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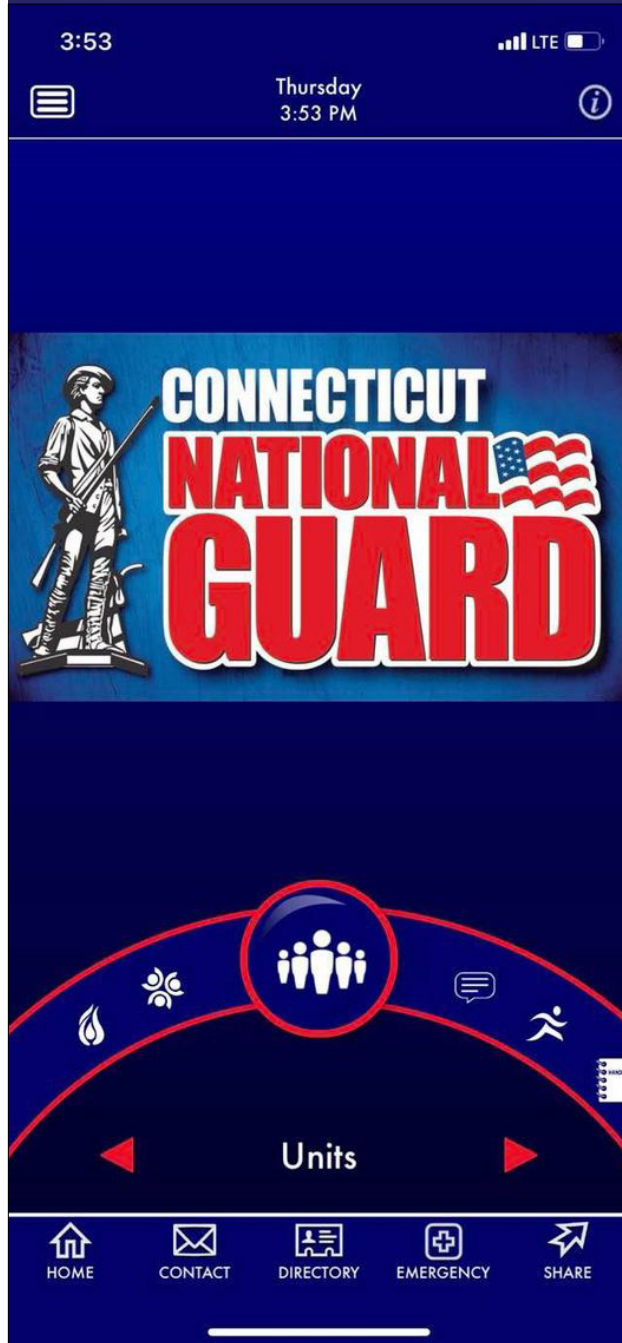
CTNG Hosts Governor Lamont's 2nd Inauguration in Hartford



Governor Ned Lamont swears in during the state of Connecticut's 89th Gubernatorial inauguration hosted at the Connecticut National Guard's Governor William A. O'Neill Armory in Hartford, Jan. 4, 2023. (Photo by Mr. Timothy Koster, Joint Force Headquarters)

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First Company Governors Foot Guard

Second Company Governors Foot Guard

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2022 Year in Review: Flying Yankees Moving Forward

Master Sgt. Tamara Dabney
103rd Airlift Wing Public Affairs

After earning a top overall grade on the Unit Effectiveness Inspection, the Connecticut Air National Guard went full steam ahead in 2022, demonstrating its mission capabilities.

“Our pace did not slow down,” said Col. Stephen R. Gwinn, Commander, 103rd Airlift Wing. “As always, the Flying Yankees are the best in the nation and it’s all due to the airmen doing the work every day throughout the wing.”

The 103rd showcased various strengths and strategic posturing throughout the year. Exercises Swift Response and Cyber Yankee, as well as multiple community outreach events, were some of the high points of what Gwinn deemed to be an exemplary effort put forth by members of the 103rd in 2022. The year culminated with the wing’s deployment of an aviation package comprised of four aircraft and more than 100 Guardsmen to Africa where they served under the U.S. Africa Command in support of Operation Enduring Freedom.

The 103rd Operations Group

“In standard fashion, the airmen of the 103d Operations Group performed incredibly well in 2022,” said Col. Neal Byrne, Commander, 103rd Operations Group. “To say I’m proud of the 103rd Operations Group is an understatement of grand proportions. The 103rd Operations Group has done so much in such a short amount of time, it’s hard not to beam with pride when talking about them.”

In May 2022, members of the 103rd OG were among 9,000 troops from 17 allied and partner nations to participate in Swift Response 22. The exercise, aimed at enhancing relationships and interoperability with partners and allies on the European continent, underscored the U.S. Air Force’s focus on building readiness to face near-peer adversaries in future conflicts. The Flying Yankees’ contribution to the exercise included two C-130H aircraft and dozens of airmen in support of critical airlift and airdrop missions.

Following Swift Response 22, members of the 103rd OG attended Fieldcraft in Uncertain and Hostile Environments pre-mobilization training, then deployed as part of an aviation package to the Horn of Africa.

During the deployment, the Flying Yankees flew 643 hours on more than 100 combat missions. These missions delivered in excess of 1,750 personnel, 2.1 million pounds of cargo, and a 150,000 pounds of fuel, which were de-fueled from the unit’s aircraft tanks to combat outposts in austere and often contested areas of Somalia and Kenya.

“The wet-wing defueling procedures executed during the deployment kept Personnel Recovery Task Force helicopters and a myriad of other combat aircraft flying when over-the-ground fuel shipments were being intercepted and destroyed by the enemy,” said Byrne. [The procedures] were developed by a team of Flying Yankee airmen and validated at the MAJCOM level.”

A team of airmen went to Air Mobility Command in late 2021 with a proposal, seeking to gain approval to develop, test and standardize a more comprehensive set of Agile Combat Employment (ACE) capabilities for the C-130H. Specifically, the team sought approval for wet-wing defueling, which enables the rapid transfer of fuel from the wings of a C-130 to a fuel bladder or truck as the aircraft’s engines are running, enhancing agility during contingency operations. According to Byrne, the team’s efforts made wet-wing defueling a reality for the entire C-130 mission design series.

Members of the team were:

- Lt. Col. Joshua Linden, navigator, 103rd Operations Group
- Maj. Douglas Ferro, pilot, 103rd Operations Group
- Master Sgt. Khaleef Graham, loadmaster, 103rd Operations Group
- Master Sgt. Cameron Dunn, loadmaster, 103rd Operations Group
- Master Sgt. Trenton Zanow, flight engineer, 103rd Operations Group

For his efforts, Zanow gained national recognition and was named the Mobility Air Force Tactician Non-commissioned Officer of the Year for 2021 at the Mobility Air Force Weapons and Tactics Conference in August 2022.

“Not only did a Flying Yankee receive national level recognition for changing the way C-130s are employed in combat, the work this team did was indeed doctrinalized within a year of their final validation efforts with AMC, then proven in combat by the Flying Yankees themselves,” said Byrne. “The 103rd OG is a corner stone in modern US tactical airlift capability and leading them has been the highlight of my professional career.”



Air Force Tech. Sgt. Radek Kret, an aircraft loadmaster assigned to the 103rd Operations Group, 103rd Airlift Wing, Connecticut Air National Guard examines the airdrop zone in preparation for a jump during an airdrop mission, as part of Exercise Swift Response 22, May 11, 2022, in Pisa, Italy. The exercise focused on building airborne interoperability with allies and partners, and the integration of joint service partners in a contested environment. Military exercises with Allied and partner nations in the European and African theaters are an integral part of demonstrating Alliance readiness, interoperability and capability. (U. S. Air National Guard photo by Master Sgt. Tamara R. Dabney)

The 103rd Maintenance Group

“2022 was another year with milestones and hurdles that the best maintainers in the Air Force rose up to meet,” said Col. Christopher Pack, Commander, 103rd Maintenance Group.

In the early months of 2022, the 103rd Maintenance Group encountered one such hurdle when members were tasked with getting the 103rd’s C-130H aircraft ready to deploy to Africa by August of that year.

“The primary goal in 2022 was to generate four aircraft and [several] maintainers to support the aviation package deployment,” said Pack. “Due to depot maintenance schedules, we only had four aircraft to make this happen, so we had to have a 100 percent delivery rate. As witnessed by so many, on that foggy August morning, the men and women of the 103rd Maintenance Group did what they do best, which resulted in four aircraft departing home station and arriving at the deployed location on time.”

The maintainers were put to the test again in September 2022 when the U.S. Air Force grounded the majority of its C-130H fleet due to potentially defective propeller barrels. The 103rd Maintenance Group deployed additional maintainers to Africa to perform critical maintenance on the four deployed aircraft.

“A grounding of the entire C-130H model fleet due to an immediate action Time Compliance Technical Order (TCTO) for propellers added a hurdle to both deployed and home station operations,” said Pack. “With the assistance of support agencies here at [Bradley Air National Guard Base], the maintenance group was able to generate four members and tooling on short notice and deliver them to the [deployed location] to assist the downrange team in changing 16 propellers and conducting four functional check flights in five days. To put that in perspective, it usually requires a day to drop and reinstall a single propeller.”

In the final months of 2022, 103rd maintainers obtained approval to apply a heritage paint scheme to C-130H aircraft 93-1456 to commemorate the 100th anniversary of the Flying Yankees. Pack described the aircraft as “a work of art and heritage that truly



Members of the 103rd Maintenance Group inspect the propeller of a C-130H Hercules aircraft, December 13, 2021, East Granby, Connecticut. The maintainers began preparing the aircraft for flight at sunrise. (U.S. Air National Guard photo by Master Sgt. Tamara R. Dabney)

represents the pride in ownership that, not only the men and women of the maintenance group possess, but the entire wing.” The heritage aircraft is scheduled to take flight in March 2023.

“For the entire year, there was so much work that was accomplished, both at Bradley and the deployed location, leaving it better than they found it...a true mark of a professional organization,” said Pack. “I am blown away by the dedication, effort, and attitude that the members of the maintenance group demonstrate every day they come to the base.”

The 103rd Mission Support Group

The 103rd Mission Support Group began 2022 with more than 100 of its airmen returning home to Connecticut from overseas deployments.

“The thing that I’m most proud about our team accomplishing in 2022, by far, are the deployments,” said Col. Amanda Evans, Commander, 103rd Mission Support Group. “When we started 2022, everybody was coming back from the [Reserve Component Period] 6 deployments. We had over 100 people from this group of only 400, so 25% of our group was deployed.”

Upon their return, members of the 103rd MSG went to work to support the aviation package that was scheduled to deploy to Africa in August 2022. Members of the 103rd Force Support Squadron ensured that 95 percent of aviation package deployers received orders 180 days prior to their deployment, which enabled them to receive TRICARE healthcare entitlements before they deployed. The Personnel Deployment Function and the Logistic Readiness Squadron’s Cargo Deployment Function enabled the processing and rapid mobility of troops and cargo to Africa.

Throughout 2022, MSG airmen also completed various base projects.

“When our civil engineers got back from RCP 6, we harnessed the skills of those members, instead of paying a contractor to do the small things,” said Evans. “They did plumbing in the bathrooms, built a room around the tractor trailer simulator, installed HVAC, did all the electric drops for the treadmills and the TVs in the base gym, and built a retaining wall.”

According to Evans, training was a major focus for the 103rd MSG in 2022. Members of the 103rd Communications Flight participated in Cyber Yankee 2022, a regional cooperative training exercise that evaluates the capabilities of government agencies and critical infrastructure representatives within the private sector to respond to cyber attacks. The annual exercise enhances joint partnerships by promoting interagency communication and cooperation.

The 103rd also held Ready Airmen Training (RAT), a newly implemented readiness training, coordinated by the 103rd Civil Engineer Squadron emergency management team. More than 600 airmen exercised skills in casualty care, weapons handling, shoot-move-communicate, and Chemical Biological Radiological Nuclear (CBRN) defense. The training concluded with an immersive skills application scenario that combined battlefield simulation effects.

“We stepped outside of the box and thought about ways to do a new way of training that is probably going to be implemented across multiple bases,” said Evans. “Our emergency management team is getting credit for that. It was their innovative thinking that is now being used as a benchmark.”

Other notable training conducted by members of 103rd MSG in 2022 include, the Combat Ready Defender and Cold Weather Operators Courses completed by members of the 103rd Security Forces Squadron, and Mutual Aid Partnership training conducted by the Bradley Air National Guard Base fire department.

“I think that all of our airmen are incredibly proud of the work that they did,” said Evans. “They’ve done awesome things. I’m just so proud of them and I appreciate all of them, because I think I learned something from them every day.”

The 103rd Medical Group

Members of the 103rd Medical Group were at the forefront of the Connecticut National Guard’s COVID-19 pandemic response, beginning in 2020, and continuing through 2021. In 2022, the group shifted its focus to enhancing the skills of its airmen.

According to Col. Patrick “Andy” Kelly, Commander, 103rd Medical Group, the 103rd MDG’s partnership with Hartford Hospital made the unit one of the first in the Guard to implement a Training Affiliation Agreement with a local hospital. The 103rd MDG is now among the Guard units that lead the nation in Tactical Combat Casualty Care (TCCC) training.

“The MDG set the bar for Guard Medical Unit TCCC compliance, with a 100 percent training rate for MDG personnel and an 89 percent completion rate for the basic level [training] wing-wide,” said Kelly. “Additionally, our airmen are at the forefront of development of the [Critical Care Air Transport Team] mission in the Air National Guard.”

A Critical Care Air Transport Team (CCAT) is a specialized medical team that augments standard aeromedical evacuation crew members, providing intensive care while aboard an aircraft. In 2022, the 103rd MDG executed multiple interstate and joint training sessions within the CCATT mission set. In 2023, one of the group’s goals is to make the Periodic Health Assessment process more efficient for the wing.

“I couldn’t be more proud to serve alongside the airmen of the 103rd Medical Group,” said Kelly. “We look forward to a substantial milestone in the coming year in the execution of a “super-PHA” in August. This will serve as a significant enabler to the entire wing, consolidating the PHA process, currently distributed over 11 Unit Training Assemblies, to a single drill weekend.”

The 103rd Air Control Squadron

In 2021, the 103rd Air Control Squadron deployed 60 percent of its members to multiple locations in Southwest Asia and the United States in support of Operation Inherent Resolve and Mission Resolute Support. The unit began 2022 with a focus on supporting those members as they returned home from deployment.

“The beginning of 2022 was focused on reintegration of family life, civilian careers, and even reintegrating unit deployers and non-deployers,” said Lt. Col. Glenn Sherman,

Commander, 103rd Air Control Squadron. “In addition, we were getting back on track with AFSC upgrade training, recurring administrative requirements, and ensuring [combat-mission-ready] status for our operations personnel.”

In 2022, the 103rd ACS embarked on progressive technological and operational advancements. Participation in Cyber Yankee 2022 and technical research and development for transition to cloud-based access for radar data, radio access, and distributed operations simulation scenarios were among the year’s highlights, demonstrating the unit’s progression.

The 103rd ACS also took steps to adapt to new personnel and training requirements.

“Our operations personnel have aggressively tackled the positional and academic changes required for mission commanders and mission systems operators as the Command and Control (C2) enterprise enters a period of transformation with tenets that include, Agile Combat Employment and Multi Capable Airman,” said Sherman.

In 2023, the unit will remain focused on advancement, with next generation, multi-mission, ground based radar testing as a focal point.

“The unit has endeared itself at every opportunity to host further C2 transition and advancement initiatives highlighted by being one of two units selected for Air Battle Management System Rapid Capabilities Office testing and development, and next generation TPY-4 radar pilot testing,” said Sherman. I’m extremely proud of what the members of the ACS accomplished in 2022.”

Moving forward...

Members of the 103rd reached numerous milestones in 2022. Looking forward to 2023, Gwinn envisions continued success as the wing adapts to the new Air Force Force Generation Model (AFFORGEN).

“Readiness will be challenging for years to come as we adapt to AFFORGEN, the Air Expeditionary Task Force plan, and how this correlates to our current aviation deployment rotation and RCP,” said Gwinn. “The wing training plan will have to be very clear and concise as we execute our readiness exercise in 2023 in preparation for our graded exercise in 2024.”

The AFFORGEN model, a 24-month cycle composed of four, six-month readiness phases, is meant to ensure a sustainable force. Gwinn is confident that members of the 103rd are ready for what lies ahead.

“The 103rd Airlift Wing faces many challenges every year, and successfully maneuvers these challenges due to the outstanding professionalism of our Flying Yankee Airmen.”

Fiscal Year 2023 Army Combat Fitness Test Review

Staff Sgt. Ashton Christopher Contributor

We completed our first record physical fitness test in October since we did away with the Army Physical Fitness Test (APFT) in 2019. The first recorded Army Combat Fitness Test (ACFT) and official diagnostic finally allowed us to see where the CTARNG stands physically.

Comparatively, the APFT is easier to pass overall, with a passing rate of 93.00% compared to the ACFT’s 88.58%. However, the changes in our physical assessment from an APFT to an ACFT were not to find a more passable test but to find a more practical test relatable to occupation and movement lethality. The issue with changing the test created a greater passing difference between genders. On average, the male and female passing rate for the APFT was 93%, but only the female passing rate declined by less than 90.89% for the ACFT. The female’s passing rate for the ACFT declined to 78.69%, indicating that the scoring criteria’s are not gender neutral.

The most failed event continued to be the two-mile run, showing an 88.69% pass rate which is a 2.17% improvement compared to the APFT. The male two-mile run pass rate changed by +4.25%, while the female pass rate changed by -4.99%. An overall improved pass rate for the two-mile run is understandable with the increased run

times for the ACFT, but even with the increased run times that were gender and age-specific, the female passing rate declined.

One obvious difference between the ACFT and the APFT is that there are 3 more events that can prevent you from passing the fitness test. The second most failed event in the ACFT is the sprint drag carry, followed consecutively by the plank, standing power throw, hand release push-up, and the 3-rep max deadlift. This pattern indicates that Soldiers are more likely to fail events that are cardiovascular before events that test muscular endurance for the core, before events that test muscular endurance for the chest and shoulders, and events that test power and strength.

The sprint drag carry is an anaerobic event and is the fourth event in the ACFT. Besides the two-mile run, this event shows the greatest difference in the pass rate between genders. The difference between the passing rate is 2.48%, and the difference between the other events does not show a significant change between genders.

The sprint drag carry event is physically taxing, testing both muscular endurance (primarily the quadriceps) and the cardiovascular system. There is enough time between events for the cardiovascular system to recover before the two-mile run. Still, the recovery time for the quadriceps may vary depending on an individual’s mass. The 2.3% of males that fail the SDC are mostly those that fail height

and weight. The 4.3% of females that fail the SDC are mostly those that pass height and weight. Therefore, if you fail the sprint drag carry event, you have an increased chance of failing the two-mile run. With the APFT, those that failed the two-mile run were mostly those that failed height and weight for both genders. Those that fail the two-mile run in the ACFT are those that fail height and weight standards, and additionally, females that meet height and weight standards that fail the sprint drag carry.

The importance of mass also plays a role in the standing power throw event. Data shows that most females that fail the standing power throw also meet height and weight standards, while males that fail the standing power throw mostly fail height and weight. If you fail the standing power throw, you also have an increased chance of failing the sprint drag carry.

After witnessing the results of the ACFT, the National Defense Authorization Act (NDAA/Congress) is requiring the Army to come up with a more gender-neutral fitness test and one that may include military occupation.

For more information on the ACFT, as well as instructional videos on workouts you can do at home to maximize your scores, reducing preventable injuries, and enhancing mental toughness and stamina, visit the Army’s official website at army.mil/acft.



Governor Ned Lamont, left, stands alongside his wife, First Lady of Connecticut Ann Lamont, center, as he is administered the oath of office by retired Connecticut Supreme Court Chief Justice Chase Rogers, right, inside the Governor William A. O'Neill Armory, Hartford, Connecticut, Jan. 4, 2023. Lamont was re-elected as the Governor of Connecticut and has been the governor since Jan. 9, 2019. (U.S. Army photo by Sgt. Matthew Lucibello)



A Connecticut National Guard color guard, comprised of service members from both the Connecticut Army National Guard and Connecticut Air National Guard, stand in front of a formation of Connecticut Army National Guard soldiers outside the Governor William A. O'Neill Armory, Hartford, Connecticut, Jan. 4, 2023. (Photo by Sgt. Matthew Lucibello)



The state of Connecticut seal hangs above the stage of the state's 89th Gubernatorial inauguration hosted at the Connecticut National Guard's Governor William A. O'Neill Armory in Hartford, Jan. 4, 2023. (Photo by Mr. Timothy Koster)



U.S. Army soldiers assigned to the 192nd Military Police Battalion, Connecticut Army National Guard, fire a 19-gun salute from a battery of M101A1 howitzers outside the Governor William A. O'Neill Armory, Hartford, Connecticut, Jan. 4, 2023. The salute commemorated the inauguration of Governor Ned Lamont. (U.S. Army photo by Private 1st Class Aaron Sepot)



Members of the 102nd Army Band perform music during the reception of the inaugural ball at the Bushnell Theater in Hartford, Connecticut Jan. 4, 2023. (Photo by Maj. David Pytlik)



Airmen assigned to the 103rd Airlift Wing salute Gov. Ned Lamont and Maj. Gen. Francis Evon, adjutant general, following the state's inauguration Jan. 4, 2023. (Photo by Mr. Timothy Koster)

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Former CTNG Adjutant General, 11 others inducted into Connecticut Veterans Hall of Fame

HARTFORD – Former Connecticut National Guard Adjutant General, Air Force Maj. Gen. Thaddeus Martin and eleven other veterans were inducted into the Connecticut Veterans Hall of Fame during a ceremony at the Gov. William A. O'Neill Armory, here, Jan. 19, 2023.

“For nearly two decades the Connecticut Veterans Hall of Fame has recognized veterans, who sacrificed everything as they served their country and continue with a lifetime of service to their communities,” said Lt. Gov. Susan Bysiewicz. “While these brave men and women come from different backgrounds, they all share the same characteristics – courage, strength, pride, and selflessness. Congratulations to this year’s inductees! Thank you to the 2022 class for their bravery and their continued leadership and commitment to bettering our communities and state.”

“These men and women have enriched their communities through their commitment and application of their talents, to bettering the lives of others. Publicly recognizing and honoring these veterans each year is one of the highlights of serving as Commissioner as it is these honorees who embody the true meaning of service to our nation and to our communities,” said Veterans Affairs Commissioner Thomas Saadi.

The Connecticut Veterans Hall of Fame Class of 2022 includes:

Edwin Gomes, U.S. Army, Bridgeport (Posthumous)

Edwin “Ed” Gomes served in the Army from 1958 to 1963. His first two years in service were in Virginia, where he experienced racial discrimination and segregation firsthand. Ed’s time there sparked his passion to fight for civil rights and to serve marginalized communities. In the Army, he was best known for his negotiation skills, which he carried over with him as a United Steel Workers union representative from 1963-1977. As a union representative, Ed was devoted to ensuring every person had access to adequate representation and he spoke up for those whose voices were not heard which earned Ed the respect of many. Throughout his career he was known as a fighter for the people, maverick, labor icon and good friend. After retiring from the union, Ed’s dedication to public service only grew.

In 1983, he was elected as a member of the Bridgeport City Council, where he served until 1989. Within his community, he was a strong advocate for improving the educational system, providing senior care, building a stronger community, and establishing fair wages. After six successful years as a member of the City Council, Ed ran for State Senate in the 23rd District and won. He served from 2005 to 2012 and was then reelected in 2015 in a special election. As a Senator, Ed served as Chair of Public Employees and Vice Chair of Aging and Veterans Affairs. On these committees, he continued his long-time advocacy on behalf of Veterans, seniors, and working families. Ed’s legacy of service, justice, and advocacy lives on in so many throughout the State of Connecticut.

Craig Jordan, U.S. Army, South Windsor

Craig Jordan was a First Lieutenant in the U.S. Army and served with distinction during the Vietnam War from 1969 to 1974. Upon receiving an Honorable Discharge, Craig returned home where he continues to serve the Veterans community to this day. Craig’s commitment to Veterans is evident based on the boards, councils, and committees he serves on, including Vietnam Veterans of America Chapter 120, the First Congressional District Veterans & Military Advisory Council, and the Vietnam Traveling Wall Committee. In addition, Craig served on the steering committee that brought the Connecticut Fallen Star Memorial and Gold Star Mother statue to Goodwin University’s campus in 2019. This memorial pays homage to service members that made the ultimate sacrifice and to the Gold Star Family survivors.

As a Veterans Coordinator for Goodwin University, Craig assists and provides resources to service members transitioning from military to civilian life. Since 2014, Craig has hosted Armed Forces Coffee House sessions for Veteran to network and receive assistance with Department of Veterans Affairs related matters. In 2017, he launched the Veterans OASIS at Goodwin University – a place for Veterans to network and support each other. In 2022 he also opened Goodwin’s campus as a meeting place for the Disabled American Veterans Chapter 12.

Craig has received numerous awards and honors during and after his time in the Army, his community awards include the Dr. Raymond Houle Award for outstanding community service to East Hartford and the East Hartford Spotlight Award for this work as Project



Air Force Maj. Gen. (ret.) Thaddeus Martin, former Adjutant General for the Connecticut National Guard, poses for a photo with Lt. Gov. Susan Bysiewicz, Veterans Affairs Commissioner Thomas Saadi, Maj. Gen. Francis Evon, current Adjutant General for the Connecticut National Guard, and Gil Simmons, master of ceremonies and Marine Corps veteran, during the 2022 Connecticut Veterans Hall of Fame induction ceremony at the Gov. William A. O'Neill Armory, Hartford, Connecticut, Jan. 19, 2023.

Director of the Smaller Learning Communities Grant. In addition to supporting Veterans and service members from all walks of life, Craig coaches baseball and basketball in Windsor, CT.

Alvin Kinsall, U.S. Navy, New London

Alvin (Al) Kinsall has been an inspirational leader with many organizations including the U.S. Submarine Veterans Organization, the New London Veteran Affairs (Advisory Committee), with Eastern Connecticut Realtors and has organized and led many Veterans and civic programs and events in the greater New London area for years. From his employment at General Dynamics to the present, he is a tireless worker and advocate always making a positive impact with everything with which he is involved.

Al has been an outstanding mentor to others, and his management and organizational skills motivate those around him to excel and contribute their best for the programs with which they are involved. His work ethic is recognized by all with whom he works no matter the field. He has a positive impact with so many people and he takes great satisfaction in guiding others and providing necessary training through the programs that he is involved with because he wants them to be successful.

In the U.S. Submarine Veterans Groton Base he stepped into the leadership role as the Base Commander of the largest group of Submarine Veterans in the country with 1300 members during a period of extreme turmoil. Because of the problems and low morale, it was a position that no one wanted, but Al stepped up and lifted the organization to new heights. In addition to overall organizational operations he was personally responsible for many programs and services for other Submarine Veterans, their family members, Active Duty Sailors and people in the community. After assuming the leadership position as Base Commander, he immediately started taking actions in guiding his Executive Board and Committee Chairman in righting the ship. He worked on resolving the tax issues with the clubhouse and improved relations with the National Organization. When his time as Base Commander was completed the Groton Base organization was stabilized and conditions rapidly improving with member returning.

Thaddeus Martin, U.S. Air Force, Suffield

Major General (Retired) Thaddeus (Thad) Martin is a patriotic public servant to his country and the state of Connecticut. As a former Adjutant General of the Connecticut National Guard, he has commanded over 5,000 Soldiers and Airmen with distinction,

honor, and pride. His involvement with local and National Veterans' Organizations spans over 40 years. Thad is a lifetime member of the National Guard Association of Connecticut (NGACT), an organization deeply rooted in serving National Guard Soldiers and Airmen by bridging the gap with their active-duty brethren regarding pay and benefits, among many other items. Thad's commitment to Veterans is evident due to his tenure as the Adjutant General for the state of Connecticut, a position held for over 13 years while being a vital member of the Governor's Military Staff.

He has been nationally recognized as a critical leader in Military Affairs and mentored hundreds of Army and Air Force Officers during this time and into retirement. He was crucial when Connecticut faced a Base Realignment and Closure (BRAC) in 2005 to take away the A-10, a close air support Aircraft, and turn Bradley Air National Guard Base into a unit without a flying mission. Thad was instrumental in supporting the community during Winter Storm Alfred, a nor'easter that resulted in deaths and power outages of over 830,000 homes throughout the state. He helped Connecticut again during multiple other storms, including Hurricane Sandy. These responses were crucial to building cohesion and showing the presence of the Connecticut National Guard. The Military and civilian community was ecstatic with the job the National Guard did while protecting and supporting them.

Thad has supported and endorsed the Employer Support for Guard and Reserve (ESGR), which is an organization that promotes cooperation and understanding between employers and service members dealing with conflict arising from a military member's military commitment. He believed in the program so much that he volunteered to be the state chair for the Connecticut Chapter. He is a leader within the Military who had to deal with the deaths of service members due to combat, training, and accidents. These are the conversations no leader chooses to have but are inherent in their leadership roles. He's been a great advocate for families of deceased Soldiers and Airmen and has helped guide and aide Gold Star Families with honor, distinction, and pride. Thad Martin is a man guided by his moral compass and a life filled with advocating for those who can't advocate for themselves. He is a man that has inspired a generation of leaders behind him to serve with the same conviction.

Daniel Matthews, U.S. Marine Corps, Winsted

Daniel Matthews, was outstanding leader with the United States Marine Corps Reserves for 17 years, his military training and experience equipped him to be both an extremely knowledgeable supporter of Veterans and an exceptional community leader. Throughout his life he is driven to accomplish his personal goals while providing opportunities, assistance, and support to others. His enthusiasm for volunteerism and getting the job done inspires those he works with.

Daniel completed multiple deployments to foreign lands for training missions, humanitarian missions, multi-national collaboration missions, and combat missions during his 17 years of service. He served in the wars in Iraq and Afghanistan. Daniel is a member of the Winsted Volunteer Fire Dept., the Winsted VFW Post #296, the Winsted Elks Lodge #844, the Marine Corps League, the American Legion, and the International Assoc. of Fire Fighters #1567.

For many years, before the town began to use an off-site company, Daniel served as a dispatcher for his local Police Dept., Fire Dept. and Ambulance Assoc. By his very nature and personality, he was able to help callers in substantial ways while assisting them with their present situation. He also volunteered to assist Officers with various tasks when needed. At his local pharmacy he has spent several hours and years not only working within the Ivery & Dudley Store to assist on-site customers, but he was well known in competent care where he gave people in convalescent homes and hospitals during his home deliveries. His expert knowledge of product, friendly and caring personality, and willingness to go the extra mile to help people set up their medical equipment and show them how to use it, made a major difference to the people of his community, especially the elderly population.

James Matthews, U.S. Army Reserve, Winsted

Even as a very young child, James Peter was a person of compassion, honor and strength, setting high ideals for himself, caring for those around him and participating in community activities. His many years in both the Church and Scouting brought leadership development opportunities and training, which served to prepare him to stand at the ready for family, friends, and his fellowman.

James enlisted in the U.S. military in May of 1985 at the age of 17, he continued his service retiring after a 34-year distinguished military career at the rank of Command Sergeant Major and serving as the CSM of the U.S. Army Reserve Aviation Command prior

to retirement in August of 2019. His military service included multiple deployments, Homeland Security missions requiring ongoing extensive military training and education. James is the recipient of many military awards and decorations including "The Military Outstanding Volunteer Service Medal" in recognition of his substantial volunteer service to the local community which was above and beyond the duties required as a member of the United States Armed Forces.

James volunteered with the Winsted Fire Department, joined the Winsted Elks Lodge #844 and when his employment took him outside the Winsted area, he joined the Collinsville Volunteer Fire Dept. to provide emergency response for the people in that community. He excelled in his trade, earning many awards and becoming a CT State Journeyman Class-A Toolmaker, yet his heart remained steadfast in his devotion to serve others, and pursued training at state and national level fire academies, which earned him not only certification as a State of CT Fire Service Instructor, but it also prepared him to join the ranks of "Career Firefighter" at the West Hartford Fire Department.

David Paul McCaffrey U.S. Navy, Somers

David McCaffrey is a true Veterans ambassador, going above and beyond each day in all aspects of volunteering and community service in the greater Somers area. David's seasoned leadership has paved the way for an improved quality of life for Veterans and their families.

Since his appointment as the Director of the Somers Department of Veterans Affairs, as a Municipal Veterans Representative in July 2019, the Somers Veterans community has benefited from David's knowledge and experience connecting Veterans with the military benefits and programs they earned through their services and sacrifice. This has been especially the case for area Vietnam Veterans who are not honored by their community. David led the effort to take a storage room in the Somers Town Hall and turn it into one of the most active municipal Veterans' service offices in the region.

Under David's leadership, commitment, and volunteerism, more than 500 Veterans and family members have received benefits every year since 2020. David is currently the longest serving Fireman/Emergency Medical Technician/Fire policeman in the Somers Fire Department with just over 43 years on the job. He also performs a rare and valuable service as a Find-a-Grave Memorials Contributor, creating memorials/obituaries for all community members, to include Veterans.

As a member of the American Legion Buck-Dubiel Post 101, both as Commander and Adjutant for over 7 years, he restarted and increased membership from 7 to over 350, created the charter and led the Post 101 Auxiliary, and created/chartered the Post 101 American Legion Riders and the Sons of the American Legion. As the Somers Director of Veterans Affairs, David finds personal therapy and purpose in helping fellow Veterans.

Thomas Olson, U.S. Navy, Noank

As Thomas (Tom) Olson was completing his senior year at Bradley University, he responded to a Naval recruiting advertisement and signed up for the nuclear division of the Navy. During the admission process he met then, Georgia Governor Jimmy Carter and had a brief interview with Admiral Hyman Rickover. Tom received his commission as a Naval Officer in May 1974. Following completion of Nuclear Propulsion and Polaris Missile Training, he served on the submarines USS William H. Bates and USS Robert E. Lee until 1979.

After completing his initial commitment to the Navy settled in Park Forest, IL as an engineer for Johnson & Johnson. During that period, he volunteered as a foster parent, providing short term placement for children with difficult situations. He continued serving as Naval Reservist and soon realized his calling was as an active - duty submariner. Tom returned to the Navy in 1980 as Trident Weapons Officer for USS Casimir Pulaski. Tom had follow-on assignments at Naval Sea Systems Command, on USS Fulton and at the Supervisor of Shipbuilding, Groton, CT.

He retired as the Director of Submarines in the Office of the Assistant Secretary of the Navy for Research, Development and Acquisition. Tom retired from active duty in 1997 with the rank of Captain. His naval awards include the Legion of Merit.

He serves in a volunteer position for SUPSHIP Groton as an Acquisition Emeritus providing guidance and support to a new generation of submarine designers and builders. Tom volunteers as a docent at the Submarine Force Library and Museum greeting visitors, leading tours of the museum and the USS Nautilus (SSN- 571) and explaining the exhibits detailing submarine history. He also volunteers as a docent for the Thames River Heritage Park Foundation and narrates the Public History Tour - Submarines, Battlefields and Betrayers, Military Stories on the Thames.

Tom was active in scouting for over 50 years beginning as a Cub Scout and attaining

the rank of Eagle Scout. He was Committee Chairperson of Troop 16 in Ledyard, CT for many years assisting scouts in merit badges, advancement, campouts and representing Troop 16 in District Roundtables.

Regina Rush-Kittle, U.S. Marine Corps/Army Reserve, New Haven/Rocky Hill

Regina Rush-Kittle has been a trail blazer for African American women through her Military and law enforcement careers. After graduating from the University of Connecticut, she joined the Middletown Police Department as its first African American female patrol officer. Regina then joined the ranks of the Connecticut State Police and rose to become the first African American woman to achieve the rank of Sergeant in 1996, Lieutenant in 2004, and Major in 2011. In achieving these high ranks, Regina demonstrated that women can enter and excel in a field once considered to be the domain of men.

Alongside her trailblazing career in law enforcement, Regina completed 30 years of military service beginning as a U.S. Marine and after three years, she transferred to U.S. Army Reserve where she became a drill sergeant. In 2003 she deployed to Kuwait in support of Operation Iraqi Freedom and in 2009, she served another yearlong deployment in Afghanistan as part of an all-female command team. In recognition of her extraordinary service in Afghanistan she was awarded the Bronze Star.

Following her distinguished military career, she continued to her career of public service to Connecticut. In 2019, she was appointed by Governor Lamont to serve as Deputy Commissioner of the Connecticut Division of Emergency Management and Homeland Security. In November 2021, Regina was appointed by Mayor Justin Elicker of New Haven as his Chief Administrative Officer. Regina served as President of the National Association of Black Law Enforcement Executives and has been a member of the VFW Rocky Hill Post 2138 since 2005 and led the Veterans Day Parade as the Parade Grand Marshall. She has also been a member of Senator Blumenthal's White House Service Academy Nomination Board since 2005.

John Waggoner, U.S. Navy, Preston

John Waggoner joined the Navy in May 1965, in New York and after being sworn in he was sent to Great Lake Naval Recruit Training Center in Chicago. In basic training, he was appointed the Company's 1st Platoon Leader, after completing basic training he was sent back to Chicago to attend Machinist Mate "A" School. He attended Navy Nuclear Power School and Navy DIG Nuclear Reactor prototype schools.

In 1967 John was sent to the USS Stickell DD 88, homeported in Newport, RI. He served on board for two years, as a MM 3 and then was promoted to a MM 2 while on board. He was the engineer on the ship's whaleboat, operated the ships Emergency Diesels and was a qualified Top Watch in the aft engine room while at sea. He also was the lead radiation monitor on a damage control team during ASROC drills and operations. His ship was in the Mediterranean Sea hunting Russian Submarines due to an increased Russian submarine presence there. After a ship refit, the ship was sent to the Persian Gulf, home ported for four months in Bahrain, showing the American Flag in the Persian Gulf.

John was transferred to the USS Puget Sound AD 38 in 1969 and served on board until discharge in 1971. During this time, he also dedicated a great deal of time volunteering and giving to others. John is a very respected and influential leader in the Norwich Veterans Council and in the local community. He is respected and influential in many circles. Through the Norwich Veterans Council, he has been a key player involved in numerous programs that benefit boys and young men in local high schools, Veterans, Active Duty Sailors, and others within the community. John serves in the Color Guard for the St. Patrick's Annual Red, White and Blue mass which recognizes Veterans each November. His hard work, dedication, and ethic on behalf of Scouting has been instrumental in instilling the same positive morals, dedication and work ethic with the young men he mentors.

Ronald Weil, Sr., U.S. Army, Hamden

Ronald Weil holds a Master's in Engineering Science and in Management from Rensselaer Polytechnic Institute and a Bachelor of Science in Aeronautics and Astronautics from New York University. Upon graduation from NYU in June 1965, Ron was commissioned a 2nd Lieutenant in the U.S. Army and served for 31 years in the Active, National Guard and Army Reserve as a Transportation Officer and multi-disciplined logistician retiring in 1997 at the rank of Colonel.

Post-retirement, Ron served as the CT Army Reserve Ambassador for 17 years and was responsible for communicating the Army Reserve message to leaders and the public in the state while acting as a civilian liaison between the Chief of the Army Reserve and both Federal and State Legislators. As the National Councilman for the Connecticut Department of the Reserve Officers Association he provides CT Veterans with the voice on

national policy and advocacy.

He serves on Congresswoman Rosa DeLauro's Military and Veterans Advisory Committee for the 3rd Congressional District providing the Congresswoman with local insight, assistance and overview of the critical issues to our nation's service members and Veterans alike. He also served as a panel member of the Service Academy Nomination Committee interviewing young men and women who are seeking nominations to our nation's service academies.

An early member of the Hamden Veterans Commission, he served the majority of his time as Vice-Chairman until his appointment to Chairman. The commission plans, organizes and executes major events to include the Veterans Day commemoration ceremony; the Memorial Day parade and commemoration ceremony; the placement of flags on all servicemember graves in the town of Hamden and the Veterans Awareness Day event. Ron is active with his local church where he has managed the Elderly Food Delivery Program for the past 12 years. He serves as a Lector for his parish and is an active member of the Knights of Columbus.

Michael Zacchea, U.S. Marine Corps, Brookfield - Posthumous

Mike grew up in Connecticut and attended Notre Dame University where he was in the ROTC program. Upon graduation in 1990 he received his officer's Commission in the U.S. Marine Corps. His many deployments include Somalia for Operation Restore Hope, Haiti for Operation Support Democracy, and Iraq for Operation Iraqi Freedom. During his deployment to Iraq Mike's mission was to build, train and lead in combat the first Iraqi army battalion trained by the U.S. military. During the second battle of Fallujah, Mike was seriously wounded and subsequently medically retired.

Mike's life of service did not end when he took off his uniform, as he pledged to serve his brother and sisters-in-arms, as if he was serving the unidentified Marine who saved his life in Fallujah working every day as if he was advocating for that Marine who once home, needed guidance, support, education, a mentor, and a friend. It was not an easy reintegration for Mike. His courage in battle was matched by his courage in fighting VA bureaucracy for services and being a leading plaintiff in a class action lawsuit demanding better service from the VA for wounded warriors.

He was a relentless advocate urging the University of Connecticut to establish the Entrepreneur Bootcamp for Veterans (EBV) in the School of Business because Veterans didn't want a handout, but a hand up and Mike knew that housing and food security are directly linked to gainful employment. He developed this program at UCONN that would help over 170 Veterans start businesses producing more than \$150 million in gross revenues. Veterans who participated in the UCONN EBV program stated: "The EBV program has given me the drive to really get my business going. Currently in talks with various entities throughout the US that can assist us or need our collaboration on grants and grant writing. If not for the EBC program, I would never have gotten this involved." (DF '15, Granby, CT).

"Attending the EBV has had a dramatic positive impact on my business. The networking and contacts you make will alone increase your business opportunities. More importantly, you learn how to run your business. You learn marketing strategies, business planning and are introduced to subject matter experts to business law and intellectual property, financing options, accounting, and various measures you can take to protect business assets. I highly recommend EBV, it will put you years ahead in business development." (MH '15, Ellington).

The level of commitment by Mike to ensure the Veterans learn about business development and then connect the new entrepreneurs to investors, experts in the global economy, and with supports that a new business will need to make it past the five-year mark was remarkable. With a 75% success rate at the 5-year mark, EBV has proven that a long-term commitment to the Veterans and their well-being can be and should be done at all levels of society. Mike understood that fulfilling work brings dignity and enjoyment to a new civilian life and that our warriors deserve and have earned public policy that serves them. His legacy is the hundreds of CT Veterans and thousands of Veterans across America that will have the opportunity to build a business that can thrive with a solid foundation.

The Connecticut Veterans Hall of Fame was established to increase the awareness of the lifetime contributions of Veterans after completion of honorable military service. The Connecticut Veterans Hall of Fame is not a military hall of fame. Those selected for the honor of induction are Veterans who honorably served their country through military service and who continue to serve and inspire their fellow man with their deeds and accomplishments throughout their lifetime.

To learn more about the Connecticut Veterans Hall of Fame, visit: <https://portal.ct.gov/DVA/Pages/CT-Veterans-Hall-of-Fame>

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- Worried
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R3SP

Reflecting on the loss of a brother in arms

Sgt. 1st Class Silas Holden
Contributor

(Editor's note: Sgt. 1st Class John Harrington was a member of the 126th Aviation Regiment and passed away Jan. 17, 2023 from a suspected suicide.)

I am not sure that we can ever get down to zero, but it is on all of us to do our best and try to accomplish exactly that. Again, we lost a brother-in-arms to the selfish internal demons that come and go on this roller coaster called life. Not one of us is exempt or immune from this and it is time that we shine more light than ever on the darkness of suicide and the invisible wounds that eat at us. We must all begin to bring more empathy into our daily lives so that we can truly help each other. They say the team is only as strong as its weakest link. Well, when any link on our team is in the tunnel and cannot see their way out, we must reach to them and lead them out. That is on all of us, and it is on the person in the tunnel to see us reaching for them.

Back in September the Resilience, Risk Reduction, and Suicide Prevention (R3SP) office along with Connecticut Army National Guard Family Support Group office put together the "Break the Stigma" campaign. They held a 5K run at Camp Nett at Niantic along with other events

that fostered more awareness about reaching out for help. There are so many resources available for those of us in the National Guard to include our family members and our retired brothers and sisters in arms. We need to keep the momentum going year-round on this front, we owe it to those who are out there feeling like they are alone.

On the morning of January 18th, I was running on the treadmill at 0430 and I was reflecting on the year that I spent working in the office next door to Sgt. 1st Class John Harrington. I kept reflecting on that year and thinking back to see if there were any indicators or signs of what could be coming. There were none that stood out. But then I got to thinking whether I truly ever reached out to simply talk with the Sr. NCO that worked in the office next to mine. My answer was an unfortunate no, I never went out of my way because I was so busy with my job as Readiness NCO. That excuse is on me, and it is complete BS. I had plenty of time to step away and simply talk with others, I chose not to due to the perceived shackles of my duties. This is not selfless service, and I am not proud to have come to that answer. But it is the truth, and now change can come from knowing that truth.

We must all start to ask ourselves the hard truth questions to become a better support system for each member of our team. If we don't do that we will continue to

sit in somber atmospheres and put on our dress uniforms to attend funerals that should not have taken place. The cellphone in your hand that confronts you with likes and emoticons will not pull anyone out of the dark tunnels of life. Only face to face conversations with true emotion and empathy will do that. I implore each member of the CTNG to put aside EVERYTHING for 20 minutes during their IDT periods and simply talk with each other. Get to know your troops better and work to build trust, transparency, and support for each other. Have the hard conversations and work to dig for the hard truths.

Take your "Sergeant's Time" or "ODP" and truly utilize it to sit and talk with your troops. Be the leader that Soldiers want to come to during their time of need. Tell them it is okay to be vulnerable and experience the ugliness that life can put on us. There is no vaccine that can prevent us from the dark times that life often brings. But there are numerous intelligent and empathetic leaders who can do a much better job at knowing their troops and helping them through. We are all busy and have demands that need to be met, but 20 minutes during IDT weekends is truly a small sacrifice when it could save someone from the darkness that we often hide inside and battle against.

"I will never accept defeat; I will never quit; I will never leave a fallen comrade!"

Retiree Voice

Retiree Voice - Loose Pieces

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

January is the month for picking up the pieces or tying the administrative strings of your personal admin. For retirees, Tricare for Life, myPay, DEERS, and IRA Distributions may need attention.

The Defense Finance and Accounting Service (DFAS) application myPay allows you to view your pay information and make pay related changes. On this site you can access all of your financial records and retrieve information and documents for tax purposes. Access to this information is through a login and password which needs to be updated every 150 days. Without a current password, one does not have access to the site. You will receive reminders to update your password from DFAS-Smart Docs and it is important to do so. Keeping passwords current is not only important to accessing military financial records but also protecting the individual online.

DFAS customers include active-duty military, retired military, and federal employees. This makes DFAS and all of its customers targets for fraud and scams. Customers need to be alert to protect themselves and be aware of the kinds of attempts to reveal personal information including myPay login Credentials. Some methods include email messages disguised as official notices from or phishing phone calls, asking to "confirm" profile information. DFAS recommends changing all sensitive passwords on a regular basis and using two-factor authentication for all sensitive logins. First, DFAS will never send an email or call you and ask for your personal information. DFAS will only call or email you in response to requests we receive from you.

TRICARE customers, including TRICARE for life insured, need to keep TRICARE updated as to other insurances (OHI) they have. This needs to be done whenever there is

a change. Updating your OHI information with your TRICARE contractors and providers will ensure claims process promptly and accurately. You can report your OHI using any of the options by calling your TRICARE contractor; filling out and submitting your TRICARE contractor's OHI questionnaire; in person at your military hospital or clinic if you use one; and by completing the OHI questionnaire and mailing or faxing it to TRICARE.

A reminder to keep DEERS information current. Not updating could delay access to health care, cause delays in claims processing and affect income tax reporting.

Finally, a message for all retirees who have IRA (Individual Retirement Accounts) and are reaching the magic age of required disbursements. Required Minimum Distributions (RMDs) are minimum amounts that a retirement plan account owner must withdraw annually beginning with the year they reach age 72 or 70 ½ if your reach 70 ½ before January 1, 2020. If later, the year he or she retires. If the retirement plan is an IRA or if the owner is a 5% owner of the business sponsoring the retirement plan, RMDs must begin when the account holder is 72, regardless of whether he or she is retired. Retirement plan participants, IRA owners and owners of SEP IRAs and SIMPLE IRAs, are responsible for taking the correct RMD amount on time every year. Failing to withdraw an RMD or the full calculated amount of the RMD, will be taxed at 50% of the amount not withdrawn.

More information for this article's discussion point can be found at the following websites. For updating myPay, <https://mypay.dfas.mil/> and log in to create a new password. To update TRICARE information, go to <https://tricare.mil/FormsClaims/Forms/OHI> and fill out TRICARE For Life OHI Questionnaire. Update DEERS by going to a local ID card office. Call to verify hours and set up an appointment or set up an appointment online. For retirement RMDs go to the IRS website and search RMDs.



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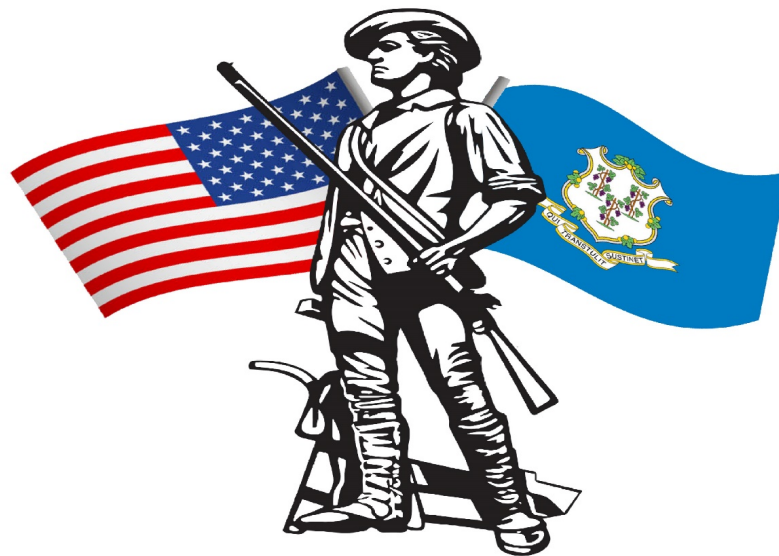
Do you have an interesting hobby, skill, civilian occupation, or recent life event?

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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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The Overlooked PRT Strength Training Circuit

Sgt. 1st Class Silas Holden
Contributor

Happy New Year everyone! I hope health and happiness are flourishing and you are tackling your personal missions with vim and vigor. This month I want to hit on the Strength Training Circuit which seems to be one of the overlooked events within the Army PRT (Physical Readiness Training) system. I will also touch on some breathing tips for runners and some very necessary stretches for runners.

The Strength Training Circuit within the Army PRT system is a great workout to gain strength, range of motion, and pliability. The circuit is made up of 10 exercises which utilize kettlebells, pull-up bars, and a step-up box. Once completed with each exercise the Soldier moves to the next station by doing one of the military movement drills that are part of the PRT system.

Station one exercise is the sumo squat w/kettlebell followed by verticals to the second station. Station two is a straight-legged deadlift with kettlebell followed by laterals(left) to the third station. Station three is the forward lunge with kettlebells followed by lateral(right) to the fourth station. Station four is the 8-count step up with kettlebells followed by a short sprint to the fifth station. Station five is pull-up or straight arm pull followed by a short sprint to the sixth station. Station six is the supine chest press with kettlebells followed by laterals(left) to the seventh station. Station seven is the bent-over row with kettlebells followed by laterals(right) to the eighth station.

Station eight is the overhead push-press with kettlebells followed by verticals to the ninth station. Station nine is the supine body twist with kettlebell followed by backward run to the tenth station. Station 10 is the leg tuck.

The circuit can be completed as many times as desired to accommodate different fitness levels. Leaders should truly start to incorporate this circuit into their training schedules as it will help to define Soldier weaknesses. This will let leaders know where their Soldiers need to focus some extra time to improve their fitness level and ACFT scores. This circuit can also be done at home with dumbbells and makes for a good event to throw in the middle of your normal fitness routine. All the above events have videos on the internet. Be sure to watch them so that your form is correct, and injury can be avoided.

Conscious breathing is very important to work on during runs. Knowing the natural habits of your breathing will help you know when there are problems so steps can be taken to correct them. To do this pay attention to how your breathing pattern coordinates with your foot strikes. Do this at an easy pace, tempo pace, and fast pace. Count how many strikes occur during an inhale? How many during an exhale? Which foot is striking the ground when you are starting your inhale phase? By paying attention to this you can better control your breathing which will truly improve your running. Amateur runners often get out of breath because they have no true pattern to their breathing.

Anyone who has read the book Can't Hurt Me by Da-

vid Goggins will understand the importance of stretching. Below is a ten-stretch routine that can be performed before and after runs due to the stretch hold being under 4 seconds for each. The routine should be done from stretch one to stretch 10. It has maximum effectiveness when doing 8-12 repetitions of each stretch. Remember to hold each stretch for 2 to 4 seconds each. No stretch should ever be forced. The muscles should be encouraged gently to lengthen. Stretching's cardinal rule is to never force a stretch beyond the point of light irritation. This stretching information comes courtesy of www.outsideonline.com and has stretch pictures and directions on the website.

1. Single-leg Pelvic Tilt Stretch
2. Hamstring Stretch (lying on back with band assist)
3. Glute Stretch (band assisted)
4. Long Adductor Stretch
5. Quadricep Stretch
6. Hip Flexor Stretch
7. Short Adductor Stretch
8. Composite Upper Calf, Hamstrings-Neural Stretch
9. Bent-Knee Calf Stretch
10. Straight-Leg Calf Stretch

Next month I will dig deeper into some running information so that we can all improve our run times and endurance. Until next month stay motivated, stay hydrated, and stay fit.

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)
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- Federal Tuition Assistance
- Enlistment bonuses available if qualified
- Retirement benefits and Thrift Savings Plan
- Paid training and job experience



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3 JAN 2023

MEMORANDUM FOR CTNG ALL

SUBJECT: FY23 Aviation Predetermination Board

1. The Connecticut Army National Guard (CTARNG) will conduct an Aviation Predetermination Board 11-12 April 2023 at the Windsor Locks Readiness Center (WLRC). The purpose of the board is to select candidates for recommendation to attend Initial Entry Rotary Wing (IERW) Aviator training beginning October 2023.
2. If interested in serving as a CTARNG Aviator and appearing before the predetermination board, you must forward an application packet to the State Army Aviation Office. Applications are being accepted for both current and prospective Warrant Officers, Commissioned Officers, OCS Graduates and ROTC Cadets. This board will challenge your suitability and capability to serve as an Aviator in the CTARNG.
3. Packets may be hardcopy or emailed and must be received no later than 24 March 2023. Hardcopy is the preferred means of submission; email submission is allowable for deployed or remote applicants.

Send or deliver hard copy packets to,

Windsor Locks Readiness Center
ATTN: NGCT-DAV (CW5 Ed Pelletier)
85 Light Ln, Building #300
Bradley International Airport
Windsor Locks, CT 06096-1086

Email packets to: edward.j.pelletier.mil@army.mil

4. The prerequisites for selection as an Army Aviator and appearance before this board include the following documents.
 - a. ASVAB GT test score of 110 or greater.
 - b. Selection Instrument for Flight Training (SIFT) test score of 40 or greater.
 - c. An outstanding physical fitness posture.

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#FLYGUARD



**FLIGHT BOARD
11-12 APRIL 23**



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**CW5 Ed Pelletier
860-292-4593**

edward.j.pelletier.mil@army.mil

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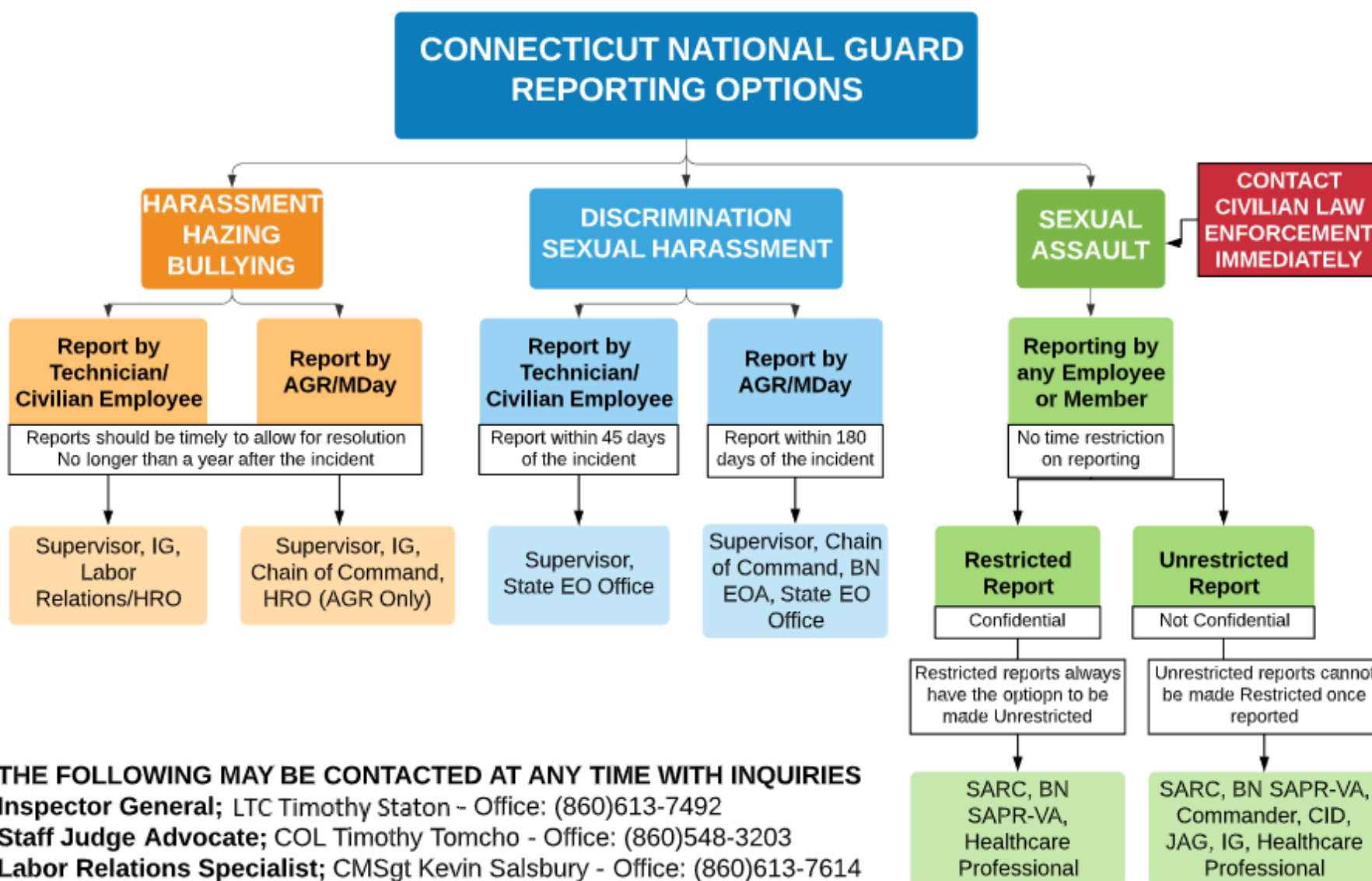
CTARNG SARC 860.883.4798
103rd AW SARC (24hr) 860.895.3526

Chaplain and Legal

CT Chaplain 860.548.3240
CT Special Victim's Council 703.607.2263

Medical

Military Treatment Facility (Westover) 413.557.2623
Navy Health Clinic New London 860.694.4123



THE FOLLOWING MAY BE CONTACTED AT ANY TIME WITH INQUIRIES

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

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

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

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

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

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

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

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

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

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



Connecticut National Guard Foundation, Inc

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

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

Additional Information:

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

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

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



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

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

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Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096

Open Fridays

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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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Waterbury Armory: 64 Field Street, Waterbury, CT 06702

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