



# Connecticut GUARDIAN

The Yankee Courier on page 13

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HARTFORD, CONNECTICUT

June 2022

## CTNG hosts 8th annual Cyber Yankee cybersecurity exercise

Tim Koster  
Joint Force Headquarters Public Affairs

NIANTIC, Conn. – Cyber warriors from around New England teamed up with local partners to participate in the eighth annual Cyber Yankee cyber security training exercise at Camp Nett, Niantic, Connecticut June 5-18.

The annual exercise is a regional event that complements more extensive nationwide exercises designed to help these cyber professionals gain valuable experience in real-world infrastructure sectors, such as power, water, and gas companies which they may be called upon to help protect in the event of a cyber-attack.

“Ransomware attacks, phishing, infiltration are all part of the exercise,” said Lt. Col. Karmin Ng, chief information officer for the Massachusetts Army National Guard and deputy exercise director. “The more realistic we can make the exercise, the better prepared, not only in the military participants but the utility employees will be ready for a realistic cyber threat.”

The guardsmen were split into two teams. The “blue team” assists the industry partners identify unusual activity, mitigate the cyberattacks, and determine the scope of damage, attack vector, and most likely culprit. The “red team” played the malicious actors looking to infiltrate the utility to cause harm.

“We’re used to fighting in the open, physical land,” said Senior Airman Alex Taylor. “Whereas the fight that we’re



Joint forces attend classroom training during Cyber Yankee 2022 on Camp Nett, CT 5-18 June 2022. Cyber Yankee is a regional exercise promoting interagency communication and cooperation during a cyber attack. (U.S. Army Photo by Staff Sgt. John Randall)

moving towards is this cyber and information fight. So, us knowing how to fight both of those will help us be successful.”

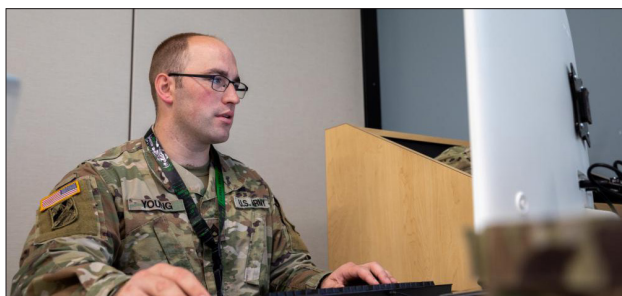
According to the Center for Strategic & International Studies, there have been 57 critical cyber incidents around the world this year, including a ransomware attack against the Colonial Pipeline in Texas, one of the largest gas pipelines in the country.

“We see nation-state threats, we see criminal actors, all the indicators of compromise that come from either community,” said Robert Schwarm, director of technology at the Metropolitan District Commission.

In addition to training Guardsmen how to effectively respond to a cyberattack, Cyber Yankee is also an opportunity

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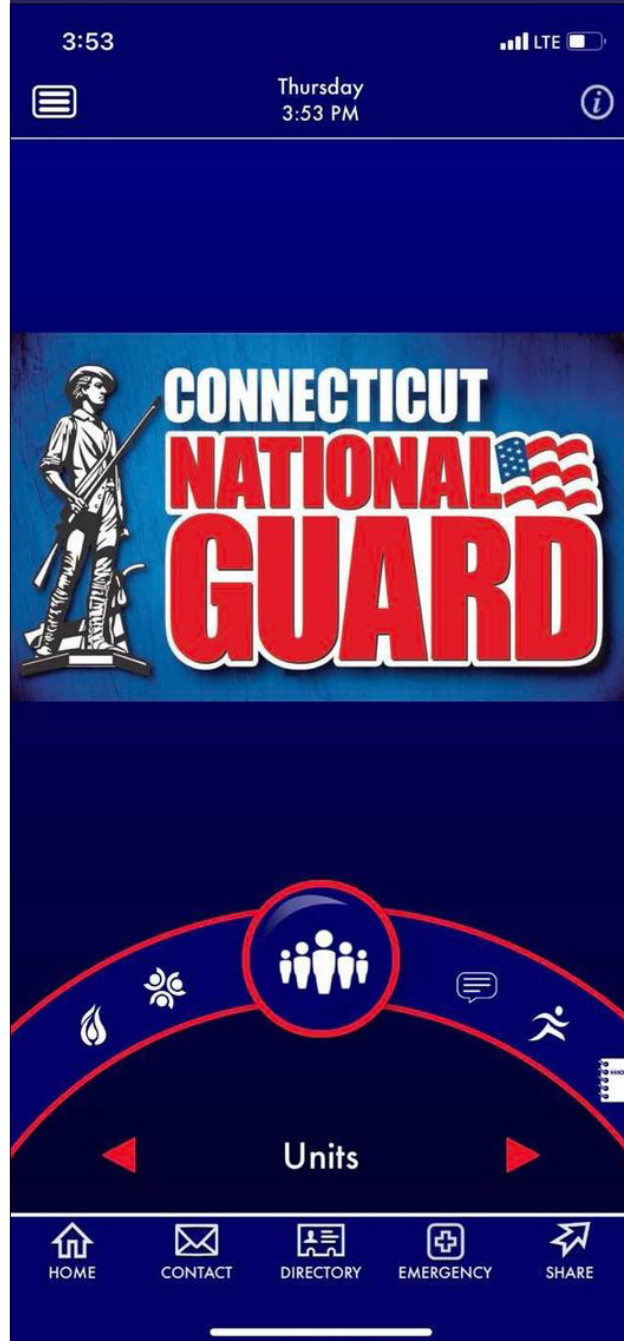


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# Cyber

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nity for the civil participants to learn more about what they can do to improve their cybersecurity posture to prevent a serious cyberattack from crippling their systems.

“The biggest thing an organization can do to protect themselves from a cyberattack is basic cyber hygiene,” Sprague said. “Things like turning on multi-factor authentication for all their users or having an instant response plan and walking through a plan to be prepared for a cyberattack. Patching, that’s another issue, where many organizations don’t have the most up-to-date patches. And really at the executive level, focusing its cyber security. If you do those things, you can lower your risk of a cyber-attack.”

The National Guard is no stranger to responding to cyberattacks against municipalities. In recent years, the Connecticut cyber team assisted the city of Hartford with a ransomware attack and the Vermont National Guard responded to a similar attack against the University of Vermont Medical Center.

President Joe Biden signed an executive order in May 2021 to improve the nation’s cybersecurity capabilities and Cyber Yankee is just one of the ways the National Guard is working to bolster the nation’s cyber defense efforts.

In addition to Cyber Yankee, the Connecticut National Guard also began a partnership with the University of New Haven’s National Security Agency Center of Academic Excellence in Cyber Operations in 2021 to host an annual training event called Operation Ironclad. Unlike Cyber

Yankee, Ironclad brought together cyber guardsmen as well as non-cyber guardsmen who work in the cyber industry outside of the military.

U.S. Army Lt. Col. Ryan Miller, the Connecticut National Guard’s State Cyber Operations Officer, said opening Ironclad to a wider selection of Guardsmen gives him access to a broader pool of trained personnel capable of assisting in the event of a local cyberattack as well as increasing the Guardsmen employers’ first line of defense against cyberattacks.

This year’s Ironclad exercise was tagged onto the first week of Cyber Yankee, adding a period of classroom learning prior to the practical exercise of Cyber Yankee.

## All Roads Lead to Cyber - How one Connecticut Guardsman found his path in cybersecurity.

Sgt. Matthew Lucibello  
130th Mobile Public Affairs Detachment

HARTFORD, Conn — Inside a brightly lit classroom, keyboards go cyclic. The clicks of the mouse reverberate across the room like the distant echoes of artillery. These are the sounds of the digital battlefield. U.S. Army Staff Sgt. John Young, a soldier assigned to Joint Forces Headquarters, Connecticut Army National Guard, is just one of many men and women, all cyber warriors, in the trenches posed for the impending attack. Thankfully for him, this digital battlefield is an augmentation, one devised and created as part of Cyber Yankee, a cyber training exercise meant to simulate a real world environment to train mission essential tasks for Cyber professionals.

But Young wasn’t always a Cyber soldier. When he enlisted into the Army in 2009 after a short stint in college, he did so as a Motor Transport Operator.

“I actually tried to do the college thing right out of high school and was like, yeah, it doesn’t really feel like it’s for me at the time,” Young explained with a smile. “So I started going to school, decided to drop out and join the military.”

Young has deployed twice in his career. First, as a truck driver to Kandahar, Afghanistan in 2012, but he never got behind the wheel. Instead, he manned the turret of a tactical vehicle, known as a Mine-Resistant Ambush Protected, or MRAP, for short, as he traveled across the country. Young would do this for the first half of his deployment until being promoted to Sergeant. Following his promotion, Young served as the assistant convoy commander, or ACC.

“As an ACC I was responsible for prepping all the soldiers and vehicles going into the mission while the CC (Convoy Commander) dealt with the planning piece,” said Young. “Once we left on mission I was the CC’s backup for everything and was usually in charge of maintaining reporting and communication between the gun trucks and commodity trucks.”

For his second deployment, this time in 2017, Young would travel to Poland, where he worked as the operations non-commissioned officer in a tactical operations center, or TOC.

“I worked 10 to 15 hours almost every day keeping track of operations running across an AOR (Area of Responsibility) that extended from Estonia all the way down to Romania,” said Young. “I was very rarely ever not busy.”

Following his deployment to Poland, Young transitioned to working as a special security representative, for a sensitive compartmented information facility, or SCIF, in 2020. Here, within the walls of the windowless and soundproofed SCIF is where the foundation for his interest in Cyber was laid. Young started learning more about the Intelligence field, computer technology, and ended up doing a little soul searching on what path he wanted to take towards higher education.

“I have always been into computers and stuff like that, so I kind of wanted to find a way of taking that passion and applying it to something that I could do,” explained Young. “So

I decided to go for a cybersecurity degree.”

Young would soon find out he had a lot ahead of him to become a cyber professional.

“I started diving into it on the education side, quickly realized that I also needed to include some certification and civilian training in there,” explained Young. “So I started working on some certifications, got my SEC+ (CompTIA Security+), Network+ (CompTIA Network+), CCNA (Cisco Certified Network Associate), GSEC (GIAC Security Essentials).”

While taking these courses and compiling these certifications Young fell into his groove.

“Through that learning I kind of scoped more into my passion,” explained Young. “I realized there was a bit of an opportunity for shaping threat intelligence geared towards cyber.”

Forward thinking like this is what inevitably landed him at Cyber Yankee, a two part joint Department of Defense and private sector cyber training exercise that simulates real world scenarios utilizing the Persistent Cyber Training Environment, or PCTE, platform. The PCTE replicates environments utilized by civilian and private sector partners, such as an electrical plant or water treatment facility, and trains cyber professionals to defend this infrastructure from a cyber attack.

In this scenario, the “Red Team” tried to attack facilities being protected by multiple “Blue Teams”, made up of cyber warriors from the U.S. Army, U.S. Air Force, U.S. Navy, U.S. Marines and U.S. Coast Guard. Each Blue Team also had an intelligence section feeding the cyber analysts information on their adversary, which is where Young came in.

“You need to understand the TTPs, the tactics, techniques and procedures of your enemies, look forward, where could they go, what might they do,” said Young. “That helps you.”

Young went from computer to computer helping the other cyber analysts identify threats and troubleshooting any problems they might have encountered.

“I would argue the most fun thing is the collaboration with your teams,” said Young. “Being able to see how we all work together to defend and protect what’s important, that, to me, is the fun part.”

Despite Cyber Yankee being an enjoyable experience for the analysts to train with other Department of Defense and partner agencies, the need to defend against emerging cyber threats is constant and very real. No one knows this more than Young.

“[Cyber] is one of the most dynamically evolving environments there is,” explained Young. “There is never a point in time where you stop defending, you always have the opportunity to go out and do something in the cyber realm to affect change and to better the organization as a whole, there is always something more you can learn, there’s always new tooling that you can learn to use, you’re never going to feel like you don’t have something to focus on to help make a difference.”



The 14th CST made entry to lab area along with members of the ESI from DEEP and the State Police bomb squad.

## 14th CST Hazardous Laboratory Set up Old Saybrook

**Capt. Joyce Avedisian**  
Contributor

On the evening of May 18, 2022, the 14th Civil Support Team (CST) was contacted by the Environmental Analyst for the Connecticut Department of Energy and Environmental Protection (CT DEEP). The initial CST asset requested was the mobile Analytical Laboratory System (ALS) however, as information from the first responders at the scene continued to mature, the decision was made to dispatch additional CST downrange survey team members as part of the response strike team.

Upon arrival, CST personnel worked under the direction of the CT DEEP representative and the local law enforcement incident commander. Initial downrange observations indicated a complex and robust laboratory environment with a significant amount of hazardous materials storage and processes. The laboratory practice was being reviewed for possible operating violations by the following agencies that were already on location: ATF, FBI, FBI Bomb Squad, CT State Police, CT State Police Bomb Squad, Fire/Arson Investigation, Old Saybrook DPH, Old Saybrook Police, Old Saybrook Fire Department, DEEP, DEEP Environmental Recovery Team.

These agency representatives were in the process of securing the scene and developing a process for investigating the laboratory's contents. The CST survey team began to monitor air quality with MultiRAE gas meters and AreaRAE monitoring equipment. These devices are capable of detecting Volatile Organic Compounds (VOC) levels in ppm, and oxygen-levels that would indicate flammable environments, and were effective in determining scene safety.

During this time, the CST Nuclear Medical Science Officer (NMSO) began interviewing the laboratory owner and communicated with the partner response agencies to discuss the materials present as well as the nature of the hazards posed to the responders' health and safety.

The CST analytical and survey team was ready to assist their inter-agency partners with identification of unknown materials, the sorting of these materials into categories for

disposal, and coordinating the proper PPE for safe handling of these hazards.

CST analytical and survey team members used hand-held Fourier Transform Infra Red (FTIR) and RAMAN (Raman Spectroscopy) RMX to perform identification of unknown materials on scene. CST Survey team members are highly trained to perform sampling activities while wearing different levels of PPE. The CST also coordinated PPE for EOD and members of the CT DEEP environmental recovery team which enabled them to safely make joint entries along with the CST.

Due to both the abundance of hazards discovered in the facility as well as their apparent lack of proper storage and organization, agency partners worked together with the CST to develop a plan to categorize the materials and safely package them for proper disposition. Work-rest cycles were established for entry teams, who worked on rotating shifts to minimize fatigue while also ensuring that all materials were identified and removed for further analysis and processing.

The Connecticut State Police EOD identified those materials deemed a threat to public safety and developed a plan to safely detonate those that could spontaneously react. Examples of these hazards included: concentrated Hydrogen Peroxide, Picric Acid, Mercury Trichloride, Cyanuric Azide, and Ammonium Picrate.

The response extended into May 19, 2022. The CST along with the other agencies returned to the scene with additional analytical equipment. Due to the amount of hazardous materials present at the scene, CT DEEP expressed concern about the risk of environmental contamination. As a result, the CST survey team was directed to sample multiple areas of interest for further analysis using Gas Chromatograph Mass Spectrometry.

This hazmat response was a unique opportunity for the 14th CST to leverage the diverse and unique capabilities of the team to rapidly address the potential that these materials posed to public health. It also highlighted the strong interagency relationships that form the state of CT emergency response structure. If you would like to contact the 14th Civil Support Team to learn more about their capabilities, please contact LtCol Robert Burgess (CST Commander) at [Robert.a.burgess3.mil@army.mil](mailto:Robert.a.burgess3.mil@army.mil) or 860-819-0679.



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## Camp Nett

Saturday - 2nd of July – Closed

Sunday - 3rd of July – Closed

Monday - 4th of July – Closed

Tuesday - 5th of July – Closed

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CONNECTICUT ESGR EMPLOYER DAY  
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A CH-47F Chinook helicopter from the 2nd Battalion, 104th Aviation Regiment, Connecticut Army National Guard, hoists a buoy into the water adjacent to U.S. Coast Guard Cutter Oak (WLB 211) off the coast of Nantucket, Massachusetts, June 1, 2022. Oak, a seagoing buoy tender crewed by 42 personnel, responsible for 144 buoys along the coast from northern New Jersey to the border of Canada, recovered the buoy which had ran ashore on Nantucket with the help of Army Aviators from the Connecticut Army National Guard. (U.S. Army photo by Sgt. Matthew Lucibello)



CH-47F Chinook helicopter from the 2nd Battalion, 104th Aviation Regiment, Connecticut Army National Guard, hoists a buoy from the beach it was stranded on to the water to be retrieved by U.S. Coast Guard Cutter Oak (WLB211) off the coast of Nantucket, Massachusetts, June 1, 2022. (U.S. Army Photo by Mr. Tim Koster, Joint Force Headquarters Public Affairs)



A 14,000 lb buoy sits on the coast of Nantucket Island after breaking free from its mooring June 1, 2022. The Connecticut National Guard assisted the U.S. Coast Guard in retrieving the buoy with a CH-47 Chinook belonging to 2nd Battalion, 104th Aviation Regiment. The Connecticut National Guard is the only heavy lift-capable aviation assets in New England and frequently assist the Coast Guard in such missions.

# National Guard Education Center Gets 1st Woman Leader

Sgt. 1st Class Jon Soucy  
National Guard Bureau

ARLINGTON, Va. — The first woman to head the National Guard Professional Education Center took command of the training institution in a ceremony June 16 at the PEC's campus at Camp Joseph T. Robinson, Arkansas.

Col. Catherine Cherry took over from Col. Leland Blanchard, who is moving on to head the Army Guard's operations directorate at the National Guard Bureau in Arlington, Virginia. In that position, he will oversee operations, training and resourcing for more than 335,000 Army Guard Soldiers worldwide.

While commander of the PEC, Blanchard was responsible for transforming it by modernizing the coursework, adding additional strategic level courses and streamlining personnel management.

"I truly believe Leland Blanchard made a positive impact here," said Lt. Gen. Jon Jensen, director of the Army Guard, who hosted the ceremony. "He's one of those leaders, you just give him a little bit of guidance, and he will take it absolutely as far as he can."

Cherry comes from U.S. Army North, where she was the deputy director of the Training and Exercise Directorate and the ARNORTH senior Guard adviser.

"When I was presented the opportunity to select you to be our commander here at PEC, it took me less than a half a second to say yes to this," said Jensen. "You are the right officer with absolutely the right skill set and experience to take this organization to the next step."

Cherry said she's looking forward to the challenges of her new role.

"I'm extremely excited to motivate people to meet their potential, which is what this organization does," she said.

A Manhattan, Kansas, native, Cherry earned her commission as an aviation officer in 1997 through Officer Candidate School. She has served in a variety of leadership positions, including platoon leader, company commander, and brigade assistant operations officer. In 2006, she deployed to Balad, Iraq, with the 36th Combat Aviation Brigade, Texas Army National Guard. She later served as the chief of U.S. Transportation Command's Joint Operational Airlift Center and chief of the command's Current Operations Branch.

As a lieutenant with the Kansas Army National Guard's 1st Battalion, 108th Aviation Regiment, she was first introduced to the PEC when she became the battalion's personnel officer.

"Well, they sent me here for two weeks to PEC, and that was my first time here and it was my start," she said. "And as I reflect back, it was my beginning of having a passion for continuing education and sharing with others the passion for continuing higher learning at an institute of this kind of this caliber."

The PEC, she said, is a "premier institution of education."

"Great organizations are led by competent, caring, committed leaders of character that encourage an environment of trust, discipline and mutual respect," she said. "I felt that from the beginning here at PEC, and we will continue that."

Cherry said she sees the PEC's role as that of an enabler. "Here at PEC, we are the enablers," she said. "We will



Army Col. Catherine L. Cherry receives the colors of the National Guard Professional Education Center from Lt. Gen. Jon A. Jensen, director of the Army National Guard, as she took command of the center during a change of command ceremony at the PEC's Militia Hall at Camp Joseph T. Robinson, Arkansas, June 16, 2022. Cherry is the first woman to command the PEC, which was established as a training center in 1974.

continue to be the enablers to readiness."

To ensure that readiness, six battalions were activated at the PEC, replacing the individual training centers that previously made up the organization.

"When I looked at PEC and I saw what our training centers were doing every single day, the impact that they were having on the readiness of the Army National Guard, the only thing that I didn't see is that we were fully empowering the leaders of our training centers," said Jensen. "The way you fully empower somebody that has the role and responsibility that we were giving to these men and women [in charge of the training centers] is by making them commanders."

That also aligned the school into a formalized brigade structure, streamlining operations, said Jensen.

The six new battalions include the Cyber and Information Advantage Battalion, the Personnel and Organizational Readiness Battalion, the Resource Management Training Battalion, the Sustainment, Installations and

Environmental Battalion, the Strategy and Leader Development Institute and the Strength Maintenance Training Battalion.

Though the structure may have changed, the mission of the PEC remains the same, said Jensen.

"Your mission hasn't changed. Our high expectations of you haven't changed," he said. "We know that you will accomplish the mission as the people that were here before you have."

Established in 1974, the PEC is the national training center for the Army National Guard, focusing on leadership and readiness. It teaches 370 courses annually to 10,000 students from the total force and hosts 92 conferences for 11,000 attendees each year.

Cherry said she's excited to continue that legacy, build it and prepare the force for the future.

"I felt that from the beginning here at PEC," she said. "And we will continue that. For when you stop learning, you become irrelevant."

# LEADS TO ENLISTMENTS

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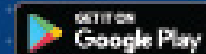
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Nov. 30, 2021, marked the official transfer of authority of the Joint Multinational Training Group - Ukraine mission from the Washington National Guard's 81st Stryker Brigade Combat Team, known as Task Force Raven, to the Florida National Guard's 53rd Infantry Brigade Combat Team, known as Task Force Gator. The 81st left a lasting impact on our Ukrainian partners and on the mission as a whole.

## National Guard Supports Armed Forces of Ukraine

**Sgt. 1st Class Whitney Hughes**  
National Guard Bureau

ARLINGTON, Va. — Pinned down by a Russian tank and armed with only a failed anti-tank missile, a Ukrainian soldier recently turned to an unlikely source as the most effective weapon available — his cell phone. On the other end was a member of the Washington Army National Guard. Because they had trained together in Ukraine, the soldier knew the Guard member was an expert on the system. Despite being at home in the United States, he talked his Ukrainian counterpart through the misfire procedures and 30 minutes later received a video of the destroyed tank.

Guard members continue to train the Armed Forces of Ukraine at training sites throughout Eastern Europe as part of the same mission. In addition to providing training, the National Guard has sent critical supplies and equipment ranging from hospital beds to armored personnel carriers to Ukraine and provided daily strategic and tactical counsel to Ukrainian forces.

“When events started to occur, some folks were surprised by how Ukraine performed,” said Gen. Daniel Hokanson, chief of the National Guard Bureau. “Everyone within the National Guard says it’s not a surprise to us at all because they’ve been training them, and training with them, for almost 29 years.”

That training continues in Eastern Europe with the 160 Florida National Guard members who were repositioned from Ukraine to Eastern Europe before the Russian invasion. They are part of the Joint Multinational Training Group – Ukraine. The mission of this group of U.S. Soldiers, joined by NATO allies and partners, is to participate in rotational combat training, with Ukrainians taking the lead.

They recently resumed this rotational training, with the Ukrainian forces rotating to their locations in Eastern Europe instead of them rotating into Ukraine.

“They were really disappointed about having to leave,” said Air Force Maj. Gen. James O. Eifert, adjutant general of the Florida National Guard. He said the Guard members constantly receive texts and videos from their Ukrainian counterparts when they rotate back into combat in Ukraine.

“It’s a very emotional event that they’re involved in,” said Eifert, noting that his Soldiers get to see the consequences of their training through those messages from the front lines. “They’re constantly reminded of the seriousness of their endeavor.”

In addition to relationships on the ground in Europe, the first shipment of National Guard equipment flowed two days after President Biden authorized support April 13.

The Connecticut, Indiana, Missouri, North Carolina, Ohio and West Virginia Army National Guard were part of a combined effort to send about 200 M-113 armored personnel carriers to Ukraine.

These APCs can move troops and equipment across battlefields while protecting from small-arms fire and artillery. The U.S. military stopped purchasing them in 2006, when the M2 Bradley replaced them, so the National Guard could provide them to Ukraine at no detriment to their mission. However, due to their size and the necessity to ensure the integrity of their armor, shipping them was a large logistical movement.

“We got short notice, the team did a complete technical inspection, and we’re able to get all these things ready ahead of time, in less than five days,” said Brig. Gen. Justin Mann, director of the Indiana National Guard’s joint staff. “So, a monumental, Herculean effort by our maintainers, doing great work and getting this equipment ready.”

The California National Guard also facilitated the shipment to Ukraine of 4,320 ballistic vests, 1,580 helmets, seven 50-bed field hospitals, and personalized care packages.

The assistance is symbolic of the bond between the state and country that goes back nearly 30 years to when Ukraine and the California National Guard became charter members of the State Partnership Program. This Department of Defense program is managed by the National Guard and pairs each state’s National Guard with a partner country in a military-to-military partnership.

This made the California National Guard uniquely involved since the very beginning of the Russian invasion, as many of its leaders and members had trained together for decades.

“Since their partnership began in 1993, they have conducted more than 1,000 military exchanges. While the rest of the world underestimated the Ukrainian Armed Forces, the California National Guard did not,” said Hokanson.

Army Maj. Gen. David Baldwin, the adjutant general of the California National Guard, said he and leaders in his chain interact with their Ukrainian counterparts daily through video conferences, phone calls and text messages. They also set up a 24-hour emergency operations center to field calls from Ukrainian military members.

He pointed to the success of the “outnumbered, outgunned Ukrainian Air Force” as an example of the benefit of the daily communication with his Air and Army Guard members and as proof of the positive impact of their commitment.

“California’s National Guard has formed an unbreakable bond with our Ukrainian counterparts, and when the call was made to provide support and aid in a time of need, we responded with overwhelming support,” said Baldwin.

This is the depth of the relationships National Guard members have built in Ukraine and throughout the world, Hokanson said.

“That’s why we are so proud of the State Partnership Program and continue to strengthen ties with our allies and partners, who provide an unmatched strategic advantage and help maintain global order.”

# BE PREPARED FOR EXTREME HEAT

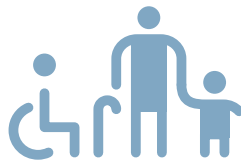
Extreme heat often results in the highest annual number of deaths among all weather-related disasters.



**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

## IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible.



Check on family members and neighbors.

Avoid strenuous activities.



Drink plenty of fluids.

Watch for heat illness.



Watch for heat cramps, heat exhaustion, and heat stroke.

Wear light clothing.



Never leave people or pets in a closed car.

# HOW TO STAY SAFE

## WHEN EXTREME HEAT THREATENS



**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.

**Learn to recognize the signs of heat illness.** For more information visit: [www.cdc.gov/disasters/extremeheat/warning.html](http://www.cdc.gov/disasters/extremeheat/warning.html).

### Take an Active Role in Your Safety

Go to **Ready.gov** and search for **extreme heat**. Download the **FEMA app** to get more information about preparing for **extreme heat**.



**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.



**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.



# The YANKEE COURIER



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EAST GRANBY, CONNECTICUT

June 2022



Members of the 103rd Logistics Readiness Squadron, Connecticut Air National Guard Air Terminal Function at Joint Base Charleston, Charleston, S.C., February 2, 2021. The 103rd Logistics Readiness Squadron was awarded the Air Reserve Component Air Transportation Activity of the Year Award for Fiscal Year 2021. (Courtesy asset from U.S. Air National Guard Master Sgt. Dan Meskell)

## 103rd LRS wins ARC Air Transportation Activity of the Year

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

The 103rd Logistics Readiness Squadron, Connecticut Air National Guard, was awarded the Air Reserve Component Air Transportation Activity of the Year Award for Fiscal Year 2021. The award recognizes organizations within the Logistics community for their contributions to the success of Air Force and DoD missions. The 103rd LRS received the award after 10 of its members performed key tasks while deployed in support of Operations Allies Refuge (OAR) and Allies Welcome (OAW).

As part of OAR, members of the 103rd LRS provided logistical and interagency support during the largest non-combatant evacuation operation in United States history. Approximately 124,000 individuals were evacuated from Afghanistan during the operation in August 2021. Members of the 103rd LRS processed passengers for the airlift evacuation, as well as built, inspect and loaded cargo to be transported out of Afghanistan.

Master Sgt. Dan Meskell, air terminal NCOIC assigned to the 103rd LRS, said the scale of the evacuation was unlike anything he had ever experienced.

“Nobody deployed expecting to move 124,000 [Afghan nationals] from their home country to the U.S., but our culture here is just to get the job done,” said Meskell. “The number still doesn’t even seem real. It’s such an enormous number of people to have helped and to have moved from their home country to safety. It really put life into perspective.”

On August 16, members of the 103rd LRS coordinated with the 24th Marine Expeditionary Unit to secure Hamid Karzai International Airport (HKIA) during a security breach, in which thousands of Afghan nationals flooded the tarmac in hopes of being evacuated. The defensive posture taken by members of 103rd LRS and the 24th MEU prevented \$128 mil worth of cargo and at least 187 personnel from being overrun.

See ARC, page 17

# Biden Announces Changes in U.S. Force Posture in Europe

**Jim Garamone**  
Department of Defense News

President Joe Biden announced moves that will enlarge the U.S. troop presence in Europe and strengthen the NATO alliance.

Biden made the announcement at the beginning of the NATO Summit in Madrid today following a welcome from NATO Secretary General Jens Stoltenberg.

The move belies efforts by Russian President Vladimir Putin to shatter the Trans-Atlantic alliance. “NATO is strong, united, and the steps we’re taking during this summit are going to further augment our collective strength,” Biden said. “To that end, today, I’m announcing the United States will enhance our force posture in Europe to respond to the change [in the] security environment, as well as strengthening our collective security.”

The president’s announcement comes on the heels of a surge of 20,000 U.S. service members to Europe to defend alliance countries in the face of Putin’s unprovoked and unnecessary war on Ukraine. There are now more than 100,000 U.S. service members serving in Europe with many along the eastern front of the alliance.

The changes the president announced have been made in close consultation with allies and will be made over the coming months.

John Kirby, strategic communications coordinator at the National Security Council, said the move comes after President Biden has worked for several months to shore up NATO’s eastern flank.

“Just since the invasion itself, he ordered the deployment or extension of over 20,000 additional forces to Europe, in response to the crisis, across all domains — air, land, maritime, cyber space — the whole swath... of U.S. military capabilities,” Kirby said.

The Madrid Summit must deal with a fundamentally changed security environment, and Biden’s announcement is part and parcel of that. The president’s moves “are reflective of the United States government’s recognition that the security environment has changed and, in particular, in the NATO [area of responsibility] that the Eastern

countries are facing a heightened threat from a Russian leadership that has shown itself willing and capable of launching military attacks on bordering countries,” said Celeste A. Wallander, the Defense Department’s assistant secretary for international security affairs.

At the summit, Biden said he will increase from four to six the number of U.S. destroyers based at Rota Naval Base, Spain. “In Poland, we’re going to establish a permanent headquarters of the U.S. 5th Army Corps and strengthen NATO interoperability across the entire eastern flank,” he said.

The Army’s V Corps headquarters will be a forward command post, an Army garrison headquarters, and a field support battalion, said DOD officials traveling with Secretary of Defense Lloyd J. Austin III, who is also attending the summit. The forces will improve command and control capabilities, interoperability with NATO, and management of prepositioned equipment.

Poland has been a steadfast ally and enabler of many of the alliance’s moves, officials said. The United States will also maintain the substantial rotational force presence in Poland, including an armored brigade combat team, a combat aviation brigade element, and a division headquarters element. This enables DOD to deploy combat forces up and down the eastern flank, officials said.

In Romania, the United States will position a rotational brigade combat team. This additional brigade will also maintain the ability to deploy subordinate elements. The U.S. will also enhance its rotational deployments in the Baltic republics. These include armored, aviation, air defense and special operations forces.

The U.S. military will also maintain a persistent, heel-to-toe presence in the region and will intensify training with Baltic allies to maintain combat-credible capabilities, officials said.

Biden also announced deployment of two additional



*President Joe Biden and NATO Secretary General Jens Stoltenberg speak at the beginning of the Madrid Summit in Spain, June 29, 2022. Biden announced changes in U.S. force posture in Europe to counter Russian aggression.*

F-35 squadrons to RAF Lakenheath in the United Kingdom. These fifth-generation fighters will add to the air support for NATO forces throughout Europe.

The president said he will also deploy additional air defense, logistics and engineer assets in Germany and add air defense capabilities to forces in Italy.

These changes come on the heels of deployments made since Putin invaded Ukraine and directly challenged the rules-based infrastructure that has served the world since World War II. The U.S. response included sending airborne forces from Italy to the eastern flank, Stryker units to the front-line states, Patriot batteries to Slovakia and Poland, and F-15s from the United Kingdom to Poland.

In addition, Austin placed thousands of U.S. troops designated for NATO’s Rapid Reaction Force on heightened alert for possible deployment to Europe.

## DOD Official: No Changes to Women’s Essential Health Care

**Courtesy Story**  
Department of Defense

WASHINGTON - The recent Supreme Court opinion in *Dobbs v. Jackson Women’s Health Organization* does not prohibit the Defense Department from continuing to provide essential women’s health care services to service members, dependents, other beneficiaries and DOD civilian employees, the undersecretary of defense for personnel and readiness said in a memo released June 28.

Gilbert R. Cisneros Jr. noted that under existing federal law, DOD may only perform or pay for abortions if the life of the mother would be endangered if the fetus were carried to term or if the pregnancy is the result of rape or incest — called “covered abortions.”

The recent Supreme Court decision does not prohibit DOD from continuing to perform these covered abortions, consistent with federal law, he wrote.

“There will be no interruption to this care,” Cisneros said.

“Health care providers will continue to follow existing departmental policy,” he said, adding that military medical treatment facilities will implement measures to ensure continued access to care.

Cisneros said it is the Justice Department’s longstanding position that the states generally may not impose criminal or civil liability on federal employees who are performing their official duties in a manner authorized by federal law.

DOD will work with the Justice Department to ensure access to counsel for civilian employees and service members if needed and as appropriate, he wrote.

The Supreme Court’s decision also does not affect DOD’s leave policies, Cisneros said.

“Existing department policy authorizes active-duty service members to travel as necessary to receive abortion care,” he said. The travel may be government-funded, of-

ficial travel for a covered abortion, or for all other cases, it may be undertaken as regular leave at the service member’s expense.

“Access to emergency or convalescent leave remains unchanged for all service members,” Cisneros noted.

DOD civilian employees may continue to use sick leave or other forms of leave as necessary to care for themselves or their family members, he said. Sick leave may also be used to cover travel that may be needed to obtain any type of medical treatment.

DOD, the military departments and the DOD Office of General Counsel will continue to review current DOD policies and procedures in light of evolving state laws to assess any impact they may have on DOD. Additional guidance will be issued as appropriate.

“As always, we will take every action within our authority to ensure the safety and health of each and every member of our team,” Cisneros wrote.

# ARC

Cont. from page 15

“Tech. Sgt. Martin Weimann and his team did their best to secure the airfield and defend the planes by forming a perimeter around the planes that were parked on the airfield,” said Meskell.

Just days after the initial security breach, Meskell and his team were forced to take similar defensive measures. Meskell was on duty at HKIA on August 26 when an explosion struck Abbey Gate and claimed the lives of 13 service members and at least 170 Afghan nationals.

“When those alarms went off, we formed the same perimeter around the airfield,” said Meskell. “There were actually [Afghan nationals] on the airfield that were already screened and processed and waiting to board [the aircraft]. So we were not only forming a physical, armed perimeter around the airfield and the aircraft, but around the [Afghan nationals] as well, because they were just defenseless at that point.”

As the evacuation was happening at HKIA, Quick Reaction Teams (QRTs) led by members of the 103rd LRS and other Air Force units, traveled to forward operating bases (FOBs) throughout Afghanistan to facilitate the transport of thousands of tons of U.S. assets out of the country. The QRTs completed a total of 700 missions in less than two weeks to close the FOBs by the closure deadlines.

Tech. Sgt. Kelsie Gorman, an air transportation craftsman assigned to the 103rd LRS, led a team at Al Udeid Air Base, Qatar that oversaw the transportation of evacuees arriving from Afghanistan and departing to the U.S. and other locations. While Gorman oversaw the evacuees, Staff Sgt. Guillermo Maldonado, an air transportation journeyman also assigned to the 103rd LRS, led a team at Al Udeid that oversaw the transportation of cargo to and from Afghanistan. As a vehicle control officer, Maldonado was also responsible for making sure mission-essential vehicles were operational. Supervising parts of

the retrograde process while also supporting missions that were unrelated to OAR was challenging, said Maldonado.

“The environment was pretty overwhelming, chaotic, and hectic,” said Maldonado. “It was a lot of work because, as we were drawing down from Afghanistan, all the equipment that we had built over the years was getting shipped out, back to the States, or back to other [military installations]. In terms of safety, the aircraft that were coming in from Afghanistan had hundreds of individuals in them, so we needed to provide the vehicles to support that. Everything was chaotic and hectic. There were other missions, aside from the Afghanistan mission that we still needed to support, but I was able to do my job and stay focused.”

Despite the challenges, the deployment was a valuable learning experience, said Maldonado.

“My deployment was a real eye opener,” said Maldonado. “I couldn’t believe that I was a part of a deployment, doing something that was bigger than myself. It’s rewarding and fulfilling. I’m grateful for it, because I’ve definitely grown, both as an airman and as a person, and I became a better leader.”

Members of the 103rd LRS, were also deployed to Joint Base McGuire-Dix-Lakehurst, New Jersey in support of Operation Allies Welcome [OAW]. The support included processing evacuees, who were then connected with non-governmental organizations for resettlement into communities. Members of the 103rd LRS were involved in the U.S. Afghanistan withdrawal from its beginning, to its end on August 30.

“We were in Kabul, getting [evacuees and cargo] from Afghanistan, sending them to Qatar, where six of our members would receive them and send them stateside, to the U.S., where we had three additional members,” said Meskell. “Every step along the way, the 103rd air terminal was hands-on.”

## WE ARE LOOKING FOR A FEW **SHARP** SHOOTERS!

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- Do you like to **support** your **peers**?



The Sexual Assault Prevention and Response Program (SHARP) is looking for leaders like you who are aware and committed to support their peers in their time of need. For more information, please contact Ms. Altia Lawrence-Bynum if your are a SHARP shooter! [altia.l.Lawrence-bynum.civ@mail.mil](mailto:altia.l.Lawrence-bynum.civ@mail.mil) or 860-613-7626



# 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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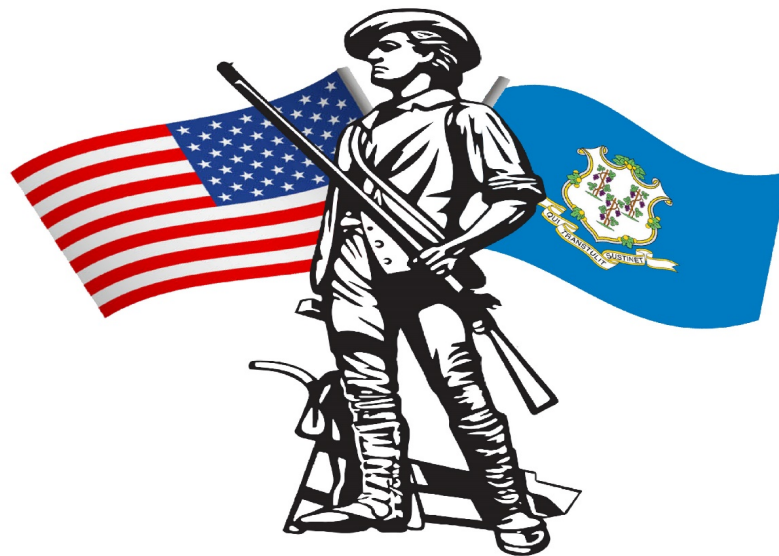
Maj. David Pytlik  
david.c.pytlik.mil@army.mil  
860.524.4857

Mr. Tim Koster  
timothy.r.koster.civ@army.mil  
860.524.4858

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# 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

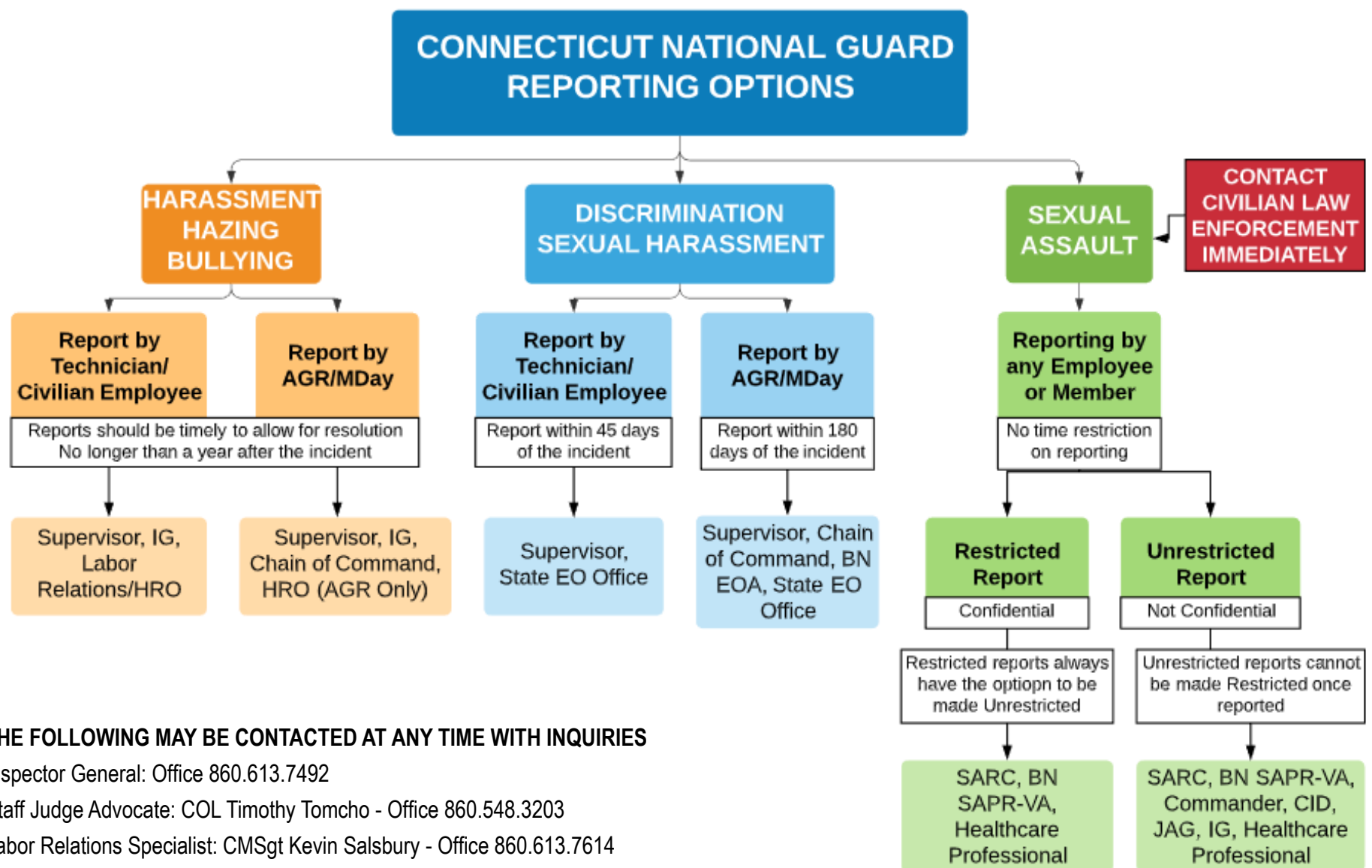
CT Chaplain ..... 860.548.3240

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: Office 860.613.7492

Staff Judge Advocate: COL Timothy Tomcho - Office 860.548.3203

Labor Relations Specialist: CMSgt Kevin Salisbury - 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: LTC Eric Wismar - Office 860.548.3240; Cell 860.883.5278



## Service Member and Family Support Center Staff Directory



**At this time, due to the COVID-19 pandemic, remote offices are being staffed on a part-time basis.  
We apologize for any inconvenience.**

**William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105**

**Open Monday-Friday**

Director, Service Member and Family Support Center	<b>Kimberly Hoffman</b>	kimberly.j.hoffman.civ@mail.mil	(800) 858-2677
Lead Military and Family Readiness	<b>Melody Baber</b>	melodycheyenne.c.baber.civ@mail.mil	(860) 548-3276 (desk) (860) 883-2515 (cell)
Military and Family Readiness Specialist	<b>Linda Rolstone</b>	linda.b.rolstone.civ@mail.mil	(860) 524-4963 (desk) (860) 680-2209 (cell)
Military and Family Readiness Specialist	<b>Rich Timberlake</b>	richard.k.timberlake.civ@mail.mil	(860) 493-2797 (desk) (860) 500-3189 (cell)
Military and Family Readiness Specialist	<b>Jason Perry</b>	jason.t.perry.civ@mail.mil	(860) 524-4897 (desk) (860) 655-9288 (cell)
Family Programs Specialist	<b>Denton Gladden</b>	denton.r.gladden.civ@mail.mil	(860) 524-4920 (desk) (860) 394-8748 (cell)
Military & Family Readiness Specialist	<b>Kara Pletcher</b>	kara.c.pletcher.civ@mail.mil	(860) 524-4894 (desk) (860) 883-2704 (cell)
ARNG Yellow Ribbon Program	<b>CPL Camryn Rawlings</b>	camryn.r.rawlings.mil@mail.mil	(860) 493-2796 (desk) (860) 883-6934 (cell)
Lead Child & Youth Program Coordinator	<b>Michelle McCarty</b>	michelle.m.mccarty4.ctr@mail.mil	(860) 548-3254 (desk) (860) 883-6953 (cell)
Military OneSource Consultant	<b>Scott McLaughlin</b>	scott.mclaughlin@militaryonesource.com	(860) 493-2722 (desk) (860) 502-5416 (cell)
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Employer Support of the Guard and Reserve, Volunteer Support Technician	<b>Ben Beaudry</b>	benjamin.a.beaudry.ctr@mail.mil	(860) 524-4970 (desk)
State Support Chaplain	<b>Lt Col Eric Wismar</b>	eric.a.wismar.mil@mail.mil	(860) 548-3240 (desk) (860) 883-5278 (cell)
Transition Assistance Advisor	<b>Fausto Parra</b>	fausto.g.parra.ctr@mail.mil	(860) 524-4908 (desk) (860) 221-5540 (cell)
Connecticut Military Relief Fund	<b>Russell Bonaccorso</b>	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)

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

Military and Family Readiness Specialist	<b>Jason Perry</b>	jason.t.perry.civ@mail.mil	(860) 524-4897 (desk) (860) 655-9288 (cell)
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**103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026**

Airman and Family Readiness Program Manager	<b>Kasey Timberlake</b>	kasey.timberlake@us.af.mil	(860) 292-2730 (desk) (860) 462-0379 (cell)
Yellow Ribbon Support Specialist	<b>Laura Cohen</b>	laura.cohen.2.ctr@us.af.mil	(860) 292-2772 (desk) (860) 819-4636 (cell)

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

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

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Military OneSource Consultant	<b>Scott McLaughlin</b>	scott.mclaughlin@militaryonesource.com	(860) 502-5416 (cell)

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