



Connecticut GUARDIAN

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JULY 2019

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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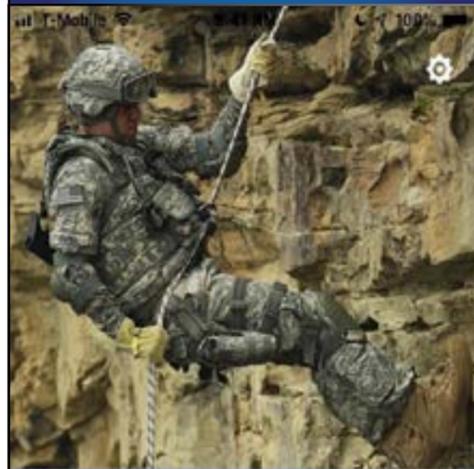


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The *Connecticut Guardian* is an authorized publication for and in the interest of, the personnel of the Connecticut National Guard, State Military Department, State Militia and their families. The editorial content of this publication is the responsibility of the CTNG Hartford Public Affairs Office and is not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, and the Department of the Army or the Department of the Air Force. *Connecticut Guardian* is published monthly in accordance with AR 360-1 and is printed through the Government Printing Office. Deadline for the August issue is July 9, 2019. Circulation: 7,800

Best Kept Secret in the Army National Guard

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

Walking into the Connecticut Army National Guard's 169 Regiment (Regional Training Institute) Dining Facility at Camp Nett at Niantic, you would never suspect that you would be stumbling upon the greatest meal you've ever tasted in your military career.

The facilities are excellent and always clinically clean, but the quality of food and care that goes into every meal is extraordinary.

I know what you are thinking, "How good could it be?" As the 143rd Combat Sustainment Support Battalion conducted its 2019 Annual Training Period, the author heard a version of the following quote on numerous occasions: "I've been in the Army for years, and I've never had a meal like that in the National Guard."

The dining facility's success can be directly attributed to the Connecticut Training Center's Sgt. Kawonna Goldenbroughton. It's not every day that you can witness a person excel and almost transcend their position. She is the LeBron James of Army cooks.

We all know that chow can affect morale. Never was it more evident on the 143rd CSSB Annual Training. It was impressive to see Soldiers pounding camo netting stakes in the rain and conversing about what Sgt. "Goldie," as she is known to her peers and superiors alike, had in store for dinner. Breakfast and dinner became the highlights of the day because of the skill and care that Goldenbroughton consistently demonstrated.

Goldenbroughton has been cooking for as long as she can remember. Her mother and grandmother were accomplished bakers, and she still reminisces about

baking pies and making bread from scratch as a little girl with them. She recalls the wonderful aroma of her mother's apple turnovers and the decadent peanut butter cookies. A recipe that she gladly uses to bake homemade cookies for the Soldiers visiting the RTI.

"My greatest joy is seeing the smiles on the soldiers' faces when they come in from training for a warm meal," Goldenbroughton said. "The Guard is my family and I treat every soldier as if they were a member of my family, and that's what motivates me to cook the best meal possible."

After just a few minutes in her presence, it is easy to see that she isn't exaggerating. She loves to cook and she loves to share her passion with subordinates.

"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."

Goldenbroughton has a background in Nutritional Health. As a 2012 graduate of the Connecticut Culinary Academy and as a Chef Supervisor at St. Francis



Sgt. Kawonna "Goldie" Goldenbroughton, a culinary specialist attached to the Connecticut Training Center, Connecticut Army National Guard, uses her knowledge of nutrition, love of cooking and family inspiration as the recipe for her well received meals at the CTNG Regional Training Facility in Niantic. (Photo courtesy of Maj. Giancarlo M. D'Angelo, 143rd CSSB AO)

communications with many of the Soldiers from the program in an effort to support their fitness goals. This summer she will be teaching classes on garrison cooking to cooks assigned to Hotel Company, 186th Brigade Support Battalion.

Goldenbroughton recently returned from Fort Polk, Louisiana, where she led a team of twenty cooks, who were responsible for feeding 4,800 Soldiers daily during a Joint Readiness Training Center rotation. Responsible for the breakfast meal, she was up at 2:30 a.m. every morning to make sure each soldier was fed on time.

As much as she gives to the Guard every day, she'll be the first to admit that she owes just as much to 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 2018, 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 Candidates from all over the Northeast will descend on Camp Nett in search of a commission. They will be physically and mentally pushed to exhaustion. Unbeknownst to them, Goldenbroughton will be quietly laboring in the background, ensuring their arduous experience will be a little more tolerable, because after all, they are family.

Instead, Sgt. Goldenbroughton dove into literature and made herself even more of an expert, studying different modern diets and historical information. She taught lessons to Soldiers in the FIP program on proper nutrition and she still maintains



The team of culinary specialists at the Connecticut Training Center, Connecticut Army National Guard, are cooking up something good with Sgt. Kawonna "Goldie" Goldenbroughton, second from right. (Photo courtesy of Maj. Giancarlo M. D'Angelo, 143rd CSSB AO)

RipChord Rocks West Hartford

STAFF SGT. TREVOR O'REILLY
102D ARMY BAND

WEST HARTFORD, Conn. — RipChord, the rock ensemble of the 102d Army Band, had the honor of taking part in the West Hartford celebration of Memorial Day, May 27, 2019.

The West Hartford Memorial Day tradition was established nearly 100 years ago by local veterans returning from World War. The time honored tradition hosted thousands marching and even more spectators in attendance.

Songs played by RipChord included, "25 or 6 to 4," by Chicago, "Can't Stop the Feeling," by Justin Timberlake and Lee Greenwood's, "God Bless the USA." The participation of RipChord was incredibly well received by the audience.

The post parade ceremony was held at the Connecticut Veterans Memorial where color guards representing American Legion Post 96, the West Hartford Police Department and the West Hartford Fire Department all participated, emceed by U.S. Army and Army National Guard veteran Matthew Hart.

John Danaher, Jr. a 97-year-old veteran of World War II and a double Bronze Star recipient, was this year's parade Grand Marshal. Mr. Danaher attained the rank of Captain in the U.S. Army prior to separation, and fought in the invasion of Southern France. Mr. Danaher went on to work as a Special Agent at the Federal Bureau of Investigation for nearly thirty years, before opening a private detective agency. Mr. Danaher presented the memorial wreath at the post parade ceremony.

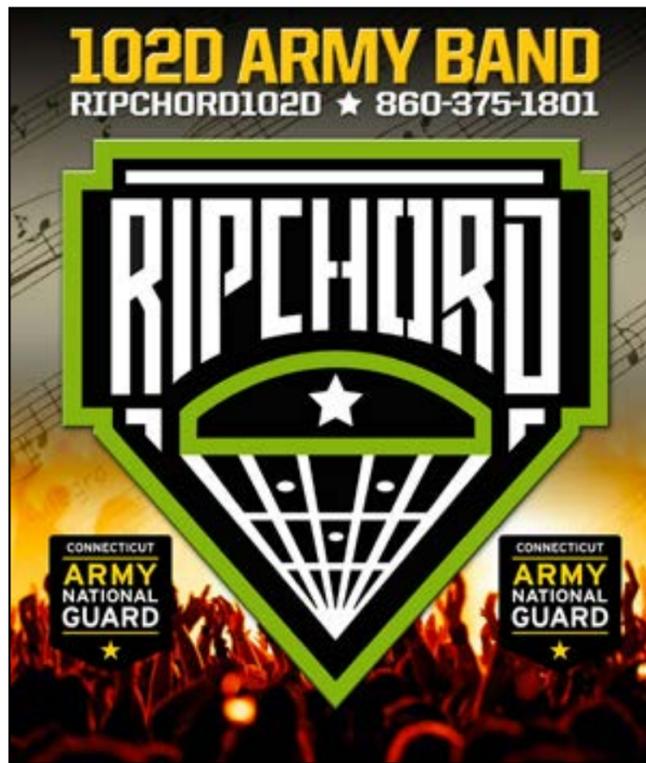
The keynote speaker for the ceremony was Capt. Joseph Sanborn, U.S. Air Force Auxiliary / Civil Air Patrol. Mr. Sanborn serves as the Connecticut logistics coordinator for Wreaths Across America and he gave a touching speech honoring United States Marine Corps Lance Corporal and West Hartford native Lawrence Philippon who was killed in action on May 8, 2005 in Iraq at only 22 years of age.

Sanborn honored Lance Cpl. Philippon's parents, Lisa and Ray, who were unable to attend. He continued in his address, asking those in attendance to honor not only those veterans actively defending our country, but to honor those who lost their lives defending our nation. Mr. Sanborn concluded thanking and remembering the fallen heroes and reflecting on our nations freedoms.

West Hartford Mayor Shari Cantor addressed the crowd recalling a story of Second Lt. Tom Kelly, Jr., who had been missing in action since 1944. Kelly served as a bombardier aboard a B-24 bomber that took heavy fire. His aircraft subsequently became engulfed in flames



RipChord, the rock ensemble of the 102d Army Band, Connecticut Army National Guard played in the parade during the 2019 Memorial Day Celebration in West Hartford, Conn., May 27. (Photo courtesy of the 102d Army Band)



and crashed into the water off Papua New Guinea. With the assistance of Project Recover, (a collaborative effort utilizing twenty first century science 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 Hallenbeck, Connecticut State Police Chaplin, and the National Anthem was performed by Conard High School sophomore Stephanie Reuning-Scherer. 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 performances, follow the 102d Army and RipChord on Facebook at <https://www.facebook.com/102dArmyBand/> and <https://www.facebook.com/RipChord102D/>

102D ARMY BAND SUMMER CONCERT SCHEDULE 2019



22 JULY	7:00-9:00	NEW BRITAIN	➡	WALNUT HILL PARK
23 JULY	11:30-12:30	ROCKY HILL	➡	VETERANS' HOME/ HOSPITAL
24 JULY	6:30-8:00	ANSONIA	←	VETERANS PARK
25 JULY	6:30-8:00	BERLIN	➡	VETERAN'S MEMORIAL PARK
25 JULY	6:30-8:00	WINDSOR	←	TOWN GREEN
26 JULY	12:00-1:30	NEW HAVEN	←	YALE NEW HAVEN HOSPITAL GREEN
26 JULY	6:00-8:00	COLCHESTER	➡	TOWN GREEN
29 JULY	7:00-8:30	NEW LONDON	←	OCEAN BEACH
29 JULY	7:00-8:30	MANCHESTER	➡	MCC BAND SHELL
30 JULY	7:00-8:30	BRISTOL	➡	ROCKWELL PARK
31 JULY	6:00-8:00	NIANTIC	←	MCCOOK'S POINT
1 AUGUST	6:30-8:30	VERNON	➡	HENRY PARK
1 AUGUST	6:30-8:00	CANTON	←	MILLS POND PARK

➡ Concert Band
← Rock Band



**102D ARMY BAND
RIP CHORD 102D
CT ARMY GUARD**

Ready Now, Ready ALL Ways

COL. MICHAEL DeSENA
DEPUTY COMMANDER, CLINICAL SERVICES
CTARNG MEDICAL DETACHMENT

CAMP DAWSON, West Va. – “Ready Now, Ready ALL Ways,” was this year’s theme at the Army National Guard Medical Team Conference, held May 5-10, 2019.

Four members of the Connecticut Army National Guard’s Army Medical Department Team attended the main conference: Col. Michael DeSena, Deputy Commander, Clinical Services, CTARNG Medical Detachment; Lt. Col. Linda Cunha, Deputy Personnel Officer, Joint Force Headquarters; Capt. Amanda Ponn, Operations Officer, CTARNG Medical Detachment; and Master Sgt. Sherry Wozniak, Medical Records Custodian, Deputy State Surgeon’s Office.

The conference focused on innovation and process improvement in support of the Army strategic priority of sustained readiness. The likelihood of facing peer or near-peer competitors in a multi-domain battlespace within the next 5-10 years is real and drives a sense of urgency, especially with the Military Health System undergoing significant transformation and reshaping as directed by Fiscal Year 2017 and 2019 National Defense Authorization Acts.

Throughout this conference, exploration, cross pollination and sharing best business practices and strategic initiatives for a Ready Medical Force and Medically Ready Force in support of domestic operations as well as contingency operations in deployed, contested environments. It is evident to the author that we must work together within the Army National Guard and as part of the Total Force in developing a strategic approach that will enhance ability to provide operational medical support both at home and abroad.

The Connecticut team was introduced to both Army Medical Department leaders and Senior National Guard Commanders at all levels to include: Lt. Gen. Nadja West, Army Surgeon General, Command Sgt. Maj. Michael L. Gragg, U.S. Army Medical Command Senior Enlisted Leader, Brig. Gen. Jill Faris and Brig. Gen. Carl Reese, both Army National Guard Liaisons for MEDCOM and Col. Michael Pelzner, National Guard Chief Surgeon (also a Connecticut native). Also, Maj. Gen. Charles W. Whittington, the Deputy Director, Army National Guard Bureau and Maj. Gen. James Hoyer, Adjutant General of the West Virginia National Guard, addressed the conference via video call-in.

Fidelity was clearly emphasized on four key pillars that are nested with Gen. Mark Milley’s mandate that our “number one priority is readiness, and there is no other number one.”

Topline Messages:

- Each and every Soldier must be able to deploy, fight and win.
- Non-Deployable personnel impact the Army’s ability to meet Combatant Commander Requirements, and source un-forecasted demand.



Four members of the Connecticut Army National Guard’s Army Medical Department Team attended the Army National Guard Medical Team Conference at Camp Dawson, W. Va., May 5-10. From left to right, Col. Michael Pelzner, National Guard Chief Surgeon, Col. Michael DeSena, Deputy Commander, Clinical Services, CTARNG Medical Detachment; Lt. Col. Linda Cunha, Deputy Personnel Officer, Joint Force Headquarters and Capt. Amanda Ponn, Operations Officer, CTARNG Medical Detachment. (Photo courtesy of Col. Michael DeSena, Deputy Commander, Clinical Services, CTARNG)

• Any service member who is unable to deploy for 12 consecutive months for a medical reason will be referred to the Disability Evaluation System in accordance with current policy.

• Leadership must place emphasis on (PHA and Dental) screenings, Dental and Health Assessments have and will continue to be identified and individually reviewed monthly during the Units Status Report briefings at all levels.

The Connecticut Army National Guard continues to push to ensure the highest number of Guardsmen available for deployment are medically qualified. By identifying the, “low lying fruit,” and prioritizing Soldiers to complete their Annual Periodic Health Assessment as soon as possible through command emphasis is key to building towards that goal.

The CTARNG Medical Detachment, through the Deputy State Surgeon, Maj. Edward Kelley, works with

each command, Readiness NCO and Medical Readiness NCO to identify and schedule Service Members for medical readiness events, especially those that are woefully overdue on their PHA.

Medical readiness aside, the conference covered other medical topics relevant to Connecticut’s medical capability and challenges such as: Provider Credentialing, AMEDD future training requirements and initiatives, partnerships with civilian/military training opportunities, Flight Paramedic updates, Army Combat Fitness Test, Medical Readiness from a functional fitness perspective, First Army Surgeon updates, Disability Evaluation System and many more.

Questions about medical readiness or medical careers in the Guard? Contact your chain of command of the Public Affairs Office at 860-524-4857 for more information!

CTNGFI Teams up with AUSA for 2019 Charity Golf Tournament

CHIEF WARRANT OFFICER 4 (RET.) JOHN
GOBURN
EXECUTIVE DIRECTOR
CTNG FOUNDATION, INC.



The Connecticut Chapter of the Association of the United States Army and the Connecticut National Guard Foundation, Inc. are teaming up to present their 9th Annual Charity Golf Tournament, on Friday July 26th, 2019. This year’s tournament will be held at Gillette Ridge Golf Course, Bloomfield, Conn.

Proceeds from the tournament are used to support charities and organizations that support the military community and our veterans. South Park Inn in Hartford, a homeless shelter for veterans, and FISH, Inc in Torrington, are just two examples of charities that have benefitted from this tournament. Additionally, the CT Chapter of AUSA uses some of the proceeds to benefit their charitable activities, while the CTNGFI supports CTNG members, spouses, Organized Militia and Retirees during times of financial crisis.

The tournament is open to any golfer that wants to play on a magnificent course, and have a great time while supporting our military community. The cost this year is \$150 per golfer, or \$130 for currently serving military members. The fee includes 18 holes of golf with cart, lunch, dinner, and golfer gift. On course contests include closest-to-the-pin and long drive for both men and women. Registration begins at 10:00 am with a noon shotgun start.

There are still openings for golfers and any businesses that want to sponsor a hole. For more information or to register a foursome, contact any of the following people: Master Sgt/ (Ret) Gary Espelin at goemsge8@aol.com; Brig.Gen. (CT-Ret) Daniel J. McHale (AUSA) at dmchale2915@gmail.com; and Christopher D. Mackenzie (CTNGFI) at christopher.d.mackenzie@gmail.com.

Don’t wait to sign up. Time is running out and spaces are limited. We look forward to seeing everyone on the 26th.

NEW COURSE - SAME GREAT TOURNAMENT GILLETTE RIDGE GOLF COURSE



1360 Hall Blvd - Bloomfield CT 06002

Ninth Annual Charity Golf Tournament (Friday - July 26, 2019)

SPONSORED BY

The CT Chapter, Association of the United States Army (AUSA) - 501(c)(3)
Connecticut National Guard Foundation, Inc (CTNGFI) - 501(c)(3)
Military & Veterans Support Coalition (MVSC) - 501(c)(3)

Proceeds will be distributed to benefit programs of the Connecticut Military Community

Date: Friday July 26, 2019
Registration 10 – 12
Lunch & Dinner Included

Cost Per Golfer... **\$150.00**
REDUCED Cost per Golfer \$130.00
> FOR THOSE ACTIVELY SERVING <

Start: 12:00 Shotgun
Dinner Only.... \$50.00
Dinner (5:30)

Prizes Including (2) Flat Screen HD 1080 TV’s

Closest to the Pin - Men - Women - Mixed Divisions - Longest Drive

DRESS CODE

Collared shirt required. Shorts or slacks are appropriate. No Denim

Contacts:

Co-Chairman: BG (Ret) Daniel J. McHale (AUSA) dmchale2915@gmail.com
Co-Chairman: Christopher D. Mackenzie (CTNGFI) christopher.d.mackenzie.mil@mail.mil
Co-Chairman: Jill O’Connor (MVSC) Mil.Vet.Coalition@gmail.com

One Drill Weekend, Many Moving Parts for the 192nd Engineer Battalion

MASTER SGT. GEORGE MANDELL JR.
SENIOR ENLISTED LEADER, BATTLE OPERATIONS SERGEANT
192ND ENGINEER BATTALION

The 192nd Engineer Battalion is one of the Connecticut National Guard's most complex organizations in large part thanks to its mission set, technical specialties and vast array of equipment.

Here is a snapshot of what the Engineers can pack into a drill weekend.

During May's IDT period, we brought everything to bear. With a minimal staff and maximum coordination, the battalion accomplished more collective and individual supporting tasks required of the varied unit Mission Essential Task List.

The 250th Multi-Role Bridge Company began with a 4:30 a.m. first call Thursday morning for select members who needed to catch a flight.

A platoon boarded a Connecticut Air National Guard C-130 Hercules bound for Fort Leonard Wood, Missouri where some of the company's most experienced bridge builders were led through the finer points of the Army's newest bridge, the Acrow bridge system.

Program Manager Bridging was instrumental in providing two full days of bridge building on the Acrow. Additionally, the Commandant of the U.S. Army Engineer School, Brig. Gen. Robert F. Whittle, Jr., stopped by the job site. Several subject matter experts briefed Whittle (a Mystic, Conn. native) on the operation, prompting the Commandant to coin five Soldiers for their hard work, bridging expertise and dedication.

Back in Connecticut, the remaining Soldiers of the 250th were at Stones Ranch Military Reservation exercising their field craft, establishing a company command post, an engineer equipment park, and conducting



Members of the 250th Engineer Company conducted a Change of Responsibility Ceremony atop a section of the unit's Intermediate Ribbon Bridge on the Thames River between New London and Groton, Conn., May 19. The 250th is a Multi Role Bridge Company, specializing in utilizing bridge erection boats to create temporary bridges over water. The unit commander decided that the Change of Responsibility was an opportunity to show off the unit's skillset while recognizing outgoing First Sergeant Michael Nugent and incoming First Sergeant Jonathan Cuebas-Marerro. (Photo courtesy of Master Sgt. George Mandell Jr. Senior Enlisted Leader, Battle operations Sergeant, 192nd Engineer Battalion)



A platoon from the 250th Engineer Company, Multi-Role Bridge, boarded a Connecticut Air National Guard C-130H at the Bradley Air National Guard Base, East Granby, Conn., May 16. The group of Soldiers traveled to Fort Leonard Wood, Mo. to train on the Acrow Bridge, the U.S. Army's newest bridge system. (Photo courtesy of Master Sgt. George Mandell Jr. Senior Enlisted Leader, Battle operations Sergeant, 192nd Engineer Battalion)

driver's training with the largest pieces of rolling stock in the Connecticut Army National Guard inventory.

A combat bridge truck and trailer are nearly 70 feet long and 10 feet wide and typically driven by some of the youngest Soldiers in our formations, which means constant training to refine the skillset is a must.

On day three of the 250th MRBC's four-day drill, it was celebration time. First, it was time to recognize those being promoted to the rank of Sergeant and then a Change of

Responsibility was conducted between outgoing First Sergeant Michael Nugent and incoming First Sergeant Jonathan Cuebas-Marerro.

Except this Change of Responsibility wasn't conducted on the drill shed floor of an armory. Capt. Edward Wardwell, Commander of the 250th, decided it was an opportunity to show off the unit's unique skillset.

Cuebas-Marerro took the guideon on the Thames River between New London and Groton, followed by a cook out on the Intermediate Ribbon Bridge constructed on the water.

Meanwhile, Alpha Company, the battalion's forward support company, convoyed from home station to Stones Ranch, establishing a base in order to conduct field sustainment operations supporting the entire battalion, with mechanical, mess, and distribution capabilities. Their mission is to maintain the fleet and the force, which is no easy task for such a large battalion.

Simultaneously, the 248th Construction Company arrived on site and got to work moving more than 1,000 yards of dirt in the first three hours on the ground.

Continued, See ENGINEERS on page 10

ENGINEERS from page 9

Their efficiency effectively would deny an enemy force access, canalizing their movement and increasing their proficiency in equipment operations.

Through the development of a complex obstacle plan, the company's skilled operators ensured we were a hard target and limited the enemy's ability to bring the fight to the battalion. Increasing lethality and survivability is paramount, and the men and women of the battalion showcased those skills throughout the entire training period.

As the battalion's Senior Enlisted Leader, Saturday night of drill weekend was especially meaningful.

For the first time in more than five years, the company first sergeants, personnel NCO and full-time support personnel conducted an NCO Induction Ceremony.

We identified every Soldier promoted during the last two years for induction into the NCO Corps. The event was held at Nett Hall, a hallowed ground we felt was the most appropriate venue for the event, and provided a great environment for the ceremony.

Command Sgt. Maj. Paul W. Vicinus, Jr. Commandant of the 169th Regiment (Regional Training Institute), and mentor of mine for more than a decade, served as the guest speaker. Vicinus provided sage guidance and wisdom to the 52 NCOs inducted in to the Corps that night with an inspiring speech for both old and new NCOs.

Vicinus reminded those in attendance to be cognizant of where we come from and where we are going. Inductees raised their right hands to swear to the Charge of the Noncommissioned Officer and where then presented with the NCO Handbook.

In closing, Vicinus was presented with the Battalion's Coat of Arms as a token of our appreciation. A reception for the inductees and NCOs from across the battalion followed, building camaraderie and fellowship.

A lot of hard work goes into a successful IDT weekend and no one person can do it alone. A special thanks to the battalion's full-time support force of the without your hard work and dedication a productive weekend like this would never happen.

This mission also would not have been possible without the support of the Connecticut Air National Guard's 103rd Air Wing. Their operations team, ground support, pilots and crew members were integral in making this training possible.

Beat the Extreme Heat

Stay on the Safe Side when Temps Rise

BE PREPARED FOR
EXTREME HEAT

Extreme heat often results in the highest annual number of deaths among all weather-related disasters.

FEMA
FEMA V-1004/June 2018

In most of the U.S., extreme heat is a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees.

Greater risk

Can happen anywhere

Humidity increases the feeling of heat as measured by a heat index

FROM THE FEDERAL EMERGENCY MANAGEMENT AGENCY

Summer is in full swing and with that comes a rise in temperatures and humidity. As you enjoy your summer activities, it is important to remain mindful of the dangers that high heat indexes present to you, your family and your pets.

Prepare Now

Find places in your community 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.

Be Safe During

- 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 hat wide 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 air flow and a false sense of comfort, but do not reduce body temperature.

- Avoid high-energy activities.
- Check yourself, family members, and neighbors for signs of heat-related illness.

Recognize and Respond

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: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, 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 103 degrees) indicated by an oral thermometer; red, hot, and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness.
- Actions: Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

Military History

The Punitive Raids - Attack on New Haven

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

In the summer of 1779, Gen. William Tryon renewed his attacks along the Connecticut coastline.

With only sporadic action in the North, the British had turned their attention primarily to the South. There was very little military pretense to these attacks along the colony's southern shore. With the exception of some militia units, there were no troop concentrations in Connecticut. Gen. Israel Putnam's Division had left their encampment in Redding a few months earlier in May. There were no large supply depots to be destroyed as there had been in Danbury two years earlier. The raids by the British were simply for plunder and punishment.

Tryon had said that he would, "make descents on New Haven, Fairfield, Stratford, Milford and other parts of Connecticut," for the purpose of destroying public stores, privateers and doing the enemy every other injury he could consistent with humanity. He even hoped to win the loyalty of the people of Connecticut by showing them that General Washington could not protect them from British attacks. He hoped that the population of Connecticut would become disillusioned with the rebellion and realign itself with the crown.



British General William Tryon. (<https://en.wikipedia.org>)

The attacks on Connecticut solidified the rebel cause.

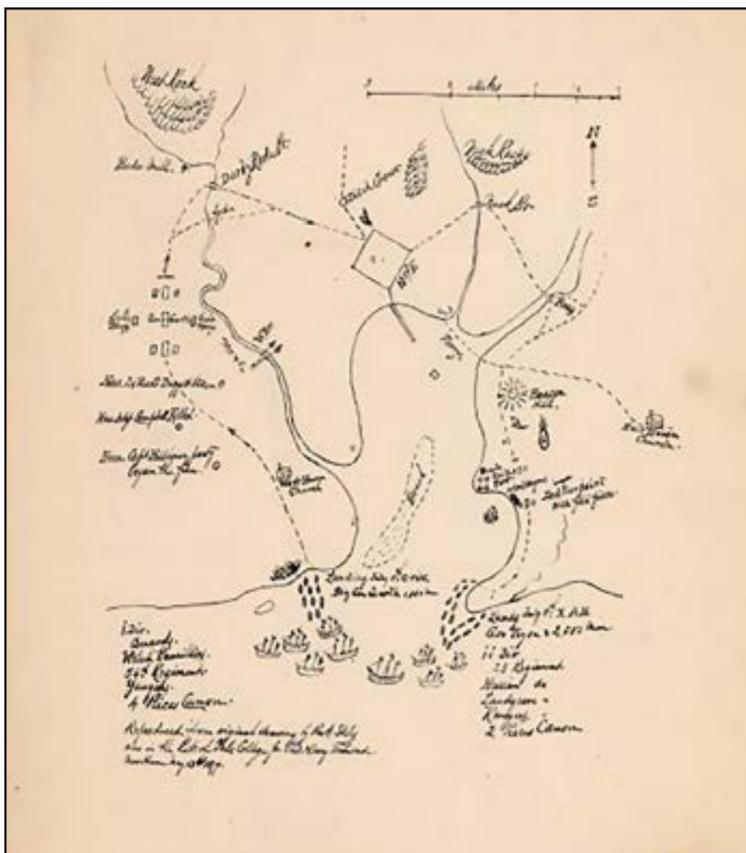
Shortly after midnight on Sunday, July 4, the Camilla and Scorpion with 48 tenders and transports appeared off the coast of West Haven. The next day, British forces attacked New Haven, Connecticut. At the time, New Haven was the sixth largest city in the new nation with a population of more than 8,000.

One division of 1,500 men led by Gen. George Garth landed near Old Field Shore in West Haven. The area is now called Savin Rock. A second enemy division landed at South End and Morris Neck in what is now East Haven. As they approached the fort at Black Rock, which is now 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 Goffe, Whalley and Dixwell Avenues. The New York Journal reported on July 19 that the enemy, "entered the town in the most malignant disposition, enraged by a number much inferior to their own."

The enemy then consolidated their two elements on the New Haven Green. During a meeting between Tryon, Garth and Admiral 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 instrumental in saving the college from the flames.

This raid resulted in just over \$14,000 worth of damage to New Haven. The library at Yale College was plundered of many books, some at least a century old. Days later, ships in Long Island Sound sailed through many of the library's plundered papers floating on the water, obviously thrown overboard by the British. Fortunately, 75 percent of the library's holdings had been moved to safety in the towns of Northford, Durham and Westbury (Waterbury) just a month before the raid.



Hand-drawn map by Ezra Stiles showing the British movements at New Haven, Conn. (ConnecticutHistory.org)

Campbell Avenue in West Haven is named after British Maj. William Campbell. While leading the British assault from the West Haven beaches towards the New Haven Green he stood between his own Hessian Mercenaries and local citizens to prevent atrocities and was killed. This is perhaps the only memorial to an enemy soldier on U.S. grounds.

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

Off the Bookshelf

with Sgt. 1st Class Simon

Hidden History of Connecticut Union Soldiers

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

Hartford resident and 8th Connecticut Infantry Regiment Soldier, Sgt. George Marsh, climbed a hill overlooking Antietam Creek on the morning of Sept. 17, 1862 to steal a glance at the quickly forming masses of Confederate Soldiers on the creek's far side. When a 12-pound Confederate cannon ball landed near Marsh, it killed him and two other members of the 8th instantly. According to John Banks, author of, "Hidden History of Connecticut Union Soldiers," Norwich resident, Lt. Marvin Wait, who accompanied Marsh, was splattered with the blood of his friends, but survived the explosion.

Banks' collection of Civil War Anecdotes details the experiences of Connecticut Soldiers and is not pleasant nor cheerful to read, nor should it be. More than 5,000 Connecticut service members died in the United States' bloodiest conflict. Banks honors the brave and exemplary service of Connecticut's Civil War veterans in his text but stops short of glorifying their deaths. Instead, he details the agony and suffering experienced by these young men and the sorrow and despair experienced by their families at home. "Hidden History of Connecticut Union Soldiers," is a realistic reminder about the horror and dreadfulness of armed conflict.

Banks suggests that George Marsh was likely the first resident of Connecticut to die at Antietam. New Milford Resident Cpl. Robert Ferriss was also killed during the battle. In a letter to Ferriss' mother, his company commander, Capt. William Roberts, detailed being near the 29-year old when he fell: "I asked him if he wished for anything but the blood rushing from his mouth prevented him from speaking & his head sinking upon the ground satisfied me that he was dying." Roberts and Ferriss are buried just feet away from one another at Center Cemetery in New Milford.

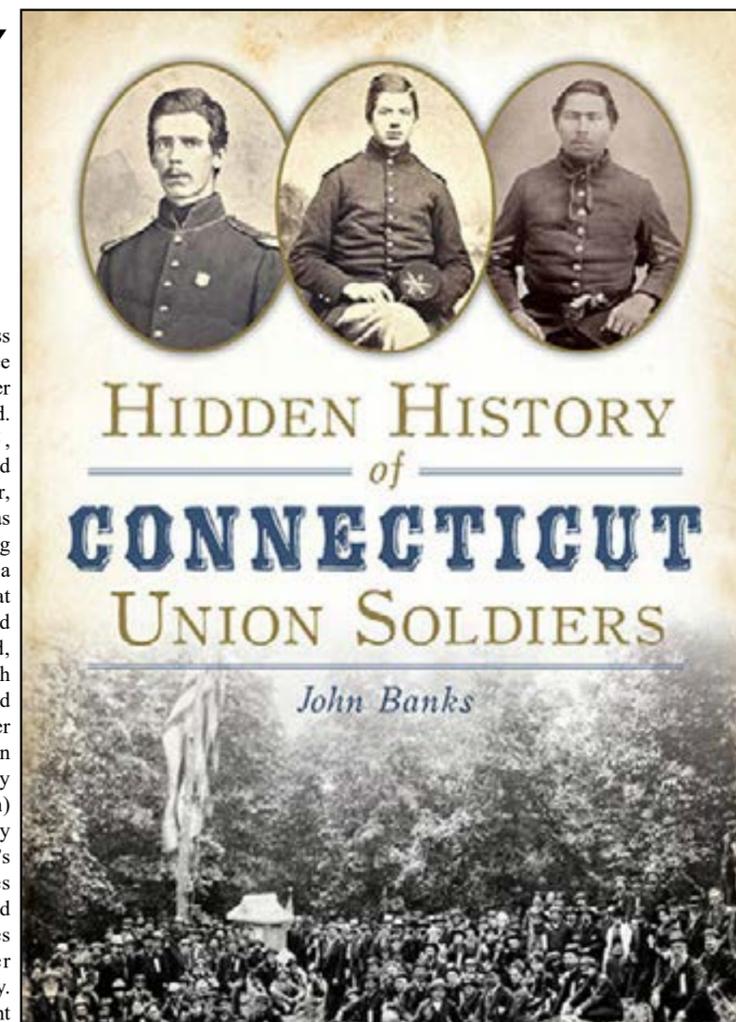
In 1861, 17-year old Alvin Flint left his East Hartford Home to fight with the 11th Connecticut Infantry Regiment. Flint was killed during the Battle of Antietam, joining more than 200 Connecticut Soldiers, killed or wounded that day. Distraught and heartbroken, Flint's father, also named Alvin, and his 13-year old brother, George, enlisted in the 21st Connecticut Infantry

Regiment. Both died of less than a year later. The three Flints are buried at Center Cemetery in East Hartford.

On Jan. 16, 1865, Hartford Resident, and USS Gettysburg Sailor, Robert Hooker Gillette was killed instantly by flying pieces of timber when a huge explosion erupted at the recently surrendered Confederate stronghold, Fort Fisher in North Carolina. It is estimated that more than 200 other service members died in the explosion, initially alleged (but not proven) to have been caused by a booby trap in the fort's magazine. Union forces had already experienced roughly 2,000 casualties during the battle over the fort the previous day. Gillette, a direct descendent of Thomas Hooker, was buried in Riverview Cemetery in Farmington.

Banks' collection of Connecticut Civil War anecdotes is not without a few survivors' tales. 20th Connecticut Infantry Regiment Soldier, and Bethany resident, George Washington Warner had both of his arms blown off by a friendly artillery shell during the Battle of Gettysburg, July 3, 1863. The married father of five, survived his horrific wounds and returned home to father three additional children. At the dedication of the Soldiers and Sailors monument in East Rock Park in New Haven, June 17, 1887, Banks, assisted by a pulley, pulled 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 abdomen. Still alive, Wait was assisted to the rear of the battlefield and lay bleeding next to a stone wall. While awaiting care, he was fatally shot in the side and was left to die while the fighting commenced. He was buried in Yantic Cemetery in Norwich on Oct. 1, 1862.

John Banks is also the author of, "Connecticut Yankees at Antietam."

Book selection 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 basimon1234@gmail.com.

SAVE THE DATE RETIREE AND FULL TIME STAFF PICNIC

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

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<https://ngact.org/retiree-picnic>

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NGACT Golf Tournament

SAVE THE DATE



30 AUGUST 2019

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Southington, Connecticut

Tee Time 0900

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(860) 613-7608, roberto.lopez4.mil@mail.mil
Sgt. 1st Class Laura Hernandez, Senior HR Sergeant,
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16 Year Service Limit for Post-9/11 GI Bill TEB



NOTICE! NOTICE! NOTICE! NOTICE! NOTICE!

"Effective 12 July 2019, TEB is limited to 16 years of service"



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Military OneSource Gems: Making Moves

Wednesday, July 17, 2019, 2-2:45 p.m. ET

Facilitated by: Paul DeLaughter and LaTarsa Williams

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Please register for this event by July 16, 2019, at:

<https://attendee.gotowebinar.com/register/140819250939827457>

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.

Information on upcoming interactive webinars

Retiree Voice

Traveling Internationally with TRICARE/TRICARE for Life

Sgt. 1st Class (RET.) STEPHANIE CYR
RETIREE AFFAIRS COLUMNIST

Individuals often purchase short term medical insurance policies when traveling overseas. Retirees who have TRICARE (under 65) and TRICARE for Life (65 and older on Medicare) may not need supplemental travel insurance when traveling internationally.

TRICARE covers you when you travel on business or take a vacation with family. When traveling overseas, you should know what to do in the event of illness or other health issues.

Before travel, get any routine or specialty care. If one does not, it may be hard to get authorized care when traveling. Get prescriptions filled or refilled and find a network pharmacy where you will be traveling. Make sure you pack a list of overseas numbers for the Military Health System Nurse Advice line; a list of Tricare numbers; and download the TRICARE Overseas Contact Wallet Card. Make sure all DEERS information is correct by logging into milConnect or call 1-800-538-9552. Overseas, you can seek urgent and emergency care from any host nation provider, but your rules for getting care are dependent on your Tricare plan and travel destination.

If medical services are needed while traveling overseas, contact the appropriate TRICARE Overseas Program Regional Call Center to get help or find a provider. You can also call the Medical Assistance number for the area in which you are located. Go to the nearest emergency care facility in case of an emergency or call the Medical Assistance number.

When overseas, keep the following information in mind. You may be required to pay upfront for services and file a claim later to get money back. Keep all receipts and then file your claim with the TRICARE Overseas Program claims processor not your regional contractor in the U.S.

In the event you are admitted to a hospital, contact your Overseas Regional Call Center before leaving the facility. This should be done within 24 hours or on the next business day.

Like private travel insurance, TRICARE will cover air evacuations to the closest, safest location that can provide the required care deemed medically necessary.

If over 65, covered by TRICARE for Life and Medicare, remember these important facts. TRICARE is the only payer overseas. Medicare doesn't provide any coverage outside of the United States, U.S. territories or aboard ships outside territorial waters. TRICARE for Life will be your primary payer for health care provided in all overseas areas unless you have other health insurance.

TRICARE for Life beneficiaries can receive covered services and supplies from either a network provider or any authorized-TRICARE provider. Beneficiaries receiving medical care overseas will be subject to the applicable catastrophic cap, and deductibles and cost-shares. In network providers' services, out-of-pocket costs will usually be lower, and prior authorization may be required except for emergency care. There may also be area or country specific requirements which apply when getting care from a civilian provider. TRICARE for Life cost-shares and deductibles information may be found at www.tricare.mil/tfllcosts. See, "Overseas Providers," in the Getting Care section of the TRICARE for Life Handbook, which can be downloaded from the TRICARE website.

Be prepared to pay upfront for services and then submit a claim to TRICARE Overseas Program. Claims are submitted directly to the TOP's claims-processing address for the area where you received care. Claims must include proof of payment.



TRICARE for Life beneficiaries should first attempt to seek care from the nearest US military hospital or clinic. Otherwise, seek care from the nearest emergency care facility. Visit Tricare-overseas.com to find a civilian provider.

Finally, be prepared to pay upfront for medications and file a claim to get money back for non-military hospital, clinic or non-network pharmacy services. In the Philippines, one is required to use a certified pharmacy. Over-the-counter drugs are not covered overseas. This includes drugs that are considered OTC in the U.S., even when they require a prescription in a foreign country. Visit the TRICARE website for specific guidelines when traveling overseas and read the specific rules for getting urgent care overseas.

Where to Find Veterans Services



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

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

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

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

Health Care

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

Benefits & Services

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

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

Burial and Memorials

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

Veterans Benefits Fact Sheets

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

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

CONNECTICUT NATIONAL GUARD

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Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)
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TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance

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

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Yellow Ribbon Reintegration Program (860) 493-2796		103rd Air Control Squadron 206 Boston Post Rd. Orange, CT 06447 (800) 858-2677 *By Appointment*
Military OneSource (800) 342-9647 (860) 502-5416		Niantic Readiness Center 38 Smith St. Niantic, CT 06357 (860) 739-1637 Open Mon-Fri
Survivor Outreach Services (860) 548-3258		Windsor Locks Readiness Center 85-300 Light Ln. Windsor Locks, CT 06096 (860) 292-4602 Open Mon.-Fri.
Open Mon.-Fri.		Veterans' Memorial Armed Forces Reserve Center 90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.

Service Member & Family Support Center Staff Directory

William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 - Fax: (860) 493-2795 - Open Monday-Friday			
Director, Service Member and Family Support Center	Kimberly Hoffmann	kimberly.j.hoffmann.civ@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melodybaber@va.gov	(860) 548-3276 (desk) (860) 883-2534 (cell)
Family Assistance Center Coordinator	Andres LaRocca	andres.larocca.civ@mail.mil	(860) 854-4038 (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) 524-4069 (desk) (860) 655-9288 (cell)
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ARCNG Yellow Ribbon Program Coordinator	SPC Mithi Yotla	matthew.yotla.mil@mail.mil	(860) 493-2796 (desk) (860) 400-3098 (cell)
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Survivor Outreach Specialist	Megan O'Shaughnessy	megan.oshaughnessy.civ@mail.mil	(860) 548-3258 (desk) (860) 394-8748 (cell)
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Personal Financial Consultant	Roggie Harwell	grc.ctag@zaiders.com	(203) 233-8790 (cell)
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Citizen Soldier For Life Career Readiness Counselor - Hartford	Peter Orsichodi	per.orsichodi@patriotcenterpr.mil	(860) 524-4094 (desk)
Citizen Soldier For Life Career Readiness Counselor - New London	Miles Daniels	milesd@patriotcenterpr.mil	(860) 887-0907 (cell)
Citizen Soldier For Life Career Readiness Counselor - Middletown	Elizabeth Dorsey	elizabeth.dorsey@patriotcenterpr.mil	(860) 361-7906 (cell)
Windsor Locks Readiness Center: 85-300 Light Ln., Windsor Locks, CT 06096 - Open Monday-Friday			
Family Assistance Center Specialist	Sean Carey	sean.carey.civ@mail.mil	(860) 292-4082 (desk) (860) 883-6940 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.middlebrook.civ@mail.mil	(860) 292-4081 (desk) (860) 883-2704 (cell)
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Family Assistance Center Specialist	Lisa Middlebrook	lisa.middlebrook.civ@mail.mil	(860) 292-2595 (desk) (860) 883-2704 (cell)
Yellow Ribbon Support Specialist	Alicia Altrich	alicia.altrich.mil@mail.mil	(860) 292-2772 (desk) (860) 281-3107 (cell)
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