel to the Airmen and technicians from the Royal Canadian Air Force’s 19 Wing Comox and 4 Wing Greenwood. The training all units receive during this DFT is vital to the overall readiness of our units.

Leadership made a call to the 1048th Transportation Company, a company specializing in light and heavy equipment via tractor trailer.

Without hesitation the Enfield-based truck company was willing to support, providing two 915 tractors with over populated areas, meaning that the unit couldn’t snag.

Aviation Support Facility via commercial vendor. Delivery came in to the Windsor Locks-based Army received five new external load training blocks to be

The mission provided valuable training for the 1048th Transportation Soldiers were exposed to some new training. (Photo courtesy of Command Sgt. Maj. Anthony Savino, Command Sergeant Major, 1-169 General Support Aviation Battalion)
Bayard Rustin: Civil Rights, Gay Rights Activist

Master Sgt. Richard Thomas
EOEO Advisor

Bayard Rustin was one of the most important figures in the civil rights movement. A.J. Muste, had long discussions about the state of civil rights in the United States and they decided to band together to take on racial discrimination in the U.S. Roosevelt agreed and issued Executive Order 9981 to desegregate the military and the defense industry. Roosevelt to force President Franklin Roosevelt to take action in desegregating the military and the defense industry. Roosevelt to New York City, where he attended college, and eventually became enamored in the exciting Harlem Renaissance and began working as an organizer and volunteer for the burgeoning civil rights movement.

Bayard Rustin was an openly gay civil rights activist, social reformer, pacifist, AIDS activist, and author. He struggled to bear the cross of being black and also being homosexual at a time when one was more than enough. Due to criticism over his sexuality he usually acted as an influential advisor behind the scenes to civil rights leaders. He saw his sexuality as a private matter and not political, however by the 1980s he became a public advocate on behalf of gay causes. While there is a recurring tendency to describe Rustin as a “gay activist,” the truth is more complex.

In 1986, Rustin declined the invitation to contribute to the book, “In the Life: A Black Gay Anthology,” explaining that he was not involved in the struggle for gay rights as a youth. He also stated, “I did not come out of the closet voluntarily—circumstances forced me out. While I have no problems with being publicly identified as homosexual, I would be dishonest of me to present myself as one who was in the forefront of the struggle for gay rights...I fundamentally consider sexual orientation to be a private matter. As such, it has not been a factor which has greatly influenced my role as an activist.” Rustin was also one of the most important figures in the African-American struggle for civil rights and freedom. He along with two of his friends, Philip Randolph and A.J. Muste, had long discussions about the state of civil rights in the United States and they decided to band together to bear the cross of being black and also being homosexual at a time when one was more than enough. Due to criticism over his sexuality he usually acted as an influential advisor behind the scenes to civil rights leaders. He saw his sexuality as a private matter and not political, however by the 1980s he became a public advocate on behalf of gay causes. While there is a recurring tendency to describe Rustin as a “gay activist,” the truth is more complex.

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A CTARNG Fitness Improvement Program Participant Redefines His Opinions on Health

What is Fitness?

Ryan Michalak, courtesy of Capt. Ryan Michalak, Fitness Program Manager, CTARNG

What is Fitness?

Spc. James Olvera, center-right, works with a nutritionist at the Connecticut Army National Guard Fitness Improvement Program at Camp field at Naantic, Conn. The program aims to assist Guardsmen who are striving to achieve their fitness goals through exercise, nutrition and behavioral health education. (Photo courtesy of Capt. Ryan Michalak, Fitness Improvement Program Manager, CTARNG)

The nutritional information portion of the course was important. They provided tips on how to stop stress eating and on how to be a lot more conscious of what you are doing. We also learned how to meal prep and what each type of food does to your body. I came into the program weighing in at 276 pounds, failing my Army Physical Fitness Test. In my most recent text, less than three months after reporting to the FIP, I passed my test with 19 pushups and 24 sit-ups, and then I lost 28 pounds in the first three months it took to complete the program. The program works, but you get out what you put in.

My biggest take away wasn’t PT, or nutrition, but identifying the mental obstacles. I tend to push things, and how to stop stress eating and to allow those instances to be a lot more conscious of what you are doing. We also learned how to meal prep and what each type of food does to your body. I came into the program weighing in at 276 pounds, failing my Army Physical Fitness Test. In my most recent text, less than three months after reporting to the FIP, I passed my test with 19 pushups and 24 sit-ups, and then I lost 28 pounds in the first three months it took to complete the program. The program works, but you get out what you put in.

For information and advice about training for the ACFT Request to join https://www.facebook.com/groups/CTARNG.ACFT/

This group is managed by members of the CTARNG ACFT Team and the GI. Please consult your doctor before starting any new fitness or nutrition routine.

CTARNG Fitness Improvement Program Participant Redefines His Opinions on Health

Generally we look at fitness in two simple steps: working out and eating. As a failure in both height and weight and the Army Physical Fitness Test, the advice was always: Eat better, workout more, run more, eat salad. For me that never worked, it just lead to a bad relationship with working out and food. We all have heard the saying that insanity is doing the same thing over and over expecting different results. The Fitness Improvement Program changes your opinion on fitness and how to go about it.

When I reported in for the FIP on Jan. 21, 2019, I expected the same advice I was given previously, along with more PT. I was informed that my attendance was not a punishment for my previous failures, but I didn’t believe it. I was certainly wrong.

The program fully encompasses all aspects of fitness: Emotional, mental, physical, nutritional, and everything in between. The program wasn’t PT based: It was widespread knowledge on fitness from different perspectives from people coming from different walks of life.

We worked to overcome barriers that held us from performing PT. Whether it be family, time, work and scheduling, the staff helped create realistic goals, with a positive attitude and how to overcome them.

Identifying the mental obstacles. I tend to push things back, to stress eat, and to allow those instances to be a lot more conscious of what you are doing. We also learned how to meal prep and what each type of food does to your body. I came into the program weighing in at 276 pounds, failing my Army Physical Fitness Test. In my most recent text, less than three months after reporting to the FIP, I passed my test with 19 pushups and 24 sit-ups, and then I lost 28 pounds in the first three months it took to complete the program. The program works, but you get out what you put in.

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The Behavioral Health team gave classes on how to preport these weak spots and ways to overcome or reduce those instances.

I hated running, and I still do, but mainly because running hurt my shin, especially when I am a heavier weight. The pain would force me to stop running. Instructors gave other options on cardio-based workouts to build my cardio without stressing out my body, and with that came reduction of weight. Running at a lighter weight alleviated the shin splints and helped me run pain-free.

That’s the beauty of the program; the cadre touch on so many different aspects of fitness that you are able to preport your weaknesses and find what works for you. But it comes down to YOU. You design your program, you design your nutrition, and you take the necessary steps combined with your newfound knowledge to succeed.

Everyone’s fitness needs aren’t the same, and they aren’t always physical. This program is the first time I’ve seen it addressed in such a way.

The Army Combat Fitness Test

Why is the Army Making the Change?

Many people may wonder why the Army is changing their physical fitness test of record, after 39 years of doing push-ups, sit-ups, and a two mile run. The answer to this is simple, war is not the same as it was 39 years ago. The character of war is changing as are the physical demands of combat.

The Army Physical Fitness Test primarily provides an assessment of muscular and aerobic endurance. The Army has determined that for soldiers to be ready for the rigors of operations in a complex environment, they must possess significant physical capacity in the following components of fitness: muscular strength, muscular endurance, power, speed, cardio-endurance, balance, flexibility, coordination and reaction time. Based on our analysis, the ACFT events more strongly correlate with combat readiness. The APFT is assessed to have 40 percent predictive power for combat performance; the ACFT is assessed to have 80 percent predictive power.

In our day and age, the combat lethality of our soldiers and their physical ability to accomplish the mission has never been more important. The ACFT program was designed to assess the strength and weaknesses of their soldiers on a much greater scale and affords them the capability to tailor their physical training programs to best support their soldier’s needs.

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I had the opportunity to visit our units during the measured by degree of failure. The Battalions were leaders making the way and holding their own. I could not be more proud of the enlisted leaders, non-commissioned officers, and individually Soldiers. Many of every single Soldier that made Connecticut's part of our battalion operations, from mission analysis to every facet of BCT operations, from mission analysis, preparation, and employment, and redeployment. The same process applies to our off-duty activities. The Army has decided its time to improve our off-duty activities. The same process applies to our off-duty activities. The Army has decided its time to improve our fitness. Even though it is early in the season, a couple of things are non-negotiable. If you drink, don't drive. If you do drive, be sure you are home members of the 1109th TASMG, Co. C, 3-142nd Aviation and the 192nd Engineer Battalion. Job well done and welcome home! Over the next several months, we will deploy additional Airmen and Soldiers around the world. I ask you to keep our deployed members and their families in your thoughts. The Army-wide field test of the Army Combat Fitness tests continued Command Sgt. Maj. Arthur Fredericks was recently briefed by Sgt. Maj. Daniel Dailey, Sergeant Major of the Army, on the results so far. Dailey reported the testing is proceeding as planned. The team is collecting data from across the Army. Final decisions on test standards, profiles and alternate events, and the efficient implementation of the test will be known by the end of the month. I found this to be great news because it demonstrates we are following the process to make sure we get a great evaluation of the fitness of the force in the most efficient manner possible. The program is moving forward as designed. The results of the diagnostic ACFTs conducted during the test period are what we expected. Co. C, 3-142nd Aviation is one of the test units. In May the unit conducted its first ACFT. The overall pass rate was 77 percent. That percentage of passing is roughly the same, I am pleased that the test is done and welcome home! The帶著 improvement, the universal message we received was that we want to see the great things you are doing so that I can share your story!

The Army Combat Fitness Center for Army Lessons Learned published a great document, (CALL 18-37, The Army Combat Fitness Readiness: Timing, Training, Tools that not only improved our training but gave a training strategy for improvement. Download CALL 18-37 online at https://www.army.mil/acft) to learn more. Additionally, the Army Combat Fitness website can be found at www.army.mil/acft to learn more. The website is a great resource to help you train for the test. The website is also the go-to place for finding your test scores. The website is designed to help you prepare for your test. The website is designed to help you prepare for your test.

Your feedback from the operations group commander, the opposing force commander, individual unit observer-controller/trainer, unit leaders, and most importantly, individual Soldiers. Although there is always room for improvement, the universal message we received was that we want to see the great things you are doing so that I can share your story! The hardest event for me will be the leg tuck. I am personally much more confident in my ability to meet the standard and do well on the leg tuck than I was before.

The bottom line on the ACFT is not just bad, but intimidating as we may think. Once you get past the apprehension of the test, you will realize it is no different than any other mission we have. All you have to do is train, train, train, be ready and you will pass. I encourage you to go to the ACFT website (www.army.mil/acft) to learn more. Additionally, the website is a great resource to help you prepare for your test. The website is designed to help you prepare for your test. The website is designed to help you prepare for your test.

The event saw nearly 100 guests in attendance, to include the evening’s keynote speaker, Brig. Gen. John P. Lawlor, Deputy Commanding General of the U.S. Army John F. Kennedy Special Warfare Center and School at Fort Bragg, N.C.

ROCKY HILL, Conn. – The remaining class of candidates include 1st Battalion, 169th Regiment Officer Candidate School Cadet (class 32), reminded cadets that people are our greatest resource, and that they should always seek self-improvement and mentorship, while being mentors themselves. His message should start as mentors to each other, learning on others strengths to better themselves and others.

“We were very grateful that Brig. Gen. Lawlor took the time to be here and provide some mentorship of our own,” Castellucci said.

The 169th Regiment’s Officer Candidate School tests were included in the Army’s broader plan to improve the quality and success of its officer candidates. The 169th Regiment’s Officer Candidate School tests were included in the Army’s broader plan to improve the quality and success of its officer candidates. The 169th Regiment’s Officer Candidate School tests were included in the Army’s broader plan to improve the quality and success of its officer candidates.
Officer Candidate Nate Moody

the platoon leader and platoon sergeant established an objective rally point before getting the platoon into a paired base, where they implemented the plan of a work and sleep plan.

When ready, the squad leader calls everyone in to brief them on the squad plan. The OCs still new to the process, struggled to complete OPORDs ready in the time requirements. The OCs ran through STX lanes with cadre providing an abundance of feedback.

The OCs woke up to begin their next day, in the pouring rain, with a ruck march up to the “Bald Spot” patrol base, where they implemented their priorities of the objective rally point before getting the platoon into a

The OCs were then expected to use their pre-prepared groups where they were given a fragmentation order. The OCs loaded into the vans and conducted convoy operations back to Camp Nett at Niantic.

The OCs conducted three STX lanes with cadre providing an abundance of feedback.

The OCs rucked up and moved back to the barracks where they began their work and sleep plan. The OCs still new to the process, struggled to complete OPORDs ready in the time requirements. The OCs ran through STX lanes with cadre providing an abundance of feedback.

Early identification of problem alcohol use is critical in linking Soldiers with effective treatment. The preferred method of identification is self-referral. As a result of the Army’s Limiting Use Policy, per AR 600-85, grants Soldiers who self-referral for substance use and addictive disorders and that seeking help for their substance use will not hinder their military career. Recently, however, the Department of the Army has taken the Limited Use Policy a step further with the publication of Army Directive 2019-12, Policy For Voluntary Alcohol-Related Behavioral Health Care. This new policy removes the “one-time, self-referral” previously allowed for alcohol use disorders by making Soldiers to self-referral multiple times over the course of their career for alcohol use concerns. Soldiers who self-refer and receive traditional outpatient treatment for their alcohol use will not be flagged for addiction, will not be tracked in DAMIS (the system of record for substance abuse), and will have the ability to voluntarily re-engage in services for alcohol at any time in their career under the same protections.

Connecticut has seen a recent increase in the number of alcohol self-referrals and this new policy will likely encourage more Soldiers struggling with alcohol use to come forward and ask for help. If you or a fellow Soldier is struggling with alcohol use, don’t wait any longer. CTARNG AAAP and Behavioral Health are here to support you intimes of need. Contact the Prevention Coordinator at 860-348-3291 or SUDCC at 860-946-9810 today!
Dehydration & Sun Safety

We all know that when it comes to New England summers (that familiar mix of heat and humidity) good hydration is essential. You may not be aware, however, that if you choose to consume alcohol this summer be sure to increase your water intake as well, opt for a shaded or cooler area, and always avoid over-consumption.

Whatever your summer activities, remaining properly hydrated is key to staying safe in the heat.

Alcohol & Drug Control Officer
Meagan MacGregor

Sun Safety
We all know that when it comes to New England summers (that familiar mix of heat and humidity) good hydration is essential. You may not be aware, however, that if you choose to consume alcohol this summer be sure to increase your water intake as well, opt for a shaded or cooler area, and always avoid over-consumption.

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Alcohol & Drug Control Officer
Meagan MacGregor

Prose that Deserves to Be Imagined

The artist, singer, writer and political activist, Yoko Ono recently returned to the public eye following the release of a documentary titled, “John and Yoko Above Us Only Sky.” Coincidentally, a debate over five decades old has also returned to the public’s attention: has Yoko Ono’s poetry been overlooked?

Yoko’s public image carries negative connotations that extend past the quality of her artwork. In the decades since John Lennon’s death she has been portrayed mostly derogatorily, (as a tempest, a witch, and even a Greek siren) for allegedly luring her famous husband away from his band in the 1960s. This archetypal portrayal is unfortunate and allusions to her art are not present in her poetry; namely her most famous collection: “Grapefruit.”

The poetry in “Grapefruit,” is avant-garde. Some of Ono’s pieces are lists of metaphorical instructions, and others are conceptual recipes. The collection also features numerous seemingly arbitrary illustrations. Ono’s art and poetry requires context for to be truly appreciated. As a child in Japan, she experienced the horrors of World War II, to include the numerous firebombing raids of Tokyo. Some of the sharper and darker poems in “Grapefruit,” like “Bloodpieces,” are tinged with a shadowy resonance: “Use your blood to paint. Keep painting until you faint. (a) Keep painting until you die.”

“Grapefruit” was first published in Japan in 1964 but reprinted in the United States in 1970 with additions to include a short introduction written by her husband. It is not a coincidence that many of Ono’s poems in “Grapefruit” feature the word, “imagine,” and that this is also the name of John Lennon’s 1971 best-selling song and album. The new documentary, “Above Us Only Sky,” is centered around the production of the “Imagine” album. It’s also centered, in part, around the couple’s refectory style dining room table where the recording-session’s musicians and producers would meet for breakfast and coffee prior to recording. The collection’s title song and album is also the name of John Lennon’s 1971 best-selling song and album. The new documentary, “Above Us Only Sky,” is centered around the production of the “Imagine” album. It’s also centered, in part, around the couple’s refectory style dining room table where the recording-session’s musicians and producers would meet for breakfast and coffee prior to recording. The collection’s title song and album is also the name of John Lennon’s 1971 best-selling song and album. The new documentary, “Above Us Only Sky,” is centered around the production of the “Imagine” album. It’s also centered, in part, around the couple’s refectory style dining room table where the recording-session’s musicians and producers would meet for breakfast and coffee prior to recording. The collection’s title song and album is also the name of John Lennon’s 1971 best-selling song and album. The new documentary, “Above Us Only Sky,” is centered around the production of the “Imagine” album. It’s also centered, in part, around the couple’s refectory style dining room table where the recording-session’s musicians and producers would meet for breakfast and coffee prior to recording.

Regardless of Ono’s public perception, “Grapefruit,” is exceptional and must, indeed, have been wrongly ignored and overlooked. Ono’s poetry, at least, deserves to be imagined. Regardless of Ono’s public perception, “Grapefruit,” is exceptional and must, indeed, have been wrongly ignored and overlooked. Ono’s poetry, at least, deserves to be imagined.

Yoko Ono presents food as abstract and ethereal. “Tunafish / Sandwich” may be the collection’s most notable. “Imagine one thousand suns in the sky at the same time. Let them shine for one hour. Then, let them gradually melt into the sky. / Make one tuna fish sandwich and eat.” Regardless of Ono’s public perception, “Grapefruit,” is exceptional and must, indeed, have been wrongly ignored and overlooked. Ono’s poetry, at least, deserves to be imagined.

Ono’s poetry, at least, deserves to be imagined.
Connecticut and Operation Overlord

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 mcody@mac.com.

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 and can slow the deterioration of a wounded Soldier’s condition until medical personnel arrive. PREFERRED: There are no prerequisites for this course. 15-19 July 2019. 40 Soldiers Max, See your unit training NCO for current availability.

Combat Lifesaver Course: This course provides non-medical Soldiers the training needed to provide lifesaving measures beyond the level of self-aid or buddy-aid. Training topics include Tactical Combat Casualty Care, applying a hefty and deliberate tourniquet, control bleeding, opening a casualty’s airway, treatment of open chest injuries, treating burns and shock, personal hygiene, and heat/cold injury prevention. A properly trained combat lifesaver is capable of stabilizing many types of casualties and can also the deterioration of a wounded Soldier’s condition until medical personnel arrive. PREREQUISITES: There are no prerequisites for this course. 15-19 July 2019. 40 Soldiers Max, See your unit training NCO for current availability.

CTARN Training Circulars

### CTARN Training Circulars

<table>
<thead>
<tr>
<th>Source</th>
<th>Start Date</th>
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<tbody>
<tr>
<td>Army National Guard GT Enhancement Course</td>
<td>350-12-37</td>
<td>Chief Warrant Officer B.V. Chupp</td>
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<td>Combat Lifesaver Course</td>
<td>350-12-60</td>
<td>Sgt. 1st Class Steven M. Johnson</td>
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<td>USA CARE ESCORT / SUPER INTERVENTION (ACE-08)</td>
<td>350-12-99</td>
<td>Mrs. Jennifer Vos</td>
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<tr>
<td>Repatriated Suicide Intervention Skills Training Course (RATIST)</td>
<td>350-12-08</td>
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<td>350-12-15</td>
<td>2nd Lt. Matthew Ordin</td>
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<td>Chief Warrant Officer 1st Sgt. Scott Mathiessen</td>
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<td>350-12-77</td>
<td>Maj. James Lockie</td>
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**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 qualified candidates for Officer Candidates School, Warrant Officer Candidate School, and highly technical MOS’s and ASI’s requiring a 110 or higher GT score. 01-07 June 2019 & 05-09 August 2019. 30 Soldiers Max. See your unit training NCO for current availability.

**Battlefield Courses:**
- **General Technical Enhancement Course:**
  - 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.
- **Combat Lifesaver Course:**
  - Provides non-medical Soldiers with training to provide lifesaving measures beyond the level of self-aid or buddy-aid.
- **G3 Fulltime Manning Training Course:**
  - Offers interactive training on operations systems and topics faced by the training community.

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Highlighted Courses:

- **CTARN Training Circulars:**
  - Offers training on various topics such as combat lifesaving, unit movement, and medical administration.

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**CTARN Training Circulars**

Tour of Duty: 350-12-37

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Title 10 opportunities available

Sgt. 1st Class Laura Hernandez, Senior HR Sergeant,
http://ct.ng.mil/Careers/

RETIREE AND FULL TIME STAFF PICNIC

20 Army & Air AGR positions available.
(860) 613-7617, laura.hernandez3.mil@mail.mil

Retiree Benefit Update - 10:30 a.m.
CAMP NETT AT NIANTIC

$25 BY AUGUST 9, 2019

CTARG Funeral Honors Team
Now Accepting New Members

Where to Find Veterans Services

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

Eligibility for most VA benefits is based on discharge from active military service under other than dishonorably.

benefit 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/vetdata/publications/ benefits_book/

VA health care is available 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, nursing homes, community clinics, community care centers, domiciliaries, and mental health counseling centers, and various other facilities.

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, educational assistance, survivors’ benefits, rehabilitation, medical care.
CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

Smikle, Andrew J.
Salazar, Andre N.
Rodriguez, Hernandez J.
Park, Mike
Nazario, Luis A. Jr.
Mcfarland, Joshua A.
Marcelin, Mfe K.
Hart, Trojan W., II
Forzano, Shane M.
Eriksen, Isaac D.
Eliza, Cristian J.
Chokas, Noah E.
Brown, Christopher J.
Briscoe, Michael A. Jr.
Bigelow, Emily M.
Bezz, Nathaniel S.
Zdrojeski, Preston T.

To Private

Sobieraj, Emily N.
Simmons, Tator A.
Santiago, Cuevas A.
Royka, Zachary E.
Roach, Haille L.
Oconnell, Kevin C.
Na, Mony
Miranda, Torres J.
Mccabe, Brian H.
Henri, Patrick M.
Glynn, William J.
Dozier, Darius T.
Diaz, Lucas J.
Adams, Suarez E.

To Private 2

Robles, Arielle V.
To Airman First Class

Cassidy, Christopher J.
Cassidy, Christopher J.

To Staff Sergeant

North, David J.
Carr, Joshua

To Airman First Class

Robles, Arielle V.
To Senior Airman

Cassidy, Christopher J.
Cassidy, Christopher J.

To Technical Sergeant

Memmes, Patrick W.
Alexander, Ryan M.

To Captain

Kennedy, Lesli R.

To Colonel

Rolstone, Kim S.

To Technical Sergeant

Memmes, Patrick W.
Alexander, Ryan M.

To Captain

Pierce, Jennifer K.

To Master Sergeant

Maynard, Ryan A.

To Captain

Kennedy, Lesli R.

To Senior Airman

Cassidy, Christopher J.

To Sergeant

Andreychowski, Samual F.
Apodaca, Carlos H.
Barbata, Frank A. III
Bastle, Zachary J.
Branciotti, Jonathan E.
Carrascal, Nathan B.
Chapmanmore, Juan P.
Concha, Angel
Connelly, Ryan
Craun, Nicholas P.
Cyr, Mark
Delfontain, Pascal J.
Fitzgerald, Mark S.
Fury, Christopher J.
Genevieve, Christopher J.
Goldstephenson, Kawruno
Gonzales, Jason J.
Gordon, Kevin J.
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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 Connecticut National Guard Child & Youth Program in partnership with the 1st Company Governor’s Horse Guard are excited to bring this event to you.

Meet and Greet
The Connecticut National Guard Child & Youth Program in partnership with the 1st Company Governor’s Horse Guard will be hosting an event for children and families to come in and enjoy some fun activities! There will be crafts and games for children along with refreshments, face painting, and a live horse presentation. This event will be free and open to the public.

Date: Saturday, June 8, 2019
Time: 9:00 AM to 3:00 PM
Location: 1st Company Governors Horse Guard 280 Arch Road, Avon, CT

Follow on dates: July 13, August 17, September 21, October 12, November 2 - **Dates Subject to Change**

Registration is required at the link below
https://tools.horses-meet-2019.eventbrite.com
Password: Horses19
SPACE IS LIMITED FOR THE SESSION

More information can be found at www.nourishmysoul.org | PO Box 564, East Granby, CT 06026 | Alicia@nourishmysoul.org | 860-982-6831

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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Congratulations to all!

Service Member & Family Support Center Staff Directory

**CONNECTICUT NATIONAL GUARD**

**Family Assistance Center Locations**

- **Best Granby**
- **Windsor Locks**
- **Horntford**
- **Danbury**
- **New London**
- **Full Time Center**

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

**Our Programs Include:**

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

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

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

---

**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.

---

**New London Armory**

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

**103rd Airlift Wing**

- **100 Nicholson Rd.**
- **East Granby, CT 06026**
  - (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 Woolse Heights Rd.**
- **Danbury, CT 06810**
  - (203) 205-5050
  - Open Mon.-Fri.

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**Service Member & Family Support Center Staff Directory**

[List of names and contact information for various positions and locations.]