Flying Yankees Prepare for Deployment

Members of the Connecticut Air National Guard, 103rd Airlift Wing in formation at their formal send off ceremony at the Bradley Air National Guard Base, East Granby, Conn., June 18. Wing members will be responsible for supporting ongoing Expeditionary Combat Support operations in Southwest Asia. The unit's last deployment was in 2017 in support of Operations Enduring Freedom and Inherent Resolve. (Photo by Allison L. Joanis, State Public Affairs Office)

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Sgt. Kawonna "Goldie" Goldenbroughton, a culinary specialist attached to the Connecticut Army National Guard Training Center, Connecticut Army National Guard, uses her knowledge of nutrition and love of cooking and family inspiration as she prepares meals at the CTNG Regional Training Facility in Niantic. (Photo courtesy of Maj. Giancarlo M. D’Angelo, 148th CSSB AG)

Goldenbroughton is an accomplished baker and she still reminisces about the highlights of the day because of the skill and care that went into every meal she provided. "Working for Sgt. Goldie is fun because she is always challenging you, and she’s always teaching," said Spc. Donnecia Phillips. "She goes out of her way to make sure you understand the skill or the science behind a meal." In her time with the Connecticut Army National Guard, she has been able to use her skills to help impact the mission of the CTC, the RTI, and the Soldiers visiting from other units.

As much as she gives to the Guard every day, she’ll be the first to admit that she loves just as much the Connecticut Army National Guard. "I was on the wrong path before I joined. I had a lot of personal issues that I had to deal with," Goldenbroughton said. "But from my first day in 2014 with the 1048th Transportation Company, I knew I had done the right thing. The 1048th embraced me, I knew I belonged in this organization. When I was promoted and transferred to the CTC in 2016, I was given the ability to fully incorporate all my culinary skills in a military kitchen. I really felt like I was allowed to grow as a cook and help impact the mission of the CTC, the RTI, and the Connecticut Army National Guard. The Guard provided me direction and discipline, I look forward to giving back and serving for 20 years." Soon, hundreds of Officer Candidate School Cadets from all over the Northeast will descend on Camp Natu, in search of a challenge. They will be physically and mentally pushed to exhaustion. Unbeknownst to them, Goldenbroughton will be quietly laboring in the background, ensuring their endurance experience will be a little more tolerable, because all of them, are family.
His aircraft subsequently became engulfed in flames and crashed into the water off Papua New Guinea. With the assistance of Project Recover, a collaborative effort utilizing marine, scientific, and technology, to find and repatriate American service members missing in action since World War II, Kelly’s family was able to achieve the proper recognition and closure they had lacked for so long.

The ceremony invocation and benediction were delivered by Rev. Dana Bullenbach, Connecticut State Police Chaplin, and the National Anthem was performed by Conard High School sophomore Stephanie Runnin-Scheur. Camille Townswick and her father Don Townswick concluded the ceremony with a rendition of “Taps.”

The 102nd Army Band was proud to play its role in such a powerful, moving event.

Editor’s Note: For updates and photos about the band’s performance, follow the 102d Army Band and RipChord on Facebook at https://www.facebook.com/102dArmyBand/ and https://www.facebook.com/RipChord102D/
The Connecticut National Guard Foundation, Inc (CTNGFI) - 501(c)(3)

Military & Veterans Support Coalition (MVSC) - 501(c)(3)

Connecticut Military Community (CMC) - 501(c)(3)

Proceeds will be distributed to benefit programs of the Connecticut Military Community.
Their efficiency effectively would deny an enemy force access, canalizing an enemy, increasing lethality and survivability is paramount, and the men and women of the battalion showcased those skills throughout the entire training period.

As the 192nd Engineer Battalion command sergeant major, Saturday night of drill weekend was the Senior Enlisted Leader, Battle Operations Sergeant, Saturday night of drill weekend was the Senior Enlisted Leader, Battle Operations Sergeant, 192nd Engineer Battalion.

Finding places where you can go to get cool. Try to keep your home cool. 
- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building’s attic by clearing hot air.
- Install window air conditioners and insulate around them.

Stay on the Safe Side when Temps Rise

Heat Stroke
- Stay hydrated. Keep cool in the shade. Use some form of shade, such as a tree or umbrella.
- Never leave a child, adult, or animal alone inside a vehicle on a warm day.
- Find places with air conditioning, libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.
- If you’re outside, find shade. Wear a wide hat enough to protect your face.
- Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best.
- Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create a false sense of comfort, but do not lower the actual air temperature.
- Avoid high-energy activities.
- Check yourself, family members, and neighbors for signs of heat-related illness.
- Know the signs and ways to treat heat-related illness.

Heat Cramps
- Signs: Muscle pains or spasms in the stomach, arms, or legs.
- Actions: Go to a cooler location. Remove excess clothing.
- Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion
- Signs: Excessive sweating, pale skin, weakness, disorientation, headache, nausea or vomiting, and fainting.
- Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke
- Signs: Extremely high body temperature (above 105 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; delirium; and coma.
- Actions: Call 9-1-1 or get the person to a hospital immediately. Unplug from whatever methods are available while medical help arrives.
The attacks on Connecticut solidified the rebel cause. Shortly after midnight, on Sunday, July 4, the Camillus and Scorpion, with 48 tenders and transports appeared off the coast of West Haven. The next day, British forces attacked New Haven, Connecticut. At the time, New Haven was the sixth largest city in the new nation with a population of more than 8,500. One division of 1,500 men led by Gen. George Washington sailed up to the Old Field Shore in West Haven. The area is now Savin Rock. A second enemy division landed at South and Morris Neck in what is now East Haven. As they approached the fort at Black Rock, which now is Fort Hale Park, they met opposition from a small group of patriots. The British marched inland and entered the town around 1:00 P.M. near the present-day intersection of Groff, Whalley and Dewitt Avenues. The New York Times reported on July 19 that the enemy, “united the town in the most malignant disposition, armed by a number much inferior to their own.” The enemy then consolidated their two elements on the New Haven Battlefield. During a meeting between Tryon, Gen. Arthur and Collier, it was decided not to burn the town of New Haven. Col. Edward Fanning, Tryon's son-in-law and a 1757 Yale graduate, was reportedly enraged by a number much inferior to their own. “entered the town in the most malignant disposition, armed by a number much inferior to their own.” The enemy then consolidated their two elements on the New Haven Battlefield. During a meeting between Tryon, Gen. Arthur and Collier, it was decided not to burn the town of New Haven. Col. Edward Fanning, Tryon's son-in-law and a 1757 Yale graduate, was reportedly enraged by a number much inferior to their own. “entered the town in the most malignant disposition, armed by a number much inferior to their own.” The enemy then consolidated their two elements on the New Haven Battlefield. During a meeting between Tryon, Gen. Arthur and Collier, it was decided not to burn the town of New Haven. Col. Edward Fanning, Tryon's son-in-law and a 1757 Yale graduate, was reportedly enraged by a number much inferior to their own. “entered the town in the most malignant disposition, armed by a number much inferior to their own.” The enemy then consolidated their two elements on the New Haven battlefield and lay bleeding next to a stone wall. In John Banks' collection of Connecticut Civil War anecdotes, “Hidden History of Connecticut Union Soldiers,” a realistic portrayal of the horror and deadliness of armed conflict. Banks suggests that George Marsh was likely the first resident of Connecticut to die at Antietam. New Milford Resident Capt. Robert Ferris was also killed during the battle. It is said the battle that started the war and his head sought upon the ground satisfied me that he was dying.” Roberts and Ferris were the last men to depart from one another at a Confederate Cemetery in New Milford. In 1862, 15 young men and three additional children. At the dedication of the Soldiers and Sailors monument in East Rock Park in New Haven, Jun 17, 1887, Banks, assisted by a pulley, pulled up a rope with his teeth to remove the drapery covering the monument for a crowd numbering in the tens of thousands. Unfortunately, there are few happy endings in Banks' text. Just hours after escaping the explosion that killed his three friends, 19-year old Marvin Wait was shot in his arm. Wounded, he refused to leave the Antietam battlefield. Minutes later, he was shot in the leg and then in the arm. While awaiting care, he was fatally shot in the side and was left to die while the fighting continued. He was buried in Yankee Cemetery in Norwich on Oct. 1, 1862. John Banks is also the author of “Connecticut Yankees at Antietam.” Book selections and opinions in the monthly book review are the author's own. Write a response, ask a question or request a book to be reviewed, by emailing Sgt. 1st Class Simon at 1stclass@ctarnag.org.
SAVE THE DATE
RETIRER 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/retiree-picnic
OR MAIL CHECKS PAYABLE TO NGACT TO
NGACT Retiree/FTS Picnic - 360 Broad Street, Hartford, CT 06105

NGACT Golf Tournament
SAVE THE DATE
30 AUGUST 2019
Hawks Landing Country Club
201 Pattonwood Drive
Souderton, Connecticut
Tee Time 0900
POC: MAJ Giancarlo D'Angelo at 203-524-4296 or giancarlo.m.dangelo.mil@mail.mil

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(860) 613-7608, roberto.lopez4.mil@mail.mil
Sgt. 1st Class Laura Hernandez, Senior HR Sergeant,
(860) 613-7617, laura.hernandez3.mil@mail.mil
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Wednesday, July 17, 2019, 2-2:45 p.m. ET

Facilitated by: Paul DeLaughter and LaTarsa Williams

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About the discussion leaders

Paul DeLaughter is the Military OneSource state consultant in Massachusetts. He served in the Navy on active-duty for 23 years and retired in 2012 as a Chief Petty Officer. Starting his career chipping paint on an open ocean salvage ship, he worked his way through several different career fields. Paul has worked in the medical and intelligence communities, naval aviation, and retired as a public affairs professional. He earned two bachelor’s degrees from Post University; one in human services management and the other in communications.

LaTarsa Williams has served as the South Carolina Military OneSource state consultant for the past 10 years. Prior to coming to Military OneSource, she spent time at Fort Jackson helping to launch the installation Sexual Assault Program. LaTarsa comes from a rich family history of military service and served for eight years in the South Carolina Army National Guard. She holds a bachelor’s degree in child and family studies and a master of social work from the University of South Carolina.
Traveling Internationally with TRICARE/TRICARE for Life

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