



GUARDIAN

Connecticut

And Yankee Courier

VOL. 23 NO. 9

HARTFORD, CONNECTICUT

September 2023

Connecticut National Guardsmen attend Suicide Prevention Workshop

Sgt. Matthew Lucibello
Connecticut National Guard Public Affairs Office

MIDDLETOWN, Conn. – September is Suicide Prevention and Awareness Month and Connecticut’s Home Team has enlisted a new group of warriors to lead the charge against suicide. The group, 19 service members and civilian staff of the Connecticut National Guard, participated in an Applied Suicide Intervention Skills Training, or ASIST, class held at the Maj. Gen. Maurice Rose Armed Forces Reserve Center, to equip themselves for this fight.

ASIST is a two day program created by LivingWorks. According to their website, the program “teaches participants to provide a skilled intervention and develop a collaborative safety plan to keep someone safe and alive”. ASIST teaches attendees how to identify the warning signs that someone is going to commit suicide, how to properly communicate with an at risk person when making an intervention, and how to make, and follow through with, a safety plan to get an at risk individual help. Additionally, the program also teaches attendees what professional resources are at their disposal and aims to break the larger stigma related to mental health problems and suicide.

The class, led by Connecticut National Guard Risk Reduction Coordinator Jennifer Visone and Massachusetts National Guard Risk Reduction Coordinator Teresa Stratoberdha, first began with discussions on suicide and later had attendees attempting to make an intervention with the instructors role playing as at risk individuals. These role



Connecticut Army National Guard Sgt. Karrie Jean, and automated logistical specialist assigned to the Hotel Company, 186th Brigade Support Battalion, speaks to members of an Applied Suicide Intervention Skills Training, or ASIST, class during a group discussion inside the Maj. Gen. Maurice Rose Armed Forces Reserve Center, Middletown, Connecticut, Sept. 7, 2023.

play sessions aim to prepare members of the Connecticut National Guard to effectively communicate with those struggling with suicidal ideations and talk those afflicted off the ledge.

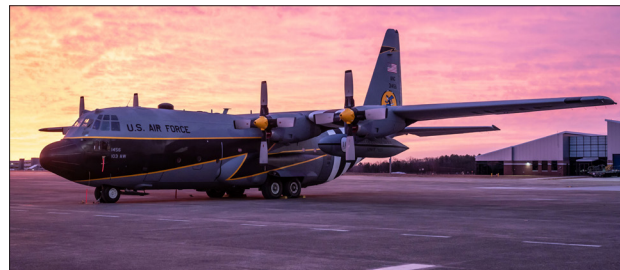
“[The class is] learning the basic model, the PAL model, pathway for assisting life, and how to go through and

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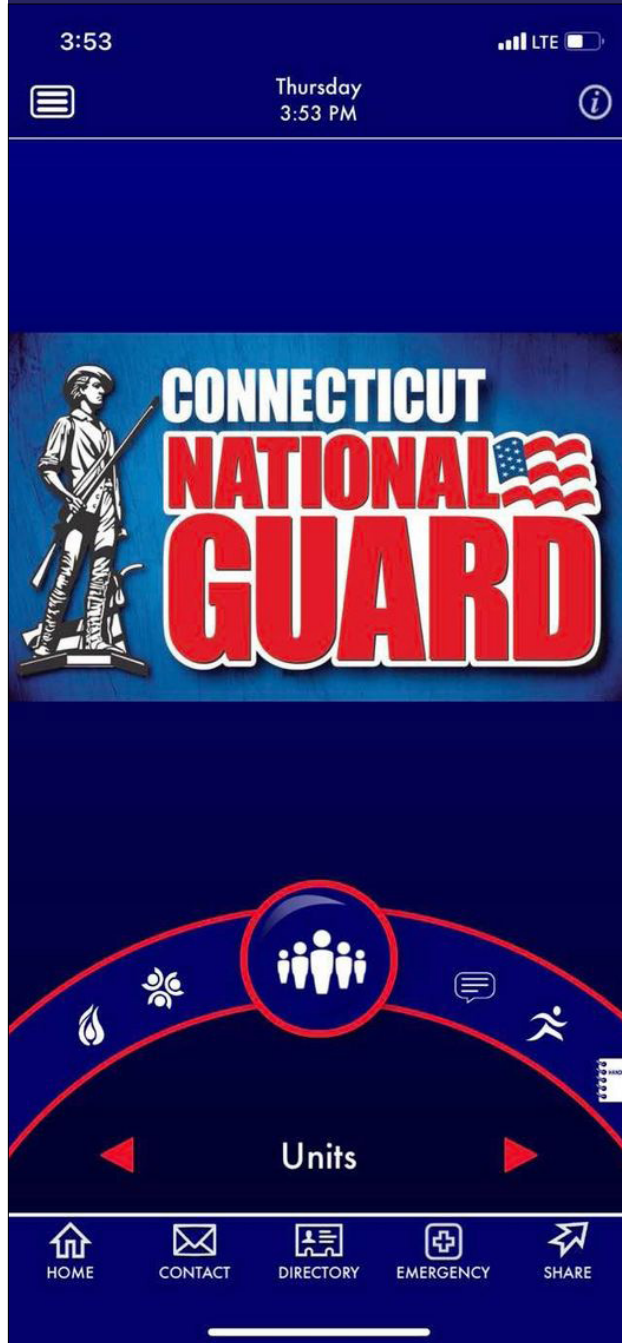


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The *Connecticut Guardian* is an authorized publication for and in the interest of, the personnel of the Connecticut National Guard, State Military Department, State Militia and their families. The editorial content of this publication is the responsibility of the CTNG Hartford Public Affairs Office and is not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, and the Department of the Army or the Department of the Air Force. *Connecticut Guardian* is published monthly in accordance with AR 360-1 and is printed through the Government Printing Office. **Deadline for the October edition is October 20th.**

Connecticut Army Guard Medics Prove Their Capabilities during Mass Casualty Training

Sgt. Matthew Lucibello
Connecticut National Guard Public Affairs Office

FORT DRUM, New York – Medics from the Connecticut Army National Guard’s 143rd Regional Support Group trained for a mass casualty event during their annual training in early August at Fort Drum, New York.

Between August 11 and August 13, 2023, medics attached to units across the 143rd Regional Support Group, including the 192nd Engineer Battalion, triaged and treated waves of simulated casualties that flooded their Role One’s, a mobile, tent based, medical facility designed to treat wounded personnel nearby the point of injury.

Role One’s are found close to the frontline. These facilities are intended to have a small footprint and thus do not have the equipment or staff to conduct complex medical interventions such as surgeries. These facilities provide medics an area where they can perform immediate life saving methods as well as a centralized location for casualty collection. From here, patients will be stabilized and then evacuated to a Role Two.

Role Two’s are normally found at the brigade or higher level, and are equipped to receive patients from the Role One. These facilities come equipped with a trauma section, have a laboratory, and can even conduct X-rays and perform emergency dental treatment. Soldiers will typically stay at this facility until they are well enough to return to duty, or, if they require further specialized care, they will be evacuated to a Role Three medical facility.

“We had a lot of patients with amputations of the extremities, large abdominal wounds, sucking chest wounds, respiratory distress, burns, fractures, we had patients with heat-stroke, we had patients with shock,” said Cpt. Melissa D’Amato, a physician assistant for the 192nd Engineer Battalion. “The most common things we see [are the result of] indirect fire.”

After a medic received, or in some instances, came upon a casualty, they immediately performed tactical field care, part of tactical combat casualty care, or TCCC. TCCC is a process of assessing and applying life saving measures to a casualty to stabilize them so they then can be evacuated to a more advanced military medical facility, normally a Role Two or Role Three.

Tourniquets were applied to limbs to stop hemorrhaging, chest seals were placed on sucking chest wounds, casualty cards were filled out and kept with the patient so that the next medic who received the wounded would have an understanding of the casualty’s injuries and treatments that medics or their battle buddies had already provided in the field,



Connecticut Army National Guard combat medic specialists prepare a simulated casualty for evacuation via ground ambulance during a mass casualty exercise, part of annual training, at Fort Drum, New York, Aug. 11, 2023. Casualties are secured to a stretcher via straps to prevent them from getting injured during transport. (U.S. Army photo by Sgt. Matthew Lucibello)



Connecticut Army National Guard combat medic specialists treat simulated wounds and fill out tactical combat casualty care, or TCCC, cards during a mass casualty exercise, part of annual training, at Fort Drum, New York, Aug. 11, 2023. TCCC cards are kept with the casualty and serve as a record that documents their wounds and any medical interventions conducted during their treatment. (U.S. Army photo by Sgt. Matthew Lucibello)

helping these soldiers continue appropriate medical care.

As the casualties poured in, nine-line medical evacuation, or medevac, requests poured out over the radio. These requests are a simplified radio transmission designed to ready an ambulance, either air or ground, to transport a casualty from the Role One to a Role Two or Role Three military medical treatment facility, in this case, the 118th Multifunctional Medical Battalion’s battalion aid station.

When a nine-line was received, the closest M997A3 ambulance from the 141st Medical Company (Ground Ambulance) traveled to the Role One. Here, they picked up the patient, or patients in many cases as each ambulance is capable of transporting four litter patients or eight ambulatory patients, and began a life-saving relay.

“I think this was the first time I actually had to care for more than one patient at a time,” said Spc. Riley Sullivan, a combat medic specialist, part of one of the ambulance teams with the 141st Medical Company (Ground Ambulance). “I’m an EMT, civilian side, and we rarely have more than one patient that we are transporting. It was my first AT [Annual Training], my squad leader was right next to me, and he was like, you’re doing good, grab him, you have to be louder. I had to care for the person on top [rack of the ambulance], care for the person on the bottom. It was a little stressful.”

The ambulance would travel to the next prepositioned ambulance team and then transfer their patients to that team. This process would continue until the patient reached the battalion aid station. This prevented one ambulance from traveling the entire distance back and forth to the battalion aid station, which conserved fuel and ensured an ambulance team would never be too far from the Role One.

“It’s a lot of reassessments,” said Sullivan as she recounted the duties she performed during the ride to the next ambulance team. “If they [the patient] have a tourniquet [applied], you have to make sure it is actually working and they’re not bleeding out. If it’s not [working], then you reapply another one. If [the medics who cared for the patient prior to being picked up by Sullivan] weren’t able to do secondary measures, maybe they haven’t given them antibiotics, that could be helpful.”

For the medics, this is their crucible. Exercises like these ensure that all their systems work and that their personnel are adequately trained. If a soldier doesn’t know how to communicate a nine-line via a radio, an ambulance will never get dispatched and a casualty will never get medevaced. Likewise, if an ambulance isn’t properly inspected and maintained, it will never reach the aid station. If the time comes, thanks to exercises like these, Connecticut’s medics will know exactly what they need to do to save lives, and they will be ready.



Connecticut National Guard Risk Reduction Coordinator Jennifer Visone speaks to a member of an Applied Suicide Intervention Skills Training, or ASIST, class during a group discussion inside the Maj. Gen. Maurice Rose Armed Forces Reserve Center, Middletown, Connecticut, Sept. 7, 2023. During the course, participants learned the Pathway for Assisting Life, or PAL, model of suicide intervention. This model prepares those who intervene by teaching them how to identify suicide warning signs, how to connect with an at-risk person and how to get that person the care they need to ultimately reject suicide. (U.S. Army photo by Sgt. Matthew Lucibello)

ASIST

Cont. from page 1

check," said Visone. They're staying in sync with the person at risk and making sure they are asking the right questions, and hearing their story."

While both the Connecticut Army National Guard and Connecticut Air National Guard have their own dedicated suicide prevention programs, ASIST is an additional tool in the toolbox, one that has proven to bolster the confidence of its attendees when intervening.

According to a study on the Centre for Suicide Prevention's website, 88% participants of the course that were polled felt more confident to help someone contemplating suicide and 91% of participants felt more prepared. Additionally, according to the Suicide Prevention Resource

Center's website, data from monitored phone calls from suicidal individuals to a suicide crisis help hotline showed that callers felt "less depressed, less suicidal, less overwhelmed" by the end of their phone calls when talking to counselors that had ASIST training compared to those who did not.

"[Ask, Care, Escort, or ACE; a suicide intervention process introduced by the U.S. Army] is definitely just the introduction how to ask about suicide," explained Visone. "Compared to ASIST, where you are actually taking on the caregiver role and going through a safety plan with your person at risk. The ASIST model helps because they [the class] get to do that roleplay, where they take on the role of the caregiver and somebody else takes on the role of the person at risk. They get to go through the entire process.

The ASIST model provides more in-depth training on how to ask questions, what to ask, how to reinforce things that the person at risk is telling you. It really focuses on that listening piece and getting to hear their story, to figure out why, what the underlying issues really are as why they're feeling the way they're feeling, to maybe help before it gets to a crisis situation."

If you are contemplating suicide, please reach out by dialing 988 to reach the Suicide and Crisis Lifeline. Additionally, if you are a service member, you can also reach out to the Military Crisis Line at 1-800-273-8255, followed by pressing one, or to Connecticut National Guard Behavioral Health Team Careline at 855-800-0120.

100 years of the Flying Yankees

Lt. Col. D Elliotte Draeger
103rd Airlift Wing

BRADLEY AIR NATIONAL GUARD BASE, Conn. -- The Flying Yankees have a proud history of service to the United States and the State of Connecticut. Our story began on 1 November 1923, when the 118th Observation Squadron was federally recognized as the nation's 11th National Guard unit. From World War II to the War Against Terror, the Flying Yankees have guarded the skies at home and defended freedom in foreign lands.

Notable Flying Yankees

In 1923 a young man named George P. Kane became the first Flying Yankee. He served as a crew chief and was a dedicated aviator throughout his life. In 1928 Technical Sergeant Kane was commissioned as an officer and his successful military career took him to many places, but at the end of that career he returned to New England and retired on 1 August 1957 as a Brigadier General in the Connecticut Air National Guard.

To earn the title of "flying ace" a pilot must destroy at least five enemy aircraft. It's not an easy accolade to win but no less than six pilots of the 118th TRS became aces in the skies over China and one of them, Lieutenant Colonel Edward McComas, went above and beyond the required achievements. On 24 December 1944, McComas became the only "ace-in-a-day" in the entire 14th Air Force by shooting down five Japanese fighters in a single day. His commander, Major General Chennault, rewarded him for this rare achievement with the gift of a brand-new P-51D Mustang painted with the black lightning bolt symbol of the 118th and McComas went on to shoot down another nine Japanese planes before the end of the war.

Symbols of the Flying Yankees

The man depicted on this patch is Captain Joseph Wadsworth, a 17th-century officer of Connecticut Colony, and the rolled-up document in his hand is the royal charter that gave Connecticut the right to govern itself while it was still a colony of Great Britain. When King James II tried to revoke that right in 1687 Captain Wadsworth escaped with the charter, preserving the colony's right to self-governance.

When the 118th Observation Squadron was assigned to Connecticut in 1923 they quickly adopted Captain Wadsworth as the official symbol of the Flying Yankees. For nearly a century he has been painted on planes, embroidered on patches, and accompanied members of the 118th and the 103rd in their missions around the world. The black and white fleur-de-lis below him is in recognition of the 118th's origins in WWI. As the 118th Aero Squadron the unit was assigned to serve in France in the final years of the war; the fleur-de-lis is a stylized lily often used as a symbol of France.

The white rectangles along the top edge of the Flying Yankees' symbol represent a phrase in Morse code, a series of dots and dashes. In many versions of the symbol, the code has been simplified to a series of lines or dots but the phrase is "Fidelis Et Alertus". That is Latin for "Faithful and Alert", the code of the Connecticut Air National Guard.

Flying Yankee pilots wear patches on their flight suits with a black lightning bolt against a yellow background and that design has been painted on many of our aircraft as well. This distinctive design was created by Lt Col Edward McComas, who intended it as an alternative to the Captain Wadsworth design. In 1944 Lt Col McComas ordered one of his pilots, Lieutenant Phil Dickey, to create a new design to represent the Flying Yankees and the black lightning design was painted on all of the 118th's P-51 Mustangs.

Flying Yankees and Flying Tigers

In 1943, the 118th Observation Squadron was redesignated as the 118th Tactical Reconnaissance Squadron and they were sent to fight on in the China-Burma-India theater of operations in 1944. That summer the 118th TRS flew over the Himalayan mountains to join the Flying Tigers, a group of American aviators founded in 1941 who volunteered to fight the Japanese alongside America's Chinese allies even before the United States went to war with Japan. The 118th remained in China for the rest of World War II.

While the 118th TRS fought the Japanese as Flying Tigers, the pilots of the 324th Fighter Group made their mark on history in the skies over Europe. Activated on 6 July 1942, the 324th arrived in Europe in 1943, participating in the invasion of Sicily and providing close ground support to Allied troops until the fall of Rome in June 1944. In July 1944, the 324th received a new plane, the Republic P-47 Thunderbolt, and was sent north to support the Allied invasion of Nazi-occupied France. The last surviving Flying Tiger of the 118th TRS passed into history in 2022.



A C-130H aircraft, painted to commemorate the 100th anniversary of the 118th Airlift Squadron, Flying Yankees, sits on the flight line at sunrise, January 18, 2023 at Bradley Air National Guard Base, Conn. Members of the 103rd Maintenance Group, Connecticut Air National Guard painted the aircraft. (U.S. Air National Guard photo by Master Sgt. Tamara R. Dabney)

When the war ended the 324th returned to the United States in the fall of 1945 and was inactivated in November of that year. Six months later, the 324th was redesignated as the 103d Fighter Group and assigned to the National Guard on 24 May 1946. The new unit based out of Bradley Field in Windsor Locks, Connecticut was also assigned the 118th Fighter Squadron. Their new mission: the air defense of Connecticut.

Cold War Warriors

In September 1947 Congress established the United States Air Force as an independent service branch, ending the Flying Yankees' long association with the Army. That same year the uneasy alliance between the United States and Soviet Russia collapsed and the Cold War began.

Air defense of the homeland quickly became a high priority for the Air Force when America was faced with the threat of a hostile superpower that had the military capabilities to bring the fight to us.

The constant threat of attack by the Soviet Union drove a rapid pace in the development of aviation technology during the Cold War. The propeller-drive aircraft that helped America win WWII passed into history as the age of the jet fighter began. The 118th received their first jet fighters in January 1953, the F-84D Thunderjets, and jet technology rapidly evolved over the next 18 years, with the Flying Yankees flying five other types of jet fighters that culminated in 1971 with the F-100D Super Sabres.

On 23 April 1979 the Flying Yankees received a new aircraft, the A-10 Thunderbolt II, also known as the "Warthog". The unit flew the A-10 for 29 years, earning it the status of the 118th's longest-serving aircraft with more than 130,000 hours flown. Designed for close air support, the A-10 specialized in attacking tanks and other ground targets. During the A-10 era the Flying Yankees received the Air Force Outstanding Unit Award three times and flew into combat overseas with multiple deployments to the Middle East and Europe.

Flying into the 21st Century

In February of 2003 the Flying Yankees deployed over 300 troops to the Middle East in support of Operation Iraqi Freedom. In just four months, the 118th flew more than 890 combat missions with no combat losses. In the last twenty years, more than a thousand Flying Yankees have deployed around the world to support the Global War on Terror. In 2013 the 103d AW transitioned to the legendary C-130 Hercules and continue to provide airlift on missions around the world. During their most recent deployment to Africa in 2022, 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.



An airman assigned to the Connecticut Air National Guard shakes hands with Maj. Gen. Francis Evon, adjutant general for the Connecticut National Guard, during the 2022 non-commissioned officer dining-in. (U.S. Army photo by Sgt. Matthew Lucibello)

History of the U.S. Military's Dining-In

Brig. Gen. (ret.) Bob Cody, Timothy Koster
Joint Force Headquarters Public Affairs

HARTFORD, Conn. — The term “dining-in” derives from an old Viking tradition celebrating great battles and feasts of heroes by formal ceremony, which spread to monasteries, early-day universities and to the military when the officer’s mess was established.

In the U.S. Army, Dining-In traditions are very closely related to those of the British Army prior to the American Revolution. In many instances, more modern British Army Mess procedures have been incorporated into our social events.

The oldest recorded American Dining-In occurred in General Washington’s Continental Army in September 1776. Despite the colonist’s aversion to anything suggesting Redcoat, continental naval and army officers must have fully realized the value of these occasions in the promotion of pride of service, high morale, and loyalty.

In the regimental mess of the 1920’s, the colonel or senior officer presided and sat at the head of the table with the lieutenant colonel to his right and the adjutant to his left. The other officers were seated on both sides of the table according to rank. Dinner was a formal meal with everyone wearing the uniform prescribed. The officers of the mess assembled and upon arrival of the presiding officer, followed him into the mess and took their seats only after the presiding officer seated himself.

In general, the U.S. Army Dining-In has been more formal and restrained than its usual British Army counterpart. For example, Francis Grose, a one-time adjutant of militia, in his 1782 “Advice to Officers of the British Army” said, “If you belong to a mess, eat with it as seldom as possible, to let folks see you want neither money nor credit. And when you do, in order to show that you are used to good living, find fault with every dish that is set on the table, damn the wine, and throw the plates at the mess-man’s head... if you have pewter plates, spin them on the point of your fork, or do some other mischief, to punish the fellow for making you wait.”

As with the British Mess, the U.S. Army Dining-In has served as a vehicle for transmitting the histories and traditions to junior officers. This is particularly true in our Army where rotation between units is quite frequent. The Air Force dining-in custom probably began in the 1930’s with General H. “Hap” Arnold’s “wing-dings.”

The custom of dining together was especially useful in large units in which many officers might not normally come in contact with one another. During dinners they were, however, brought together in a fraternal atmosphere. The mess, besides entertaining guests in the surroundings of traditions and customs of the regiment, served to make the officers aware of the social amenities. Young officers received training which enabled them to give formal entertainment later as senior officers.

Capt. Charles Miller, addressing the 2d Provisional Officers’ Battalion of the Army Service Schools at Fort Leavenworth in April 1917, described the mess as follows:

“It should be the place where the colonel and lieutenant meet in the social equality of gentlemen in that camaraderie and good-fellowship which teaches the youngster respect and affection for his seniors, and the elders, kindness and consideration for the juniors; it should be the place where are forged the links that bind the regimental front unbroken to the outside world ...; it should be the place where dwells the spirit and the soul of the principles that have made the regiment and that have preserved intact its prestige, its honor, and its tradition.”

In short, the regimental mess became the single, most important means of building esprit de corps and professionalism among the officers. And, just as the officer Dining-In evolved from the traditions of the British military, it also evolved beyond the officer corps. Similar to the officer Dining-In, the senior non-commissioned officer mess was established to give a unit’s enlisted personnel the same opportunity to celebrate each other’s achievements.

This year, the Connecticut National Guard is returning to its Dining-In roots, hosting the 42nd annual NCO Dining-In at the Aqua Turf Club’s Wagon Room, the same location of the state’s first-ever mess. The NCO Dining-In is scheduled for Oct. 5, 2023 and the Officer Dining-In is scheduled for Nov. 2, 2023.

WANTED

OLD UNIFORMS & EQUIPMENT



There is a project in the works at the William A. O'Neill Armory in Hartford to display more recent historical uniforms of Connecticut military service. The intent of these new displays is to incorporate them with the other significant historical displays, pictures, and items as a walking tour for visitors to the capital, especially school children field trips for generations.

If you have any of the following uniforms that you would be willing to donate to the CT Military Department for this purpose, please contact us at (860) 524-4968 or email military.history@ct.gov. We would like as much of the uniform as possible, to include foot gear, head gear, and pins/patches/accoutrements. The list of uniforms (with accoutrements) we are looking for are as follows:

- Vietnam – OG 107 – olive drab combat uniform - tropical/ light weight**
- 1970's – OG 107 – olive drab uniform temperate (preferably with a Fritzy Badge on pocket)**
- Army Flight Suit (Green, ACU, or OCP)**
- Army Mess Dress**
- Army Blue ASU (female either pants or skirt)**
- Army Khaki uniform**
- Era equipment that can be added to period dioramas.**



Service members can experience PTSD even when they have not been in a combat situation. Complex PTSD involves exposure to a trauma that is either repeated exposure or a trauma perpetrated against an individual by someone who is in a trusting or care-giving position. (U.S. Air Force illustration by Alex Pena)

RTM Breakthrough Treatment for PTSD

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

The September 2023 edition of the Legion, the official publication of the American Legion highlighted what they refer to as a breakthrough, drug free, treatment for Post Traumatic Stress Disorder (PTSD). This article draws on that magazine article and other research to review PTSD, which can affect any veteran.

Post-traumatic Stress Disorder (PTSD) is the natural reaction to a traumatic life-threatening event. Car accidents, physical or emotional abuse, sexual assault or near-death experience such as a severe vehicle accident are some of the possible causes. PTSD is most often associated with military veterans who may have experienced traumatic events in combat and non-combat related service. PTSD survivors may experience four types or groups of symptoms including negative changes in mood, hypervigilance, reoccurring memories of the event, and avoiding situations that remind the individual of the event.

Post Traumatic Stress Disorder is the manifestation of the person's psychological reaction to the traumatic event. This reaction can result in psychological injury that left untreated can impact the individual's ability to interact with friends and family, stay employed and perform day to day functions. Left untreated, PTSD may lead to substance abuse, memory and cognition issues, depression, and other physical and mental health problems. Traditional treatments have included counseling, forms of cognitive therapy, narrative exposure therapy, brief electric therapy, and medication.

Reconciliation of Traumatic Memories (RTM) is a new form of therapy which has had a 90% success rate for people struggling with PTSD without using drugs or medications.

RTM has been successful for accident victims, first responders, 9/11 survivors and is now being used with veterans.

Frank Bourke, a clinical psychologist and former lecturer at Cornell University, and his colleagues have developed an 89-step process called Reconciliation of Traumatic Memories (RTM). RTM helps trauma victims process through their trauma associated memories to a state of disassociation where they can talk about the trauma without issue. The memories don't change, but RTM alters the way in which the person sees and reacts to them (American Legion Magazine, page 17, Sept. 2023).

After being evaluated in four different trials from 2015 to 2020, an independent analysis substantiated the finding of 90% success rate. It can alleviate issues from recent traumas and those from decades past. Bourke has successfully treated Vietnam War veterans whose nightmares span 50 years.

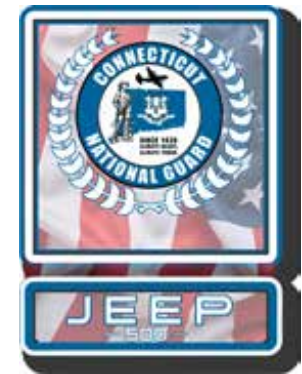
If you know someone with PTSD, military related or not, Reconciliation of Traumatic Memories (RTM) should be investigated. For a good overview introduction of RTM, Mind Shift, The American Legion Magazine, September 2023, pages 16 – 24. More detailed information about the RTM treatment and the research can be obtained by calling (855) 229-1428, emailing info@thertmprotocol.com, or visiting the randproject.org and the rtmprotocol.com website.

Veterans who are in crisis or have had thoughts of suicide can and should call the Veterans Crisis Line at (800) 273-8255, and Press 1, chat online at www.veteranscrisisline.net/chat, or text to 838255. If you know someone at risk, help them get help. (courtesy of maketheconnection.net)



CT JEEP 500

JOINT ENLISTMENT ENHANCEMENT PROGRAM



OVERVIEW

CT JEEP 500 IS A CONNECTICUT MILITARY DEPARTMENT (CTMD) PROGRAM DESIGNED TO INCREASE ENLISTMENTS INTO THE CONNECTICUT NATIONAL GUARD (CTNG).

THE CTMD WILL ISSUE A SPECIAL RECRUITING ALLOWANCE TO A RECRUITING ASSISTANT (RA) IN THE AMOUNT OF \$500 FOR EVERY QUALIFIED LEAD THAT ENLISTS INTO THE CTNG WITHIN 180 DAYS OF BEING ENTERED INTO CT JEEP 500. UPON SUBMITTING A LEAD, AN RA MUST ASSIST THE ASSIGNED CTNG RECRUITER BY PROVIDING THE LEAD GUIDANCE, MENTORSHIP, AND SUPPORT FROM THE DATE OF ENTERING THE LEAD INTO CT JEEP 500 UNTIL THE DATE THE LEAD ENLISTS INTO THE CTNG.

RECRUITING ASSISTANT ELIGIBILITY

ELIGIBLE

- CTNG SOLDIERS, AIRMEN, CTNG MILITARY RETIREES, AND CT MILITA MEMBERS

NON-ELIGIBLE

- ANY AIRMEN, SOLDIER, RETIREE OR CIVILIAN ASSIGNED OR ATTACHED TO A RECRUITING/ROTC COMMAND.
- ANY CURRENTLY SERVING CTNG IN THE GRADE OF O7 OR ABOVE.
- IMMEDIATE FAMILY MEMBERS OF ANY NON-ELIGIBLE PERSONS.



CT JEEP 500

STEP 01

ENTER A LEAD INTO THE CT JEEP 500 WEBSITE

STEP 02

ASSIST THE ASSIGNED RECRUITER WITH THE PROCESS TO ENLIST THE LEAD INTO THE CTNG WITHIN 180 DAYS OF ENTERING THE LEAD INTO CT JEEP 500

STEP 03

RECIEVE A SPECIAL RECRUITING ALLOWANCE OF \$500, APPROXIMATELY 90 DAYS AFTER THE LEAD ENLISTS IN THE CTNG.

“Consistency is the key to creating the life that you desire”

Sgt. 1st Class Silas Holden
Contributor

We hear it constantly in life, “consistency is the key to creating the life that you desire.” While it certainly rings true, it isn’t the key element. Discipline is the key element. Without discipline one will have a continually hard time finding consistency. Life is very opportunistic at throwing kinks into routines to detour us from consistency. Navigating the kinks and working through them is where discipline changes the game. With discipline you can stay on schedule and remain consistent through all the ups and downs of daily life.

When it comes to mental health, fitness, and nutrition, discipline is a complete game changer. For years, I would always use the commonly heard “I don’t have any time for fitness and eating healthy,” excuse. When finding discipline, the time ends up being made to accomplish these key life elements. And being disciplined for mental health, fitness, and nutrition creates ripple effects that permeate into many other channels of daily life. When we have discipline, we have a higher sense of purpose, and a more positive mental health posture.

As National Guard Soldiers we wear dual hats. We are citizens in normal day to day society, and Soldiers in the military structure of the National Guard. When returning from the disciplined schedule and atmosphere of initial entry training it is easy to toss the discipline out the window. And once you lose the focus of that training induced discipline you are back into the rut of everyday life. Your mental health, fitness, and nutrition can go from “dress right dress” to “ate up like a soup sandwich,” rather quickly. Once the doors of indiscipline are opened back up it only takes two weeks of inconsistency for it to become the new habit of choice. While choices we make are all personal decisions, the upholding of military standards is part of the contract, and it is “YOU” who signs that contract.

Most of us, unless burying our heads in the sand, understand that the military extends the “chop busting,” and “kick them when they’re down” attitude of high school. The older generations (me included) had a thick skin built up from living with the daily “joking and smoking” that takes place. Many in society today do not have the coping skills or “laugh it off” abilities that were commonplace in the past. Or they simply have more emotional intelligence to not accept the lack of kindness often displayed in times of the past. When you throw anxiety, depression, and PTSD on top of low self-confidence and lack of discipline it becomes a volatile cocktail of self-destruction.

I would like to include some of my personal story here. I was bullied in high school, and it had lasting effects on my self-confidence and attitude toward life and others. Ironically, one of the coping mechanisms I employed for a long time was to bully others, something I am not proud of. When joining the military at 28 years old I found the structure and discipline very welcoming. I breezed through Basic Combat Training and AIT with ease due to having the mindset of “take orders and execute mission.” Where the lack of self-confidence played out after joining the military was in my personal life. I would often become overwhelmed with tasks at hand and stray from the lines of discipline. This resulted in a pile of mistakes and regrets



Tessa Harrington, wife of Connecticut National Guard Sgt. 1st Class John Harrington, talks about her experience in coping with the death of her husband by suicide during a forum titled: Moving Forward: a journey of love, grief, and loss at Camp Nett Sept. 22, 2023.

that I continually work though.

Thankfully, I have utilized the channels of resources to seek out counseling and work through this lack of self-confidence and discipline. I can personally tell anyone that reaching out for help is not a sign of weakness, it is a sign of strength. In my opinion, what creates the desire to not reach out for many is the lack of human connection that far too often engulfs today’s common existence. We basically live and function in a “matrix” of digital and electronic bombardment. We are slaves to keyboards, phone screens, and cascading waterfalls of digital distraction. We basically cannot see through the cloud of pixels to realize that human beings are on the other side who can help us.

Far too many individuals stay hidden inside their dark places and never reach their full potential, or even worse, they make poor decisions to numb their pain and darkness with alcohol, drugs, or other addictions. Inner turmoil often manifests itself through physical disparities such as weight gain, distraction, fatigue, and disregard for personal wellbeing. While I am not an expert on this subject, those

who go through it have valuable lessons to teach from. And when we decide to shed some light on our past’s trials and tribulations, we become a channel for future progress.

The bottom line here is to normalize talking and listening. These two go hand in hand. When done properly they have the power to change everything. I am quite certain if we put a bit more emphasis on supporting each other, we will visit premature gravesites less often. And if we voice our concerns to others more often, those who are in the dark places will discontinue seeking out numbness over human connection. Always remember that none of us are alone, there is always someone to reach out to for help.

Watch for “save the date” emails and information to be coming out soon for my “Hike, Camp, Connect” initiative. Nature, campfires, and hiking create healing through emotional human connection. Seniors, peers, and subordinates do not shy away from asking hard questions to those who you see that are a bit off, it could change their entire day, or even save their life!!



Army General Dan Hokanson, Chief of the National Guard Bureau, thanks New York Air National Guard Sgt. Tiffany Stewart, an air transportation specialist assigned to the 105th Airlift Wing in Newburgh, N.Y., following his administering her oaths of service in Times Square, New York City as part of the National Guard's 9/11 remembrance and commitment to service, September 11, 2023.

NGB Chief Reaffirms Oaths of Service for Soldiers, Airmen

Col. Richard Goldenberg
New York National Guard

NEW YORK – The National Guard's top officer capped a day of 9/11 commemorations by reaffirming the service oaths for 24 new or reenlisting National Guard Soldiers and Airmen in Times Square.

Army Gen. Daniel Hokanson, the chief of the National Guard Bureau, attended the 22nd annual commemoration of the attacks at the World Trade Center Memorial in lower Manhattan in the morning. He also appeared on the MSNBC "Morning Joe" program to discuss the impact of the 9/11 attacks on the National Guard.

The oath affirmation event occurred at the Army Recruiting Station in Times Square.

Hokanson, who graduated from West Point in 1986, thanked the Soldiers and Airmen for their commitment to serve and hoped they enjoyed their careers as he had.

"It is an incredible experience," Hokanson said. "If I could do it all over again, I would. There are so many amazing things you will get to see in your career, and I hope you enjoy it and thank you."

The Airmen and Soldiers included several who were not born on Sept. 11, 2001, and others with vivid memories and service experience from 22 years ago.

Chief Master Sgt. Joseph Cincotta, a flight engineer assigned to the 105th Airlift Wing with more than 37 years of service, reenlisted for one more year before his planned retirement.

"It's a special day here, especially in New York," Cincotta said, "so having an opportunity to be here, especially with these young folks for their first enlistment and my last, is kind of a memorable moment, so I'm excited about it."

The ceremony in Times Square was a fitting way to honor the Guard's role in the 9/11 response so many years ago, said Master Sgt. Jeffrey Miller. A maintenance squadron first sergeant in the 105th Airlift Wing, who reenlisted for three more years of service to cap his current 24.

"What better place to do it?" Miller said. "I'm part of the New York wing, and we're in New York City and this is a great venue to reenlist in."

Army National Guard Pvt. Liam Kirk, who said he had a family connection to the 9/11 attacks, agreed.

"For me, the National Guard is just something I admired since I was five years old," Kirk said.

"My grandfather was in the towers when they fell, he survived. The ability to be here, on that day, to commemorate that, to be part of the service that is committed to defending the homeland, is incredibly important," Kirk said.

Army National Guard Pvt. Carlos Lindo also said he was inspired by the events of that day to enlist.

"I'm here today because those people (first responders) that died on that tragic day, they did out of selfless service and I'm here to do the same and set an example for others to do the same," Lindo said.

Airman Sean Egbert, a newly enlisted fire suppression specialist assigned to the 106th Rescue Wing in Westhampton Beach, N.Y., saw connections to his fellow Airmen and his family in the ceremony.

"Personally, I saw it as an opportunity to bond with my student flight. A number of us volunteered to come out here today. I felt inspired, I guess, to come out here. My father was on the FDNY (Fire Department New York), my brother just joined the FDNY and I'm on the FDNY EMS, so it's actually a big day for me," he said.

Others said they had childhood memories of the dramatic day.

"It was special to come out here because I saw 9/11 when I was in the third grade," said Airman Christopher Garcia, who enlisted in the New York Air National Guard's 105th Security Forces Squadron following nine years of military service with the Army and Army National Guard as an infantryman.

"I literally watched it on TV; it was a day you don't forget. A once in a lifetime experience. I thought it would be pretty dope to take an oath and swear in on 9/11," he said.

Other reenlisting NCOs had their own memories of responding to the day.

Miller said he was working with his father that day in 2001, saw what happened, and like thousands of other New York National Guard members, immediately went home, put on a uniform and reported to his wing.

"From that day forward, it was 12-hour shifts, and we were working to support all the heavy equipment and personnel coming down to the city," Miller said. "I was a young Airman back then, with about two years of service."

Airman William Barrow, who at age 40 had required a waiver for his age to enlist in the New York Air National Guard's 105th Airlift Wing, said the ceremony strengthened his commitment to service.

Barrow, a retired New York firefighter and a veteran of the department's 9/11 response, sought to join the Guard to serve in a new way.

"I was here, Sept. 11. I was part of the fire department, a first responder," Barrow said. "There's nothing stronger than the heart of the volunteer. I love service; that's why I've done it my whole life and I think this is the final chapter of service in my life."

"I almost lost my life that day; being here to get sworn in on 9/11 is definitely pretty cool. It's bittersweet and has been so long ago. I think this is great," he said.



Jartavius Martin, center, defensive back, Washington Commanders football team, speaks to U.S. Air Force Master Sgt. Tatiana Collins, left, Air National Guard (ANG) marketing and advertising non-commissioned officer, National Guard Bureau (NGB), and Master Sgt. Jasmine Grant, ANG events NCO, NGB, during an open practice held at Joint Base Andrews, Maryland, Aug. 25, 2023.

Air National Guard Bolsters Recruiting, Retention With First-ever NFL Partnership

Tech. Sgt. Sarah McClanahan
Contributor

ARLINGTON, Va. – For the first time in Air National Guard history, the ANG has partnered with a National Football League team to bolster the Air Force Recruiting Service's Total Force recruiting efforts. As part of the partnership with the Washington Commanders, the ANG logo will be featured on the team's defensive players' practice jerseys throughout the 2023 season to help reach and inspire the next generation of Guard Airmen.

"Never before in the history of the ANG's marketing efforts has the ANG partnered with an NFL team," said U.S. Air Force Lt. Col Robert Fore, ANG director of marketing, Air Force Recruiting Service. "This partnership will put our ANG brand in front of millions of sports fans and will reach future ANG members, prior service, and past ANG members."

With the Commanders' official military appreciation program, Washington Salute, dating back to 2009, the Commanders have had a longstanding relationship with the U.S. Air Force. In particular, Joint Base Andrews, located around 10 miles from the NFL team's stadium, has regularly supported the Commanders through on-base engagements, visits and gameday initiatives, said Chris Bailey, Washington Salute military program lead.

"The Washington Commanders are committed to our military community, particularly in the [national capital region], in partnership with the NFL's year-round Salute to Service initiative," said Bailey. "Our military engagement program, Washington Salute, is committed to honoring, empowering, and connecting service members, veterans,

and their families through a year-round, robust calendar of events, base visits, and gameday recognition moments."

According to the Commanders' press release on the partnership, service members will host a number of activities and events at training camp and on game days throughout the season to educate fans about their branch of service and identify volunteer and long-term service opportunities.

"The Air National Guard is no longer known as the best-kept secret in the military," said Fore. "Our goal is to boost our recruiting efforts by reaching a highly propensed audience and increasing our brand awareness across the nation, who better than partnering with our capital professional football team."

According to Master Sgt. Devin Doskey, total force public affairs non-commissioned officer in charge, Headquarters Air Force Recruiting Service, the District of Columbia's rich military history and both organizations' shared values played a role in the partnership selection process.

"We are thrilled that our partnership with the U.S. Air Force will help us reinforce our steadfast commitment to local service members, particularly given our proximity to a community with such a deep military legacy," said Bailey.

By building on shared goals, both organizations aim to maximize their impact on the field and in the communities they serve.

"Most Air National Guard Airmen are individuals who live and serve local to their ANG unit," said Fore. "They embody the Citizen-Airman who serves one weekend a month and returns to their community and family for the rest of the month until called upon. They are members of

their local community, so they have a vested interest to serve local and protect their community."

According to the Commanders' article on its 2022 re-naming and rebranding, the NFL team's new brand identity brings to life the commitment to service and leadership that defines the national capital region community.

"From its emphasis on honor and tradition to its value of servant leadership, our military community stands as a powerful example for the Commanders to look to," said Bailey. "The team's new ownership group led by Managing Partner Josh Harris has repeatedly reaffirmed its desire to strengthen the deep relationship the Commanders have with the military community of the region, and this partnership with Air National Guard is just one more opportunity to put actions behind those words and pay tribute to our armed forces in this new era of Commanders football."

In addition to the Commanders, the ANG currently has partnerships with a variety of organizations, including Major League Baseball and Minor League Baseball teams, the Ultimate Fighting Championship or UFC, and Athletes Unlimited.

"By aligning with established local and national organizations, the ANG can leverage their widespread recognition to increase brand awareness and draw attention to the employment and benefit opportunities the ANG offers," said Doskey. "This exposure attracts potential recruits and emphasizes the ANG's commitment to service and community engagement, which can positively influence retention and application rates, and lead to a broader pool of qualified candidates and greater interest in ANG career opportunities."

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Left to right, Master Chief Petty Officer Jason M. Vanderhaden, the master chief petty officer of the Coast Guard; U.S. Marine Corps Sgt. Maj. Carlos A. Ruiz, sergeant major of the Marine Corps; Chief Master Sgt. of the Air Force JoAnne S. Bass; U.S. Army Sgt. Maj. Michael Perry, senior enlisted advisor to the assistant chief of staff, G9; Command Master Chief Matt R. Harris, senior enlisted advisor to the U.S. Navy vice chief of naval operations; Senior Enlisted Advisor Tony Whitehead, SEA to the chief of the National Guard Bureau; discuss quality of life matters affecting readiness at the American Legion convention Aug. 26, 2023, in Charlotte, N.C.

Top Enlisted Advisors Emphasize Quality of Life Issues

Sgt. 1st Class Elizabeth Pena
National Guard Bureau

CHARLOTTE, N.C. – Over 500 American Legion members representing thousands of years of military service listened to the highest-ranking senior enlisted leaders discuss the importance of enhancing quality of life to improve operational and personnel readiness.

“It does not matter what uniform you wear. We are all part of this joint fight,” said Chief Master Sgt. of the Air Force JoAnne S. Bass. “When you look at the challenges we have in the future, our adversaries are not interested in beating the United States Air Force. They are focused on how they can become the world’s dominant power. So it will take a whole-of-government and a whole-of-nation to make sure we can still defend our freedom.”

Moderated by Jason M. Vanderhaden, retired 13th master chief petty officer of the Coast Guard, and hosted by the American Legion, the 90-minute panel drew reps from all 50 states, three U.S. territories, the District of Columbia and overseas Aug. 26. Topics ranged from health and child care to mental health and living conditions, with a spotlight on National Guard and Reserve issues.

Leaders announced an Army child care program focused on the needs of National Guard and Reserve members, who often encounter additional challenges when called in for drill.

“These challenges are especially acute for dual military families or single parents,” said Senior Enlisted Advisor Tony Whitehead, SEA to the chief of the National Guard Bureau. “The program and others like it represent our ongoing commitment to identifying and implementing solutions that improve the quality of life for our service members.”

In response to a question about mental health, the leaders acknowledged widespread shortages in mental health resources. Bass emphasized the critical role that strong, supportive leadership can play in enhancing the mental well-being of service members.

“We might be short mental health providers, but we are not short leaders,” said Bass. “When I talk to our mental health providers, they share that only two need clinical support

out of every 10 Airmen who walk into mental health. The other eight simply need to know that somebody cares. We have got to get back to true connection and eyeball-to-eyeball leadership.”

Command Master Chief Matt R. Harris, senior enlisted advisor to the U.S. Navy vice chief of naval operations, revealed a new program adapted from Navy SEALs and elite athletes to help Sailors manage stress.

“Our Master Chief Petty Officer of the Navy, James Honea, sent a series of letters out to the mess with his call to action, and (in) one of those (letters), he talked about the importance of and the responsibility of the chief petty officer to be embedded in mental health. To have that embedded connection with their Sailor to know if something is wrong,” Harris said.

U.S. Army Sgt. Maj. Michael Perry, the senior enlisted advisor to the assistant chief of staff, G9, said improving living conditions is a top priority.

“The secretary of the Army has committed \$1 billion annually from the Army budget for the next 10 years and allocated both for constructing new barracks and renovating existing, older facilities,” he said. “This significant investment displays the attention that our senior leadership is paying to ensure that no service member lives in substandard conditions.”

Sgt. Maj. of the Marine Corps Carlos Ruiz underscored the importance of quality of life.

“Quality of life — what is that? To you, it is something; to you, it is something different; to everyone, it is something different,” he said. “But what I do know is that it is something constant. The key word is quality — the quality of people — that we must bring in.”

One consistent theme emerged across all military components: Leaders from every service branch take these quality-of-life issues seriously.

“It’s discussions like these that make us more united, informed and prepared to take on the challenges that lie ahead for our military and our nation,” Whitehead said. “Thank you to everyone who attended and a special thanks to the American Legion for making this event possible.”



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Army Brig. Gen. Stephen F. Logan, assistant adjutant general for the state of Hawaii and dual commander of Joint Task Force 5-0, speaks with sailors assigned to Mobile Diving and Salvage Unit 1 as they prepare to conduct search and survey operations in Lahaina Harbor on the island of Maui, Hawaii, Aug. 27, 2023.

National Guard, DOD Support Hawaii's Long-term Recovery

Joseph Clark
Contributor

WASHINGTON - Defense Department personnel remain ready to support Maui residents for the foreseeable future as local officials plot a course for recovery from the Lahaina wildfire, the Hawaii National Guard's incident commander says.

Army Major Gen. Kenneth Hara, adjutant general for the state of Hawaii and Lahaina wildfire incident commander, said Aug. 31 that nearly 700 DOD personnel are actively supporting response and recovery efforts alongside interagency partners.

He said his team remains engaged with state and local officials to anticipate the community's needs as recovery operations continue.

"On Day 1 when I talked to the team, I told them our center of gravity is responsiveness," he said. "And to be able to do that, I told them we need to anticipate needs, and then once we know what those needs are, to organize ourselves and resources ourselves to meet those needs once the ask comes."

"I also told them we need to move at the pace of unprecedented crisis," Hara said.

DOD personnel, organized under Joint Task Force 5-0, are conducting nine approved missions. The response, which is led by the Federal Emergency Management Agency, includes:

- Providing interisland air/sea transportation.
- Providing DOD personnel to coordinate with interagency partners.
- Using Schofield Barracks and support facilities.
- Standing by for aerial fire suppression.
- Providing strategic transportation.
- Using U.S. Army Reserve Center-Wailuku as a

- FEMA incident support base federal staging area.
- Providing DOD mortuary affairs support.
- Supporting fuel distribution.
- Supporting potable water distribution.

Hara said his team remains engaged with state and local leaders as they plan long-term support for the residents.

The Environmental Protection Agency is leading efforts to clear hazardous waste from residential areas so residents can return to their homes and businesses to recover valuables, Hara said.

That next phase will be planned and coordinated by the county of Maui, he said, and DOD personnel remain ready to support.

Hara said the Army Corps of Engineers will complete debris-clearing operations after residents have had a chance to retrieve valuables.

"Currently, the state is also supporting disaster recovery and family assistance centers," Hara said. "They're looking at long-term transitional housing for the survivors while we're still doing water distribution missions."

Officials are also developing long-term disaster mitigation measures to prevent future fires and planning for the eventual rebuilding of the town of Lahaina.

Joint Task Force 5-0, led by Army Brig. Gen. Stephen F. Logan, Hawaii Army National Guard commander, was activated Aug. 11, soon after the fire broke out. The task force reached full operational capacity five days later.

Hara said the task force has had the full support of Navy Adm. John C. Aquilino, U.S. Indo-Pacific Command commander, and Gen. Charles A. Flynn, U.S. Army Pacific commander.

"Both of them called me on Day 1 and said, 'Whatever you need, whatever you request, the entire Department of

Defense — and especially all the capabilities and resources within U.S. Indo-Pacom — will be there to support the state of Hawaii and the county of Maui," he said.

Separately, National Guard troops from three states have been activated in response to Hurricane Idalia, which brought heavy winds and flooding across Florida, Georgia, and North and South Carolina.

The Category 3 storm brought 125 mph winds as it reached the Big Bend area of Florida's panhandle Aug. 30 before being downgraded to a tropical storm as it returned to the Atlantic Ocean off North Carolina.

The Florida National Guard has been fully activated and is operating as a joint task force under the direction of the Florida Division of Emergency Management, said Air Force Brig. Gen. Pat Ryder, Pentagon press secretary.

Joint Task Force Florida has positioned 5,344 National Guard personnel, 2,400 high water vehicles, 14 Army National Guard helicopters, 23 watercraft and heavy construction teams throughout the state.

The troops are providing "responsive sustained support to reduce suffering and assist in the restoration of critical services," Ryder said.

North Carolina had prepositioned 128 National Guardsmen and 51 high water vehicles throughout the state, and almost 100 South Carolina National Guard personnel were supporting recovery operations there.

Additionally, U.S. Northern Command is providing FEMA with a federal staging area at Maxwell Air Force Base in Alabama and has deployed a coordination element alongside FEMA in Tallahassee, Florida.

"The DOD will remain in close coordination with FEMA, state officials and other supporting agencies as the cleanup and recovery operations continue to develop," Ryder said.

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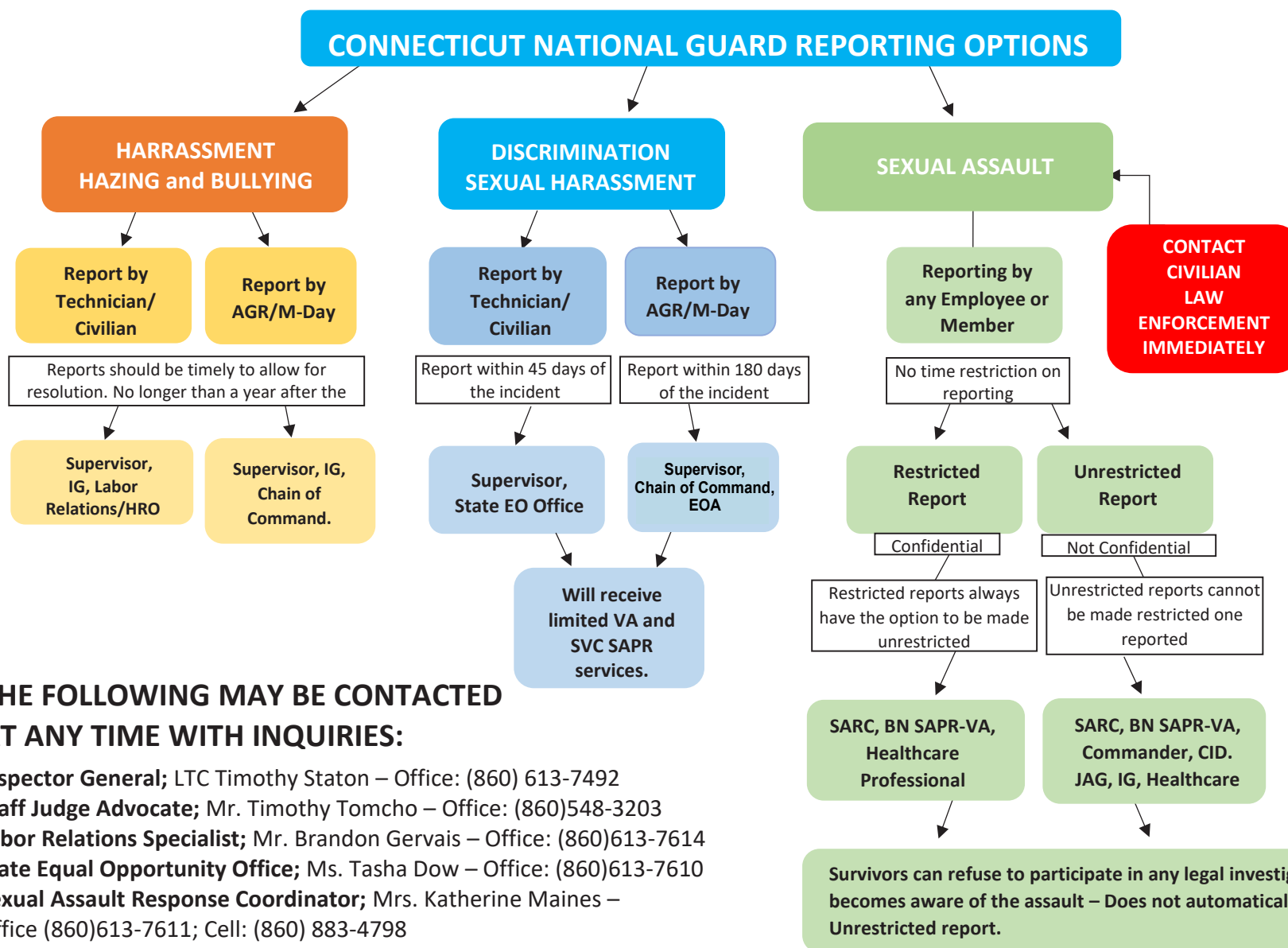
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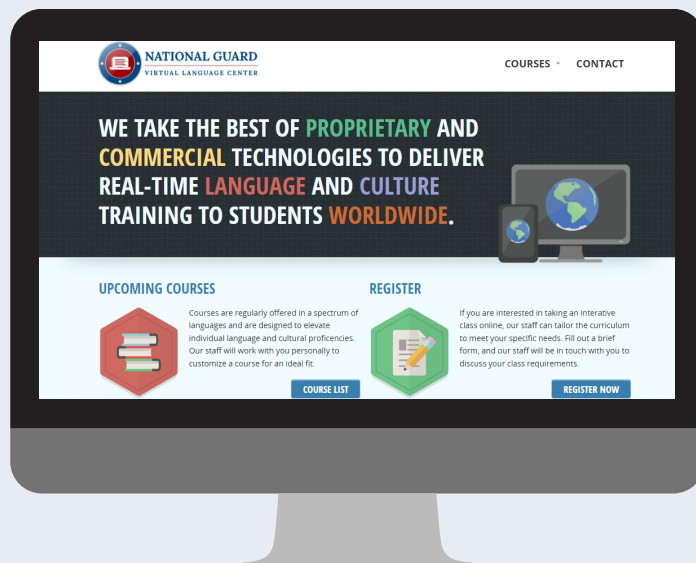
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NATIONAL GUARD

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WHAT IS GUARD LANGUAGE?

The Guard Language Program provides partner nation language and culture training for National Guard State Partnership Program participants and active Guard members. The class size will be 1-6 students based on language density and student availability. A typical class module is 48 contact hours or approximately 12 weeks of instruction at the recommended pace of 2 classes per week and 2 contact hours per class. However, the class schedule is customizable to some extent. Instructor-led classes are held virtually, so a computer with a high-speed internet connection, a webcam, and a headset are required.

HOW TO SIGN UP?

Guard courses are created based on individual or group request. National Guard State Partnership Program participants or active Guard members can either sign up through the Guard Program site or contact MAJ DeAustin directly to be added to an upcoming roster. To register through the platform, follow these steps:

- Navigate to <https://guardlanguage.org>
- Under the "Register" section click **Register Now** button
- Complete the account creation and enrollment process

**If assistance is needed, coordinate with the Helpdesk directly*

Once a participant's Guard status is confirmed, the Helpdesk will work closely with students to facilitate a course that is conducive to their specific availability.

PREPARING FOR CLASS?

Once Guard status is confirmed, the proposed course is created and a student is required to complete the following:

1. **Schedule Verification:** Since courses are solely created on student need, a class will not be able to launch until all details are confirmed by a minimum of one student. This includes language, level, module, weekly meeting times, start and end dates and any dates of no scheduled activity.
2. **Online Systems Check:** Requires a high speed internet connection, reliable computer, webcam & two-eared headset with an attached boom microphone. A personal computer/network is recommended since the platform cannot currently be accessed using a Government computer/network.

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Military and Family Readiness Specialist	Linda Rolstone	linda.b.rolstone.civ@army.mil	(860) 524-4963 (desk) (860) 680-2209 (cell)
Military and Family Readiness Specialist	Kelly Strba	kelly.a.strba.civ@army.mil	(860) 548-3283 (desk) (860) 500-3813 (cell)
Military and Family Readiness Specialist	Rich Timberlake	richard.k.timberlake.civ@army.mil	(860) 493-2797 (desk) (860) 500-3189 (cell)
Lead Child & Youth Program Coordinator	Carrie Joseph	carrie.l.joseph.ctr@army.mil	(860) 524-4908 (desk) (860)-883-6934 (cell)
Military OneSource Consultant	Scott McLaughlin	scott.mclaughlin@militaryonesource.com	(860) 502-5416 (cell)
Employer Support of the Guard and Reserve, Volunteer Support Technician	Everett Carpenter	everett.e.carpenter.ctr@army.mil	(860) 524-4970 (desk)
Personal Financial Consultant	Jafor Iqbal, ChFC®	pfc.hartford@magellanfederal.com	(203) 233-8790 (cell)
State Support Chaplain	Lt Col Eric Wismar	eric.a.wismar.mil@army.mil	(860) 548-3240 (desk) (860) 883-5278 (cell)
Transition Assistance Advisor	Fausto Parra	fparra-c@gapsi.com	(203) 219-8573 (cell) (202) 987-3942 (office)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
Middletown Armed Forces Reserve Center: 375 Smith Street, Middletown, CT 06457 Open Mondays & Wednesdays			
Military and Family Readiness Specialist	Carolyn Kyle	carolyn.r.kyle.civ@army.mil	(860) 524-4920 (desk) (860) 394-8748 (cell)
Military and Family Readiness Specialist	Jason Perry	jason.t.perry.civ@army.mil	(860) 524-4897 (desk) (860) 655-9288 (cell)
Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 Open Thursdays			
Military and Family Readiness Specialist	Michelle McCarty	michelle.m.mccarty4.civ@army.mil	(860) 548-3254 (desk) (860) 883-6953 (cell)
Military and Family Readiness Specialist	Linda Rolstone	linda.b.rolstone.civ@army.mil	(860) 739-1637 (desk) (860) 680-2209 (cell)
Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 Open Fridays			
Military and Family Readiness Specialist	Kelly Strba	kelly.a.strba.civ@army.mil	(860) 292-4601 (desk) (860) 500-3813 (cell)
Military and Family Readiness Specialist	Rich Timberlake	richard.k.timberlake.civ@army.mil	(860) 493-2797 (desk) (860) 500-3189 (cell)
103rd Airlift Wing: 161 Rainbow Road, East Granby, CT 06026			
Airman and Family Readiness Program Manager	Selva Cabrera	selva.cabrera.1@us.af.mil	(860) 292-2730 (desk) (860) 734-7482 (cell)
Yellow Ribbon Support Specialist	Roberto A. Rodriquez III	roberto.rodriquez.43.ctr@us.af.mil	(860) 292-2772 (desk) (860) 819-4636 (cell)
Waterbury Armory: 64 Field Street, Waterbury, CT 06702			
Survivor Outreach Services Coordinator	Reisha Moffat	reisha.a.moffat.ctr@army.mil	(860) 883-6949 (cell)
Military OneSource Consultant	Scott McLaughlin	scott.mclaughlin@militaryonesource.com	(860) 502-5416 (cell)

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