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103rd's Newest Facility Ensures Wing Meets Increasing Global Demands

STAFF SGT. STEVEN TUCKER
103RD AIRLIFT WING PUBLIC AFFAIRS

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



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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Guard right now," Fanelli said. "That's coming from a lot of people within the aerial port community and at the Guard Bureau level as well. We are the pinnacle of the aerial port world."

The sterile departure gate in the passenger terminal can hold 58 passengers, capable of expanding to 75 passengers with added portable chairs. A room that can act as a second departure gate holds an additional 60 passengers.

"[The new terminal] has taken our capabilities and skyrocketed them," Fanelli said.

The first 44 Airmen who processed through the new terminal, completed processing in just under 30 minutes. This was a record pace for the unit, according to Fanelli.

The proximity of the new Small Air Terminal to the flight line also benefits the aerial port mission as a whole, said Tech. Sgt. Dan Meskell, 103rd LRS air transportation specialist.

"To be able to be in our air terminal operations center and view the flight line as our people are loading or unloading a plane, we certainly feel more a part of the mission than we ever did before," Meskell said. "It doesn't get any better than this."

"Before, we were in the building farthest away from the flight line and our entire job involves the flight line," said Master Sgt. Robert Ewings, 103rd LRS Small Air Terminal NCOIC. "Now it's a lot easier. Everything that we need is out here."

The facility will also improve training for new 103rd LRS Airmen, Meskell said.

Airmen assigned to the 103rd Air Control Squadron wait inside the new Small Air Terminal at Bradley Air National Guard Base, East Granby, Conn. May 3, 2019. The 103rd ACS Airmen flew to Volk Field Air National Guard Base, Wis. to attend exercise Northern Lightning. This was the first time the 103rd Logistics Readiness Squadron utilized its new Small Air Terminal. (Photo by Staff Sgt. Steven Tucker, 103rd Airlift Wing Public Affairs)



Members of Connecticut National Guard Leadership cut the ribbon to officially celebrate the opening of the 103rd Airlift Wing Small Air Terminal at a ceremony at the Bradley Air National Guard Base, May 21. From left to right, Brig. Gen. Gerald McDonald, Assistant Adjutant General, CTNG, Maj. Gen. Fran Evon, Adjutant General, CTNG, Col. Stephen Gwinn, 103rd Airlift Wing Commander, Maj. Gen. (Ret.) Thad Martin, former Adjutant General, CTNG, Brig. Gen. Frank Detorie, Assistant Adjutant General - Air and Chief Master Sgt. James Traficante, Wing Command Chief, 103rd Airlift Wing. (Photo by Staff Sgt. Steven Tucker, 103rd Airlift Wing Public Affairs)



Connecticut Air National Guard Showcases Global Reach in Greenland

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

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 northeastern United States to Greenland.

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.

"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 up here and support the National Science Foundation mission, we (the Air National Guard) have a multifaceted role."

The NSF mission is primarily supported by the 109th Airlift Wing, located in Schenectady, NY. With the expansion of the NSF mission in 2018, additional support from the Air National Guard is now needed; the 103rd has been tasked to provide additional support by fulfilling any mission requests that the 109th does not. Without airlift support from the Air National Guard, NSF mission capabilities would be hindered.

"There are certain specific mission sets that aren't in any other branch of the service that our national defense strategy depends on," said Col. Stephen Gwinn, 103rd Airlift Wing Commander. "This is just one more of the spokes in the wheel of national security that the Guard is the primary executor of."

Connecticut Air National Guard support of the NSF mission highlights the Air National Guard's ability to provide reliable global reach for the nation. Hebert is proud to have served as aircraft commander for the mission.

"It's absolutely spectacular, said Hebert. "The work that the scientists are doing up here is impressive and I'm glad to have the opportunity to take part in that."

See more photos from this mission at <https://www.dvidshub.net/news/320780/connecticut-air-national-guard-showcases-global-reach-greenland>.



Tech. Sgt. Trenton Zanow, 118th Airlift Squadron flight engineer, inspects the wing of a C-130H aircraft in Kangerlussuaq, Greenland, April 2, 2019. The 118th flew to Greenland in support of the National Science Foundation climate research mission. (Photo By Tech. Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs)



Members of the 103rd Airlift Wing load supplies onto a C-130H aircraft in Kangerlussuaq, Greenland, April 2, 2019. The 118th flew to Greenland in support of the National Science Foundation climate research mission. (Photo By Tech. Sgt. Tamara Dabney, 103rd Airlift Wing Public Affairs)

CTARNG Aviation Soldiers Compete in Aerospace Maintenance Competition

MASTER SGT. RAMON RIVERA
PRODUCTION CONTROL, 1109TH TASMG

ATLANTA – Five Aviation Soldiers assigned to the Connecticut Army National Guard's 1109th Theater Aviation Sustainment Maintenance Group and 1-169 General Support Aviation Battalion formed the first Army National Guard team to compete in the 2019 Aerospace Maintenance Competition sponsored by Snap-On Tools at the World Congress Center, April 8-11, 2019.

Connecticut's team included: Chief Warrant Officer 2 Raymond Wagner, Master Sgt. Ramon Rivera, Sgt. 1st Class Robert Hauser, Staff Sgt. Richard Wooten, and Staff Sgt. Raymond Maselek.

Over 82 teams came from all over the globe to compete in one of three categories. The Commercial Category had teams from domestic airline carriers such as American, United, JetBlue, Alaska amongst others, while international carriers such as Qantas, an Italian team from Alitalia, and Qatar Airlines traveled half-way around the world to attend the competition.

The second category was the Schools Category where numerous schools, both U.S. and foreign, competed. The schools ranged from dedicated universities, such as Embry-Riddle Aeronautical University to the youngest competitors, Aviation High School, who had competitors in their late teens. Seeing the team from AHS was of particular importance to the author, who was a graduate of the school's Airframe and Power plant certification program.

The final category was the Military Category in which the CTARNG Aviation team competed against military teams from all over the United States and Canada. The Canadian Air Force descended upon Atlanta with six teams, while the U.S. Air Force sent 11 teams.



The Connecticut Army National Guard Team at the 2019 Aerospace Maintenance Competition at the World Congress Center, Atlanta, Georgia, in April. The CTARNG team went up against teams from United States and Canada in the Military Category. Connecticut's Army Guard team marked the first time any Army National Guardsmen competed at the event. (Photo courtesy of Master Sgt. Ramon Rivera, 1109th TASMG)

In addition, the U.S. Coast Guard sent six teams, the U.S. Marine Corps sent five teams, and the U.S. Army sent one team hailing from Fort Eustis, Virginia. While all the other teams had prior competition experience, the CTARNG's Aviation Team was competing for the first time.

The competition itself consisted of 30 separate events, sponsored by a myriad of major aviation corporations, manufacturers, and vendors. All the events were timed, and a violation of a protocol would result in a time penalty added to your overall time.

The competition was heavily slanted toward fixed wing disciplines which gave a distinct advantage to the numerous teams that operate airplanes, leaving the helicopter maintainers at a bit of a disadvantage. So, in good fun, Team 67 – CTARNG, gave themselves the moniker, "Cool Runnings," as a nod to the 1984 Jamaican Olympic Bobsled Team.

The members of the team were selected based on their experiences in multiple aviation military occupational specialties and their knowledge of specific tasks that were part of the event. One of the 30 events was a Fiber Optics Repair Event. Wagner, an Electronic Systems Maintenance Warrant, was taught fiber optics repair at the Warrant Officer Advanced Course and as such, was the only person available with the technical knowledge due to fiber optics not currently being used in helicopters.

The rest of the team had multiple disciplines under their respective belts, ranging from Aircraft Hydraulic Systems to Structural Repair to Electrical Troubleshooting Knowledge. Two of the team members attended an aircraft Airframe and Powerplant preparatory course taught at the TASMG's Groton facility and will be taking their exams later this summer in the hopes of earning certification with their FAA civilian credentials. While the CTARNG Aviation Team did not win, they presented a strong showing, finishing in the upper 25 percent of the competing military teams.



Chief Warrant Officer Raymond Wagner, left, and Master Sgt. Ramon Rivera participated in the 2019 Aerospace Maintenance Competition at the World Congress Center, Atlanta, GA, April 8-11. Wagner and Rivera were part of a five-person Connecticut Army National Guard team that made history as the first Army National Guard team to ever compete in the event. (Photo courtesy of Master Sgt. Ramon Rivera, 1109th TASMG)

CTARNG Ground, Air Transportation Units Link Up to Deliver the Goods

COMMAND SGT. MAJ. ANTHONY SAVINO
COMMAND SERGEANT MAJOR, 1-169 GENERAL SUPPORT
AVIATION BATTALION

WINDSOR LOCKS, Conn. – In December of 2018, the Connecticut Army National Guard Aviation program received five new external load training blocks to be utilized by 1-169 General Support Aviation Battalion crews to maintain proficiency in external load missions.

Weighing between 3,000 and 12,000 pounds, the delivery came in to the Windsor Locks-based Army Aviation Support Facility via commercial vendor. With an upcoming mission requiring the weights be transported to Massachusetts, the 1-169 GSAB hit a snag.

Regulations prohibit Connecticut Army National Guard aircraft from flying weighted training loads over populated areas, meaning that the unit couldn't organically transport the training blocks.

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

Without hesitation the Enfield-based truck company was willing to support, providing two 915 tractors with 48-foot trailers, the unit loaded the blocks in Windsor Locks and moved to Westover Air Reserve Base and to the October Mountain State Park in Massachusetts.

Upon arrival at their locations, the loads were rigged and removed by Bravo Company, 104 Aviation Battalion, CH-47 Chinook helicopters.

The mission provided valuable training for the 1048th personnel involved. Each driver was given a class on rigging and proper hook up underneath the CH-47F Chinook. The mission was completed safely at both locations. The 1048th crews who participated noted that this was a great learning opportunity and that other Soldiers should also learn how to rig sling loads.

This mission would not have been successful if not for the good working relationship between our organization's specialized units. Because of that working relationship, units can help each other, cross train Soldiers, resulting in more completed missions and an overall force of Guardsmen ready to respond anytime and anywhere.



A Connecticut Army National Guard 1-169th General Support Aviation Battalion CH-47F prepares to lift a external load training block while performing sling load training at Westover Air Base in Massachusetts. The training blocks were transported to Westover by the CTARNG 10048th Transportation Company from Windsor Locks, Conn. With the two unit's working together, Aviation Soldiers were able to conduct their required training, and 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)

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Connecticut Air Guardsmen Secure Vital Readiness Training

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

The sounds of demolition and new construction suddenly interrupted the routine tranquility at Bellows Air Force Station, Hawaii, April 8, 2019. Airmen of the 103rd Civil Engineer Squadron took the lead for the Air National Guard and teamed up with construction technicians of the Royal Canadian Air Force's 19 Wing Comox to begin a seven-week long deployment for training. This DFT is an annual collaborative effort between the National Guard Bureau and Bellows Air Force Station's Detachment 2, 18th Force Support Squadron that began in 2017.

The Bellows DFT provides Air National Guardsmen the opportunity to receive vital readiness training and work with units from other states as well as international partners. This year, Connecticut's 103rd Civil Engineer Squadron, Maine's 101st Civil Engineer Squadron, and South Carolina's 169th Civil Engineer Squadron will rotate through Bellows along with construction technicians from the Royal Canadian Air Force's 19 Wing Comox and 14 Wing Greenwood. The training all units receive during this DFT is vital to the overall readiness of each unit.

"The [National Guard Bureau] sees 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 contingency skills training as well."

This training is comprised of multiple construction projects throughout Bellows AFS, 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 their hands in the construction."

The training for the Bellows DFT, however, began long before the 103rd's arrival to Bellows.

"The planning process required for doing work like this off station has a lot of touch points with what we would go through

in a deployed environment," said Lt. Col. Andy Kelly, 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 us in that mindset. The process of movement, coming out here mil air and determining what we need to take, also has touch points in our readiness mission. At the end of the day, our mission when we deploy is to do the same types of tasks we are doing here; we are grading, we are laying concrete, doing demolition, and construction. These

skill sets we are working on, learning and perfecting over 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 civil engineer units also provided an extra dimension of training for the 103rd during this DFT.

"One of the biggest benefits of working outside of our own group is just seeing other ways that things can be done, and sharing things we are very good at with those units," said Kelly. "Reality is when we are deployed, we're not going to be together as an entire squadron. These opportunities to mix and mingle with the other units is more realistic training. Making connections with the



Corporal John Lavoie, right, Royal Canadian Air Force construction technician, and Airman 1st Class John Donnelly, 103rd Civil Engineer Squadron structural specialist, level blocks prior to pouring the foundation for the new training classroom being built at Bellows Air Force Station, Waimanalo, Hawaii April 9, 2019. (Photo by 1st Lt. Jennifer Pierce, 103rd Airlift Wing Public Affairs)

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 predecessor originally reached out to NGB for help completing projects at Bellows because it's a great training opportunity," said Staff Sgt. Craig Enomoto, 18th Force Support Squadron operation management NCOIC. "There's typically only eight of us here to take care of all the CE work orders throughout the base and sometimes there are things that we can't get to, so we ask the guard units to come out for some great training and help us close out 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 be just a repair, 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 wouldn't be able to work out and lift weights. We love working out and staying fit. It keeps our morale up and ensures we stay fit throughout the year to exceed the Air Force PFT standards."

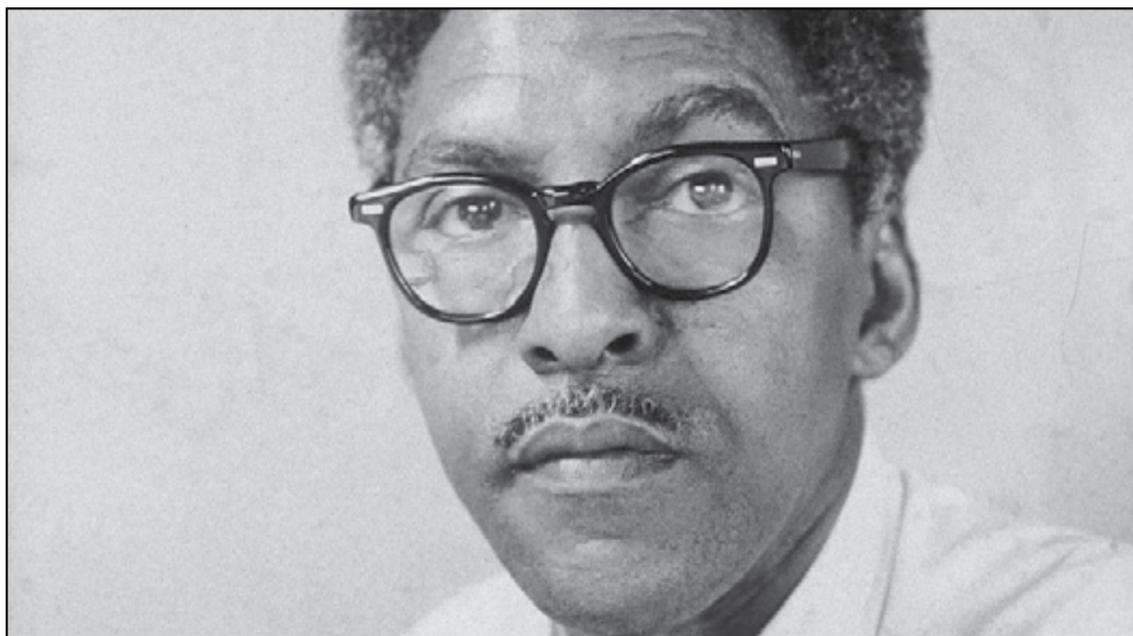
"Being able to see results that are impactful to our partners at the DFT location provides an extra layer of gratification and sense of accomplishment for our troops," said Kelly. "I think being in the Guard, and having mostly traditional folks as part of our squadron, we bring a host of skills and expertise that our folks have on the outside. For us to be able to come and showcase those skills that a lot of our folks are doing in their civilian jobs, then having the results benefit the bigger Air Force is a win-win for everybody."



Airmen of the 103rd Civil Engineer Squadron work alongside their Royal Canadian Air Force counterparts to remove solar panels from a cabin at Bellows Air Force Station, Waimanalo, Hawaii April 9, 2019. 103rd Airmen have the unique opportunity to build international relationships on their deployment for training. (Photo by 1st Lt. Jennifer Pierce, 103rd Airlift Wing Public Affairs)

Bayard Rustin: Civil Rights, Gay Rights Activist

MASTER SGT. RICHARD THOMAS
EEO/EO ADVISOR



The month of June is recognized as lesbian, gay, bisexual, and transgender awareness month. As we celebrate the LGBT contribution to our nation I would like to take a look on the life and contribution of Bayard Rustin.

Bayard Rustin was born in Pennsylvania on March 17, 1912, a grandson to a former slave. A talented singer and musician, Rustin moved to New York City, where he attended college, and eventually became enmeshed in the exciting Harlem Renaissance and began working as an activist and organizer 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 pioneering "out gay man," 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 problem with being publicly identified as homosexual, it 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 take on racial discrimination in the U.S. Armed Forces. They planned to organize a March on Washington to force President Franklin Roosevelt to take action in desegregating the military and the defense industry. Roosevelt agreed and issued Executive Order 8802 which banned discrimination, not only in the military and defense industries but also in all federal agencies.

The success of the 1963 March on Washington was due to Rustin's ability as the chief organizer of the event. It

Bayard Rustin was an American leader in social movements for civil rights, socialism, nonviolence, and gay rights. Rustin worked with Philip Randolph on the March on Washington Movement in 1941 to press for an end to discrimination in employment. Rustin later organized Freedom Rides and helped to organize the Southern Christian Leadership Conference to strengthen Martin Luther King, Jr.'s leadership, teaching King about nonviolence and later serving as an organizer for the March on Washington for Jobs and Freedom. (Photo courtesy of history.com)

is quite possible that there wouldn't have been a March on Washington without Rustin's leadership. He also demonstrated Dr. Martin Luther King's philosophy of turning non-violence into direct action.

Most of his major awards were bestowed upon him after his death on August 24, 1987. With the permission of the estate of Bayard Rustin, a group of San Francisco Bay Area African-American LGBT community leaders officially formed the Bayard Rustin LGBT Coalition to promote greater participation in the electoral process, advance civil and human rights issues, and promote the legacy of Rustin. He was posthumously awarded honorary membership into Delta Phi Upsilon, a fraternity for gay, bisexual and progressive men. In

2013, Rustin was selected as an honoree in the United States Department of Labor Hall of Honor and was also awarded the Presidential Medal of Freedom.

For all of his influence and impact on human rights, his sexual orientation still caused even his memory to fade. A lot of people still don't know his name largely because he was a gay man. Over the years, however, thoughts about him would emerge from the shadows to finally put him in the spotlight and showcase the enormity of his contributions. Rustin is arguably one of the most influential people in the civil rights and LGBT movement. He dedicated his life to helping others, fighting injustices and discrimination so that people could live as one.



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

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Health & Fitness

What is Fitness?

A CTARNG Fitness Improvement Program Participant Redefines His Opinions on Health

Spc. JAMES OLVERA
1109TH TASMG

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 possible obstacles and how to overcome them.

Soldiers participate in a yoga class at the Connecticut Army National Guard Fitness Improvement Program at Camp Nett at Niantic, 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)



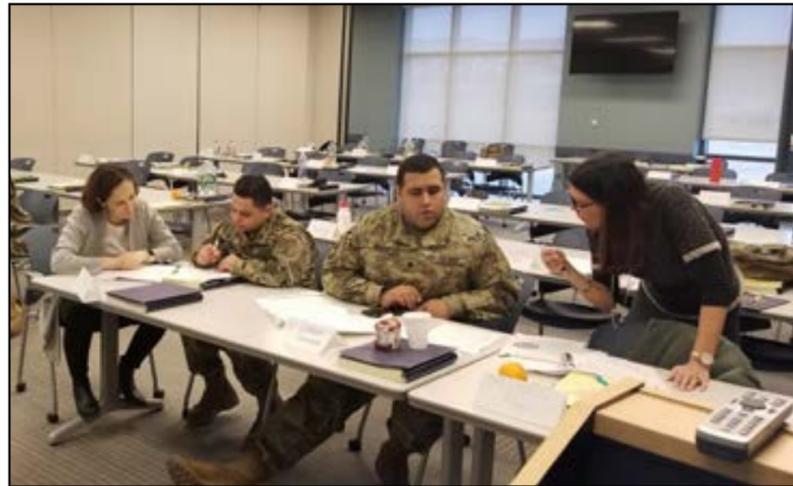
The nutritional information portion of the course was important. They provided tips on how to stop stress eating and on how to be a lot more conscious of what you are doing. We also learned how to meal prep and what each type of food does to your body.

I came into the program weighing in at 270 pounds, failing my Army Physical Fitness Test.

In my most recent test, less than three months after reporting to the FIP, I passed my test with 19 more pushups and sit ups than I started, a reduction of over five minutes on my run, and down 28 pounds in the just over three months it took to complete the program.

The program works, but you get out what you put into it.

My biggest take away wasn't PT, or nutrition, but



Spc. James Olvera, center-right, works with a nutritionist at the Connecticut Army National Guard Fitness Improvement Program at Camp Nett at Niantic, 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)

identifying the mental obstacles. I tend to push things back, to stress eat, and to allow those instances to snowball over time until I fail.

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

I hated running, and I still do, but mainly because running hurt my shins, especially when I am at 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 pinpoint 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.

Health & Fitness

The Army Combat Fitness Test Why is the Army Making the Change?

STAFF SGT. JOHN YOUNG
ACFT COORDINATOR, G3, CTARNG

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, agility, cardio endurance, balance, flexibility, coordination and reaction time. Based on our analysis, the ACFT events most 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 gives our leaders the ability to assess the strengths 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.

Points	3RM Deadlift (lbs.)	Power Throw (m)	Release PU (reps)	Sprint Drag Carry (m:s)	Leg Tuck (reps)	2 Mile Run (m:s)	
100	340	13.5	70	1:40	20	12:45	
99	330	13.2	68			13:00	
98	320	13.0	66	1:41	19	13:15	
97		12.8	64	1:42		13:30	
96	310	12.5	62	1:43	18	13:40	
95		12.3	60	1:44		13:50	
94	300	12.1	58	1:45	17	14:00	
93		11.9	56	1:46		14:10	
92	290	11.8	54	1:47	16	14:20	
91		11.6	52	1:48		14:30	
90	280	11.5	50	1:49	15	14:40	
89		11.3	49	1:50		14:50	
88	270	11.2	48	1:51	14	15:00	
87		11.0	47	1:52		15:10	
86	260	10.9	46	1:53	13	15:20	
85		10.7	45	1:54		15:30	
84	250	10.6	44	1:55	12	15:40	
83		10.4	43	1:56		15:50	
82	240	10.3	42	1:57	11	16:00	
81		10.1	41	1:58		16:10	
80	230	10.0	40	1:59	10	16:20	
79		9.8	39	2:00		16:30	
78	220	9.7	38	2:01	9	16:40	
77		9.5	37	2:02		16:50	
76	210	9.4	36	2:03	8	17:00	
75		9.2	35	2:04		17:10	
74	200	9.1	34	2:05	7	17:20	
73		8.9	33	2:06		17:30	
72	190	8.8	32	2:07	6	17:40	
71		8.6	31	2:08		17:50	
70	180	8.5	30	2:09	5	18:00	HVY
69		8.3	28	2:16		18:10	
68	170	8.0	26	2:23		18:20	
67		7.5	24	2:30	4	18:35	
66		7.0	22	2:37		18:50	
65	160	6.5	20	2:45	3	19:00	SIG
64		6.2	18	2:55		20:10	
63	150	5.9	16	3:05	2	20:20	
62		5.6	14	3:15		20:30	
61		5.3	12	3:25		20:45	
60	140	4.6	10	3:35	1	21:07	MOD

Army Occupational Physical Demand Categories:

- Heavy Physical Demand** (Black box): Infantry, Armor, Ranger, Combat Engineer, Motor Transport Operator, Cavalry Scout, Cannon Artillery, and others
- Significant Physical Demand** (Grey box): Rocket System Crew Member, Military Police, Combat Medic, Air Crew Member, Watercraft Engineer, Petroleum Supply Specialist, Wire Systems Installer, and others
- Moderate Physical Demand** (Yellow box): Dental Specialist, Ammunition Specialist, Tracked Vehicle Repairer, Logistical Specialist, Air Traffic Control Repair Specialist, Fire Control Repairer, and others

 **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 G3. Please consult your doctor before starting any new fitness or nutrition routine.

Enlisted Update



COMMAND SGT. MAJ.
JOHN S. CARRAGHER

Greetings, Team! Welcome to summer! Although the days and weeks sometimes seem to drag, the months will fly by! I am hopeful that the weather turns consistently good, and that we can all enjoy our favorite outdoor activities, especially collective training events!

Even though it is early in the season, a large contingent of our Soldiers have completed annual

training for training year, 2019. The 1st Battalion, 102nd Infantry; H Company, 186th Brigade Support Battalion; C Company, 186th Brigade Engineer Battalion; a platoon from the 143d Military Police Company and a military working dog team participated in a Joint Readiness Training Center, Fort Polk, La. as part of the 86th Brigade Combat Team.

The Army National Guard is allocated four Combat Training Center rotations per year, two at the JRTC for our infantry BCTs and two at the National Training Center for our heavy BCTs. CTC rotations are the culminating training and validation event in a two-year training ramp up. The rotation exercises and evaluates every facet of BCT operations, from mission analysis through deployment, employment, and redeployment. All operations are conducted in a non-permissive environment against a well-trained, well-equipped, determined adversary operating on their home terrain. Rotations are purposely designed to overmatch the rotational unit and stress every battlefield operating system. The intent of the rotation is to make it the hardest fight a unit will ever face. Success is often measured by degree of failure.

Along with members of CTNG senior leadership, I had the opportunity to visit our units during the rotation. I am proud to report to you all of the units performed exceptionally well. We received

feedback from the operations group commander, the opposing force commander, individual unit observer-controller/trainers, unit leaders, and most importantly, individual Soldiers. Although there is always room for improvement, the universal message we received was that Connecticut Soldiers were leading the way and more than holding their own. I could not be more proud of the hard work, dedication, proficiency, and professionalism of every single Soldier that made Connecticut's part of the rotation successful!

All units have challenging collective training events scheduled over the next several months. Our Soldiers will be training in Oregon, Texas, Virginia and everywhere in between. I look forward to visiting each training location to see the great things you are doing so that I can share your story!

If the normal pace of operations was not enough, we continue to mobilize, deploy, and redeploy Airmen and Soldiers to various theaters. We recently welcomed home members of the 1109th TASMG, Co. C, 3/126th 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 test continues. 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 administration of the test will be informed by the data. I found this to be great news because it demonstrates we are following the process to make sure we get a good 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 about what I 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 78 percent. That percentage of passing is roughly the same, if not a little higher, than normal.

I had the opportunity, along with many of my peers from across the country, to take the ACFT in May. I am

the first to admit that I was very apprehensive about taking the test. I was happy with the results. My scores on all of the events were well above my minimums. The hardest event for me will be the leg tuck. I am personally much more confident in my ability to meet the standard and therefore more confident in the test as a whole.

The bottom line on the ACFT: it is not as big, bad, and 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 for it and be ready and you will pass. I encourage you to go to the Army ACFT website (www.army.mil/acft) to learn more. Additionally, the Center for Army Lessons Learned published a great document, (CALL 18-37, The Army Combat Fitness Test) that not only describes each event but gives a training strategy for improvement. Download CALL 18-37 at <http://call.army.mil>.

I would be remiss if I did not talk about safety (on and off-duty) at this time of year. The business of being a Soldier or Airman is inherently dangerous. We routinely execute operations that, by definition, are intended to cause bodily harm. The tools of our profession are weapons and ammunition, explosives, hazardous materials, aircraft, and large heavy vehicles. In order to minimize the risk to our people, we integrate risk management into every task we execute, administrative or tactical. Please make sure you are using the deliberate risk management process. Know the risk approval authority and take no unacceptable risk.

The same process applies to our off-duty activities. A couple of things are non-negotiable. If you drink, don't drive. Have a plan in place BEFORE you start. If you are a motorcycle operator, you must be properly licensed with the state, attend a motorcycle safety course, and wear the appropriate personal protective equipment. If you have any questions at all about your responsibilities as a motorcycle operator, ask anyone in your chain of command.

I look forward to getting out and seeing the great things all of you are doing. Execute your plan and use every moment of precious training time to increase readiness and lethality!
Editor's note: Read more about the ACFT on page 11.

OCS Class 64 Hosts Dining Out

MAJ. MIKE PETERSEN
STATE PUBLIC AFFAIRS OFFICER

ROCKY HILL, Conn. – The four remaining officer candidates of OCS Class 64 worked overtime to host the annual 1st Battalion, 169th Regiment (Regional Training Institute) Class 64 Officer's Dining Out at the Sheraton Hartford South, May 11.

Members of the Connecticut National Guard's leadership on hand to support the candidates' in their quest for a commission, to include Maj. Gen. Fran Evon, the Adjutant General of the Connecticut National Guard, Col. Charles Anderson, Commander of the 169th Regiment and Lt. Col. Marc Castellucci, Battalion Commander of the 1/169 Regiment.

"A smaller class means more time management and a better understanding of all the tasks that go into planning an event like a dining out," Castellucci said. "I have to commend the instructors and OCS cadre for all of their work preparing the candidates to execute the event so successfully. They should take a lot of confidence in their ability to plan and prepare."

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.

Lawlor, a graduate of the Connecticut National Guard Officer Candidate School himself (Class 32), reminded candidates that people are our greatest resource, and that they should always seek self-improvement and mentorship, while being mentors themselves.

He said candidates should start as mentors to each other, leaning on others strengths to better themselves and the team.

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

The 102nd Army Band provided the entry music, and members of the 169th Regiment served as the color guard to get things kicked off. Chaplain (Maj.) David Nutt, Connecticut Army National Guard Chaplain, provided the invocation and the benediction.

After dinner and the keynote address, the candidates provided entertainment for the audience in the form of a video skit, which drew laughs at the expense of themselves, and their cadre.

The remaining class of candidates includes Candidates Luis Gomez, Russell Hagios, Nathan Moody and Isabelle Motley – all Connecticut residents.

The 169th Regiment's Officer Candidate School tests those wishing to earn a commission in the National Guard or Army Reserve. For more information, current members should contact their chain of command, and prospective members can contact the Public Affairs Office at 860-524-4857.



Officer Candidates of OCS Class 64, 1st Battalion, 169th Regiment (RTI) around the grog bowl at their Officer's Dining Out at the Sheraton Hartford South, Rocky Hill, Conn., May 11. (Photo by Maj. Mike Petersen, State Public Affairs Officer)



Nearly 100 guests, including Connecticut National Guard Leadership, attended the 1st Battalion, 169th Regiment (RTI) Class 64 Officer's Dining Out at the Sheraton Hartford South, Rocky Hill, Conn., May 11. (Photo by Maj. Mike Petersen, State Public Affairs Officer)

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/>

Inside OCS

Every Second Counts

Class 64 Candidates Begin to Make Final Preparations for Phase Three

OFFICER CANDIDATE NATE MOODY
OCS CLASS 64, 1-169 REGT (RTI)

On April 12, 2019 the Connecticut Officer candidates of Class 64 convoyed to Camp Smith, New York to begin joint training with the New York Officer Candidate School. The drill began with the operations order, briefed by both a New York and Connecticut Officer Candidates, explaining to the rest of the platoon what will take place during drill.



The candidates started with a three-mile tactical road march to the training area. Officer candidates practiced moving under the cover of darkness as well as adjusting to adverse conditions in the pouring rain. Upon arrival, the platoon leader and platoon sergeant established an

objective rally point before getting the platoon into a patrol base, where they implemented their priorities of a work and sleep plan.

The OCs woke up to begin their next day, in the pouring rain, with a ruck march up to the "Bald Spot" training area. Upon arrival, the OC's split up into four groups where they were given a fragmentation order. The OCs were then expected to use their pre-prepared Operations Order templates to create a plan and then brief their subordinates on the FRAGO. For the majority of the OCs, this was the first time they received a FRAGO and had to make a plan biased off the information they received. With this said, many OCs had trouble at first creating a plan using the proper five paragraph OPORD format. After a few runs through of the FRAGOs the OCs came together to run situational training exercises lanes.

Now with a squad to control, the OC squad leader is responsible for having his Alpha and Bravo team leaders conduct rehearsals biased on his/her warning order. The OC team leaders then take charge of their team to ensure their soldiers are ready to execute the mission at hand.

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

After the STX lanes the OCs rucked up and moved back to the barracks where they began to clean their weapons and take accountability of all their gear and equipment. The next morning the OCs conducted PT and continued to clear out the barracks and turn in weapons. The Connecticut OCs loaded into the vans and conducted convoy operations back to Camp Nett at Niantic.

The OCs were dismissed with five weeks to prepare for their next drill when they will be traveling to New Hampshire to meet up with many candidates from other states for a regional STX. This will be one of the last opportunities to properly create and brief an OPORD to a squad before phase three. Phase three is the final test for the OCs, as they will be graded on their ability to create, brief, and execute a mission based on a FRAGO.

"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.

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 DAM 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.

R3SP - Resilience, Risk Reduction & Suicide Prevention

New Alcohol Self-Referral Policy

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER

Early identification of problem alcohol use is critical in linking Soldiers with effective treatment. The preferred method of identification is self-referral. The Limited Use Policy, per AR 600-85, grants Soldiers who self-refer for substance use issues certain protections so 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 and makes it possible for Soldiers to self-refer multiple times over the course of their career for alcohol use concerns. Soldiers who self-refer and require traditional outpatient treatment for their alcohol use will not be flagged for adverse action, 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 ASAP and Behavioral Health are here to support you in entering recovery. Contact the Prevention Coordinator at 860-548-3291 or SUDCC at 860-946-9810 today!



KNOW YOUR RESOURCES!

In an emergency, always call 911

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

CTANG 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

MENTAL GAMES

Resilience: "Skill of the Month"

Edition #55: June 2019
R2PM: alexander.m.long5@mail.mil (860) 524-4926

PLAY THE GAMES

How can Mental Games enhance my performance?

What is the skill?
Mental Games changes the focus away from counterproductive thinking to enable greater concentration and focus on the task at hand.

3 PRINCIPLES

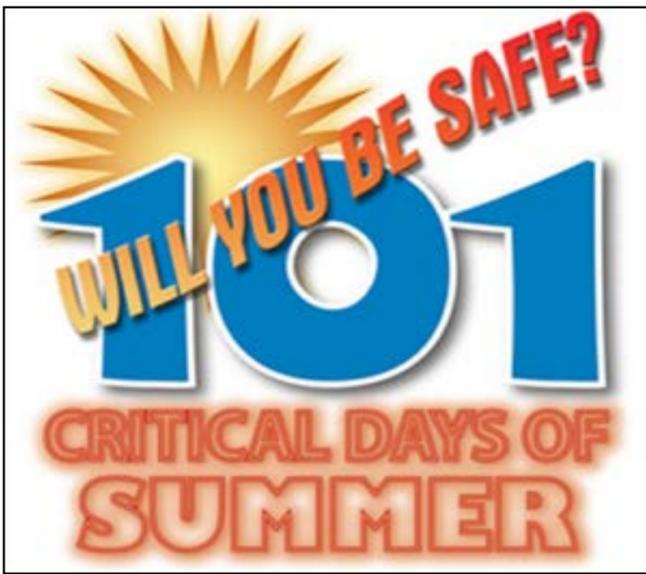
- ✓ Mental Games must require your full attention
- ✓ Must be hard and fun
- ✓ Must be games or techniques you can do within a few minutes

MENTAL GAMES TO PLAY

Math games: Count back from 1,000 by 7s.
Alphabet games: Work your way through the alphabet, naming someone for each pair of initials.
Categories games: Name all the sports figures, war heroes, etc. you can in two minutes.
Army alphabet: Repeat it backwards.
Lyrics: Recite upbeat song lyrics.
Positive Imagery: Create a detailed positive image of a situation or memory that helps you to feel calm, positive, or confident.

*** What other mental games can you come up with??

R3SP - Resilience, Risk Reduction & Suicide Prevention



Dehydration & Sun Safety

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER

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, “hydrate,” with alcohol you’re actually losing significantly more fluid than you are putting in. Alcohol is a diuretic, meaning it increases the body’s output of fluid, which can cause dehydration and an imbalance of electrolytes. Many of the side

effects of a hangover are actually caused by dehydration not your body’s response to the alcohol itself. Drinking alcohol in the heat increases the risk of life threatening injuries. If you chose 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 IS INVOLVED IN 21% OF ALL BOATING FATALITIES

NEVER BOAT UNDER THE INFLUENCE

Boating under the influence is illegal — and dangerous. Marine law enforcement officers will be cooperating on increased enforcement of BUI laws.

If you're Boating Under the Influence, you may be arrested, fined, and may face jail, impoundment of your boat, and loss of your boating and/or driving privileges.

Don't risk it. Never Boat Under the Influence.

This safe drinking message brought to you by CONNECTICUT ARNG Substance Abuse Program.
Meagan MacGregor ADCO— 860-524-4962 CPT Alex Long R3SP PM 860-524-4926

OPERATION DRY WATER VASBLA

Off the Bookshelf with Sgt. 1st Class Simon

Yoko Ono's Grapefruit Prose that Deserves to Be Imagined

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

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?

Ono’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 temptress, 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 its merit 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 “Bloodpiece,” are tinged with a shadowy resonance: “Use your blood to paint./Keep painting until you faint. (a)/ Keep painting until you die. (b)

“Grapefruit” was first published in Japan in 1964 but reprinted in the Unites 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.

There is a reoccurring conceptual theme of food production and consumption in both “Grapefruit,” and “Above Us Only Sky.” This too makes sense with context. Ono has described her experiences during World War II as “hungry,” as she spent many days without

eating due to Japan’s food shortages. In “Grapefruit,” Ono presents food as abstract and ethereal.

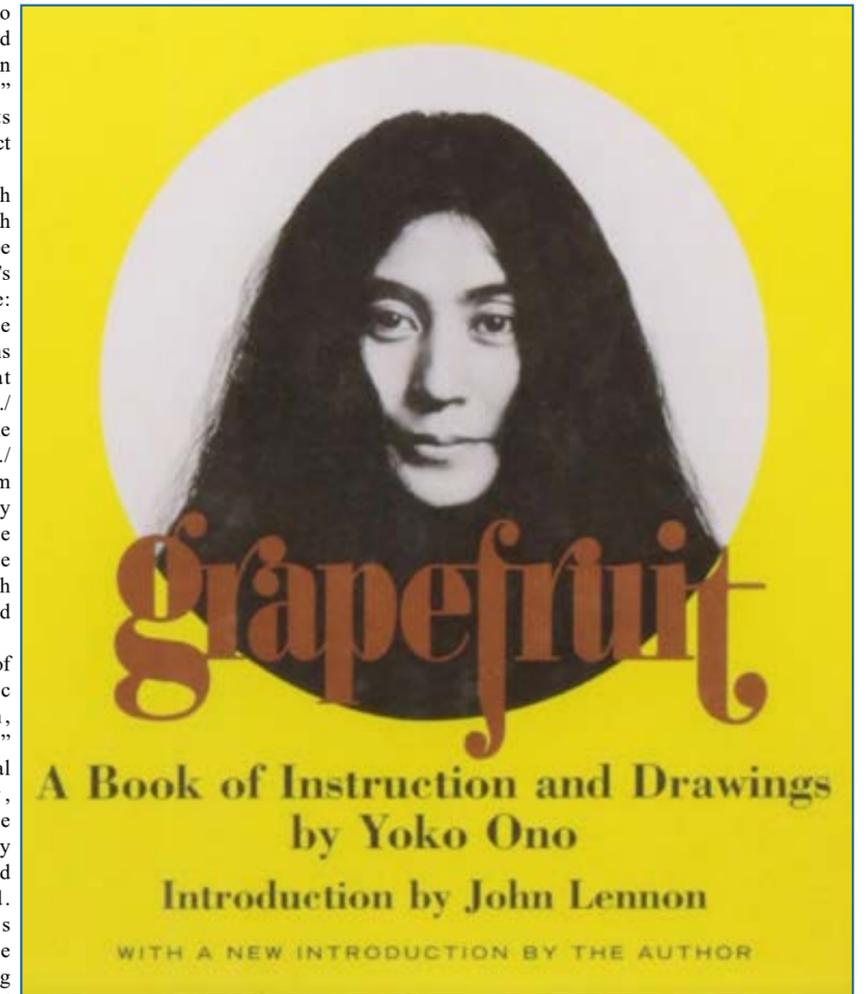
“Tuna fish Sandwich Piece” may be the collection’s most notable: “Imagine one thousand suns in the/sky at the same time./ Let them shine for one hour./ Then, let them gradually melt/ into the sky./ Make one tunafish sandwich and eat.”

Regardless of Ono’s public perception, “Grapefruit,” is exceptional and may, indeed, have been wrongly ignored and overlooked. Ono’s words are mesmerizing and spellbinding.

“Imagine the clouds dripping./Dig a hole in your garden to/ put them in.”

“Imagine letting a goldfish swim across the sky./ Let it swim from the West to the East./ drink a liter of water.”

“Imagine your head filled with pencil leads./ Imagine one of them broken./ Show a pencil lead to your friend and tell/ him that it came out of your head.”



“Blood is not blood unless it is exposed. It is blue when it is imagined.”

Ono’s poetry, at least, deserves to be imagined.

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

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 FULL TIME EMPLOYMENT OPPORTUNITIES

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

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

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

CTARNG Funeral Honors Team
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HONOR
GUARD

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Retiree Voice

Should You Downsize in Retirement?

CHIEF WARRANT OFFICER 4 (RET.) JOHN GODBURN
RETIREE AFFAIRS COLUMNIST

After decades of working and building your assets, retirement is the time when you can finally relax, sit back, and enjoy the fruits of your labor.

You may decide to downsize to a smaller home to increase your savings, be closer to children, or to change location or lifestyle. Whatever your reason for considering to downsize, be sure you have thoroughly done your research, and considered all available options.

According to a TD Ameritrade survey, 42 percent of Americans plan to downsize in retirement with only about six percent planning to move to a senior living community.

One major consideration for downsizing is the financial aspect. If your reason for downsizing is to save money, you must, "run the numbers."

Sit down and figure out what your current home costs you, including the mortgage, taxes, insurance, utilities, maintenance and other costs. Then examine some scenarios for a smaller home to see how much you might save. When doing this, be sure to factor in where you plan to buy your smaller home. Buying in the same neighborhood or area you now live; you could very well save money. But moving to a city center or more expensive state could actually cost you money.

Current data suggests that retirees could live 30 years or more in either full or partial retirement, so crafting a long-range plan is imperative. You may dream of selling your current paid-off home for big bucks, buying a smaller home for cash, and investing the rest. This could happen and might give your retirement savings a boost. But keep in mind that the housing markets in many towns are still recovering from the last financial crisis. You may discover that your home is not worth

as much as you think, or that it is hard to find a smaller home that meets your needs. Before you make any final decisions, first talk to a realtor to learn how much you can expect to sell and buy for.

But downsizing is not the only way to save on housing costs. Perhaps you could turn part of your home's space into a money-maker by renting out a room, or turning space over your garage into a studio apartment. This could prove very profitable, especially if you live in a high demand area. Options like this could allow you to stay in your home, and come out on top financially.

Besides the financial considerations, there are also the non-financial costs to consider. There is an emotional cost to parting with a home you may have had for decades. If you are considering moving away to a different state or part of the country, think about the emotional impact this could have, being further away from family and friends. How much you save in downsizing may outweigh these emotional costs, but these must be considered.

Other factors to consider when downsizing, are what kind of lifestyle do you want in retirement? Buying another home, even if it is smaller, still comes with costs and maintenance, such as lawn care, possibly snow removal, home maintenance, etc. Maybe renting an apartment or buying a condo better fits your retirement lifestyle. These options may allow your more flexibility to move about or travel, without the headaches of home ownership. But remember, there are costs associated with this as well. Monthly home owners association fees could impact your budget, and monthly rental fees generally increase over time.

As part of downsizing, you also need to consider your health and activity level. If you are healthy and live an active lifestyle, perhaps an over-55 community may be for you. Moving to an active community for adults, may be less expensive and provide the organized activities

and social support you are looking for. But if your health is in decline, then continuing care communities might be an option to consider. These communities generally come with different home ownership options, and provide a right to access housing (up through nursing care) for life, rather than tangible equity in a home.

One thing all the experts agree on is that retirees should use caution, and not make any rash or quick decisions in the wake of a major life event, such as the death of a spouse. Taking the time to fully evaluate all your options and making sure downsizing is right for you as an individual or family, is critical. Be sure to factor in how changes in your monthly budget, medical expenses, and increased distance from family (if moving further away) will affect your daily life. It's a good idea to fully talk through all your options with family and friends, ahead of time – don't be afraid to ask for help. The process of moving can seem daunting, so ask for help and factor in moving expenses if needed.

Every situation is different. Retirees need to factor things like association fees, taxes, and travel expenses in their downsizing plans. And as you get older, medical expenses will likely increase. Factor in location and if it makes sense to stay closer to family and friends. In some cases, it may make more financial sense to not downsize at all. You have worked your whole career for retirement, so it is important to make sure you are getting the most out of it, while making sound financial choices. The great thing is that this change could be just the change you need to jumpstart your new life.

Editor's Note: The views presented in this article are the author's only. Information for this article came from AARP, Forbes, U.S. News, TD Ameritrade and other news sources. Always consult a qualified financial professional and do your own research before making any decisions regarding your financial future.

Where to Find Veterans Services



under other than dishonorable conditions, and certain

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

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/#BM1>

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

CONNECTICUT NATIONAL GUARD PROMOTIONS ARMY

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Mecabe, Brian H.
Miranda, Torres J.
Na, Mony
Oconnell, Kevin C.
Roach, Haille L.
Royka, Zachary E.
Santiago, Cuevas A.
Simmons, Tator A.
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Stewart, Tiona M.
Zdrojeski, Preston T.

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Eliza, Cristian J.
Eriksen, Isaac D.
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Rodriguez, Hernandez J.
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Villagomez, Jose M.

Villanueva, Ivan
Wallis, Justin T.

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Paier, Christopher J.
Rath, Patrickk D.
Rivera, Anthony F.
Rodriguezmartinez, Jossean
Sarria, Markgenesis P.
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Thompson, Brooke E.
Toth, Alexander J.
Valcinreda, Iranie
Warburtonbaker, Akin B.
Weah, Joshua M.
Williams, Daouda S.
Xu, Xiaochen

To Sergeant

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Basile, Zachary J.
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Carrasquillo, Nathan R.
Chaparroroser, Jean P.
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Pyo, Daniel J.
Reyes, Jose R., Jr.
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Stefanovicz, Joshua P.

Tangredi, Joseph L.
Tirado, David L.
Vazquez, Louie E., III
Walker, Kelly L.
Weis, Spencer H.
Wilke, Benjamin J.
Yanez, Brina M.

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Crowley, Allyson L.
Meade, Jesse T.
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Nelson, Gavin A.
Pierce, Richard J.

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Lyn, Anton S.
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Mangiafico, Hongjoon
Pitcher, Ronald F. Jr.
Vickers, Eric A.

To Master Sergeant

Maynard, Ryan A.

To Captain

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To Colonel

Rolstone, Kim S.

ATR

To Airman First Class

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To Senior Airman

Cassis, Christopher J.
Vazquez, Jalisie N.
Walsh, Kayla F.

To Staff Sergeant

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Richards, Isaiah L.
Cintron, Joshua
Haggerty, Justin M.
Whiting, McClure I.

To Technical Sergeant

Mcnamara, Patrick W.
Alexander, Ryan M.

To Captain

Pierce, Jennifer K.
Eichelberger, Joshua

Promotions as of May 1, 2019

Calendar

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

August

August 4

Coast Guard Birthday

August 6

August Guardian Deadline

August 7

Purple Heart Day

August 8

Victory Over Japan Day

August 22

Retiree & Full Time Staff Picnic
(details on page 25)

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CATHERINE GALASSO-VIGORITO

It's All About Attitude

Your attitude and the choices you make today can help build your tomorrow.

There was once a story I heard about a carpenter who was getting ready to retire. He would miss his career, yet he and his wife decided that they wanted

to live a quiet and simple life. They'd enjoy their retirement by spending their time with their family and close friends.

So the carpenter told the owner of the company of his plans to leave the building business. There was a short pause. Saddened, the owner was sorry to see one of his good workers leave the company. Then, the owner asked a personal favor, "Before you retire, could you build just one more house?"

It was to be built in the rural community. Nodding his head, the carpenter uttered, "Yes."

But as time went on, the carpenter's heart was not in his work. The carpenter used low-grade materials, and he was careless with his once-pristine workmanship. Rushing through his work, the carpenter couldn't wait until this last project was over.

Finally, when the carpenter finished the house, the owner of the company came to take a look at it. The owner made a short speech, thanking the carpenter for his years of hard work and dedication. In so many words, he said his good-byes.

However, as the evening drew to a close, the owner had planned a surprise for his long-time carpenter. With a twinkle in his eye, the owner handed the front-door key of the country home to him.

"What's this?" the carpenter questioned, confused. Delighted, the owner exclaimed, "This is your house!" he said, "It's my gift to you."

Bewildered and stunned, the carpenter thanked the owner for his unflinching generosity. His heart was pounding furiously. But, sadly, he thought to himself, "Now, I have to live in the home I shabbily built." He buried his head in his hands, sobbing. If the carpenter

had only known he was building his own house, the carpenter would have done it all so differently.

Your attitude and the choices you make today can help build your tomorrow. Think of yourself as the carpenter in this story. And... build your life wisely!

The Bible says, "God's mercy is new every morning." (Lamentations 3:22, 23) With the breaking of dawn, brings new hope. This is a new day, a time for you to accomplish a new dream. You have marvelous talents and abilities. So, utilize your gifts to the fullest. Choose to have faith. Do not give up on yourself or let hardships or self-imposed shortcomings determine your ability to go after your heart's desires. No matter what has happened in your life, regardless of past mistakes or difficulties, the power to choose a better way to live is available to you now.

Choice is the key. You have options. There are good alternatives. You can begin anew. You always have a choice about which way you view your situation and what you are going to do about it. If your child spills a glass of milk, for example, you may not be able to change what has happened, because you see the spilled milk all over the table. Nevertheless, you can change your attitude towards it, not letting yourself get upset and angry... and this, ironically, alters reality.

A while back, I received a lovely letter from a reader who wrote, "When I was a young girl, my parents bought me a charm bracelet that had attached to it a very small clear cylinder enclosing tiny mustard seeds. Two of the other attached charms revealed the Bible message, "If ye have faith in a grain of mustard seed... nothing shall be impossible unto you." As a child, I didn't understand the meaning. And for many, many, many years beyond that, I thought the meaning might be that if I had faith that one mustard seed could produce a crop (of some kind), that it would be so.

"It was not until reading one of your most precious and insightful columns that I understood the true meaning: that if my faith were only as tiny and small as a mustard seed, that I had all that I needed to grow my faith. What a revelation! I had a choice! This was just what I needed to give me hope, and more specifically the faith, to carry

on through my trials and troubles.

"Catherine, I am so grateful to you for following your instincts in order to provide so many of us with live-saving, live-giving inspiration. We need you. We appreciate you. We give thanks to you. Most every evening, I include you and your family in my prayers, and I tell you this to thank you, but mainly to give you the strength to continue in your ministry that is so live-giving to so very many. Thank you for sharing the gift of your faith, and thank God for your special gift of knowing how to bring us closer to Him."

Seeking the positive and having an attitude of faith is a deliberate process and a matter of choice. Hence, empty out the negative, so God can fill your days with good things. God is getting ready to "repay you two blessings for each of your past troubles." (Zechariah 9:12). So change your perspective. Enjoy the blessings before you. Replace negative thoughts with more balanced thoughts. For oftentimes, inaccurate thoughts may keep you stuck, worried, frustrated, or even plunge you into the depths of despair.

Reflect on gratitude and what brings you joy. A friend of mine said, "Look at what's there, instead of what isn't." Praise God all through the day, centering your attention on everything that's good, right and positive. Surround yourself with those who are passionate, encouraging and supportive, because the wrong people and environments can negatively impact your health and potential. Replace old habits with new, more empowering ones, scheduling time for what is important to you.

Start looking for joy, and you will find it. See the beauty in every moment. Pray. Make it a habit to expect a pleasant surprise each day. Take care of your health and exercise daily. Go outside. Take a long walk in the fresh air and sunshine. And find ways to help others. Giving is a joy producer.

Dear readers, greater joys and blessings are going to come into your life. The window to your future is open. There's a saying on a plaque that tells us, "Life is a do-it-yourself project." Do the very best you can. Live a positive life. God has amazing things in store for you.

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



Horses for Little Heroes Meet and Greet!



The Connecticut National Guard Child & Youth Program in partnership with the 1st Company Governor's Horse Guard are excited to bring back the Horses for Little Heroes Program. This program will be kicking off in June and will run through November! We invite you to come to a meet and greet at the 1GHG to see the facility, meet the troopers and horses. Additionally we will have some crafts and activities for you to enjoy!

Registration is required at the link below

<https://ctng-horses-meet-2019.eventbrite.com>
Password: **Horses619**

SPACE IS LIMITED FOR THE SESSION

**Date: Saturday, June 8, 2019
Time: 9:30 AM**

**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**



Jr Chef Boot Camp is a week long, full day experience for children ages 10-13 who have a parent that is in the military and has been recently deployed. During this week, Jr Chefs have award winning professional chefs come in to share their skills, culminating with a "Chopped" style event where they will be paired up to compete along side these chefs.

**July 22-26 & August 12-16 at Holcomb Farm in West Granby
9:00 AM to 3:00 PM**

Register Here: <https://jr-chef-bootcamp2019.eventbrite.com>

Password: **JCBC2019**

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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.
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		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												
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		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	melodychrysanee.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) 524-4963 (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.o.shaughnessy.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@reda.com	(203) 233-8790 (cell)
State Support Chaplain	CH (MAJ) David Nutt	david.e.nutt.mil@mail.mil	(860) 548-3240 (desk)/(860) 863-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.civ@mail.mil	(860) 524-4968 (desk)/(860) 748-0037 (cell)
Employee Support for the Guard and Reserve	Sean Britell	sean.e.britell.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@reda.com	(860) 387-7552 (cell)