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CTNG Breaks ground on new Putnam Readiness Center

Mr. Timothy Koster
Joint Force Headquarters Public Affairs

PUTNAM, Conn. – The Connecticut National Guard broke ground on the future site of a new Readiness Center in Putnam, Conn. during a ceremony in front of local and national civic leaders, veterans, service members, and local residents, Oct. 28, 2022.

The new 39,000 square-foot building will be home to the 643rd Military Police Company which currently resides at the Readiness Center in Westbrook, Conn. which was constructed in the 1950s and does not meet current anti-terrorism and force protection standards. The new facility will provide the unit with state-of-the-art training facilities to remain ready and capable to respond to the needs to the community, state, and nation.

“COVID-19 highlighted that the Guard is vital to securing lifelines and infrastructure in our communities,” said Maj. Gen. Francis Evon, adjutant general for the Connecticut National Guard. “Construction of the Putnam Readiness Center gives us a presence in Northeast Connecticut that we have not had in well over a decade. It will provide us a staging base to respond to our communities in the ‘Quiet Corner’ much faster when hours and minutes count.”

This new building marks the first time the Connecticut National Guard will maintain a presence in Putnam, and the Northeast region of the state, in fifteen years. The Guard had a presence in the region dating back to 1896 but eventually withdrew it after 2007 when the original



Major Gen. Francis Evon, adjutant general of the Connecticut National Guard, along with Senator Richard Blumenthal and other distinguished guests, ceremoniously break ground at the site of the new Putnam Readiness Center, Putnam, Conn., Oct. 28, 2022. This new facility will be home to the 643rd Military Police Company which currently resides at the Readiness Center in Westbrook. (photo by Mr. Timothy Koster)

Putnam Armory was declared excess and turned over to the town.

In a press release, Connecticut Gov. Ned Lamont ex-

plained the creation of the new Putnam Readiness Center is part of the state’s broader goal to maintain National

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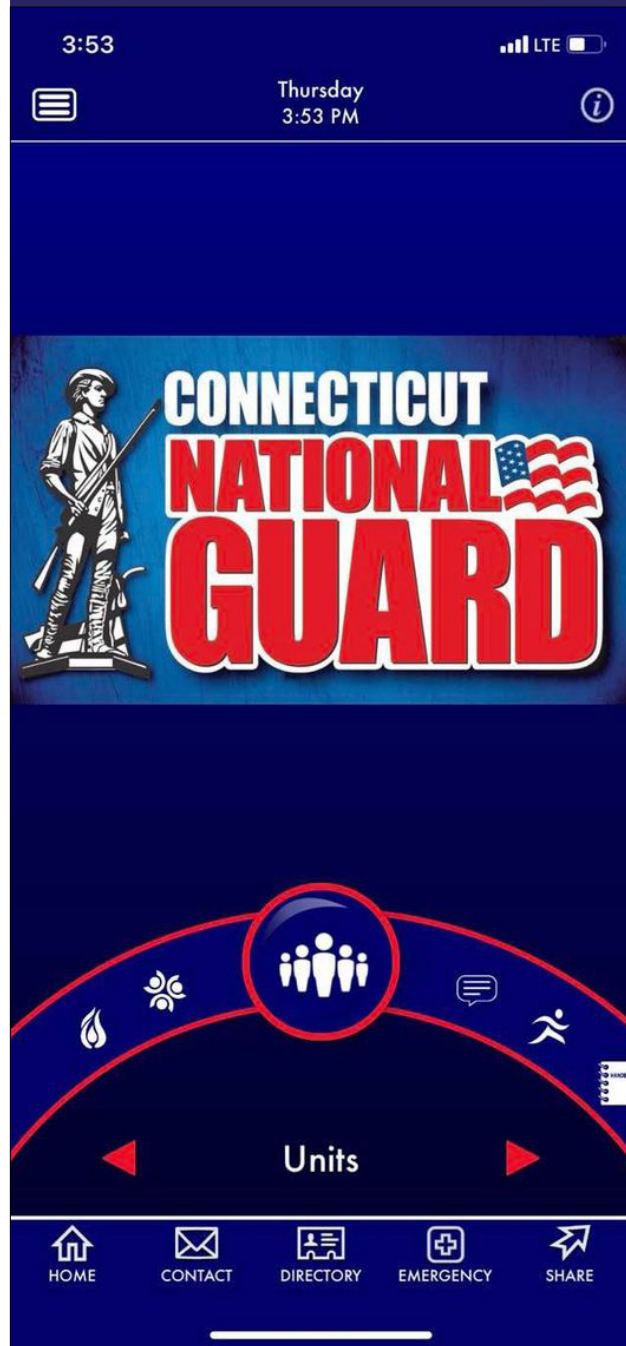


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State Command Sgt. Maj. Roger Sicard

Facebook - @CTCommandSgtMaj

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CTANG Recruiting Team

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103rd Airlift Wing

Facebook - @103AW
Instagram - @103airliftwing

102nd Army Band

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Facebook (Rock Band) - @RipChord102D
Instagram - 102darmyband_
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1-169 Regiment (RTI)

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1109th TASMG

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CTARNG Recruit Sustainment Program

Facebook - ConnecticutGuardRSP

CTNG Service Member and Family Support

Facebook - CTNGFamilies

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

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Brigadier Gen. Ralph Hedenberg and General Dynamics Electric Boat Vice President Emil Casciano sign an agreement welcoming the company into the U.S. Army's "Partnership for Your Success" (PaYS) program at the Electric Boat Education Center in Westerly, Rhode Island on October 13, 2022.

Electric Boat Joins Army's PaYS Employment Program

Maj. David Pytlik
Joint Force Headquarters Public Affairs

HARTFORD, Conn. – General Dynamics Electric Boat and the Connecticut Army National Guard inked a new deal for the U.S. Army's PaYS – or Partnership for Your Success - program on October 13, 2022, at the Electric Boat Education Center in Westerly, Rhode Island.

For Guardsmen and Reservists, PaYS allows them to select up to five partner employers that will guarantee them a job interview for a full-time position following successful completion of basic training and advanced individual training. Active Duty Soldiers are eligible after completing their first enlistment.

According to Electric Boat Vice President Emil Casciano, the company is expanding its team from 18,000 to approximately 22,000 employees.

The program is seen as win-win for job seekers and employers alike. "The PaYS program provides our nation's employers with highly skilled, motivated, and responsible candidates from which they may fill their personnel needs," said Lt. Col. Giancarlo D'Angelo, commander of the 6th Recruiting and Retention Battalion.

PaYS has obvious benefit to Soldiers looking to find full-time employment after transitioning off of active duty, but the benefit to the National Guard is more subtle.

"The Army's priority is readiness. Being ready to fight and win our nation's wars," said Brig. Gen. Ralph Hedenberg, assistant adjutant general. "We do that through our people. The Army is the service that is centered not around systems or platforms, but rather its formations and its people.. Without the support of employers for our Guardsmen we would not be able to be mission ready to support our nation, state or communities."

Electric Boat appears to be the first major employer in Connecticut to join the program, but Connecticut Army National Guard leadership is eager to spread awareness among other big companies in the state to bring on more partners and create more opportunities for Guardsmen.

According to their website, PaYS has 1,001 partners, over 2.7 million jobs available, and a pool of nearly 280,000 Soldiers who have signed up for the program at some point.

The connection between Electric Boat and the Connecticut National Guard is nothing new. "As long as I can remember there have always been Soldiers, retirees and family members who have been or are employees at Electric Boat," said Hedenberg.

To his point, the company's Veteran Network co-site Lead Devin Beatrice, who gave keynote remarks at the signing, served in and deployed with both the 1-102nd Infantry Regiment and the 1109th Theater Aviation Sustainment Maintenance Group.

For more information on the U.S. Army PaYS program go to <https://www.armypays.com/>

102d Regiment

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Seicheprey Fountain Rededication

The tour will conclude in Seicheprey, where there will be a vin d'honneur and a special dinner Saturday evening, followed by a visit to the trenches, a ceremony to rededicate the Connecticut Fountain and to rename a road for the 26th "Yankee" Division on Sunday morning.

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Battlefield Tours



Putnam

Cont. from page 1

Guard facilities in each of Connecticut's eight counties so troops can be called upon quickly in the event of an emergency, such as a severe weather events and natural disasters. Currently, the closest National Guard presence to the Northeast Region is the facility in Rockville, which is more than thirty miles away.

Once this facility is completed, the Connecticut National Guard will also have a physical presence in each of the state's five emergency planning and response regions, which are classified by the Connecticut Division of Emergency Management and Homeland Security.

"As the frequency of severe weather events has grown over the last several years, so has the need to provide rapid and adequate emergency response," Lamont said in the press release. "Establishing this readiness center in Putnam will provide the Connecticut National Guard with a base of operations in the Quiet Corner, where we've lacked this kind of facility for many years. As we've seen with the pandemic and many natural disasters, the National Guard is critical to our ability to respond to the needs of our state's residents quickly and meaningfully. Whether it's clearing storm damage or distributing supplies, the members of the Connecticut National Guard are good neighbors to have."

Funding for the new facility comes from \$6.5 million from the state and \$21.5 million from federal military construction funding. Much of the federal funding was secured thanks to the hard work and dedication of Congressman Joe Courtney, representing Connecticut's second congressional district and Senator Richard Blumenthal, both of whom are members of the Armed Services Committee of the House and Senate, respectively.

"It took consistent work to secure the resources, but there was no doubt that the CTARNG was in dire need of this new Readiness Center," said Courtney in a Facebook post. "I was glad to work alongside Major General Evon



Major Gen. Francis Evon, adjutant general for the Connecticut National Guard makes remarks during a groundbreaking ceremony at the future site of the Putnam Readiness Center, Putnam, Conn. Once built, this facility will be the home of the 643rd Military Police Company. (photo by Sgt. Matthew Lucibello, 130th Public Affairs Detachment)

to find a solution, and it really took a slate of bipartisan efforts to make it final."

"We greatly appreciate the efforts of our state officials and our federal delegation to get this project designed and funded," said Evon. "As we have seen over the past several years, the need for the National Guard to rapidly respond

to weather and security events has increased dramatically, while we also continue to generate forces for deployment overseas in support of federal missions."

The construction of the Readiness Center is expected to be completed in the Fall of 2025.

CTNG Foundation Announces 2022 – 2023 Scholarship Recipients

John Godburn
Connecticut National Guard Foundation

The Connecticut National Guard Foundation, Inc is pleased to announce it has awarded scholarships to the following recipients for the 2022-2023 academic year.

BLUM, Amie: Amie is a member of the JFHQ, enlisting in the CTARNG in February, 2004, soon after graduating high school. She lives in Middletown, CT and is a full-time CTNG employee at the Human Resources Office. She is a 2014 graduate of the University of New Haven, earning a BS degree in Criminal Justice. She is furthering her education by attending the University of Connecticut, School of Business Human Resource Management Graduate Program.

DOUGALL, Treasa: Treasa is the daughter of LTC Nathan Dougall, HHC 143d CSSB, CTARNG. Treasa lives in Easton, CT and is a 2020 graduate of Joel Barlow High School. Treasa is returning to Gettysburg College, Gettysburg, PA, pursuing a Bachelor of Science degree in Health Sciences with a minor in psychology. Her ultimate goal is to attend medical school and become a pediatrician.

MOFFAT, Paige: Paige is the daughter of SFC(Retired) Reisha Moffat, CTARNG. Paige lives in Middlebury, CT and is a 2019 graduate of The Gunnery School, Washington, CT. This Fall, Paige is returning to the College of the Holy Cross, Worcester, MA, maintaining a grade-point average of 3.88 out of 4.0, placing her in the top 5% of Holy

Cross students. She is pursuing a degree in International and Chinese Studies.

RODEN, Caleb: Caleb is the son of COL Joseph Roden, JFHQ, CTARNG. He lives in Southbury, CT and is a 2022 graduate of Holy Cross High School. He will be attending Western New England University, Springfield, MA pursuing a degree in Mechanical Engineering, with his ultimate goal of achieving a Master's of Science degree.

TROUERN-TREND, Stefanie: Stefanie is a member of the CTARNG Med Det, and a former Senior Flight Paramedic, with the 1-169th Aviation Battalion, CTARNG. Stephanie is a 2022 graduate of Eastern Connecticut State University, with a Bachelor of Arts degree. Stefanie is currently enrolled at the Quinnipiac School of Law.

SGT Felix M. Del Greco, Jr Memorial Scholarship(s)

The purpose of the SGT Felix M. Del Greco, Jr. Scholarship is to honor his memory by awarding annual scholarship(s) to children of Connecticut Army National Guard members who are attending an accredited undergraduate degree program.

JENNINGS, Devyn: Devyn is the daughter of SFC Stefanie Trouern-Trend, Med Det, CTARNG. Devyn is attending the University of Vermont.

THOMPSON, Samantha: Samantha is the daughter of COL Paul Thompson, JFHQ, CTARNG. Samantha is attending Northeastern University.



Spc. Orlando Kinchloe stands outside of Company D, 2nd Battalion, 10th Infantry Regiment. Kinchloe is scheduled to graduate basic combat training for the second time in his life today on Gammon Field. He previously served 10 years as an active-duty Soldier before a 21-year break in service. (Amanda Sullivan, Fort Leonard Wood Public Affairs Office)

Soldier turns 50, graduates basic combat training

Amanda Sullivan
Contributor

FORT LEONARD WOOD, Mo. — For his 50th birthday, Spc. Orlando Kinchloe was gifted 50 push-ups and a cadence rendition of “Happy Birthday,” courtesy of his fellow trainees and cadre of Company D, 2nd Battalion, 10th Infantry Regiment. The short reprieve in training to acknowledge his milestone birthday was a welcome celebration for the infantry Soldier, who completed basic combat training for the second time after a 21-year break in military service.

Kinchloe, a native of Detroit, Michigan, first joined the Army in 1990 at the age of 17 — inspired by his uncle’s service.

“[My uncle] was a green beret and came home one day in his dress green uniform and looked really sharp,” he said. “We went to church that Sunday where they recognized him and gave him a standing ovation. He looked really fit and in shape and told me if I wanted to be like him, I needed to go infantry.”

So, that’s what he did.

Kinchloe completed Infantry One Station Unit Training in 1990 at Fort Benning, Georgia, and went on to serve in various positions all over the world for the next decade.

He left the Army in 2001 to pursue a career in law enforcement. He served with the Forest City Park Police Department in Forest City Park, Georgia — a suburb of

Atlanta — before becoming a contractor for the U.S. Marshals Service in 2010. Today, he serves as a federal agent with the Department of Homeland Security.

His initial basic training experience and decade of service in the Army prepared him for those careers, he said.

“When I got to the police department and then the rest of my jobs, I was always looking back at those hard times like when I had to stay in the field when my boots and socks were wet and I couldn’t do anything about it,” he said. “Being in situations like that made me realize that I can make it through a lot of tough things.”

He also looked back at those times and wanted to complete his 20 years of service in the Army. Two years ago, a coworker of his mentioned the National Guard as a possibility for accomplishing this. So, he talked to a recruiter who said he needed to complete his 20 years by the time he was 60 — at the time he was 48.

After lengthy consideration and discussions with his wife, Kinchloe said he decided to go for it. He enlisted in the South Carolina National Guard on July 26, 2021 and reported to his unit the same day.

“I was on the phone with my wife right before the first formation,” he said. “When I saw them in uniform, it got real. I hadn’t been in a formation in 21 years.”

It was over a year before he made it to basic training at Fort Leonard Wood.

Being around a younger generation of Soldiers has been

positive, Kinchloe said.

“It’s been a good time and the kids motivated me,” he said. “They say I motivate them, but they motivate me. I saw my 17-year-old self in these kids, and it’s been an honor to watch them transition from civilians ... into actual Soldiers.”

Kinchloe’s ability to adapt to the basic training environment was the one trait cadre said they wished every trainee could bring to the table.

“He came in, he was quiet, and he learned,” said Staff Sgt. Thomas Sheldon, senior drill sergeant with Co. D, 2-10 Inf. Reg. “He’s done everything that we’ve asked him to with no complaints. The other trainees have no complaints, and he’s up there teaching his peers, which is something I wish all the trainees would do.”

For anyone else who might be considering coming back to the Army, Kinchloe, who maintained one of the best physical training scores in the company, had some advice.

“Get in shape — really, really good shape,” he said. “Basic training shape is a little different than regular people shape.”

After graduation, Kinchloe will head back to South Carolina to continue his career as a federal agent. He said he wouldn’t change anything about the last two decades of his life.

“I have no regrets,” he said. “Looking back, I would do the same thing.”

Senior leader embraces behavioral health to overcome abuse, racism and trauma

Sp. Joshua Taeckens
Contributor

EDITOR'S NOTE: The story below contains descriptions of physical and sexual abuse that may be upsetting to some readers.

JOINT BASE SAN ANTONIO-FORT SAM HOUSTON, Texas — Sgt. Maj. Rafael Colon Hernandez, assistant chief of staff of medical at U.S. Army South, sat proudly in his office decorated with awards, coins and memorabilia from his more than 29 years of total service in the U.S. Army.

Behind the pride of his honorable service, he reflected on countless moments of abuse, neglect, racism and combat-related trauma he had to overcome throughout his life.

“It’s hard to talk about all of this sometimes, you know,” said Colon reflecting on his sessions in behavioral health. “It feels like you’re peeling back the layers of a scar, but it’s also a massive weight lifted off your shoulders.”

He wasn’t born with a resilient character, Colon forged it through a desire to serve others, do better than his parents and seek a better life for himself and his future family.

Colon was born in San Juan, Puerto Rico and grew up in the town of Trujillo Alto. A year after his birth, his sister was born with Down syndrome, a condition caused by a chromosomal abnormality and characterized by physical and developmental disabilities.

“The doctors in Puerto Rico told my parents they didn’t think she would survive more than two weeks,” said Colon. “So, my parents decided to uproot and move to Boston to get her better care.”

Colon said the diagnosis caused his parents, a stay-at-home mom and a Vietnam War veteran working as a mailman, to put more parenting focus on his sister. Consequently, Colon was given very little attention.

That, coupled with his father’s undiagnosed post-traumatic stress disorder from his time fighting in Vietnam, led to an unsteady household.

“My dad was very emotionally unstable, so whenever he would get mad at a situation he would just pick up our stuff and relocate back to Puerto Rico,” he explained. “We did that at least three or four times.”

The constant relocating was only the tip of the iceberg when it came to the emotional trauma he experienced. Colon’s neglect, isolation as punishment and physical abuse further destabilized his childhood.

“I always felt like the black sheep of the family,” he said somberly. “My dad was very physical, like he would spank me or throw things at me. If I did something small, like not finishing my meal, I was grounded for a week meaning I wasn’t allowed to leave my room even for family meals or when company came over.”

His unsettling home environment wasn’t the only challenge Colon faced. He also experienced various acts of racism against him and his family. His family home in Boston was regularly vandalized and he was treated differently by other children.

During one incident, older children lured Colon and a friend into a constructed snow fort before collapsing the structure, burying them before beating them through the snow. He was in the second grade.

“I had bruises, I was crying and I ran home,” exclaimed Colon. “But when I got home, I got no support from my parents. My mom was very hands off and my dad just told me to toughen up.”

Experiences like these were commonplace for Colon, but his parents did what they could to portray a normal family image.

“It was the veil of the suburbs,” Colon said metaphorically. “But the curtains were closed and nobody could see inside the windows.”

He felt like he grew up in a bubble and lacked experiences that other children had, but he said these struggles created a mechanism for him to block negativity out of his life.

Finally, Colon had enough. At 18 years old, still in high school and living in Puerto Rico, he joined the Army Reserve as a medic.

“I joined because I had a desire to help people and to do something now,” he said passionately. “It kind of relates to my childhood: I waited for a better life, I waited for better treatment for my parents, but I didn’t want to wait any more.”

Still living at home under his authoritative father, Colon moved on to university. But when an opportunity arose for him to transfer components to active duty and escape his parents he seized it, postponing his pursuit of a college degree.

“I went home and told my dad, and the only thing he said was, ‘this is the best decision you can ever make, just leave,’” said Colon. “That was it, so I left.”

The liberation he felt as a young Soldier led to self-exploration, and as Colon navigated through the ebbs and flows of life’s lessons, he settled into a leadership role and became a noncommissioned officer.

The maturity he gained through his experiences caused him to connect better with his Soldiers.

“Unless you’ve lived through certain circumstances, it is hard for a leader to comprehend what the Soldiers are going through,” he stated. “Everything I experienced, the negative and the positive, and the trials and tribulations I have faced really widened my spectrum of understanding of people.”

Although Colon distanced himself from his childhood trauma, the nature of his job as a medic caused him to witness incredibly traumatic events.

Over four combat deployments to Iraq and Afghanistan and one humanitarian deployment to support relief efforts in the Caribbean after Hurricane Maria, Colon has witnessed and treated injuries ranging from improvised explosive device attacks, mass-casualty events, natural disaster-related injuries and everything in between. These shocking and stressful events have led to Colon being diagnosed with PTSD.

“I’ve had nightmares, vivid nightmares,” he said. “I used to be so affectionate with my wife and my son, but I wasn’t that person anymore.”

Colon said there were also some physical side effects his family pointed out to him.

“My son was three and I told him to stop biting his lip, and he said, ‘but when you get stressed or mad, you bite your lip,’ and I never realized that,” he said with a puzzled look. “I would also raise my voice more than I did before my deployments. I changed.”

Colon decided to look past the perceived mental stigma of other service members seeing a senior NCO walk into a behavioral health clinic.

Behavioral health treatment helped Colon learn coping strategies to deal with the nightmares, thoughts, emotions and actions he was previously unaware of. The therapy and counseling didn’t only treat his traumatic experiences from combat but also uncovered repressed memories from his childhood.

Some of those memories were that of sexual abuse from his father.

“Your mental capacity to repress all those super negative, traumatizing experiences is pretty crazy,” he said. “It was a really creepy realization that these aren’t just random images in your brain, these actual things actually happened; but also a weight was lifted from being able to talk about stuff like that.”

Addressing his traumatic experiences as a child and unpacking his PTSD from combat with professional help developed Colon into a better leader, built a more cohesive team and became a more responsible husband and father. Through his desire to serve others and break the cycle of intergenerational trauma, he constructed his resiliency.

He realized there are other people who have been through similar traumatic experiences and expressed the need for Soldiers to open up about their trauma.

“I believe there are a lot of success stories out there like mine. The more military leaders talk about and share those experiences, the more the Department of Defense can focus on service members and try to help us.”

“My son, my family and the yearning to be more connected to my feelings pushed me to seek mental and behavioral health,” he claimed. “I finally said to myself, ‘Who cares what other people say if they see you walking into behavioral health as a first sergeant or as a sergeant major, this is about you and your family.’”

Through personal experience, Colon knows how hard it can be to explore the most agonizing memories, but as a Soldier should, he said you should never accept defeat.

“If you’re deciding whether or not to seek help or you find yourself in a low place with nobody reaching out to you, just get up and try again. Don’t don’t be ashamed of failing; just keep pushing forward.”

Colon will continue his service, mentorship and resiliency as Command Sergeant Major and Senior Enlisted Advisor of Public Health Command Atlantic at Fort Meade, Maryland, spring of 2023.

If you or anyone you know is experiencing a behavioral or mental health crisis, dial 988, text 838255 or visit VeteransCrisisLine.net to chat online or see a list of numbers if overseas.



THE IG UPDATE



Volume 22-9, September 2022

IG Update 22-9: Guidance on Personal Social Media Use

On 12 August 2022, the Secretary of Defense released DODI 5400.17, establishing the first department-wide social media policy.

In addition to outlining guidance on official social media accounts, this policy also provides guidance on personal social media use by DOD personnel.

While personnel are authorized to have *personal social media accounts, they must adhere to the following rules:

Maintain a clear distinction between personal and official accounts:

- When initially activating an account, personnel should use personal contact information (email/telephone).
- All personal social media accounts must be clearly identified as personal.
- Accounts must avoid use of DOD titles, insignia, uniforms, or symbols that imply DOD sanction or endorsement.
- Personnel are encouraged to include a disclaimer, such as, *“views and opinions expressed herein are those of the author and do not necessarily represent views of DOD or its Components.”*
- Personnel can forward, like, or link to official information, provided it does not imply DOD endorsement.

Do not disclose non-public information:

- Personnel are prohibited from disclosing non-public information to further private interests or others' private interests.
- Personnel must adhere to operations security and unit-level directives (also while deployed).

Do not conduct official business on personal social media accounts:

- Personnel can not use personal accounts to conduct official DOD communications.
- Personnel cannot use personal social media accounts so friends, followers, or private contacts can gain access to DOD programs or seek action from DOD officials.

Do not accept compensation for any activity relating to one's status as a DOD Civilian Employee or Service member:

- Personnel cannot use their official position or public office for personal financial gain, or the endorsement of any product, service, or enterprise. Use of one's official position includes use of official titles, photos displaying a connection to one's DOD status (photo in uniform/wear of lapel pin or lanyard).
- Personnel cannot use their official position for the private gain of friends, relatives, or persons.

Do not engage in prohibited political activity, as defined in applicable law and regulation.

- Personnel cannot engage in political activity on their personal social media while in the Federal workplace or while on-duty (telework included).
- Political activity is defined as an activity directed toward the success or failure of a political party, candidate for partisan political party, or partisan political group.

***Note: IG Update 22-9 only covers DODI 5400.17, Section 8. Please review sections 1-8 for guidance on official accounts and see PAO.**

Connecticut National Guard
Commanding General
MG Francis J. Evon Jr.

Command Sergeant Major
CSM Roger. P Sicard



Command Inspector General
LTC Tim K. Staton

Inspector General NCOIC
SFC Margaret A. Stone

IG Points of Contact
IG Office

Armed Forces Reserve Center
375 Smith St.
Middletown, CT 06457

References/Resources

- Department of Defense Instruction 5400.17, “Official Use of Social Media for Public Affairs Purposes”
- Section 2635.702 of Title 5, CFR
- <https://www.army.mil/social-media/>



IUMKAqDBPCsd

LEADS TO ENLISTMENTS

FY-22 ARMY NATIONAL GUARD AWARDS PROGRAM

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Choice of: National Guard Sweatshirt
OCP Backpack or Personalized Tumbler



2ND LEAD TO ENLISTMENT

Choice of: National Guard Sweatshirt
OCP Backpack or Personalized Tumbler



3RD LEAD TO ENLISTMENT

Choice of: National Guard Sweatshirt
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Awarded once 3 enlistments complete their training



Soldiers will submit leads through the "Connecticut National Guard" app which can be downloaded from the google play store or the app store. You will earn the above items when the lead enlists.

**Contact MSG Craig Townsend for questions and more information.
craig.r.townsend.mil@army.mil**

Guard Suicide Rates Stable as Prevention Efforts Increase

Master Sgt. Amber Monio
National Guard Bureau

ARLINGTON, Va. - The suicide rate for active-duty U.S. military members declined 15% in 2021, with the National Guard rate essentially unchanged as new suicide prevention initiatives roll out across the 54 states, territories and the District of Columbia.

The Department of Defense Annual Report on Suicide in the Military showed there were 117 National Guard deaths by suicide in 2021 compared to 121 in 2020 — 102 among the Army National Guard and 15 in the Air National Guard. Both figures remain relatively unchanged from 2020, with 105 and 16 suicides, respectively.

The statistics show the National Guard Bureau is taking a comprehensive and integrative approach to tackling the problem, said Army Maj. Gen. Eric Little.

“We are committed to reducing the number of suicides out there,” said Little, director of manpower and personnel at the bureau. “Because one is too many.”

Little said NGB’s top initiative this year to reduce suicides involves creating an integrated primary prevention workforce — people in psychology, sociology and social work with expertise in preventing harmful behavior like suicide and sexual assault.

According to the Pentagon report released Oct. 27, the Army is rolling out the Integrated Prevention Advisory Group to help commanders address harmful behavior at every level.

The Army Guard will add 325 personnel as part of the implementation plan.

“They’re there to provide the analytics of what’s going on in their particular state,” said Little. “They’re there to establish prevention programs. They’re there to advise the command of problem areas, per se, that they can provide resources to.”

Little said suicide is a complex issue that is not fully understood, as fluctuations in data make it difficult to identify root causes and effective preventive measures.

But behavioral research has linked military suicides to various personal issues, including financial and marital stress.

The Defense Department report showed the most common interpersonal stressor identified in suicide and suicide attempts was intimate relationship problems. Little said that continues to be one of the leading risk factors for the Guard, along with work stress, substance abuse and sexual abuse.

Firearms continue to be the primary method of suicide for service members, their spouses and dependents. Suicide attempts with guns are overwhelmingly more likely to result in death than other methods. At 72%, firearm use was the most common mechanism of injury cited in Guard reports.

“We know that if we can increase the time in space before someone pulling the trigger, for example, by putting a lock on a weapon to give them 5 to 6 seconds of pause before taking action, research has shown that we might be able to prevent a suicide,” said Little.

Service members at risk for suicide frequently practice unsafe firearm storage, and the report said people with ready access to a firearm are at increased risk of dying by suicide. In addition, putting time and space between a person in crisis and their access to lethal means, such as medications, firearms and sharp instruments, is an effective way to prevent suicide.

Given such evidence, promoting lethal means safety is a critical component of suicide prevention in the National Guard, Little said.

Another Guard initiative involves fostering a supportive environment and destigmatizing mental health care.

“In the Army [if] you get hurt, you sprain an ankle, you go get help. We’re trying to make that something similar to if you have a mental health issue, it’s no big deal for you to go get help and for that to not impact your career,” said Little.

Little said that counseling could affect service members’ security clearance or flying



A Connecticut National Guard Soldier wears a “breaking the stigma” patch on his uniform at the Army Aviation Support Facility in Windsor Locks, Conn., Sept. 8, 2022. The patch was a project of the state’s Resilience, Risk Reduction and Suicide Program to raise awareness about the stigma of seeking help for mental health in the military.

eligibility in some cases. But Guard officials are working to change those policies.

Little acknowledged that access to health care is a challenge for the National Guard, which serves in more than 2,200 communities across the United States and its territories. Some service members can encounter lengthy delays before seeing a provider.

“Sometimes the wait is two, three months that we’re seeing out there,” he said. “Not helpful if you’re having a mental health crisis.”

Unlike their active-duty counterparts, part-time Guard members aren’t entitled to health care based on military affiliation.

Army Gen. Daniel Hokanson, chief of the National Guard Bureau, is pushing to change that, making universal health care for the Guard one of his top priorities.

“Today, there are approximately 60,000 Guardsmen who don’t have health insurance — so they don’t get the health care they need when they aren’t in a duty status,” Hokanson said during an August speech. “Even our Guardsmen who have health care coverage through their civilian employer face challenges when they change duty status. This can cause stress and undue financial and medical hardships for our Soldiers and Airmen and their families. All of these things impact our readiness — and not in a good way.”

Hokanson called health care coverage a strategic and moral imperative for every person who serves in uniform.

“Lost readiness costs more than the price of health care,” he said.

Veterans, service members, and their families can reach the National Suicide Prevention Hotline by dialing 988 and pressing “1” to be connected to the Veterans Crisis Line. Alternatively, they can text 838255 or visit VeteransCrisisLine.net for assistance.

CONNECTICUT NATIONAL GUARD HELPLINE

In an effort to support the needs of our service members and their families, the Connecticut National Guard has a 24-hour HELPLINE.

Your call will be answered by a behavioral health professional. You will receive information and referrals to community resources to support you and your family.

1-855-800-0120

BENEFITS

Connecticut National Guard Soldiers receive full-time benefits for their part-time service, these include:

- Free tuition to Connecticut State Colleges
- Monthly paycheck
- Student loan repayment (up to \$50K)
- Affordable insurance - health, dental, life
- Montgomery G.I. Bill
- Federal Tuition Assistance
- Enlistment bonuses available if qualified
- Retirement benefits and Thrift Savings Plan
- Paid training and job experience

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HIGH SCHOOL FOOTBALL MILITARY APPRECIATION GAMES

November 4th

**Norwich Free Academy @ East
Lyme | 6:30 PM**

November 10th

Stonington @ Killingly | 6:30 PM

November 11th

Branford @ Lyman Hall | 6:30 PM

November 18th

**O'Brien Tech @ Grasso Tech |
6:00 PM**



Army National Guard Prepares for 2030

Lt. Col. Rob Perino
National Guard Bureau

WASHINGTON — Army National Guard leaders held a discussion forum during the annual Association of the United States Army meeting to discuss how the Army Guard plans to attract new talent and modernize alongside the Army.

The panel, led by Army National Guard Director Lt. Gen. Jon Jensen, examined recruiting and retention efforts, division alignment, adaptation to digital culture, climate resiliency and how they affect overall modernization efforts.

Recruiting constraints and adaptive strategies dominated the 90-minute discussion. The Army Guard fell short of its fiscal year 2022 recruiting goal by about 12,000 recruits, leaving the Army Guard more than 6,000 people below its authorized end strength of 336,000.

“I am very confident that through the work and leadership of our adjutants general that we’re going to be able to turn this around very quickly,” said Jensen. “I’m a strong believer that recruiting is about connections.”

Jensen said the COVID-19 pandemic impacted the ability to make those connections.

“During the COVID years of 2020, 2021, we really lost connection with young men and young women across America,” he said. “We didn’t have access to them in high schools, we didn’t have access to them in other activities, and for many of those months, we were not even drilling as units. And so, I think it’s natural that with lost connection, we lost the ability to recruit.”

Army Maj. Gen. John Harris, adjutant general of the Ohio National Guard, agreed, adding that because the Army Guard has readiness centers in more than 2,400 communities, it’s in the best position to solve the recruiting problem.

“We know the challenges of America,” said Harris. “I think we have an obligation, more than anyone else, to ensure our ranks are representative of our communities.”

Harris said the Army Guard must take a nuanced approach to understanding all factors that contribute to an individual’s propensity to serve.

“I just don’t accept that propensity to serve is decreasing,” said Harris. “We can’t think of this ‘propensity’ issue as a monolithic challenge that we can’t overcome. It’s very important that we dissect it and get after solving it.”

Harris said he believes those factors include a decline in direct military ties in American families, stringent recruiting and vaccine requirements and negative public perceptions about the risks of military service.

Harris touted the Army Guard’s 11% attrition rate for fiscal year 2022, which exceeded the goal to maintain attrition below 13%, as a positive sign that Soldiers are choosing to stay in uniform. Yet, he acknowledged the Army Guard’s biggest challenge is putting resources toward recruiting more enlisted members.

“I’m not talking about just accession and retention bonuses,” said Harris. “While they provide a short-term fix, they do not fix the underlying conditions that are impacting our ability to recruit and retain talent.”

And that impact must be addressed, he said, adding that long-term retention of Soldiers is important as it helps build cohesive teams.

“It is imperative that we build cohesive, disciplined teams that are fit to fight,” said Harris.

Maj. Gen. Timothy Thombleson, commander of the 38th Infantry Division, Indiana Army National Guard, outlined how those teams are reorganizing and preparing for the future fight as part of Total Army modernization efforts. That includes a return to the division as the primary combat formation.

“It’s a great time to be one of the Army National Guard division commanders as we re-establish the division across the nation as the unit of action and move away from a brigade-centric unit of counterinsurgency,” said Thombleson. “We’re bringing back division artillery and converting or fielding electronic warfare battalions. We’re bringing more staff functionality into space, cyber and electronic warfare for multidomain operations.”

This realignment will better enable the Army Guard to plan training and operations with subordinate units in different states, setting the conditions for large-scale operational readiness. It also means the Army Guard will modernize in a predictable and sustainable manner.

Jensen explained that under the regionally aligned readiness and modernization plans, timelines are tailored to provide predictability and spread out the impacts of demanding implementation requirements on units, Soldiers and families as much as possible. He encouraged leaders to communicate modernization and life cycle schedules to keep Soldiers fully aware of their role in the process.

“We have to be very careful of the perception that if my unit is not part of a modernization effort now, then I’m not relevant,” said Jensen. “We’re going to have a period of time where there’s tiered modernization — not tiered readiness — and I would say that’s the case across the Army. Our Soldiers ask for predictability to balance their obligations and ensure that they are ready to meet the mission successfully.”

Thombleson emphasized the Army Guard’s commitment to readiness through continued realistic battlefield training. That includes multiple Army Guard brigade rotations at the National Training Center at Fort Irwin, California, the Joint Readiness Training Center at Fort Polk, Louisiana and the Army National Guard’s eXportable Combat Training Capability program. He also stressed the need for interoperability and synchronized information across the force.

The Army Guard is innovating its communication platforms to accomplish that.

Brig. Gen. Stefanie Horvath, mobilization assistant director of operations at U.S. Cyber Command, described a data-centric approach that distributes timely and relevant information to the networked division staff to use when planning operations.

“We know that staffs have had to manage a high volume of data while executing major contingency operations and conducting multidomain operations,” she said. “With



Lt. Gen. Jon Jensen, left, the director of the Army National Guard, leads a discussion panel on Army Guard operational challenges during a panel forum at the annual Association of the United States Army conference in Washington, D.C., Oct. 12, 2022. (U.S. Army photo by Sgt. 1st Class Jon Soucy)

data-centricity, division staffs no longer have to chase spreadsheets in the inbox or push data that’s not relevant because everyone is now using the same data source in a variety of views. This opens up staffs to conduct more analysis and do more division coordinating activities.”

It also has applications off the battlefield, including helping Soldiers get paid on time.

“Many states increased state active duty deployments for emergency responses to COVID, civil unrest, hurricane relief and supporting wildfires, but there is not one good application that accurately reports all Soldiers’ performance,” said Horvath. “Data-centricity connects their performance of duties with the Defense Finance Accounting Service, to pay them for the active duty performed.”

Modernization, she said, drove “us to create something that didn’t exist before.”

Similarly, modernization also means the Army Guard is implementing projects aligned with Army climate strategy goals for installation resiliency and training for extreme weather conditions.

“The Army Guard is adhering to the Army climate strategy by constructing microgrid projects, incorporating alternate energy sources, transitioning to an all-electric non-tactical vehicle fleet, retrofitting our facilities to improve energy efficiency and savings,” said, Col. Anthony Hammett, the Army Guard’s chief of installations, environment and energy. “As Secretary [of the Army Christine] Wormuth has stated, climate change isn’t a distant future; it’s a reality and must be addressed now. We in the Army National Guard are doing just that.”

When asked what issue keeps him up at night, Jensen said he is most concerned about doing everything he can to make Army Guard life more predictable and sustainable for Soldiers, families and employers.

“There’s always been friction between three pieces of a reserve component Soldier’s life,” said Jensen. “As leaders, we have to be mindful of the Soldier, their family and their employer. Every unit counts, every Soldier counts and readiness counts. And it all starts with filling our formations.”

CONNECTICUT NATIONAL GUARD (CTNG) SAFETY MESSAGE

Driving: The Most Dangerous Thing We Do!



Over the past few weeks, members of the CTNG were involved in serious motor vehicle accidents (MVAs). While the majority of MVAs involving injury or death occur while operating Personally Owned Motor Vehicles (POVs), one of our members was recently struck by a POV while crossing the street. Situational awareness is paramount to everything that we do, especially when driving, cycling or walking in roadways, parking lots or other areas where vehicles are operating. Being aware of the operating environment at all times is fundamental aspect of being a Soldier or Airman. To avoid being involved in a MVA, drive defensively and be ready to react to the acts or omissions of other drivers.

MVAs highlight the utility of being brilliant at the basics. Many MVAs injuries could be avoided by exercising basic driving techniques. Be alert. Do not exceed the speed limit. Drive slower when driving on wet or icy roads. Always wear your seat belts. Use your turn signals when turning. Do not drive if overly tired. Take a rest break in a safe location if dosing off while driving. Practicing basic safe driving techniques are important but even more so during the winter season when road conditions are more challenging.

Basic Tenets of Safe Driving

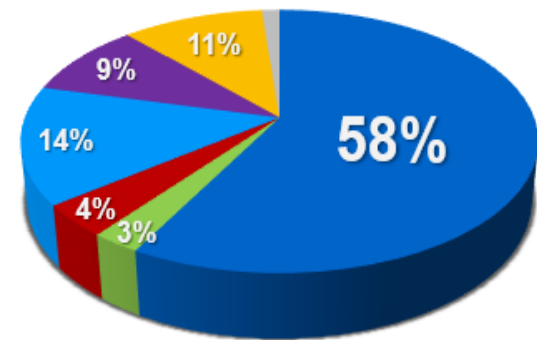
- Remain vigilant at all times. Think safety first. Apply a defensive driving mindset.
- Follow 3-4 second rule behind the car to the front: distance equals reactionary time, increase during inclement weather.
- Always wear seat belts. Occupants who wear seat belts are 45% more likely to survive a serious crash.
- Obey the laws and posted speed limits. Avoid distracted driving and DUI. Excess speed a factor in 23% of Class A MVAs
- Be aware of blind spots while scanning your surroundings.
- Minimize all distractions.
- Do not drive in an aggressive manner.

CTARNG Incident/Accident Tracker for TY22

- (31) Personal Injury (PI)
- (12) Army Motor Vehicle (AMV)
- (27) Personal Motor Vehicle (PMV4)
- (4) Personal Motor Vehicle (PMV2)
- (11) Army Operated Vehicle (AOV)
- (0) Privately Owned Weapon (POW)
- (2) Property Damage (PD)
- (0) Aviation (AVN)

87 Total Incidents

MVAs Account for 58% of Army On-Duty Class A Mishaps (Fatal Incident)



- Motor Vehicle
- Sports, Recreation and Physical Training
- Weapons/Explosives
- Industrial/Occupational
- Military Parachuting (Personnel)



CTNG Safety Office, 860-292-4597

Windsor Locks Readiness Center

155 Light Lane Windsor Locks, CT 06096

20 OCT 22



The Army National Guard's Best Squad competitors pose for a photo at Fort Benning, Georgia, before competing in the U.S. Army's Best Squad Competition Sept. 29 to Oct. 10, 2022. From left: Sgt. Austin Manville, New York National Guard; Spc. Nathaniel Miska, Minnesota National Guard; Staff Sgt. Bryan Kummer, Nebraska National Guard; Sgt. Tyler Holloway, Wyoming National Guard; Spc. Wyatt Walls, Oregon National Guard. (U.S. Army photo by Spc. Vincent Levelev)

Army Guard Makes it to Final Round of Army Best Squad Competition

Sgt. 1st Class Whitney Hughes
National Guard Bureau

ARLINGTON, Va. – Five Army National Guard members were among four teams selected for the final round of the U.S. Army's inaugural Best Squad Competition.

The Best Squad Competition, formerly the U.S. Army Best Warrior Competition, produces the U.S. Army's Best Squad and the Noncommissioned Officer of the Year and Soldier of the Year.

The 2022 U.S. Army BSC began with 12 Active Duty, Reserve Component and Special Forces teams competing at Fort Bragg, North Carolina, Sept. 29 to Oct. 6. The top four teams moved on to the District of Columbia to complete the final boards, with the winners announced Oct. 10.

Although the ARNG team did not take home the top honors, their success in the competition was a significant sign of the capabilities of the National Guard, said Command Sgt. Maj. John Raines, the command sergeant major of the Army National Guard.

"It's a tough competition. It's physically and mentally challenging," Raines said. "Working cohesively as a team is what allows for success here, and it's also what makes Army Guard units effective when deploying overseas or responding at home."

The ARNG team comprises five Soldiers selected through National Guard competitions in all 54 states, territories, and the District of Columbia. Team members include:

Staff Sgt. Bryan Kummer - Nebraska National Guard
Sgt. Tyler Holloway - Wyoming National Guard
Sgt. Austin Manville - New York National Guard
Spc. Wyatt Walls - Oregon National Guard
Spc. Nathaniel Miska - Minnesota National Guard

The 2022 BSC challenges Soldiers to complete the Army Combat Fitness Test, a 12-mile foot march, rifle qualification, proctored assessment phase, hands-on squad tasks, written exam and essay, and board interviews with sergeants major from across the Army. The competition promotes morale and cohesion and reinforces the importance of squad tactics.

The National Guard team focused on this unit cohesion by attending a month of training together at the National Guard's Warrior Training Center at Fort Benning, Georgia. This helped prepare them for the competition and made them more well-rounded Soldiers, said Kummer, the squad leader for the ARNG Best Squad.

"Everyone came here with an attitude of being ready to learn from each other and their experiences," said Kummer. "Not only have we improved our warrior tasks, but we have all learned something from one another, whether it be leadership or how to handle any situation we may come across in the Army."

Sgt. Maj. of the Army Michael Grinston, who oversaw the event, credits professional development as a critical driver of the competition's intent.

"I want units to really think about what makes up a squad," Grinston said. "It's about those small groups of Soldiers who really know and care about each other and hold each other to a high standard of proficiency, discipline and fitness."

Kummer said he took that sentiment to heart and felt a sense of responsibility to take it beyond the scope of competition to enhance overall readiness in his state.

"The competition was structured to meet the vision of what the sergeant major of the Army wants in his fighting force," said Kummer. "So having done it ourselves, now we have an obligation to take this back to our units, so we are helping better our organizations."

The YANKEE COURIER



VOL. 22 NO. 9

EAST GRANBY, CONNECTICUT

October 2022



Governor Ned Lamont greets Vice President Kamala Harris as she stepped off Air Force Two at Bradley Air National Guard Base in East Granby, CT on October 5, 2022. Harris traveled to Connecticut to speak at an event at Central Connecticut State University. (Photo by Maj. David Pytlik, Joint Force Headquarters Public Affairs.)



SRA CLAIRE HAGEN

103 Airlift Wing, Bradley ANGB
Orthopedic Tech

Operation HEART 22

"I am incredibly grateful to have been a part of the HEART 22 mission. I have met outstanding people within the OR & gained invaluable knowledge - our peers here are incredibly resourceful & creative when it comes to making the most out of their medical supplies. I will go back with some new knowledge & a new appreciation of our medical facilities back home."

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- Are you a natural born **leader**?
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- Do you exceed **standards**?
- Do you strive for **excellence**?
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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 you are a SHARP shooter! 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

Military Crisis Line

Call 800-273-8255 and press 1, text 838255 or visit militarycrisisline.net/chat

REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH

realwarriors.net

MHS

Military Health System
health.mil

Veterans and Active-Duty Military Members: Social Security has your back

Robert G. Rodriguez
Contributor

Veterans Day is on Friday, November 11, 2022. Every year on this day, we honor all veterans who served our country and risked their lives to protect us.

Our Wounded Warriors webpage is an important resource for military members who return home with injuries. If you know a wounded veteran, please let them know about our Wounded Warriors webpage at www.ssa.gov/woundedwarriors.

The page shares information about our Social Security

Disability Insurance (SSDI) benefits for veterans, including:

- How SSDI benefits are different from benefits available through the Department of Veterans Affairs and require a separate application.
- How we expedite the processing of Social Security disability claims for service members. If they develop a disability while on active military service on or after October 1, 2001, they can file a disability claim regardless of where the disability occurs.
- Answers to questions asked about Social Security.

If active-duty military service members are unable to work due to a disabling condition and continue to receive pay while in a hospital or on medical leave, they should consider applying for SSDI. Active-duty status and receipt of military pay doesn't necessarily prevent payment of SSDI benefits.

Our webpages are easy to share on social media and by email with your friends and family. Please consider passing this information along to someone who may need it

Social Security Announces 8.7 Percent Benefit Increase for 2023

Robert G. Rodriguez
Contributor

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 8.7 percent in 2023, the Social Security Administration announced today. On average, Social Security benefits will increase by more than \$140 per month starting in January.

The 8.7 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 65 million Social Security beneficiaries in January 2023. Increased payments to more than 7 million SSI beneficiaries will begin on December 30, 2022. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics.

"Medicare premiums are going down and Social Security benefits are going up in 2023, which will give seniors more peace of mind and breathing room. This year's substantial Social Security cost-of-living adjustment is the first time in over a decade that Medicare premiums are not rising and shows that we can provide more support to older Americans who count on the benefits they have earned," Acting Commissioner Kilolo Kijakazi said.

To view a COLA message from Acting Commissioner Kijakazi, please visit [\[youtube.com/watch?v=Vgm5q4YT1AM\]\(https://www.youtube.com/watch?v=Vgm5q4YT1AM\).](http://www.</p></div><div data-bbox=)

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$160,200 from \$147,000.

Social Security and SSI beneficiaries are normally notified by mail starting in early December about their new benefit amount. The fastest way to find out their new benefit amount is to access their personal my Social Security account to view the COLA notice online. It's secure, easy, and people find out before the mail arrives. People can also opt to receive a text or email alert when there is a new message from Social Security--such as their COLA notice--waiting for them, rather than receiving a letter in the mail. People may create or access their my Social Security account online at www.ssa.gov/myaccount.

Information about Medicare changes for 2023 is available at www.medicare.gov. For Social Security beneficiaries enrolled in Medicare, their new higher 2023 benefit amount will be available in December through the mailed COLA notice and my Social Security's Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.ssa.gov/cola.



CIVIL AIR PATROL, ROYAL CHARTER COMPOSITE SQUADRON - NER-CT-071

BRADLEY AIR NATIONAL GUARD BASE, EAST GRANBY, CT

OCTOBER 23, 2022





U.S. Army Gen. Daniel Hokanson, chief of the National Guard Bureau, hosts the promotion ceremony of U.S. Air Force Maj. Gen. April D. Vogel at Joint Base Myer-Henderson Hall in Arlington, Virginia, April 8, 2022. Vogel is the director for the NGB's Office of Legislative Liaison. (U.S. Air National Guard photo by Master Sgt. Erich B. Smith)

Breaking Barriers Across the Total Force

Tech Sgt. Enjoli Saunders
Contributor

Joint Base Myer-Henderson Hall, Va. -- U.S. Air Force Maj. Gen. April D. Vogel made history as the first female two-star general in the Maryland Air National Guard when she was promoted in April 2022. Her career has been a model of the successful synthesis of the National Guard capabilities with those of the active duty armed forces.

Currently serving as the director of the Office of Legislative Liaison at the National Guard Bureau at the Pentagon, Vogel's role includes advising the Chief of NGB and other senior leaders on congressional activities that may impact National Guard interests as well as informing and educating Congress on National Guard plans, programs, budget, policies, activities, and issues. She is essentially the conduit of communication between Congress, its agencies, and the National Guard.

Vogel's appointment is a high-profile example of what the military calls "total force" integration: the merging of active-duty and reserve operations to leverage their assets in an era of limited resources and a changing military landscape.

"I never set out to break barriers, but I have been afforded the opportunity to be a part of some really impactful missions," said Maj. Gen. Vogel. "We want to make sure the priorities of the National Guard are being heard by our nation's leaders. Our Guard

members are doing amazing work to support their state and nation, so we work hard to make sure they can keep doing that."

Total force integration is nothing new to Vogel. She previously served as commander of the Air Force's 6th Air Mobility Wing at MacDill Air Force Base, Florida. When selected to command the wing, Vogel became the first Air National Guard officer to command an active duty flying wing. While serving in this position, she oversaw operations with mission partners to include the U.S. Central Command, U.S. Special Operations Command, and the 927th Air Refueling Wing, to name a few.

After her tour of duty commanding active-duty Airmen, Vogel returned to her home in the National Guard by serving as the Maryland's assistant adjutant general for air. In 2018, Maryland made headlines when its National Guard became the first in the nation to be led by an all-female command team. Even though she was uncomfortable with the attention, the symbolic importance for the generations coming after her was important.

"Maj. Gen. Vogel has been a great inspiration to many Airmen she supported throughout her distinguished career," said U.S. Air Force Brig. Gen. Jori Robinson, commander of the 175th Wing, Maryland Air National Guard. "I have had the opportunity to work with her many times and I know she cares deeply for all the Airmen around her."

In her role, she commanded the Maryland Air National Guard

and advised the Governor on matters pertaining to the Airmen of the 175th Wing at Warfield Air National Guard Base in Middle River, Maryland.

But even in this ostensibly state position, Vogel found herself tapped for important roles within the larger Air Force. Soon after being appointed assistant adjutant general, Vogel was dual-hatted as the ANG advisor to the secretary of the Air Force for international affairs, where she was charged with building, sustaining, and expanding theater security cooperation and international relationships. She later went on to serve as the director of manpower, personnel, recruiting and services at the National Guard Bureau.

Vogel was commissioned in 1995 and completed pilot training in 2004. She deployed in support of both Operation Iraqi Freedom and Operation Enduring Freedom. She has more than 1,600 flight hours on various airlift aircraft, supported missions all over the world, and led thousands of Airmen throughout her career. Still, she knows she did not accomplish it all by herself.

"I feel blessed that there have been mentors who have guided me and leaders who have helped me make it here," said Vogel. "I actively try to do the same for the Airmen in my sphere of influence. I've seen the skill, determination, and passion of the next generation and I look forward to seeing how they are going to improve the best Air Force in the world while making life better for their fellow service members and their families."

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:

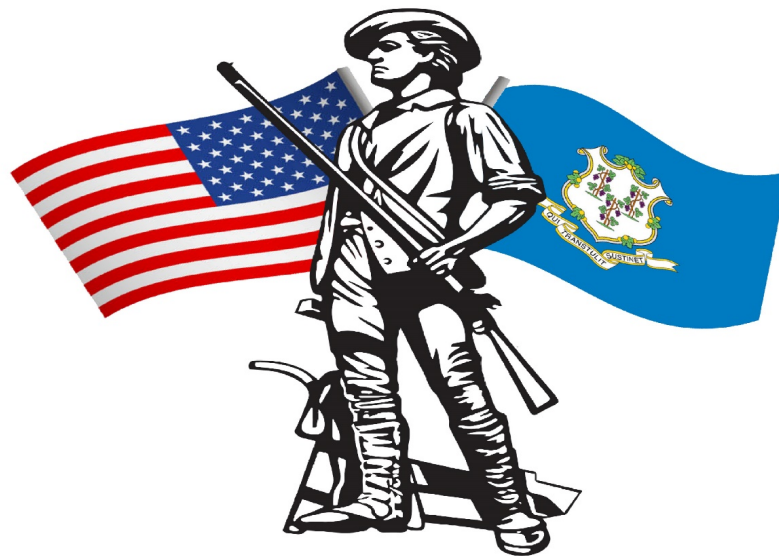
Maj. David Pytlik
david.c.pytlik.mil@army.mil
860.524.4857

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

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Sexual Assault Response Coordinators

CTARNG SARC 860.883.4798

103rd AW SARC (24hr) 860.895.3526

Chaplain and Legal

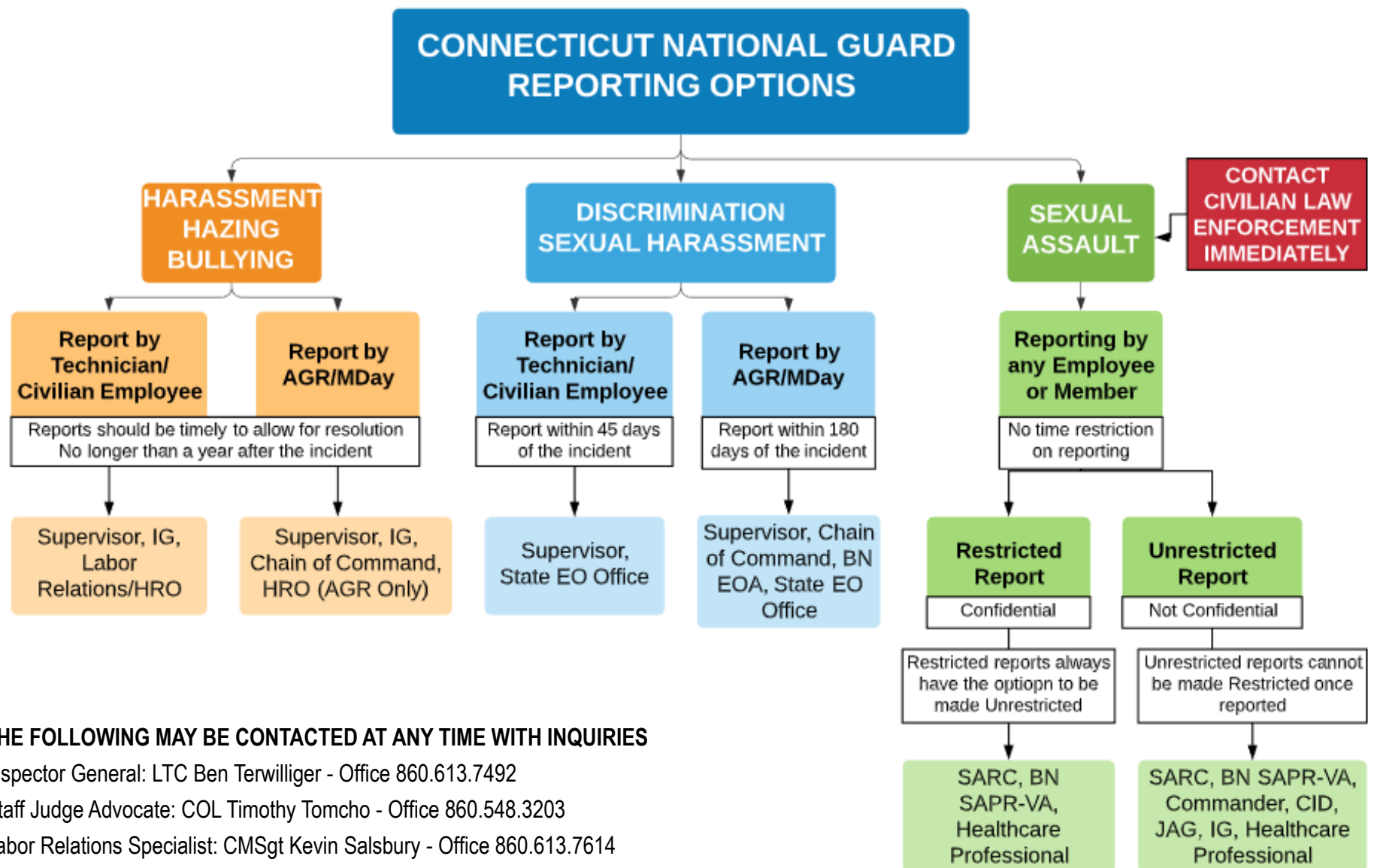
CT Chaplain 860.548.3240

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 Ben Terwilliger - Office 860.613.7492

Staff Judge Advocate: COL Timothy Tomcho - Office 860.548.3203

Labor Relations Specialist: CMSgt Kevin Salsbury - Office 860.613.7614

State Equal Opportunity Office: Ms. Tasha Dow - Officer 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



William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105			
		(800) 858-2677	Open Monday-Friday
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.civ@army.mil	(800) 858-2677
Lead Military and Family Readiness	Melody Baber	melodycheyenne.c.baber.civ@army.mil	(860) 548-3276 (desk) (860) 883-2515 (cell)
Military and Family Readiness Specialist	Carolyn Kyle	carolyn.r.kyle.civ@army.mil	(860) 524-4920 (desk) (860) 394-8748 (cell)
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Employer Support of the Guard and Reserve, Volunteer Support Technician	Ben Beaudry	benjamin.a.beaudry.ctr@army.mil	(860) 524-4970 (desk)
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Airman and Family Readiness Program Manager	Kasey Timberlake	kasey.timberlake@us.af.mil	(860) 292-2730 (desk) (860) 462-0379 (cell)
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Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357		Open Thursdays	
Military and Family Readiness Specialist	Linda Rolstone	linda.b.rolstone.civ@army.mil	(860) 739-1637 (desk) (860) 680-2209 (cell)
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