



# GUARDIAN

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U.S. Army Staff Sgt. Conrad Sheldon, an infantryman assigned to the 1st Battalion, 102nd Infantry Regiment, Connecticut Army National Guard, performs a plank during the Army Combat Fitness Test portion of the 2023 Connecticut Army National Guard Best Warrior Competition, at Camp Nett, Niantic, Connecticut, March 23, 2023.

## Sheldon, Eriksen named NCO, Soldier of the Year

**Timothy Koster**  
Joint Force Headquarters Public Affairs

NIANTIC, Conn. – The Connecticut Army National Guard is pleased to announce its soldier and non-commissioned officer of the year following the state's annual best warrior competition March 24-26, 2023.

U.S. Army Staff Sgt. Conrad Sheldon and Spc. Isaac Eriksen, both infantrymen assigned to the 1-102nd Infan-

try Regiment won their respective categories in the competition and will move on to represent Connecticut in the National Guard's Region One Best Warrior Competition later this spring.

The Best Warrior competition is a series of events held across all components of the Army and tests Soldiers on a variety of warrior tasks from physical fitness and weapon proficiency to written exams and a sergeants major board. The competitions begin at the unit or command level and

continue until the Army-wide competition where a single junior soldier and NCO are crowned the Army's best warrior.

The National Guard's Region One competition will pit the winners from Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut, New York, and New Jersey National Guards against one another to find the soldiers who will represent the Northeast at the next level of the competition.

### In This Issue:



Persistence pays off for history making Air Guardsman  
Page 3

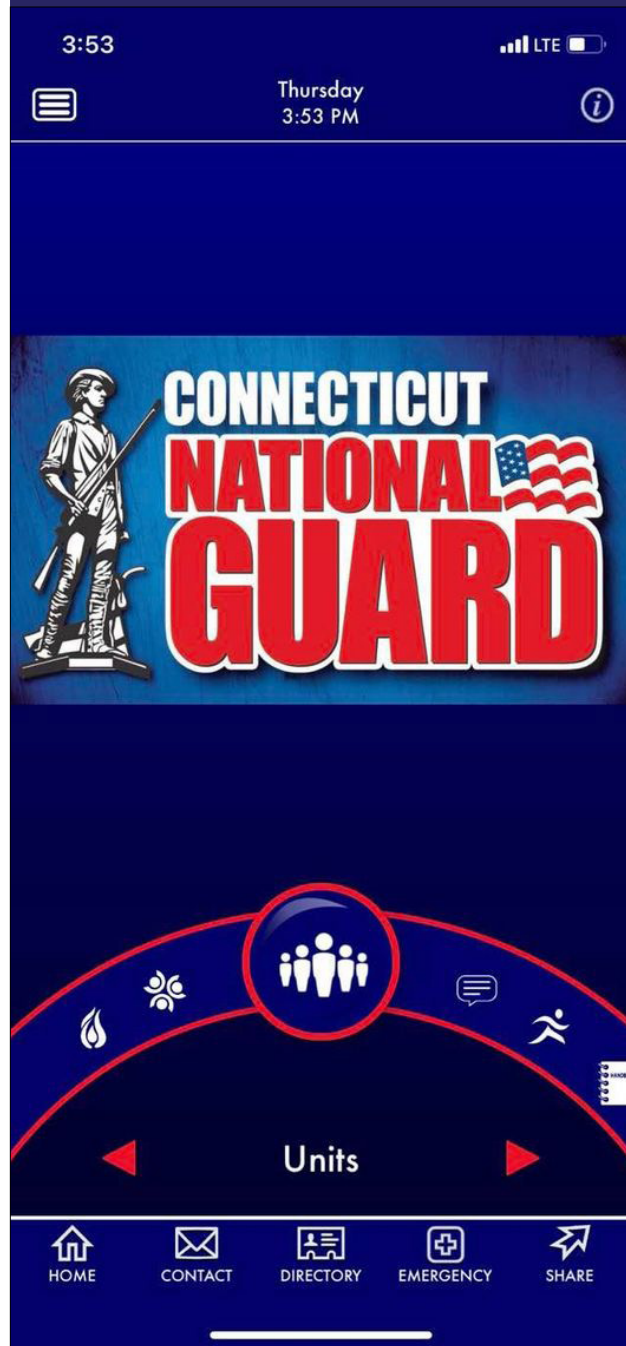


Maj. Deanna Wolff's Military Journey  
Page 6



103rd Flying Yankees Hockey  
Page 9

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*Any further questions or concerns about the Connecticut Guardian, contact the editor directly.*

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*Air Force Tech. Sgt. Petra Chesanek, an aeromedical technician with the 103rd Medical Group, Connecticut Air National Guard, at Bradley Air National Guard Base, Conn., August 6, 2022. Chesanek, a career firefighter with the New Britain Fire Department, made history alongside fire fighter Lauren Burns when they became the department's first female firefighters promoted to the rank of lieutenant. (U.S. Air National Guard photo by Master Sgt. Tamara R. Dabney)*

## Persistence pays off for history making Air Guardsman

**Master Sgt. Tamara Dabney**  
103rd Airlift Wing Public Affairs

"I never thought that I couldn't do anything," said Tech. Sgt. Petra Chesanek.

Thinking back to her childhood, Chesanek, an aeromedical technician with the 103rd Medical Group, Connecticut Air National Guard, recalled the confidence that she had always felt while growing up with her sisters.

"I have three sisters and we're kind of all tomboys, in a sense," said Chesanek. "I wasn't brought up in the bubble of 'Oh no, you're a female. You can't do that.' No, it was 'go mow the lawn, go take out the trash, go help dad out with the car.' We were doing stuff that boys probably would have, if I had a brother, but we're all girls."

"You can be whatever you want to be."

As a teenager, Chesanek's confidence and willingness to serve her community unexpectedly led her to volunteer with the Simsbury Fire Department in 2004.

"I wanted to volunteer so I was thinking soup kitchens and things of that nature," said Chesanek. "I ended up running into a friend who was a dispatcher when I was in high

school. He was working for Simsbury Fire Department and told me to fill out an application to volunteer. I wasn't thinking that I wanted to be a firefighter. I just happened to want to volunteer and that was the opportunity that was presented to me."

After volunteering with the department for three years, Chesanek became a certified firefighter in 2007.

Her desire to serve her community and an interest in airplanes led her to enlist in the Connecticut Air National Guard in 2011. The Guard, with its one weekend a month, two weeks a year service obligation, would give Chesanek the opportunity to pursue careers with the military and the fire department at the same time. While working as a part-time volunteer for the fire department, her goal was to become a full-time career firefighter.

"Usually if you want to be a firefighter, you have to have an EMT background," said Chesanek. "So I figured that the Guard would help set me up for success with getting a career position with the fire department -- having the service behind me, a lot of education and training behind me, as well as the skills that the Air Force is able to provide you."

In 2015, after several years of training and a competitive selection process, Chesanek, finally became a career firefighter with the New Britain Fire Department. Chesanek's hiring was notable, as only two women had served in the department since it was established in 1833. Seven years later, Chesanek and Lauren Burns would make history by becoming the department's first female firefighters promoted to the rank of lieutenant.

According to the National Fire Protection Association, women represent less than 12 percent of all firefighters in the U.S. Firefighting can be mentally and physically challenging, said Chesanek. As one of the few female firefighters serving in New Britain Fire Department, she expects to be held to the same professional standards as her male counterparts.

"If you want something, at some point you're going to get pushed into a corner and you have to realize nothing is going to come easy," said Chesanek. "Just have persistence and keep on going through it, if it's something that you want. It took me seven years to get hired in New Britain. A phrase that I live by is 'persistence as a way of life.' So just keep on pushing, and you'll get there."

# Connecticut Air Guard Airman donates over 10K to National Guard charities

Sgt. Matthew Lucibello  
130th Public Affairs Detachment

HARTFORD, Conn. — An anonymous Connecticut Air National Guard airman donated \$10,000 to the Connecticut National Guard Foundation, Inc., or CNGFI, and \$2,500 to the National Guard Association of Connecticut, or NGA CT.

The airman, who's found success in the civilian world as a pharmacy owner, knew what it's like growing up with financial difficulties and has since found himself in a place where he could help other guardsmen so that they and their families didn't have to live through the same struggles. Both the CTNGFI and NGA CT provide assistance to Connecticut National Guard members and were ideal choices to do the heavy lifting by distributing the airman's donations to those in need.

"I wanted to give back to the military, I know especially now a lot of families are struggling," said the airman. "Before my dad got cancer, he ended up getting laid off, couldn't find work, and spent the last four years of his life ... didn't have a steady job, so I didn't want other people [to have to experience those hardships]."

CNGFI provides "financial assistance to service members and their families who are experiencing financial hardship". The Foundation offers grants to Connecticut Guardsmen who are currently serving, have retired, and or children and spouses of Connecticut Guardsmen who are eligible. Additionally, the Foundation also provides annual scholarships to Connecticut Guardsmen, members of the Organized Militia and their children and spouses.

NGA CT aims to "improve the welfare and efficiency of the National Guard of Connecticut and the National Guard of the United States." NGA CT works to improve relations between the Connecticut National Guard and the public, initiates and or supports legislation for the betterment of the CT Guard, and strives to obtain benefits for Guards-



men commonly enjoyed by servicemembers on Active Duty. Additionally, NGA CT also provides scholarships for its members and their dependents.

"The Connecticut National Guard Foundation, Inc. is fortunate to be supported by so many corporate, private and individual donors...were it not for such dedicated sponsors, the CTNGFI could not accomplish its mission of helping service members and their families who are experiencing financial hardships," the organization said in a statement published on their website. "We are incredibly grateful to him for his generosity and desire to help his fellow service members and their families, who are struggling financially."

If you're interested in learning more about the services available from either the CT-NGFI or NGA CT, please visit their websites at [ctngfi.org](http://ctngfi.org) and [ngact.org](http://ngact.org), respectively.

## From Edelweiss Raid to Guerrier Nordique 23

Capt. Mikel Arcovitch  
Contributor

Valcartier, Quebec - Sergeant 1st Class Chris Vincent has served in Connecticut's 1-102nd Infantry Regiment, 86th Infantry Brigade Combat Team (Mountain), for 24 years, which includes three deployments, and it's safe to say he has had an extraordinary past few weeks.

Vincent served as an alternate on the U.S. Edelweiss Raid team that finished 10th in the grueling Austrian race taking place on March 1st and 2nd. He then immediately flew from Europe back to the United States and upon returning home, reported for Guerrier Nordique 23, which departed for Valcartier, Quebec, on March 6.

The Edelweiss Raid is a competition held in Austria every other year, where military teams from across the world come to train and compete in a race that includes skiing, mountaineering, casualty evacuations, and military tactics. "In 2019 I saw information on the first Edelweiss Raid, and I encouraged one of our lieutenants to try out," said Vincent. "This year the same lieutenant pushed me to tryout with him. I did and made it as an alternate. It's the most fun I've had on a mission in my 24 years."

Vincent had expressed interest in both training opportunities. Exact dates changed multiple times and Vincent was unsure he would be able to get back from the raid in time to make it for Guerrier Nordique. The timeline fell in place where Vincent missed only one day of training in Vermont and could make it with the main group's movement to Valcartier.

Having participated in Guerrier Nordique in 2015 and

2016, Vinson is one of the more experienced U.S. tent members.

"You go from thinking you know some stuff about cold weather training to actually doing it in the Arctic and it really changes your perspective," said Vincent. "My experience drove change in how my battalion in Connecticut conducts cold weather training. Our standard operating procedures, the tents we use, we ordered toboggans, different stoves...it is really incredible training. It changed everything."

One of Vincent's main goals during Guerrier Nordique is to train the next group of Soldiers preparing for the mission. It is critical for the Soldiers from his unit, 1st Battalion, 102nd Infantry, based in Connecticut to continuously learn and pass on new information to the rest of the Soldiers in the unit. Training the next generation is important for continued success. Without it, many lessons learned from the exercise and the experience of the Canadian Soldiers stand to be lost.

After the completion of training later this week in Quebec, the main body of U.S. Soldiers from Connecticut, Utah, New Hampshire, Vermont, the 11th Airborne Division out of Alaska, and the National Guard Bureau will participate in Guerrier Nordique 23 in Resolute Bay, Nanuvut, Canada. With 22 U.S. Soldiers represented, Guerrier Nordique 23 is the largest U.S. presence since Vermont first participated in 2012. Guerrier Nordique is a training exercise hosted in Quebec each year. Canadian Soldiers, mostly reservist, navigate domestic operation scenarios in the extreme cold. This year is notably austere with the exercise taking place within the Arctic Circle.



Soldiers representing the United States in the Edelweiss Raid trek across the Tyrol region of the Austrian Alps on their way to the next challenge. (U.S. Army photo courtesy of Capt. Scott Stone)



*U.S. Army and Canadian Soldiers practiced and conducted tactical insertion on an open ice skiway delivered by an LC-130 Hercules skiplane of the 109th Airlift Wing, New York Air National Guard, on frozen oceanic Arctic ice near Cornwallis Island, Nunavut, Canada, March 15, 2023. U.S. and Canadian Soldiers and U.S. Airmen participated in Guerrier Nordique 23 in Resolute Bay, Nunavut, Canada from March 6 to March 20, 2023. U.S. Soldiers and Airmen consisted mainly of National Guard units from Connecticut, New Hampshire, Utah, New York, and Vermont.*

## National Guard, Canada Conduct Tactical Arctic Insertion

**Capt. Mikel Arcovitch**  
Contributor

RESOLUTE BAY, NUNAVUT, Canada - Thirty-seven U.S. and Canadian Soldiers were tactically inserted by an LC-130 Hercules on Arctic Ocean ice just east of Little Cornwallis Island in Nunavut, Canada, during exercise Guerrier Nordique 23 on March 15.

The multicountry, joint effort is the first platoon movement of its kind.

The New York Air National Guard's 109th Airlift Wing is the only ski-equipped tactical C-130 with flying missions focusing on snow and ice landings, which is made possible by multi-capable Airmen trained to build and groom those runways. The LC-130H is equipped with 4-by-20-foot skis that make landing possible on specially built skiways and ski landing areas.

"We've been flying missions in Greenland and Antarctica for over 30 years, and this is the first time we've ever conducted a tactical insertion with Canadian reserve Soldiers," said Lt. Col. Matthew Sala, officer in charge of the 109th Airlift Wing's Polar Camp Skiway Team and Ski Landing Area Control Officers. "This is just the starting point for us to build from. We hope to expand our capacity and have more training missions like we had here with Guerrier Nordique. This exercise demonstrated the LC-130s full capability to infill and exfil tactical forces, providing Arctic agile combat employment while also incorporating valuable training to our multi-capable Airmen."

Soldiers and Airmen loaded the LC-130 at the Canadian Armed Forces Arctic Training Center in Resolute Bay. They were flown northwest to a location just east of Little Cornwallis Island. Airmen from the 109th had groomed a ski landing area on the Arctic ice, which is where the aircraft landed. A small section of U.S. Soldiers, Canadian Rangers, and a Canadian Pathfinder secured the location.

After landing, Soldiers disembarked and set a security perimeter 100 meters from the landing zone. Dressed in over-white camouflage, Soldiers — equipped with individual weapons, machine guns, and everything they needed to sustain themselves for up to three

days in the Arctic — established their security positions.

"This is only the beginning," said Canadian Army Lt. Col. Andre Morin, land component commander for Guerrier Nordique. "The partnership between the Canadians and Americans is invaluable. I would like to see this exercise grow from here and make it bigger and better. We have now confirmed that we have the ability to deliver Soldiers in a very difficult environment. Eventually, in the future, I hope to have a Canadian battalion and a company from the United States."

Guerrier Nordique is a cold-weather training exercise for the Canadian Army that takes place in a different location each year. Resolute Bay is one of the few places above the 60th parallel, or the Arctic Circle. The Vermont National Guard has participated each year since 2012 and hopes to continue well into the future.

"This is my sixth time participating in Guerrier Nordique and it's gotten bigger and better each year," said U.S. Army Maj. Matt Hefner, officer in charge for the U.S. Soldiers during Guerrier Nordique. "This year, the 105th and 109th Airlift Wings took part in the exercise and we certainly hope they continue in this multinational and now joint training. The sky is truly the limit."

Most of the U.S. Soldiers delivered came from the National Guard; Vermont, Connecticut, New Hampshire, and Utah were all represented. The 11th Airborne Division out of Fairbanks, Alaska, also sent two Soldiers. Canadian Soldiers taking part in the exercise were mostly reservists from the 35th Canadian Brigade Group based in Eastern Quebec. Canada also sent Soldiers from the 34th Canadian Brigade Group, 4th Health Services Group, and from the Canadian Rangers. In total, 235 Soldiers and Airmen participated in Guerrier Nordique.

"Almost every single Soldier and Airman here are from the National Guard or a reservist in the Canadian Army," said Hefner. "Organizing and executing this task has been a challenge, but seeing the Air National Guard, Army National Guard, and Canadian Army Reserve work together to execute this exercise has been an awesome experience. The Hercules landing and those Soldiers coming out in close to 50 below was awesome."



U.S. Army Maj. Deanna Wolff, a physician's assistant with the Connecticut National Guard's 142nd Area Support Medical Company prepares to take off in her RV-9A high-performance experimental aircraft at the Danbury, Connecticut airport. (Courtesy Photo)

## On a Mission of Care: Maj. Deanna Wolff's Military Journey

**Timothy Koster**  
Joint Force Headquarters Public Affairs

For an organization obsessed with uniformity and “dress-right-dress”, individual military service is anything but. While many servicemembers may complete a single contract then part ways from their respective branch, others make an entire career out of their service, wearing the uniform for twenty, thirty, and sometimes forty years. For U.S. Army Maj. Deanna Wolff, a physician's assistant with the Connecticut National Guard, her military career was a little more ... unique.

Her story, however, started off like so many others. Growing up on the South side of Baltimore, Wolff grew up in a lower income family which encumbered her prospect of receiving a higher education. So, she turned to the military. In 1989, at the age of 17 and against her parents' wishes, she enlisted into the Maryland Army National Guard as an Operating Room Technician with the 136th Combat Support Hospital.

While serving in this role, she met and worked with several Soldiers in various medical fields. These interactions were instrumental in her development as a young Soldier and would give her valuable insight into the opportunities available to her as a medical professional. She found herself gravitating toward pursuing a career as a physician's assistant, or PA. But to do this, she would need to be accepted into a PA program after completing her undergraduate degree from the University of Maryland.

To do so, she would need some practical experience. As she worked toward her diploma, she also took on hours at a local hospital working as an operating room technician. The National Guard also provided opportunities that benefited both her civilian and military careers, one of which being an opportunity to earn her Expert Field Medical

Badge – one of the U.S. Army's most prestigious decorations (with an approximate 21% pass rate) that's awarded to medical Soldiers who complete an exhaustive list of medical and warrior tasks under stress.

Wolff completed her undergraduate degree in 1994 and, after performing enough clinical hours at the hospital, she was accepted to the military's Interservice Physician's Assistant Program, or IPAP, which is operated out of Fort Sam Houston (now, Joint Base San Antonio). Phase one of the program was sixteen months of classroom education. Phase two was the clinical portion of the program, where Wolff and her fellow students used their knowledge and experience from phase one in a military treatment facility for a year long clinical rotation. For Wolff, that brought her to Fort Campbell, Kentucky.

Being in the medical field is not for the faint of heart. Dealing with patients' physical, emotional, and mental wounds on a daily basis can be taxing to one's own mental and emotional health. But for Wolff, the journey into medicine felt more like a predetermined path rather than a leap of faith thanks to the influence of her older sisters.

“My sister was a nurse, my other sister, she's a biochemist, and my other sister is an ER Physician,” said Wolff. “So, it was kind of the natural course for me; you kind of follow in the footsteps of your family. Because of their interesting stories and how they enjoyed working in their career fields, that's why I joined the career.”

At the end of her clinical rotation at Fort Campbell, Wolff was accepted into Yale University's surgical residency program, relocated to Connecticut, and transferred to the Connecticut National Guard. As she began to plant roots in Connecticut, her professional life was focused entirely on medicine, specializing in orthopedics and emergency medicine. But her military career almost took a dramatic turn when her Air Force friends from her home state

learned she had her pilot's license.

At the time, the Maryland Air National Guard's 104th Fighter Squadron flew the A-10 “Warthog” Thunderbolt II, and tried to recruit Wolff to be a fighter pilot. As exciting as it would have been to fly the ground troop's favorite air-to-land flying brrrt cannon, Wolff had a difficult time finding the value in being a fighter pilot for her career outside of the military. So, she remained in the medical field and continued to fly recreationally, taking four-to-five flights each month in her personal RV-9A high-performance experimental aircraft.

In 2004, after fifteen years of service, Wolff made the difficult decision to step away from the military and focus on being a mother and started her own private practice. Over the next fourteen years, she would dedicate herself completely to raising her four children and splitting her professional career between her private practice and working at various hospitals and clinics around the state.

But the calling to serve her nation never left her.

“I want to keep my foot in the game,” said Wolff. “We miss out on so much as civilians by not being involved or not knowing what's going on in the world but being in the military, I feel like I'm a part of something, a bigger community. I lost that when I left, the sense of community and the friendships that I had. It's different than anything you would experience with your civilian friends, I think.”

Once her youngest child was in high school, she decided her kids were old enough that she could heed the calling to serve once again. In 2018, she rejoined the Connecticut National Guard and was assigned to the 142nd Area Support Medical Company.

When she initially left the military, the United States was beginning to ramp up deployments to Iraq and Afghanistan as part of the Global War on Terrorism. And Wolff would quickly learn first-hand that in the near de-



*U.S. Army Maj. Deanna Wolff, trains a fellow Soldier on traumatic wound care at the simulation lab at the Poznan University of Medical Sciences. Wolff was deployed to Poland with the 142nd Area Support Medical Company in support of Operation Atlantic Resolve in 2021. (Courtesy Photo)*

cade and a half since she last wore the uniform the deployments, especially among the reserve components, had done anything but slow down.

The 142nd was deployed to Powidz, Poland in support of Operation Atlantic Resolve on Oct. 24, 2021. While there, Wolff served as a telemedicine provider for medical treatments provided by medics at outlying forward operating sites, participated in simulated medical exercises with Polish medical students at the Poznan University of Medical Sciences, and helped foster a stronger relationship between U.S., ally, and partner forces in the region.

Rejoining the military after such a long time certainly came with its fair share of issues. As Wolff explained, ev-

erything about the Army was different, everything from the introduction to the annual Periodic Health Assessment to the weapons she was required to qualify on. But while there were some hurdles, she needed to overcome in her basic warrior tasks, she credits her experience in the civilian sector for keeping her ahead of the curve in the medical aspects of her job and as a leader.

“Being [a PA] on the civilian side, I have to keep up with all the current literature,” said Wolff. “And I’m in a teaching environment where I mentor students through Quinnipiac University so I have to keep up with everything that’s current, so I can bring that to our military setting ... and teach our Soldier s when we have drill weekends.”



*U.S. Army Maj. Deanna Wolff, walks through a winter storm at Forward Operating Site Powidz. Wolff was deployed to Poland with the 142nd Area Support Medical Company in support of*



*U.S. Army Maj. Deanna Wolff, trains a fellow Soldier on traumatic wound care at the simulation lab at the Poznan University of Medical Sciences. Wolff was deployed to Poland with the 142nd Area Support Medical Company in support of Operation Atlantic Resolve in 2021. (Courtesy Photo)*

Her civilian experience has certainly been a major value added to the Soldiers who report to Wolff, especially her traditional guardsmen who may only be able to perform their military duties, or similar, on drill weekends, but the military training also pays itself forward in her civilian career. Skills like coping mechanisms, adaptability, and teamwork are all things she took from the Army and try to instill on her students.

As for the future, Wolff has been working on her military education and hopes to be able to reach the rank of Lieutenant Colonel and continue to work with her Soldiers to build them up to the best they can be before retiring (for real, this time).

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# 103rd Flying Yankees Hockey

**Master Sgt. Mark Maher and Senior Master Sgt. Amy Robison**  
103rd Airlift Wing

The 103rd Airlift Wing's "Flying Yankees" hockey team, better known as the "Greatest Show On Ice", started the season facing-off against the 104th Fighter Wing's Barnestormers, February 18, 2023, at the XL Center in Hartford, Conn. The event has been called the "Bradley-Barnes Battle," by hockey fans.

It was a great event as the teams brought together two military communities from neighboring states, building esprit de corps by offering the opportunity to get know each other better. The Flying Yankees (G.S.O.I.) didn't disappoint, pumping up the jam-packed arena of over 200 fans by jumping to a quick 3-0 lead early in the first period. The G.S.O.I. controlled the game from beginning to end with a final score of 12 to 4. Led by Co-Captains Jordan Knightly and Steve Bava, the 103rd played sound team hockey throughout the game. Zach Martineau led all scorers with 7 points (4,3), Tyler Provencher and Knightly each had 6 points (4,2) and (3,3) respectively. Forwards Dennis Coughlin, Kyle Murkowicz, Kiernan Daly, Steve Kernstock and Keith Munsell were all crucial in setting the table for the big scorers. The team played great two-way hockey, doing a fine job of back-checking on every shift. Defensemen Chris Babcock, Bill Cahill, Ryan Lester, Mike Stearns, and Steve Teixeira kept the Barnestormers in check all game, playing rock solid positional defense. Pat Green played lights out in goal and did an outstanding job.

The G.S.O.I. went back to work on February 21 against the Hartford Firefighters, at South Windsor Arena, winning the game 10-4. Once again, the win was led by Co-Captain Knightly and sniper Zach Martineau. The Flying Yankees looked sharp, playing two-way hockey, limiting odd man rushes, and allowing few quality shots from their opponents. With Barstis still on the injured list and Ryan Martineau still at Basic Training, Kevin Leist was pulled up from our farm system and made immediate contributions on offense.

Special thanks to Head Coach Mark Maher, Assistant Coach Amy Robison and



*A member of the 103rd Airlift Wing's hockey team faces off during a recent game. The "Flying Yankees" hockey team, better known as the "Greatest Show On Ice", started the season facing-off against the 104th Fighter Wing's Barnestormers, February 18, 2023.*

Co-Captain Jordan Knightly for all their hard work setting up these events, which were enjoyed by all. The Flying Yankees next game will be April 8th, 1130, at the XL Center against the Hartford Wolfpack Alumni team. This MIGHT be a challenge for the G.S.O.I. and should be a very entertaining game.

## 'Stepping Forward' to prevent sexual assault

**Denis R. St. Jean**  
Sexual Assault Response Coordinator, 103rd Airlift Wing

Sexual Assault Awareness and Prevention Month (SAAPM) is recognized in April by both civilian and military communities. With that in mind, I'd like to highlight a few initiatives here in Connecticut and across the DoD.

Each year the DoD releases a new theme. As stated on [sapr.mil](http://sapr.mil), the United States Department of Defense Sexual Assault Prevention and Response website, "The Department of Defense observes SAAPM by focusing on creating the appropriate culture to eliminate sexual assault and requiring a personal commitment from all service members."

The theme for 2023 is 'STEP FORWARD. Prevent. Report. Advocate'. This new theme is a call to action for individuals at all levels of the Department of Defense to use their personal strength to advance positive change in preventing sexual violence. We ask that you join us in taking a "Step Forward" and highlighting the power of acts that can bolster prevention, increase reporting, and promote advocacy for a safer DoD Community.

What could those acts look like? We all have personal barriers that might make it difficult to step forward. What can we do to overcome those barriers? We, as a communi-

ty of Soldiers and Airmen, owe it to each other to promote a culture where individuals feel safe from sexual violence and supported if they choose to come forward.

I'd also like to highlight the Men's SAPR Campaign. According to a statement released by the DoD Sexual Assault Prevention Response Office, the campaign "focuses on sexual assault experienced by male service members and addresses the personal impact and negative effects on readiness and unit cohesion when sexual assaults occur. The campaign also provides vital education and access to important resources to both SAPR professionals and victims of sexual assault. The campaign is an initiative developed based on the "2016 DoD Plan to Prevent and Response to Sexual Assault of Military Men".

"All Service members deserve to work and live in a respectful, inclusive environment while serving our nation. While this campaign is focused on sexual assault of male Service members, it is inclusive of all Service members affected by sexual assault or at higher risk of sexual violence. This includes the experiences of women, racial and ethnic minorities, and LGBTQ+ Service members." (<https://www.sapr.mil/mens-sapr-campaign>)

Each year the Connecticut National Guard holds training for our Army and Air Guard Victim Advocates. In keeping with the Men's SAPR Campaign, we are excited to

have a guest trainer, retired Sergeant Major Aaron Stone, as our Keynote presenter for this event. Stone has given his training presentation, "Shattering the Silence around male-on-male sexual assault" at over 100 military installations across the U.S., Germany and South Korea. His presentation is so powerful and relevant to this campaign that we will be opening it to any members of the Connecticut Army and Air National Guard who are interested. Stone will be speaking in the Dining Facility at Bradley Air National Guard Base on Tuesday, April 4, 2023, at 1500.

"The campaign acknowledges Courage can take many forms. Coping and surviving with the aftermath of sexual assault takes Courage. The willingness to acknowledge the benefits of seeking available help and resources reflects Courage. There is Courage in moving through the healing process and finding your unique path to recovery. Courage is evident when a friend or loved one steps forward and offers to help. There is Courage in maintaining a command climate that prevents, responds to, and supports Service members who are affected by sexual assault or at higher risk of sexual violence. Courage helps us start over despite doubts and worries. We honor all these forms of Courage.

Powerful acts of Courage can fuel change." (<https://www.sapr.mil/mens-sapr-campaign>)



President Joe Biden participates in the Medal of Honor ceremony for Retired U.S. Army Col. Paris D. Davis, Friday, March 3, 2023, in the East Room of the White House. (Official White House Photo by Adam Schultz)

## No man left behind

**Christopher Hurd**  
Contributor

WASHINGTON — His entire body was covered in sweat and blood, having been shot too many times to count. After dragging a wounded Soldier to the helicopter for medical evacuation, Army Capt. Paris Davis went back into the Vietnam battle to retrieve another.

He heard the man had been shot in the head and was likely dead. Davis refused to accept it. He wasn't leaving anyone behind.

He called in cover fire and returned to the battlefield, searching for his missing Soldier. He crawled 150 yards and was hit by grenade fragments, causing even more damage to an already beat down body.

He kept pressing on, however, and was able to find his man. Spc. Robert Brown was indeed shot in the head but was still alive. He looked at Davis and asked, "Am I going to die?" to which Davis replied, "Not before me."

Davis grabbed him by his blood-soaked uniform and

began the arduous trip back.

Having a sense of family and putting others first was nothing new to Davis, it was instilled in him from a young age.

"School was important, church was important, family was important, and neighbors were special too," he said thinking of his days in Cleveland, Ohio. "I think I had a very good childhood."

As a kid, Davis was curious about the world and how things worked. He loved learning and would read any book they put under his nose.

That tenacious appetite for knowledge led him to Southern University in Baton Rouge, Louisiana, where he studied political science and sociology.

"I was just interested in trying to figure out how the world turned," he said.

While there, he joined the Army Reserve Officers' Training Corps on scholarship. He didn't come from a military family, but that wouldn't deter him from finding his way.

"Every step was a new step, just like a baby learning to walk," he said.

The noncommissioned officers ran a tight ship at the school and kept him in line, teaching him valuable lessons he would need in the future.

In 1959, Davis commissioned as an Army reserve armor officer and shortly after went to airborne school. He then heard about a little-known program then-President John F. Kennedy emphasized for counterinsurgency, and he jumped at the chance.

He became one the first African American Special Forces officers in the Army.

After his first tour in Vietnam, where he helped recruit and train locals, he went from the Pentagon to Okinawa, Japan, for language school. While he was in Japan, he got the news he was going back to Vietnam, this time in charge of his own Special Forces team and a South Vietnamese regional force.

"It was a chance to put my fingerprint on it," he said. "I

wanted that opportunity.”

The team adjusted quickly after arriving, recruiting locals and doing patrols in the surrounding jungle. The key to their survival, Davis said, was not only getting locals to join them but taking care of their families.

“It’s the same in almost every ethnicity, family first,” he explained. “If you treat it right, it will be medicine for you.”

With the chance to lead his own team, Davis set out to get the best from his men. He empowered his NCOs to take charge and would often follow their lead. He didn’t keep secrets and would discourage gossip. He even encouraged them to keep things as lighthearted as they could.

“I think it’s really important when you get into a situation like that, you put as much humor in it as you can,” he said.

The team did everything together, from patrols to chow to cleaning their weapons. They rapidly become more than just a unit.

“It was more of a family,” Davis recalled.

On one late night patrol, Davis could hear snoring out in the shrubs. He searched and searched and eventually snuck up on an enemy soldier asleep on guard duty. After capturing him, the team found another unsuspecting soldier sleeping.

They took the prisoners back for questioning and received important information about a large enemy force gathering in the area.

Davis confirmed the intel and decided to act. His team started attacking small pockets of the North Vietnamese force, taking them by surprise. Davis was wounded in the initial assault, but he continued to push forward.

The enemy launched a counterattack coming at them in waves. Facing intense gun fire, Davis led a small group of Soldiers as they destroyed enemy fortified locations. He then regrouped with his company and ordered air strikes.

“The battle lasted forever, and we thought we had beaten them back,” he said.

They started congratulating themselves when suddenly they heard bugles playing. The North Vietnamese launched another attack with increased numbers.

“You couldn’t see the ground or anything else there was so many of those guys coming at us,” he recalled.

The battle was back on. The team moved into position and reengaged the enemy. At one point, Davis thought he was almost out of ammunition and went to get more.

As he was looking, he felt a gun barrel at the back of his head. An enemy soldier pulled the trigger, but nothing happened. Davis quickly took a bayonet from his boot, attacked, and killed the enemy.

With no time to lose, he returned to the battle and noticed several of his men were gravely wounded.

Master Sgt. Billy Waugh was shot multiple times in the leg and foot. He was unable to walk. Davis charged into an open field under heavy enemy fire to rescue him. He was shot again, blood starting to cover his uniform.

Davis continued to engage the enemy, killing several on his way. He finally reached Waugh, picked him up, and carried him to safety.

Helicopters were coming in and out, bringing supplies and evacuating the wounded. Just as several men finished taking supplies to the troops, Sgt. 1st Class John E. Reinburg was shot in the chest.

“He fell right into my arms, and we had to get him right back on the aircraft,” he said.



Capt. Paris Davis, while in Vietnam, 1965. (Courtesy photo by Ron Deis )

Davis carried Reinburg back up the hill to extraction.

The battle had been raging for hours as day was slowly turning into night. Davis managed to get all of his men out but one, Spc. Robert Brown. Defying orders to withdraw, Davis went back for his last Soldier.

“They said he was dead, but I wasn’t leaving him behind,” Davis said.

He again called in cover fire and went searching. He found Brown and dragged him back across the slick field to the medevac helicopter.

After rescuing his men, Davis directed the extraction of the remaining wounded but refused it for himself. He remained on the battlefield to coordinate the final aerial and artillery attacks, ensuring victory.

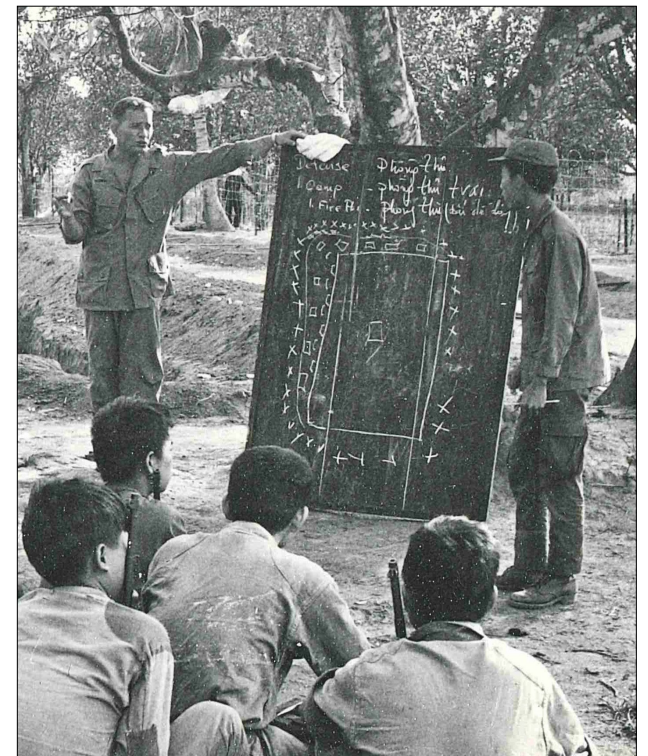
Davis saved the lives of multiple Soldiers during the 19-hour battle and led his company to victory over a much larger enemy force. He was awarded the Silver Star for heroism in December 1965.

Now, almost six decades later, Davis received the nation’s highest award for military valor, the Medal of Honor, in a ceremony at the White House March 3.

“He exhibited his bravery numerous times on that particular mission,” said Ron Deis, junior demolition man on Davis’s Vietnam Special Forces team. “He was either going to recover all of his team or die trying.”

When asked how he felt about receiving the medal, Davis said he didn’t want it to be about the lives he saved in Vietnam.

“I didn’t think about going after Brown to get a medal, or Waugh,” he explained. “For me, it was never ever a reason why I wanted to do something. Saving those lives were a part of what was human. Fighting the enemy was



Master Sgt. Billy Waugh gives a training class to soldiers assigned to the 833rd Regional Forces, Vietnam, 1965. Waugh’s life was eventually saved by the actions of Capt. Paris Davis in June 1965. (Courtesy photo by Ron Deis)

the part that was daring.”

Davis retired as a colonel after serving more than 25 years in the Army. In 2019, he was inducted into the U.S. Army Ranger Hall of Fame.



# What's Your Story?

Do you have an interesting hobby, skill, civilian occupation, or recent life event?

We want to help you tell the world!

Contact the Connecticut National Guard Public Affairs Office:

Maj. David Pytlik david.c.pytlik.mil@army.mil 860.524.4857	Mr. Tim Koster timothy.r.koster.civ@army.mil 860.524.4858
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# SGT MATTHEW LUCIBELLO

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<p>EPISODE</p> <h2>003</h2>	<ul style="list-style-type: none"> <li>- Train &amp; Military History Enthusiast</li> <li>- WWII Reenactor</li> </ul>
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The Stand Guard Podcast is a show dedicated to uncovering the remarkable stories of our nation's service members and our military history that often goes untold. The Stand Guard podcast is a production of the Connecticut National Guard. The Stand Guard Podcast is available wherever you listen to your podcasts. If you would like to pitch an idea for an episode of the Stand Guard Podcast, please email us at [standguardpodcast@gmail.com](mailto:standguardpodcast@gmail.com)

# NOT FEELING LIKE **YOURSELF?**

## REACH OUT. STAY MISSION READY.

### Military Life is Hard On Your Mind And Body

Even pain or trouble sleeping can hurt mission readiness. Talk to your health care provider if you feel unusually:

- Tired
- Stressed
- Angry
- Sad
- Forgetful
- Worried
- Pained
- Hopeless

### Psychological Health Resource Center

Call/Chat with a health resource consultant 24/7 at 866-966-1020 or [realwarriors.net/livechat](https://realwarriors.net/livechat)

### Military Crisis Line

Call 800-273-8255 and press 1, text 838255 or visit [militarycrisisline.net/chat](https://militarycrisisline.net/chat)

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**REAL STRENGTH**

[realwarriors.net](https://realwarriors.net)

MHS

Military Health System  
[health.mil](https://health.mil)



## Ruck March/Hike to build veteran/military community and support network

No set distance or time limit, come out and build camaraderie

Sunday, February 19th: Devils Hopyard @ 0800  
 Sunday, March 5th: Bluff Point State Park @ 0800  
 Saturday, March 25th: Pachaug State Forest (Voluntown) @ 0700 parking at Hell Hollow Pond Parking area  
 Sunday, April 2nd: Bluff Point @ 0700  
 Saturday, April 15th: Chatfield Hollow @ 0800  
 Sunday, April 16th: Bluff Point @ 0700  
 Saturday, May 6th: Lantern Hill @ 0800  
 Saturday, May 13th: Gillette Castle @ 0800  
 No prescribed uniform or ruck weight (personal choice).  
 POC: Silas Holden (860) 514-9317

Mission Statement: The Tactlete Initiative will plan one or two ruck march / hikes per month at different locations throughout the state and region. It's time we build a support network away from military duty and help each other heal and thrive. Walk, talk, and heal while getting out into nature and clearing your mind.

## Coloncortagena to retire after 44 years of service

Command Sgt. Maj. Anthony Savino  
 Contributor

U.S. Army Staff Sgt. Luis Coloncortagena is a member of the 906TH Quartermaster Platoon, also known as the Combat Sustainment Support Battalion Feeding Platoon, supervises the christening of the Windsor Locks Readiness Center Dining Facility washing system.

This is the first time that the 1-169 Aviation Battalion has gone to the standard Army feeding trays and has gotten away from the paper trays. Paper trays over the last decade have added up to tons of excess garbage and waste. Using the new feeding trays for home station IDT and Annual Training Periods will cut down on cost and help the environment. The WLRC DFAC was designed with a feeding tray wash system but never used since the occupation of the building in 2013. With the efforts of Coloncortagena, the new feeding trays are now in full swing at the WLRC.



Coloncortagena is attached to the 1-169th and has been prepping and serving chow for the last 14 years within the Aviation Community and this was his last holiday meal preparation as he is retiring at the age of 62 in August,

2023 with 44 years of service.

Thank you Staff Sgt. Coloncortagena for your dedicated service to keeping our Service Members fed.

## Retiree Voice: Two Resources for Retirees

Sgt. 1st Class (ret.) Stephanie Cyr  
 Contributor

Army Echoes and Easterseals Capitol Region and Eastern Connecticut Rally Point are two resources that all retirees and veterans should be familiar.

Army Echoes, published quarterly by Army Retirement Services, is the official newsletter for retired soldiers, surviving spouses and their families. It informs retirees when there are changes to their benefits and entitlements, developments within the Army, and how they can continue to support the Army. The current issue includes articles on Social Security for retired soldiers, Gray Area Retirees' activation of DDFAS account, and a listing of the Army Appreciation Days to name a few.

Subscribing to Army Echoes is easy, depending on your situation. If you are retired and collecting pay or the surviving spouse collecting and Survivor Benefit Plan annuity, make sure the Defense Finance and Accounting Service (DEFAS) has your correct mailing and email addresses. This is done through myPay. A surviving spouse not collecting a Survivor Benefit Plan annuity should send their name and email address to the editor at ArmyEchoes@army.mil to receive Army Echoes. Gray area retirees, those retired but not yet collecting pay, can log into their "future retiree pay account" on myPay to ensure their mailing information is correct. Anyone else who wishes to read Army Echoes, can download editions from the Army Echoes website, or get the Army Echoes App, which is available from Google Play or the Apple iTunes app store.

Easterseals, incorporated in Hartford in 1948, evolved from an organization that primarily focused on treating people with tuberculosis. Over the years it expanded to

rehabilitation services for individuals with disabilities and in 2009 rebranded themselves as Easterseals Capitol Region and Eastern Connecticut. In 2018 the non-profit expanded to provide housing to veteran in need at its Rocky Hill location.

Easterseals Veterans Rally Point, a national model and enter of excellence opened in 2021 to serve veterans, active-duty military, guard, reserve and their families. Two locations,

Veterans Rally Point, 24 Stott Avenue, Norwich, CT 06360, phone 860.859.4148 ext. 1 and

Veterans Rally Point II 287 West Street, Rocky Hill, CT 06067, phone 860.859.4148 ext. 1, offer many resources to support all veterans of the military.

Programs and services offered include a computer center, VA Benefits consultation, educational and job skill training, behavioral health services, financial assistance and coaching, a clothing closet and food pantry, health and wellness services. They also offer employment and resume assistance. Many of these services are done on a one-to-one basis emphasizing confidentiality.

Peer meet-up groups are offered and meet weekly. These groups provide a time of conversation with open discussions and guest speakers. No topic is off limits. It is a relaxed time for sharing. All military, veterans and families are welcomed.

Rally Point offers volunteer opportunities for those wishing to help in providing support to the military. If interested in being a Rally Point volunteer, you can sign up on their website,

veteransrallypoint.com or contacting them at one of their locations.



*U.S. Army Pfc. Casimir Cyriaque, a CH-47 helicopter repairer assigned to 2nd Battalion, 104th Aviation Regiment, Connecticut Army National Guard, performs a plank during the Army Combat Fitness Test portion of the 2023 Connecticut Army National Guard Best Warrior Competition, at Camp Nett, Niantic, Connecticut, March 23, 2023. The competition drew soldiers from across the Connecticut Army National Guard and over the course of three days these competitors faced off against one another in a variety of events testing their physical fitness, land navigation skills, marksmanship skills and warrior task competencies. (U.S. Army photo by Sgt. Matthew Lucibello)*

## New directive exempts Soldiers who score 540+ on the ACFT from body fat assessment

**U.S. Army  
Contributor**

WASHINGTON — The U.S. Army has released a directive exempting all Soldiers scoring 540 points or more on the Army Combat Fitness Test from the body fat assessment, regardless of their height and weight. Soldiers must score 80 points or more in each event.

"When our people are ready, the Army is ready," said Sgt. Maj. of the Army Michael Grinston, announcing the change. "As Soldiers leverage all domains of Holistic Health and Fitness and strive to reach their maximum potential, our policies should encourage their progress, not constrain it."

Secretary of the Army Christine Wormuth approved the change at the request of Grinston, following preliminary findings of the Army Comprehensive Body Composition Study, which was initiated by Army senior leaders in 2021.

The study looked at the relationship between body fat and fitness levels, with the understanding that results could inform changes to the Army Body Composition Program. It was the largest and most comprehensive assessment of Soldier body composition and fitness to date.

The study found that Soldiers with a high volume of lean muscle mass were still at risk of failing the body fat assessment as prescribed in Army Regulation 600-9. To avoid er-

roneously flagging those Soldiers, one recommendation of the study was to exempt those who scored exceptionally high on the ACFT. Army senior leaders approved the exemption for Soldiers scoring 540 points, with a minimum of 80 in each event.

The study concluded that factors such as sex, age and ethnicity did not affect the association between body fat and ACFT scores. The policy applies to all professional military education schools, and to all accessions and retention actions.

Grinston said further policy changes are still under consideration and will require further validation before final approval. However, the overall focus of the program remains unchanged – having an effective, accurate assessment of the holistic health and fitness of our force, while providing Soldiers with the resources they need to improve and preserve individual and unit readiness.

Army Directive 2023-08 immediately implements the change to AR 600-9, the Army Body Composition Program.

The exemption is effective immediately, according to Army officials, and will apply on Soldiers' next ACFT for record, and it is valid until the next ACFT for record, not to exceed eight months for regular Army and Army Guard Reserve Soldiers, and 14 months for Army National Guard and Army reserve components. Soldiers who fail to re-validate within these timelines are subject to body fat assessments and flagging actions for body fat assessment failures.

# SEXUAL ASSAULT. SEXUAL HARASSMENT. NOT IN OUR ARMY.

## Sexual Assault Response Coordinators

**CTARNG SARC** ..... 860.883.4798

**103rd AW SARC (24hr)** ..... 860.895.3526

## Chaplain and Legal

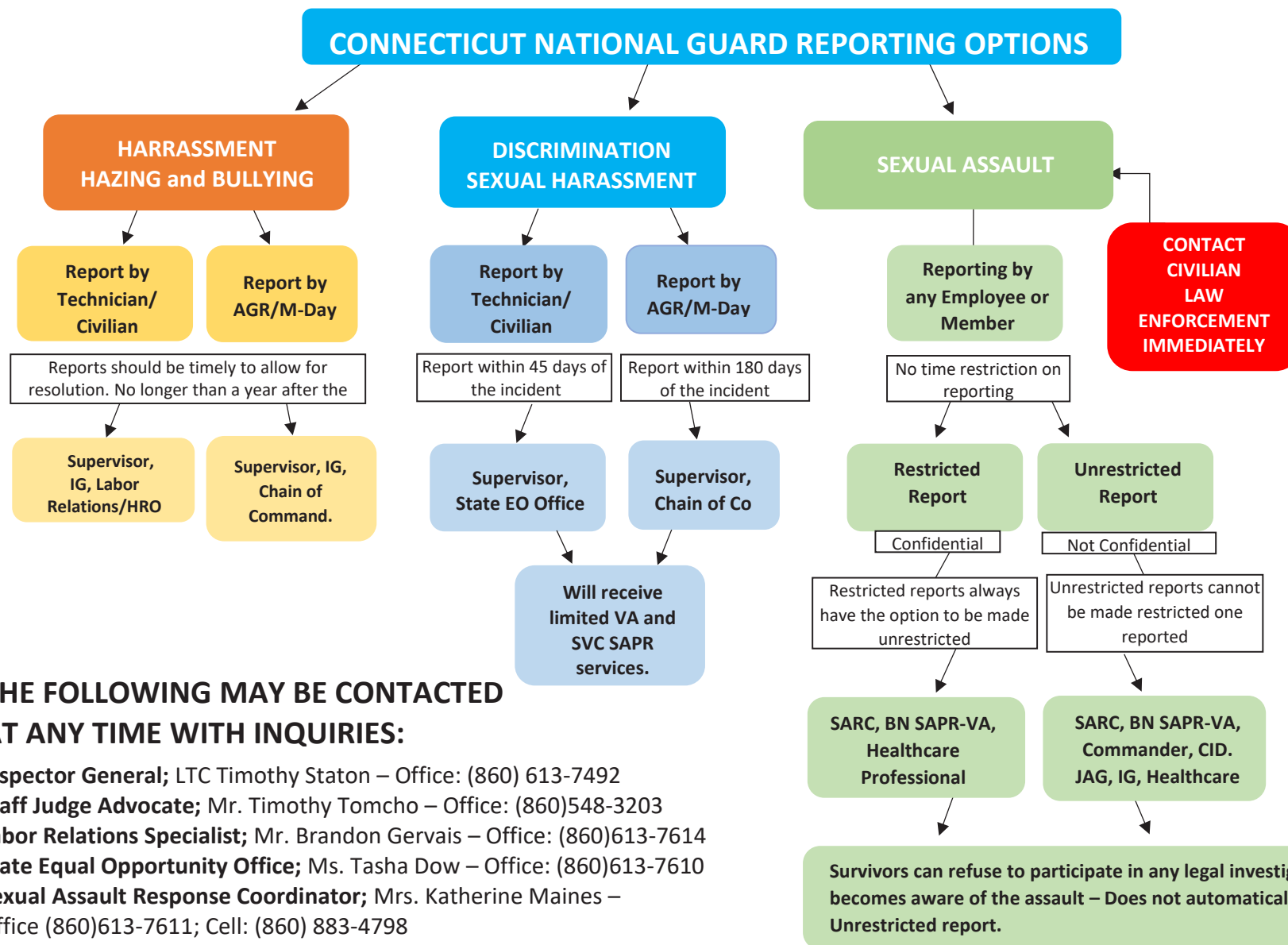
**CT Chaplain** ..... 860.548.3240

**CT Special Victim's Council** ..... 703.607.2263

## Medical

**Military Treatment Facility (Westover)** 413.557.2623

**Navy Health Clinic New London** ..... 860.694.4123



### THE FOLLOWING MAY BE CONTACTED AT ANY TIME WITH INQUIRIES:

- Inspector General;** LTC Timothy Staton – Office: (860) 613-7492
- Staff Judge Advocate;** Mr. Timothy Tomcho – Office: (860)548-3203
- Labor Relations Specialist;** Mr. Brandon Gervais – Office: (860)613-7614
- State Equal Opportunity Office;** Ms. Tasha Dow – Office: (860)613-7610
- Sexual Assault Response Coordinator;** Mrs. Katherine Maines – Office (860)613-7611; Cell: (860) 883-4798
- State Chaplain;** Lt Col Wismar – Officer; (860)548-3240; Cell: (860)883-5278



## The SGT Felix M. Del Greco, Jr. Memorial Scholarship

The SGT Felix M. Del Greco, Jr Memorial Scholarship was established on April 16, 2004. The purpose is to provide an annual scholarship(s) to dependent children of Connecticut Army National Guard members, to honor the memory of SGT Felix M. Del Greco, Jr., who was killed in action in Iraq on April 9, 2004. He was the first member of the Connecticut National Guard to die in Iraq.

Felix was born on July 18, 1981 to Felix M. Del Greco, Sr., and Claire Del Greco. A lifelong resident of Simsbury, he graduated from Simsbury High School in 1999. Felix was active in many school activities to include playing trumpet in the jazz band and working as part of the backstage technical crew on school plays and performances. He was also a Boy Scout, achieving the rank of Eagle Scout, of which he was very proud.

As a teen, Felix always had an interest in the military and enlisted in the Connecticut Army National Guard on March 30, 1999, while still in high school. He joined Headquarters Company, 242d Engineer Battalion, and shipped to Basic Training in June 1999.

In January 2001 Felix transferred to Company B, 1st Battalion, 102d Infantry where he volunteered to deploy to Bosnia on a peacekeeping mission. While serving in Bosnia for six months, he earned the distinction of Soldier of the Rotation amongst over 10,000 multi-national forces. He returned from Bosnia in March 2002.

In April 2003, SGT Del Greco volunteered to deploy again, this time in support of Operation Nobel Eagle III as part of the homeland defense ordered by President Bush. He was stationed at the United States Military Academy, West Point, NY.

After nine months at West Point, SGT Del Greco returned to Connecticut in December 2003 only to immediately volunteer to deploy in support of Operation Iraqi Freedom II. He transferred to Company C, 1st Battalion, 102d Infantry in Bristol as an Automatic Rifleman. Company C left Connecticut for Fort Hood, Texas, on January 8, 2004 and became part of the 39th Infantry Brigade, Arkansas Army National Guard.

The unit arrived in Kuwait in March 2004 and began patrolling in Baghdad, Iraq in April. SGT Felix Del Greco was killed on April 9, 2004 when his vehicle was struck by a roadside bomb and gunfire.

His military awards include: The Bronze Star, Purple Heart, Army Commendation Medal, Army Achievement Medal with Oak Leaf Cluster, Army Good Conduct Medal, Army Reserve Components Achievement Medal, National Defense Service Medal, Armed Forces Expeditionary Medal, Global War on Terrorism Expeditionary Medal, Global War on Terrorism Service Medal, Armed Forces Reserve Medal with "M" Device (2d Award), Noncommissioned Officer's Professional Development Ribbon, Army Service Ribbon, NATO Medal, and the Combat Infantry Badge.



## Connecticut National Guard Foundation, Inc

The Connecticut National Guard Foundation, Inc announces its 2023 scholarship program. This year the Foundation will award a total of eight scholarships.

1. **Three \$4,000.00 scholarships honoring SGT Felix Del Greco Jr. will be awarded to a son or daughter of a member of the Connecticut ARMY National Guard. \* Please note that a special application and deadline is required for the Del Greco scholarship which may be obtained from: <http://www.conncf.org>. No other application will be accepted.**
2. **Five \$2,500.00 scholarships will be awarded to Connecticut National Guard and Organized Militia members or their sons, daughters, or spouses and children of Connecticut National Guard Retirees. Application forms may be found at the Foundations website at <http://www.ctngfi.org>.**

#### Additional Information:

1. Complete application packets for the CTNGFI scholarships must be postmarked no later than 15 April 2023
2. The selection committee will choose students based on achievement and citizenship
3. You must be enrolled in, or planning to enroll in a regionally or nationally accredited degree or technical program
4. Mail application form (CTNGFI Scholarship Only) and completed package to:

CTNG Foundation Inc.  
Attn: Scholarship Committee  
360 Broad Street  
Hartford, CT 06105

5. Please contact the foundation at (860) 241-1550 or e-mail [ctngfi@sbcglobal.net](mailto:ctngfi@sbcglobal.net) with any question or for further details.



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with the  
New Soldier Referral  
Program**

**E-4**

**E-3**

**E-2**

**E-1**

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ARMY NATIONAL GUARD SOLDIERS**

**\* ADVANCE ONE ENLISTED GRADE PER REFERRAL**  
(Not to exceed the grade of E4)

**\* AWARDED THE ARMY RECRUITING RIBBON**  
(Up to 4 times)

**\* PROMOTION POINTS FOR ARMY RECRUITING  
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(Soldiers will be awarded 10 points toward promotion to SGT/SSG  
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## Service Member and Family Support Center Staff Directory



**William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 (800) 858-2677 Open Monday-Friday**

Director, Service Member and Family Support Center	<b>Kimberly Hoffman</b>	<a href="mailto:kimberly.j.hoffman.civ@army.mil">kimberly.j.hoffman.civ@army.mil</a>	(800) 858-2677
Lead Military and Family Readiness	<b>Melody Baber</b>	<a href="mailto:melodychevenne.c.baber.civ@army.mil">melodychevenne.c.baber.civ@army.mil</a>	(860) 548-3276 (desk) (860) 883-2515 (cell)
Military and Family Readiness Specialist	<b>Carolyn Kyle</b>	<a href="mailto:carolyn.r.kyle.civ@army.mil">carolyn.r.kyle.civ@army.mil</a>	(860) 524-4920 (desk) (860) 394-8748 (cell)
Military and Family Readiness Specialist	<b>Jason Perry</b>	<a href="mailto:jason.t.perry.civ@army.mil">jason.t.perry.civ@army.mil</a>	(860) 524-4897 (desk) (860) 655-9288 (cell)
Military and Family Readiness Specialist	<b>Michelle McCarty</b>	<a href="mailto:michelle.m.mccarty4.civ@army.mil">michelle.m.mccarty4.civ@army.mil</a>	(860) 548-3254 (desk) (860) 883-6953 (cell)
Military and Family Readiness Specialist	<b>Linda Rolstone</b>	<a href="mailto:linda.b.rolstone.civ@army.mil">linda.b.rolstone.civ@army.mil</a>	(860) 524-4963 (desk) (860) 680-2209 (cell)
Military and Family Readiness Specialist	<b>Kelly Strba</b>	<a href="mailto:kelly.a.strba.civ@army.mil">kelly.a.strba.civ@army.mil</a>	(860) 548-3283 (desk) (860) 500-3813 (cell)
Military and Family Readiness Specialist	<b>Rich Timberlake</b>	<a href="mailto:richard.k.timberlake.civ@army.mil">richard.k.timberlake.civ@army.mil</a>	(860) 493-2797 (desk) (860) 500-3189 (cell)
Lead Child & Youth Program Coordinator	<b>Carrie Joseph</b>	<a href="mailto:carriejoseph.lcypc.ct@gmail.com">carriejoseph.lcypc.ct@gmail.com</a>	(860) 524-4908 (desk)
Military OneSource Consultant	<b>Scott McLaughlin</b>	<a href="mailto:scott.mclaughlin@militaryonesource.com">scott.mclaughlin@militaryonesource.com</a>	(860) 502-5416 (cell)
Employer Support of the Guard and Reserve, Volunteer Support Technician	<b>Everett Carpenter</b>	<a href="mailto:everett.e.carpenter.ctr@army.mil">everett.e.carpenter.ctr@army.mil</a>	(860) 524-4970 (desk)
Personal Financial Consultant	<b>Jafor Iqbal</b>	<a href="mailto:PFC.CT.NG@zeiders.com">PFC.CT.NG@zeiders.com</a>	(203) 233-8790 (cell)
State Support Chaplain	<b>Lt Col Eric Wismar</b>	<a href="mailto:eric.a.wismar.mil@army.mil">eric.a.wismar.mil@army.mil</a>	(860) 548-3240 (desk) (860) 883-5278 (cell)
Transition Assistance Advisor	<b>Fausto Parra</b>	<a href="mailto:fparra-c@gapsi.com">fparra-c@gapsi.com</a>	(203) 219-8573 (cell) (202) 987-3942 (office)
Connecticut Military Relief Fund	<b>Russell Bonaccorso</b>	<a href="mailto:russell.bonaccorso@ct.gov">russell.bonaccorso@ct.gov</a>	(860) 524-4968 (desk)

**Middletown Armed Forces Reserve Center: 375 Smith Street, Middletown, CT 06457 Open Mondays**

Military and Family Readiness Specialist	<b>Jason Perry</b>	<a href="mailto:jason.t.perry.civ@army.mil">jason.t.perry.civ@army.mil</a>	(860) 524-4897 (desk) (860) 655-9288 (cell)
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**Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 Open Fridays**

Military and Family Readiness Specialist	<b>Kelly Strba</b>	<a href="mailto:kelly.a.strba.civ@army.mil">kelly.a.strba.civ@army.mil</a>	(860) 292-4601 (desk) (860) 500-3813 (cell)
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**103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026**

Airman and Family Readiness Program Manager	<b>Selva Cabrera</b>	<a href="mailto:selva.cabrera.1@us.af.mil">selva.cabrera.1@us.af.mil</a>	(860) 292-2730 (desk) (860) 734-7482 (cell)
Yellow Ribbon Support Specialist	<b>Roberto A. Rodriquez III</b>	<a href="mailto:roberto.rodriquez.43.ctr@us.af.mil">roberto.rodriquez.43.ctr@us.af.mil</a>	(860) 292-2772 (desk) (860) 819-4636 (cell)

**Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 Open Thursdays**

Military and Family Readiness Specialist	<b>Linda Rolstone</b>	<a href="mailto:linda.b.rolstone.civ@army.mil">linda.b.rolstone.civ@army.mil</a>	(860) 739-1637 (desk) (860) 680-2209 (cell)
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**Waterbury Armory: 64 Field Street, Waterbury, CT 06702**

Survivor Outreach Services Coordinator	<b>Reisha Moffat</b>	<a href="mailto:reisha.a.moffat.ctr@army.mil">reisha.a.moffat.ctr@army.mil</a>	(860) 883-6949 (cell)
Military OneSource Consultant	<b>Scott McLaughlin</b>	<a href="mailto:scott.mclaughlin@militaryonesource.com">scott.mclaughlin@militaryonesource.com</a>	(860) 502-5416 (cell)

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