



Connecticut GUARDIAN

The Yankee Courier on page 15

VOL. 22 NO. 8

HARTFORD, CONNECTICUT

September 2022

142nd Medical Company Returns from Poland

Tim Koster
Joint Force Headquarters Public Affairs

WINDSOR LOCKS, Conn. — Hundreds of friends and family members gathered on the tarmac of the Connecticut Army National Guard's Army Aviation Support Facility in Windsor Locks, Connecticut to welcome home their Soldiers after completing a nearly year-long deployment to Poland Sept. 8, 2022.

The 142nd Area Support Medical Company, based out of Danbury, Connecticut, was deployed in support of Operation Atlantic Resolve, a rotational mission to European NATO countries that started in 2014 in response to Russia's annexation of Ukraine's Crimean Peninsula, build troop and unit readiness, and enhance the bonds between allies and partner nations.

"I love serving my country, I love being with my unit, but it's great to be with my family, too," said Spc. Brenna Courtney in an interview with NBC Connecticut.

The unit's mission was to provide medical support for U.S. and allied troops stationed in the area, which averages around 5,000 servicemembers during a rotation. That number increased, to just shy of 10,000 after more troops were deployed in response to Russia's increased hostilities in Ukraine. But thanks to the perseverance of the Ukrainian military, the increased troop presence has only been precautionary to this point.

In an interview with The Day, Spc. Martiza Meuse said they converted the base gym into an overflow medical facility to handle a large influx of patients, should that be-



A Soldier assigned to the 142nd Medical Company embraces his loved one after returning from deployment at the Connecticut National Guard's Army Aviation Support Facility in Windsor Locks, Connecticut, September 8, 2022. The 142nd spent the past nine months deployed to Poland to provide medical care and patient transport in support of Operation Atlantic Resolve.

come necessary — a preparation which was never utilized.

This level of preparedness is not new for members of the Connecticut National Guard who, at the beginning of the COVID-19 pandemic, established makeshift field hospitals around the state in the event of a large influx of pa-

tients. Thankfully, those were never needed, either.

For the most up-to-date information about Operation Atlantic Resolve, visit the European Command's website at <https://www.eucom.mil/topic/operation-atlantic-resolve>.

See more photos on page 13-14.

In This Issue:



22 years of continued partnership with Uruguay
Page 3

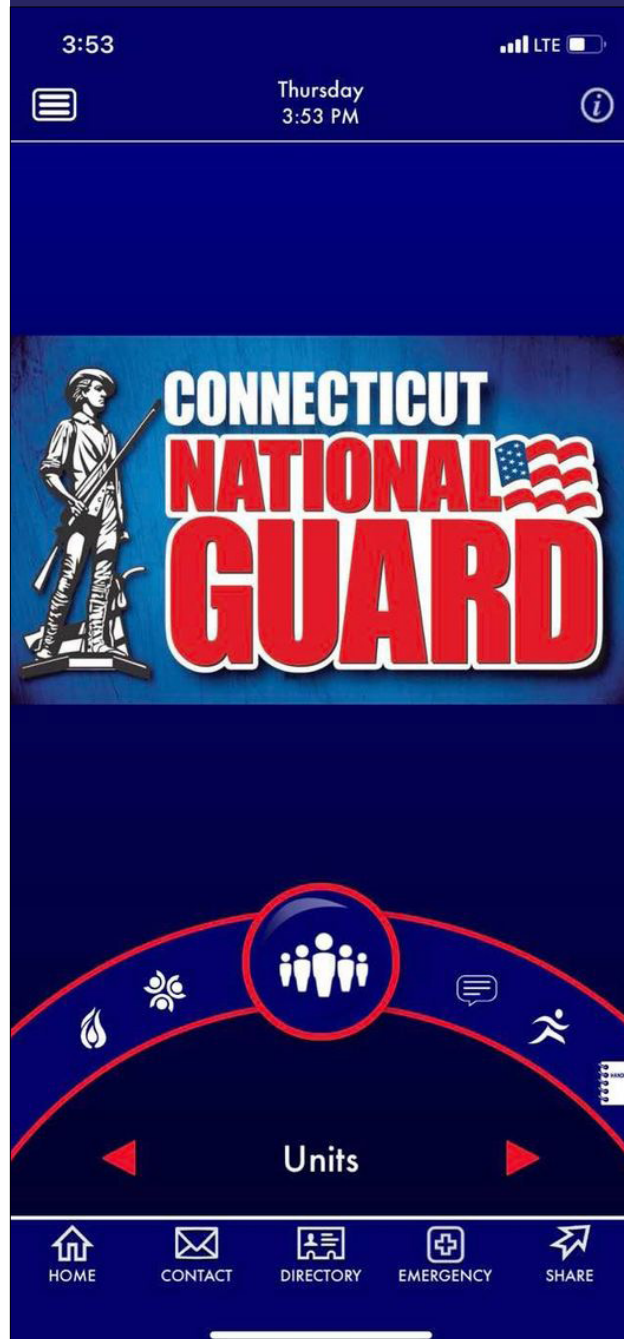


Soldier gains citizenship through National Guard
Page 5



Breaking the stigma of asking for help
Page 6

Download the new Connecticut National Guard App



**Available on the
Google Play and App
Stores**

Get social with the CONNECTICUT NATIONAL GUARD

official pages managed by the CTNG PAO



@ConnecticutNationalGuard
facebook.com/ConnecticutNationalGuard



@CTNationalGuard
twitter.com/CTNationalGuard



@CTNationalGuard
instagram.com/CTNationalGuard

Official Unit / Leadership Pages

Maj. Gen. Fran Evon

Facebook - @CTNGTAG
Twitter - @CTNGTAG

State Command Sgt. Maj. Roger Sicard

Facebook - @CTCommandSgtMaj

CTARNG Recruiting Battalion

Facebook - @CTArmyGuard
Instagram - @CTArmyGuard

CTANG Recruiting Team

Facebook - @CTAirGuard

103rd Airlift Wing

Facebook - @103AW
Instagram - @103airliftwing

102nd Army Band

Facebook - @102dArmyband
Facebook (Rock Band) - @RipChord102D
Instagram - 102darmyband_
Twitter - @102dArmyBand

HHC, 169th Aviation Battalion

Facebook - @HHC169AVN

1-169 Regiment (RTI)

Facebook - @169REG

1109th TASMG

Facebook - @1109thTASMG

CTARNG Recruit Sustainment Program

Facebook - ConnecticutGuardRSP

CTNG Service Member and Family Support

Facebook - CTNGFamilies

CT Employee Support of Guard and Reserve

Facebook - @CTESGR
Twitter - @CT_ESGR

1st Co. Governor's Foot Guard

Facebook - @1GFG1771

Change Your Address

To change your home of record, please do one of the following:

Retirees: Contact

Sgt. 1st Class Rachael Murphy at
ng.ct.ctarng.mbx.G1-RSO@army.mil or
860-524-4813.

Guardsmen and Militia Members: Contact
your chain of command or unit admin.

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

Connecticut Guardian

360 Broad Street, Hartford, CT 06105-3795

Phone: (860) 524-4858, DSN: 636-7857

E-Mail: timothy.r.koster.civ@mail.mil

Captain-General

Gov. Ned Lamont

The Adjutant General

Commanding General, CTNG

Maj. Gen. Francis J. Evon

Assistant Adjutant General - Air

Brig. Gen. Gerald McDonald

Assistant Adjutant General - Army

Brig. Gen. Ralph Hedenberg

State Command Chief Warrant Officer

Chief Warrant Officer 5 Brian Erkson

State Command Sergeant Major

Command Sgt. Maj. Roger Sicard

State Command Chief Master Sergeant

Chief Master Sgt. John M. Gasiorek

State Public Affairs Officer

Connecticut Guardian Managing Editor

Maj. David Pytlik

Connecticut Guardian Editor

Timothy Koster

Contributors

103rd Airlift Wing Public Affairs

130th Public Affairs Det., CTARNG

First Company Governors Horse Guard

Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

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 issue is October 20th.**



U.S. Army Maj. Gen. Francis Evon, the Connecticut Adjutant General, renders a hand salute alongside officers of the Uruguayan Air Force at the Capt. Juan Manuel Boiso Lanza Air Base, Montevideo, Uruguay, August 8, 2022. Evon was given a tour of the base and was briefed on the equipment, capabilities and mission of the Uruguayan Air Force and discussed ways to collaborate in the future. (U.S. Army photo by Sgt. Matthew Lucibello)

22 Years of Continued Partnership - Connecticut Guard Command Team Builds Bonds in Uruguay

Sgt. Matthew Lucibello
130th Public Affairs Detachment

HARTFORD, Conn. — Between August 6-10, 2022, U.S. Army Maj. Gen. Francis Evon, the Connecticut adjutant general, and other officers of the Connecticut Army National Guard, visited Montevideo, Uruguay, to strengthen bonds with our partners in the Uruguayan Armed Forces.

Uruguay, renowned for upholding the values of democracy and peace in South America, on top of being one of the most prosperous countries in the region, has been partnered with Connecticut through the State Partnership Program since August of 2000. Additionally, Uruguay heavily supports United Nations peacekeeping operations, having participated in 23 peacekeeping missions since 1952, even being named the top peacekeeping contributor in Western Hemisphere in 2021. Currently, Uruguay's largest singular contribution to the United Nations is its support of over 900 peacekeepers to the United Nations Organization Stabilization Mission in the Democratic Republic of the Congo, also known as MONUSCO.

"One out of every 3,000 Uruguayans is on a U.N. peacekeeping mission at any given time," said U.S. Army 1st Lt. Juan Villarreal, the Global Peacekeeping Operations Initiative Program Manager at the U.S. Embassy in Uruguay. "20 percent of the armed forces, and nearly all Army officers, have participated in at least one mission."

The State Partnership Program, or SPP, administered by the National Guard Bureau and guided by the U.S. State Department, builds interoperability and cooperation between host nation countries and the United States through military-to-military engagements, such as joint training exercises, bilateral exchanges and key leader engagements. Each state's National Guard is aligned with at least one partner nation. Currently, there are 85 partnerships between 93 partner nations.

Over the course of the past 22 years, Uruguay and Connecticut have trained together, most recently when members of the 192nd Engineer Battalion conducted counter improvised explosive device training in Montevideo alongside soldiers of the Uruguayan Army between July 17-20, 2022. Leaders of both the Connecticut National Guard and Armed Forces of Uruguay frequently visit each other to share experience and lessons learned through training and operations conducted by each force.

This trip marked the first time Evon has visited Uruguay since becoming the Adjutant General in July of 2018.

As part of the trip, Evon visited the Chief of Mission's Residence and met with Chargé d'Affaires Karl Rios, Deputy Chief of Mission Eric Geelan and Senior Defense Official of the Office of Defense Cooperation U.S. Air Force Col. Gary Symon. Following that visit, Evon visited the Estado Mayor De la Defensa, part of the Uruguayan Ministry of Defense, and numerous Uruguayan military installations including the Capt. Juan Manuel Boiso Lanza Air Base, Comando General de la Armada Nacional, Comando General del Ejército and the National Peace Operations Training School of Uruguay, also known as ENOPU, where Uruguayan service members go for pre-deployment training in participation of U.N. peacekeeping missions.

While visiting these sites, Evon met with senior officials of the Uruguayan Army, Air Force and Navy, to include Army commander Gen. Gerardo Fregossi, Air Force commander Gen. Luis De León, and Navy commander Adm. Jorge Wilson. Additionally, Evon also met with members of the Uruguayan Joint Staff to include Chief of the Joint Staff Gen. Rodolfo Pereyra and Army Chief of Staff Maj. Gen. Luis Mangini.

Evon and his staff were briefed by their Uruguayan counterparts on the capabilities, equipment and missions of each respective organization and discussed ways to incorporate the Connecticut National Guard in future joint engagements. Evon also presented Defense Meritorious Service Medals to officers, from each Uruguayan service, that previously served as an attaché to the United States for providing expert insight and advancing issues of major importance to the United States and Uruguay, in addition to facilitating training and operations between the two nations.

Evon himself was presented with the medal of 18 May 1811, the second highest military award of the Uruguayan Army, by Army commander Gen. Gerardo Fregossi at the Comando General del Ejército on Aug. 9, 2022, in recognition of the dedicated support the Connecticut National Guard had provided Uruguay throughout the history of the partnership.

The trip concluded with a visit to the Legislative Palace of Uruguay, where Evon met and spoke with Uruguayan senators as well as Uruguayan Vice President Beatriz Argimón, discussing items of mutual defense interest and ways to collaborate in the future. Lastly, Evon attended a wreath laying ceremony at the Cementerio del Norte, to commemorate Uruguay's fallen airmen. In attendance were all of the Uruguayan service chiefs as well as the Minister of Defense Javier García and the President of the Republic Luis Lacalle Pou.



102d Regiment

WWI BATTLEFIELD

TOUR

17-23 April 2023

**CONNECTICUT STATE LIBRARY & KNEE DEEP INTO HISTORY TOURS, LLC
ARE PROUD TO OFFER THIS SPECIAL ONCE IN A LIFETIME TOUR**



7 days, 6 nights

This includes 3-star hotel accommodations, breakfast, lunch, dinner, snacks, on-ground transportation, and multilingual tour guides. Plus, a portion of the cost will support the State Library's "Digging Into History" program!

Walk the Battlefields of the Western Front

We'll visit the caves on the Chemin des Dames Front, Château-Thierry area, St. Mihiel Salient, and the Meuse-Argonne Sector. You'll get out onto the battlefields so you can get a sense of what our boys accomplished.

Seicheprey Fountain Rededication

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

STAND FORTH



908.451.0252



<https://bit.ly/102dTour>



Soldier gains citizenship and finds purpose helping others in the Army National Guard.

Sgt. Matthew Lucibello
130th Public Affairs Detachment

For many, joining the Army is a dream, a goal, something to strive for. For Connecticut Army National Guard Staff Sgt. Mario Soriano, enabling others to do this, is his.

Soriano, originally from Madriz, Nicaragua, came to the United States in 2008, following in the footsteps of his mother who came to the country in 2006. A few years later, he joined the Connecticut Army National Guard on July 29, 2013. He, like many others before him, joined to obtain his citizenship, to further his education and to obtain, in his words, “a sense of purpose and direction.”

His first job as a soldier would be as an indirect fire infantryman, also known as a mortarman. Mortarmen have the most powerful and long ranged weapon of an infantry unit, and in Soriano’s case, it was a 120mm mortar.

The 120mm mortar, and other mortar systems, are indirect fire weapon systems. They support maneuver elements of the infantry by destroying point or area targets using high explosive shells or by providing concealment to the infantry by using smoke shells. Additionally, mortars can also light up the battlefield at night with illumination rounds, giving the soldier on the ground a bright and clear picture of the battlespace around them, and any enemy presence that might have been protected by the cover of darkness.

“In the Mortar section, I started from the bottom, I worked as the ammunition prep, assistant gunner and my last role was gunner,” explained Soriano. “The good thing about being part of the biggest mortar system is that we need vehicles to move it around, it makes a huge difference considering it is a 319lb system with 30 to 45lb mortar rounds.”

Soriano’s favorite part of being a mortarman though wasn’t the thrill and excitement derived from witnessing the destructive capability of the weapon system, it was the incredible views he would be able to witness traveling around and living in the field as he conducted live fire training. His most memorable experience would be found up at Fort Drum, NY, home of the 10th Mountain Division.

“My favorite experience was waking up early in the morning and watching the sunrise after a night of live fire,” said Soriano. “My friends and I were exhausted but the view was unreal.”

In 2014, Soriano was approached by Connecticut Army National Guard Sgt. 1st Class Eduardo Coya, the recruiter who helped Soriano join the CT Guard a year prior, to work full time as a National Guardsman by coming on Active Duty Operational Support, or ADOS, orders. Soriano would support the 6th Recruiting and Retention Battalion, the unit responsible for recruiting and preparing Connecticut’s finest to become soldiers, by aiding recruiters to achieve their mission. Here, Soriano would work full time for recruiting while still fulfilling his obligation as a mortarman with the 102nd Infantry Regiment, one weekend a month and two weeks in the summer. He would participate in a couple of events run by the battalion, such as representing the Connecticut Army National Guard by marching in public events as part of the color guard, talking to



U.S. Army Pvt. Mario Soriano poses for a photo with an American flag and his citizenship certificate during one station unit training at Fort Benning, Georgia. Soriano acquired his U.S. citizenship by serving in the Connecticut Army National Guard as an indirect fire infantryman. (Courtesy Photo by U.S. Army Staff Sgt. Mario Soriano)

high school students about the benefits of the National Guard and talking to college students at fairs. There he would witness the direct impact recruiters had on those wishing to serve.

“I did support multiple recruiting events,” said Soriano. “That gave me an idea of how the job had a direct impact in the community.”

Motivated to give back and support his community, Soriano began his journey to become a recruiter. His sense of direction was now found, and his purpose was to help others in the way that the Army helped him. He would be hired as a recruiter in December 2017 and attended recruiting school in January 2018. Soriano went on to graduate a little over a month later and hit the streets not long after that.

Now, instead of just supporting the battalion as an assistant, Soriano as a full-fledged recruiter would have a mission to make. He would have to recruit a certain number of applicants per year as part of the recruiting battalion’s goal of ensuring that the Connecticut Army National Guard has enough new soldiers coming in per year to maintain unit readiness and overall strength.

“You have to start from scratch and build from the bottom,” said Soriano, talking about how he had to make a

presence for himself as a new recruiter in his community. “It was challenging.”

That wasn’t the only challenge Soriano would face. Recruiters commonly encounter applicants who, despite their best wishes to serve, are not qualified to serve or end up becoming disqualified from service while they are transitioning to shipping to basic training and becoming a soldier.

“The hardest part of the job is not being able to enlist somebody that desires with all their heart to serve,” explained Soriano. “Unfortunately, for either medical reasons or mistakes done in the past, some applicants are permanently disqualified for military service”.

Despite these challenges, the rewards are worth all the trouble to Soriano.

“I know I’ve impacted many people through the four years that I’ve been working as a recruiter, I help people applying to college, applying for full-time jobs and getting hired in the National Guard,” explained Soriano. “The feeling is rewarding, to give this opportunity to someone that probably didn’t know, or had no idea what they wanted to do in the future, by joining the National Guard, they gain a sense of purpose and direction in life.”



A Connecticut National Guard Soldier wears a "breaking the stigma" patch on his uniform at the Army Aviation Support Facility in Windsor Locks, Conn. Sept. 8, 2022. The patch was a project of the state's Resilience, Risk Reduction and Suicide Program (R3SP) to raise awareness about the stigma of seeking help for mental health in the military.

Breaking the stigma of seeking help

Tim Koster
Joint Force Headquarters Public Affairs

If you've seen any Connecticut Guardsmen throughout the month of September, you probably noticed something different about their uniform. Most Guardsmen have been wearing a blue, purple, and white patch on their left sleeve to help raise awareness about servicemember and veteran suicide.

The project was the brainchild of the Connecticut National Guard's Resilience, Risk Reduction and Suicide Program, who enlisted the help of artist Kate Mastrocola to develop the design for the patches.

"I have been lucky enough to work with Kate's husband in a few different capacities in the Guard and have had many conversations with him about suicide prevention," said Staff Sgt. Laura Stamatiou, R3SP program manager. "Major Seth Mastrocola was a major support system when one of my closest friends died by suicide last year. Through that connection, I learned about Kate and her work as well as her advocacy for access to mental health care."

According to the 2022 Department of Veteran Affairs' National Veteran Suicide Prevention Annual Report, 6,146 veterans took their lives in 2020. And, according to the Pentagon, 580 suicides were reported among currently serving service members in the same year.

While the number of suicides has actually dropped in the last couple years – compared to the sharp and steady rise in cases between 2001 and 2018 – advocates insist there's still a long road ahead to break the stigma of seeking help for mental health in the military.

One of the main efforts to continue to reduce the number of suicides amongst the military community is to spread awareness of mental health resources, which is what this patch was designed to do.

"The goal for this project was to give a voice to those who don't have one which actually really aligns with my mission for my own art and to really open up conversation through art about a topic that is hard to talk about in the first place," said Mastrocola, who creates her art under the pseudonym Kasia. "I really believe that art is truly the universal language and it's something that anyone can understand no matter who they are ... people can convey it and it has different meanings to different people."

"The colors stand for a reminder that it's okay to not be okay," she added. "With the

colors and the 'break the stigma' tagline, I wanted to create a simple design because those can often be the most powerful designs. Within this design I chose birds physically pulling apart the word break because birds are a symbol of freedom, bravery, leadership, and protection."

Stamatiou said the road to getting the patch approved was a multi-layered process but everyone in senior leadership was supportive of the idea and helped make it a reality. But that support didn't stop with just approving the project, Maj. Gen. Francis Evon, the adjutant general for the Connecticut National Guard, even helped deliver the patches to a few units and took the time to answer questions from the lower enlisted.

As for Mastrocola, designing the patch was more than just another assignment.

"I was happy to take on this project due to my own personal experiences and the hardships that my family has faced," said Mastrocola. "The Guard has been there for my family and I really wanted to use my artistic skills to pay it back, pay it forward, and also to offer support to those who are seeking it and need it."

Stamatiou added that the patch is meant to start conversations. When it was issued to the troops, there were some who loved the idea and others who weren't sure about why they were wearing them, but they did their job; they sparked conversations not just about suicide prevention but also about thinking outside the box and trying new things to raise awareness about a serious subject.

As for Mastrocola, she hopes these conversations are just the beginning of something she hopes will grow to a larger scale.

"As a street artist, I use walls and barriers literally and figuratively as a canvas for change and social movement and my hope for this would be that the wall and the barrier isn't confined to just Connecticut and that we'll be able to expand beyond that, nationwide, and make this even bigger in the future."

The issue of military suicide is one that has a deep roots and won't be solved overnight, but the numbers indicate a positive direction. According to the VA, an average of sixteen veterans committed suicide every day in 2020. This number is down from the twenty-two a day average a few years ago.

If you're concerned about your mental health or are thinking about hurting yourself, a new veteran and family crisis hotline is now available nationwide. Simply dial 988 then one or you can chat with someone online by visiting www.veteranscrisisline.net/get-help-now/chat/. Either option is confidential and available twenty-four hours a day.



THE IG UPDATE



Volume 22-9, September 2022

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

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

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

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

Maintain a clear distinction between personal and official accounts:

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

Do not disclose non-public information:

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

Do not conduct official business on personal social media accounts:

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

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

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

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

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

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

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

Command Sergeant Major
CSM Roger. P Sicard



Command Inspector General
LTC Tim K. Staton

Inspector General NCOIC
SFC Margaret A. Stone

IG Points of Contact
IG Office
Armed Forces Reserve Center
375 Smith St.
Middletown, CT 06457

References/Resources

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



IUMKAqDBPCsd



The 202nd RED HORSE Squadron clear roads in Fort Myers Beach, Florida in response to Hurricane Ian, Sept. 30, 2022. (U.S. Air National Guard photo by Senior Airman Jesse Hanson)

Be prepared for any emergency

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

Being prepared for natural disasters is the responsible thing to do. In the Northeast, hurricanes are the primary natural disaster for which we prepare, but as the climate changes other weather disasters like tornadoes and severe flooding are not out of the realm of possibility. The AARP, the state of Connecticut, the CDC (Center for Disease Control) and Ready.gov offer practical information aimed at more senior retirees, that is good advice for everyone to be prepared for an emergency.

All groups recommend a basic emergency kit which should contain at the very minimum, one gallon of water per person for at least three days, at least a three-day supply of nonperishable food, a battery-powered or hand crank radio, along with a NOAA weather radio that sends an automatic tone in case of an emergency alert, flashlight and extra batteries, a cell phone with chargers and backup power packs, a first aid kit and a whistle for signaling for help. There should be a sleeping bag and change of clothing for each person whom the kit will serve. An emergency kit can be customized to include those items necessary to those who will use it.

In addition, individuals should include the following

which apply to them. Anyone who takes medications should have at least a three-day supply along with a cooler and ice packs if the medications require refrigeration, and medical supplies such as diabetic test strips and syringes. Extra glasses, contact solutions, hearing aids and extra batteries should be part of the kit for people who use them.

In a natural disaster, it is important to have a waterproof document bag especially if there is a possibility of evacuation. This bag should include a personal care plan; contact information for family members; a medication list including the dosage, exact name, pharmacy information and the prescribing doctor for each medication; a list of food or medical allergies; copies of photo IDs and medical insurance cards; and a durable power of attorney and/or medical power of attorney documents. Anyone who uses medical devices such as oxygen, walkers and wheelchairs should have the model numbers and vendors of those products with their documents. Finally, it should include cash for expenses if ATM and credit card machines are not working or banks are closed.

It is also recommended that seniors or anyone such as young children should have on their person, identification that includes their full name, a list of allergies or medical conditions, and a family-member's contact number if they cannot communicate for themselves.

The CDC recommends including additional supplies to protect against the spread of coronavirus, the flu, and other contagious diseases. There should be face coverings for everyone two and older, hand sanitizer, soap, and disinfecting wipes.

Connecticut Prepares is an app you can download for free onto your cell phone. It includes information on preparing before, and after an emergency, a contacts section for power, utilities, and current emergency information. One can connect to local and online services. It allows you to sign up for alerts, access the weather, and has a "I'm safe" feather.

As this article is being written, Hurricane Fiona is ripping through Puerto Rico. Connecticut has had major storms over the past couple of years but has dodged a major hurricane or winter storm. It is only a matter of time before we need to deal with one. As the climate changes and there are more chances for dangerous, even catastrophic storms, it is important individual households be prepared.

Only basic information has been presented. More detailed information can be found on the AARP website, State of Connecticut CT Prepares, Ready.gov, and the CDC.

LEADS TO ENLISTMENTS

FY-22 ARMY NATIONAL GUARD AWARDS PROGRAM

1ST LEAD TO ENLISTMENT

Choice of: National Guard Sweatshirt
OCP Backpack or Personalized Tumbler



2ND LEAD TO ENLISTMENT

Choice of: National Guard Sweatshirt
OCP Backpack or Personalized Tumbler



3RD LEAD TO ENLISTMENT

Choice of: National Guard Sweatshirt
OCP Backpack or Personalized Tumbler

JOINT RECRUITING RIBBON

Awarded once 3 enlistments complete
their training



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

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

Bringing light to suicide prevention

Sgt. 1st Class Silas Holden
Contributor

This month I want to put on my Master Resiliency Trainer (MRT) hat for my Connecticut Guardian article submission. September was Suicide Awareness month and resiliency ties into suicide prevention very closely. A statement you often hear from individuals who know a person that commits suicide deserves some highlighted attention. "They always had a smile and seemed happy. I don't understand why they did it." Let that statement sink in for a few. I believe you will see that the answer is easy to decipher from the statement. Communication and getting to know an individual are the answers. Behind every smile can hide many traumas, bouts with depression, and years of sadness and self-doubt.

Going only by an individual's facial expression, it is easy to miss everything hidden behind it. Without opening lines of communication and connecting on an intellectual and human level, only the individual is aware of the darkness they live within. It does not only take courage to reach out for help when you are the individual living in darkness, but it also takes courage for another person to start communication and navigate the path to asking difficult questions. Doing so can often completely change the trajectory of a person's suicidal intent. Human connection is paramount, and electronic technology often gets in the way of human connection.

Some characteristics that create effective communication are: Active listening, clear and concise speaking, open-mindedness, empathy, eye contact, honesty, and vulnerability.

Proper communication helps to build a connection between participants and works to solve problems by helping those involved remain confident, clear, and controlled. Let's examine the three Cs mentioned here. Confident: you believe in your ability to handle the situation and are composed. Clear: The message is easy to understand and not exaggerated. Controlled: You are "tracking" the other person and modulating yourself if necessary.

Within the realm of health, five sectors make up the whole. The five are physical, mental, emotional, social, and spiritual. It is important to focus on finding a balance between all five sectors as they feed into each other in many ways. When your mental and emotional health gets out of balance, it can easily affect your physical, social, and spiritual health. When your physical health gets unbalanced, it can affect your mental and emotional health.

"The bravest thing I ever did was continuing my life when I wanted to die."

- Juliette Lewis

"The interpersonal-psychological theory of suicidal behavior (Joiner, 2005) proposes that an individual will not die by suicide unless they have both the desire to die by suicide and the ability to do so." (Joiner, T.E. 2005)

"The theory asserts that when people hold two specific psychological states in their minds simultaneously, and they do so for long enough, they develop the desire for death. The two psychological states are: perceived burdensomeness and a sense of low belongingness or social alienation." (Joiner, T.E. 2005)

Communication plays a vital role in reversing the thinking of those individuals drawn

**WHAT DOES SUICIDE LOOK LIKE?
IT LOOKS LIKE THE FRIENDS,
FAMILY MEMBERS AND
CO-WORKERS WHO ARE
LEFT BEHIND.**

**Veterans
Crisis Line**
DIAL 988 then
PRESS 1

**MILITARY
ONE
SOURCE**

PRODUCED BY THE DEFENSE HEALTH AGENCY

Connect to Protect:
Support is Within Reach

to suicidal ideations. My challenge to all of us is to put down our phones and set aside our perceived barriers to human connection so we start communicating better with our seniors, peers, and subordinates. Rank, race, gender, or culture should never cause open and effective communication to cease to exist, yet they do on a vast scale. Every time a suicide occurs, we are all to blame if we know the individual. Because if only one person reaches out with empathy and sincerity, the ideations of suicide could leave the conversation as the desired end state.

I want to thank the Family Support and Readiness Group and R3SP office from Hartford for putting together the "Break the Stigma" 5K. Camp Nett had a great turn out for the first year of doing this and the complimentary food truck was an excellent addition. Waffles and ice cream after running 3.1 miles, "yes please." We all need to continue to stress the importance of this subject and work on our communication. Every individual is a member of the team, and no single individual should have to fight any battle on their own. "I will never leave a fallen comrade," needs to apply to those with invisible wounds also, for those are often worse than the physical wounds we can see. Find your strength, find your passion, and bring it to the table.

CT National Guard Behavior Health: 855-800-0120

VA/Military Crisis Line: 800-273-8255

National Suicide Prevention Hotline: (quick dial option is now live): Dial 988 or call (800) 273-8255 (24/7 – 365).

CONNECTICUT NATIONAL GUARD HELPLINE

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

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

1-855-800-0120



U.S. Army Soldiers with the Florida National Guard's Chemical, Biological, Radiological/Nuclear, and Explosive - Enhanced Response Force Package load supplies as part of their response to Hurricane Ian, Sarasota, Fla., Sept. 29, 2022. Soldiers and Airmen were joined by emergency responders from other states as they mobilized to support the local community.

Thousands of Guardsmen Supporting Hurricane Ian Response

Sgt. 1st Class Zach Sheely
National Guard Bureau

More than 5,000 National Guardsmen from multiple states are positioned across southwest and central Florida to help communities devastated by Hurricane Ian.

Florida Guardsmen and others from Louisiana, New York and Tennessee – with more on the way from Georgia, Indiana, New Jersey, South Carolina and Montana – are standing by to provide direct support in the wake of the catastrophic storm, said Army Gen. Daniel Hokanson, the chief of the National Guard Bureau.

“We’re hurt by the significant devastation we’re seeing and the impact on the lives of Florida citizens,” Hokanson said. “In the immediate aftermath, search and rescue will be the focus. Our concern is saving lives and getting our folks in there as quickly as possible to make a difference in that critical time to get people out of situations that may be potentially life-threatening to them.

“Because we’re in every community, we’re part of the first responders to assist in recovery immediately,” he said.

Ian made landfall on Florida’s southwest coast Wednesday afternoon as a Category 4 hurricane with 150 mph winds and record storm surges, flooding cities up and down the Gulf Coast. Now a tropical storm, there is still a danger of life-threatening storm surges and flooding through Friday along the northeast Florida, Georgia and South Carolina coasts.

Widespread, life-threatening flooding, with major to re-

cord river flooding, will continue Thursday across central Florida, with considerable flooding in northern Florida, southeastern Georgia, and eastern South Carolina expected through the end of the week.

Hokanson said the Guard was working closely with local authorities to ensure the right people and equipment were in the right places to maximize impact.

That equipment includes 16 helicopters, 1,640 high-wheeled vehicles, seven boats, 36 fuel tankers and generators to conduct search and rescue operations, clear roads and support law enforcement.

“This is primarily where our assets and high-water vehicles can really get in there and control those areas where people might be trapped or in danger to try to get them to safety as quickly as possible,” Hokanson said.

Helicopters will also be critical in search and rescue and supply transport, said Army Maj. Gen. Joseph Jarrard, the National Guard Bureau director of operations.

“We’ve also got aviation assets that they will use to get to those hard-to-reach places to ensure that, one, we want to save as many lives as possible, and then if people are OK, get supplies to them so that they can weather the storm and the aftermath of it,” Jarrard said.

With extensive damage to infrastructure and millions of residents without power, the Florida Guard’s 146th Expeditionary Signal Battalion provided emergency communication capabilities to civilians and first responders.

“We are preparing for Hurricane Ian by giving our Sol-

diers training on the Transportable Tactical Command Communications Ground Antenna Transmit and Receive devices,” Sgt. Justin Love, a satellite communication systems operator-maintainer with the 146th ESB, said Tuesday. “This training will allow us to support emergency operation centers when services are needed, such as phone service and internet.”

As part of an emergency management assistance compact, the Tennessee National Guard mobilized some 1,200 Guard members to Florida.

“We have a tremendous amount of experience responding to natural disasters like hurricanes, floods, and tornadoes and we are ready to help the citizens of Florida,” said Army Maj. Gen. Jeff Holmes, Tennessee’s adjutant general.

“It is why we wear the uniform, and once again, it’s the strength of the National Guard on display. We’re grateful for the families, employers, and communities for their continued ongoing support to our Guardsmen,” Holmes said.

The National Guard Bureau Joint Operations Center in Arlington, Virginia, was operating around the clock to help coordinate the Guard’s ongoing response. According to an NGB assessment, National Guard activations will continue over the next 48 hours due to current and forecast weather conditions.

“The National Guard will stay as long as we’re needed,” Hokanson said.

FRIENDS OF THE FIRST COMPANY GOVERNOR'S HORSE GUARDS

SGT. STUBBY

★ AN AMERICAN HERO® ★

BASED ON A TRUE STORY



OPEN HOUSE

- Saturday, Oct. 8
from 10 am-3 pm
- FREE Kid Movie
(11 am; bring some
blankets/pillows)
- Meet the Troopers
& Horses; Get a Tour
- Oldest Continuously
Serving Cavalry Unit
in the U.S. /244 Years
- CT's 928th Military
Working Dogs/Demos
- Military Vehicles
on Display



1Co. GHG, 280 Arch Road, Avon, CT 06001 • 860.673.3525



Welcome Home 142nd Medical Company!



A Soldier assigned to the 142nd Medical Company embraces his loved one after returning from deployment at the Connecticut National Guard's Army Aviation Support Facility in Windsor Locks, Connecticut, September 8, 2022. The 142nd spent the past nine months deployed to Poland to provide medical care and patient transport in support of Operation Atlantic Resolve. (photo by Tim Koster, Joint Force Headquarters Public Affairs)



A child points to stickers he applied to a sign he made to welcome home his father, a Soldier assigned to the 142nd Medical Company, at the Connecticut National Guard's Army Aviation Support Facility in Windsor Locks, Connecticut, September 8, 2022. (photo by Tim Koster, Joint Force Headquarters Public Affairs)



A Soldier assigned to the 142nd Medical Company embraces her colleague after returning from deployment at the Connecticut National Guard's Army Aviation Support Facility in Windsor Locks, Connecticut, September 8, 2022. (photo by Tim Koster, Joint Force Headquarters Public Affairs)



U.S. Army Maj. Gen. Francis Evon, the Connecticut Adjutant General, and Connecticut Gov. Ned Lamont greet soldiers of the 142nd Area Support Medical Company, Connecticut Army National Guard, as they deplane at the Connecticut Army National Guard Army Aviation Support Facility in Windsor Locks, Connecticut, Sept. 8, 2022. (Photo by Sgt. Matthew Lucibello, 130th Public Affairs Detachment)



A U.S. Army soldier assigned to the 142nd Area Support Medical Company, Connecticut Army National Guard, and her son, pose for a photo holding up a welcome home sign at the Connecticut Army National Guard Army Aviation Support Facility in Windsor Locks, Connecticut, Sept. 8, 2022. (Photo by Sgt. Matthew Lucibello, 130th Public Affairs Detachment)



U.S. Army Maj. Ulrick Brice, left, executive officer to the adjutant general, Connecticut Army National Guard, greets a U.S. Army soldier assigned to the 142nd Area Support Medical Company, Connecticut Army National Guard, right, at the Connecticut Army National Guard Army Aviation Support Facility in Windsor Locks, Connecticut, Sept. 8, 2022. (Photo by Sgt. Matthew Lucibello, 130th Public Affairs Detachment)

The YANKEE COURIER



VOL. 22 NO. 8

EAST GRANBY, CONNECTICUT

September 2022



Peter Anthony, a Korean War veteran is cheered on by members of the Connecticut Air National Guard as he heads toward security at Bradley International Airport before flying to Washington D.C. as a participant in Honor Flight Connecticut Sept. 24, 2022. Anthony is one of several veterans from World War II, Korea, and Vietnam who traveled to the nation's capital to visit the various monuments and memorials. Honor Flight Connecticut was created in April 2019 to honor Connecticut veterans with an all-expenses paid trip to Washington D.C. they may not have otherwise been able to make.



Chief Master Sgt. of the Air Force JoAnne S. Bass delivers her keynote address, "Airmen: Yesterday, Today, Tomorrow," during the 2022 Air, Space and Cyber Conference in National Harbor, Md., Sept. 21, 2022. (U.S. Air Force photo by Eric Dietrich)

CMSAF announces 'Purple Book,' talks people, readiness, culture at AFA

Master Sgt. Erin L. Smith
Secretary of the Air Force Public Affairs

NATIONAL HARBOR, Md. (AFNS) -- Chief Master Sgt. of the Air Force JoAnne S. Bass announced the release of the new Purple Book, while illuminating people, readiness, and culture at the Air and Space Forces Association's Air, Space and Cyber Conference Sept. 20.

Bass, who represents the highest enlisted level of leadership, took pride in introducing the "The Joint Team," commonly known as the Purple Book, which aims to help Airmen become better joint-minded service members. She also recapped the vast accomplishments attained over the past year, highlighting particular efforts of Airmen who supported Operation Allies Refuge and Operation Allies Welcome.

Airmen from the Personnel Recovery Task Force, special tactics and other major commands partnered to help evacuate Afghans, provide 1.5 million meals and 1.2 million bottles of water and administered 33,000 vaccines, constructed 552 tents, and delivered 38 newborns.

"When I think of 'One Team, One Fight,' I think of Airmen from across the Air Force," she said. "Every major command came together to produce effects greater than themselves and their respective parts. That is interoperability and that is integrated by design."

Noting recent accomplishments and works in progress, Bass highlighted leadership development, publication of the first Enlisted Force Development Action Plan, updated The Enlisted Force Structure and The Profession of Arms: Our Core Values, more commonly known among Airmen as the "Brown" and "Blue" books.

Bass also mentioned updates to professional military education with some updates beginning this fall. Upcoming changes include:

- Improvements to the MyEval evaluation system.
- A shift in bullet writing to a narrative structure, beginning in October.
- Digital WAPS promotion testing.
- Changes to assignment priority codes for military training instructors, military training leaders, and recruiters.
- Removal of time on station requirements for expedited transfers and the inclusion of acquitted Airmen in expedited transfers.

- Better alignment of assignment report dates so Airmen will not have to report to a new duty station within 120 days of their return from a deployment.
- A new assignment swap policy, citing more details to come.

"How we develop and retain our Airman is paramount to winning the future fight," she said. "Our strategic competitors are deterred by a strong NCO corps and even more so when we come together with our allies and partners. That is our strategic competitive advantage!"

Bass emphasized information warfare threats to the American way of life and mentioned wars of the future will not look like wars of the past. Making a special note that everyone has a responsibility to the fight by remaining ready, alert and aware of the tactics of our adversaries.

"When it comes to the information domain, we can no longer be passive observers," she said. "It is a battle space, and our adversaries are weaponizing information at speed, scale, and scope. They are able to leverage social media, digital media, and the information environment to direct the impact of people, readiness, and the culture of our Air Force."

She specifically cited China and Russia, and how the disinformation model – which has been relatively unchanged for nearly a century – keeps working. Meanwhile, China has been keeping a watchful eye and learning. She stressed the need for digital and social media literacy has never been greater. Airmen now must be critical thinkers, but she has no doubt today's Airmen are up to the challenge.

"As your fellow Airman, what I remain encouraged about is that no matter the challenges that may come our way, they can never compete with you," she said. "In fact, the most lethal and advanced weapons systems that we have would simply be a static display if it wasn't for you."

Bass discussed the level of education among the enlisted force and noted this year alone, nearly 1,000 enlisted Airmen joined with a degree; making more than 33,000 enlisted Airmen in possession of a bachelor's degree and more than 6,000 in possession of a postgraduate degree. Sixty-eight have a Ph.D. – three of whom are Airmen 1st Class.



SRA CLAIRE HAGEN

103 Airlift Wing, Bradley ANGB

Orthopedic Tech

Operation HEART 22

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

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

SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

Are you a natural born **leader**?
 Do you have situational **awareness**?
 Do you exceed **standards**?
 Do you strive for **excellence**?
 Are you **committed** to everything you do?
 Do you like to **support** your **peers**?



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



NOT FEELING LIKE **YOURSELF?**

REACH OUT. STAY MISSION READY.

Military Life is Hard On Your Mind And Body

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

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

Psychological Health Resource Center

Call/Chat with a health resource consultant 24/7 at 866-966-1020 or realwarriors.net/livechat

Military Crisis Line

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

REAL WARRIORS ★ REAL BATTLES
REAL STRENGTH

realwarriors.net

MHS

Military Health System
health.mil

Air Guard's 1st Female F-35 Pilot has Inaugural Flight in Vermont

Master Sgt. Ryan Campbell
158th Fighter Wing

SOUTH BURLINGTON, Vt. – Three years of training led to one very important day. Over the Vermont mountains, history was made at 20,000 feet.

It wasn't the first time for the 158th Fighter Wing. In 2019, it was the first wing in the Air National Guard to receive the F-35A Lightning II.

As the only wing in the Guard to fly a fifth-generation fighter, the Airmen have continuously made their mark, including recently completing the first overseas Guard deployment of the F-35.

Now, the latest chapter of Green Mountain Boys' history has been written.

"I saw that they were having interviews. I was really interested in a fighter slot, and Vermont is just beautiful," said 1st Lt. Kelsey Flannery, the first female F-35 pilot in the Air National Guard. "I was really excited, and I was lucky enough to get a pilot slot with them."

Interviewing with the 134th Fighter Squadron in 2019, Flannery was part of a small group of hundreds of applicants selected to become the squadron's newest pilots.

After being home for a week, Sept. 7, 2022, marked Flannery's first flight as a member of the Vermont Air National Guard.

"I really wanted to be on the leading edge. I liked the focus it required and I liked the community a lot," Flannery said about why she set out to be a fighter pilot.

"It's exciting to get up there, go fast and be able to employ weapons, so that was one of the more appealing parts of it."

After a successful interview and hiring board, the 30-year-old former boxing instructor from Kentucky was sent to Officer Training School to get her commission.

Flannery already had a pilot's license, so was able to go straight to undergraduate pilot training for over a year of successful training on T-6 and T-38 aircraft. That led to Intro to Fighter Fundamentals and Survival, Escape, Resistance and Evasion school.

Then came the time to get into an F-35 for the first time at the Air Force's "B-course," which lasted nine months.

"It was awesome, the instructors were top-notch," said Flannery. "You felt very prepared to go into a single seat for the first time. It was super fun to go up there and work through problems on your own, figure it out and just learn to be a wingman."

Unlike the other fighters in the Air Force inventory, the F-35 has no two-seat variant for training.

"We felt really prepared, the instructors were awesome and the simulators help prepare you very well," said Flannery. "I guess the only thing you're experiencing for the first time is the feeling of actually being in the jet, but you're already exposed how to work through all the problems and you have a lot of experience up there with you with your flight lead."

Flannery said she was excited to get back to Vermont and start flying with the wing.

"Flying in the B-course was a blast, but it's really cool to be back," she said. "I feel very grateful they gave me



First Lt. Kelsey Flannery, an F-35A Lightning II pilot assigned to the 134th Fighter Squadron of the Vermont Air National Guard's 158th Fighter Wing, returns from a training mission from South Burlington Air National Guard Base, Vermont, Sept. 7, 2022. Flannery, the Air National Guard's first female F-35 pilot, had her first flight with the 158th after three years of flight training.

this opportunity and can continue learning from everyone here."

Being back at the wing as a new pilot entails two years of full-time, on-the-job training to keep developing her skills as a fighter pilot.

She explained that though she is mission qualified and can be deployed, the two years will be spent learning from the wing's instructor pilots and taking on certain roles in the wing, including working in the 134th's scheduling office.

"Right now, I just want to be the best wingman I can be," said Flannery.

The daughter of an Air Force pilot, Flannery said she always knew she wanted to fly for the military. After considering active duty, Flannery said she learned about the opportunities in the Air National Guard. Being selected by Vermont to fly the F-35 was "icing on the cake," she explained.

Flannery said the topic of her being the first female in the Guard to pilot an F-35 never came up throughout the three-year process of becoming the latest pilot in the 134th Fighter Squadron.

"There's definitely been a trail blazed already and I'm really grateful to the women who have done that, but nobody has brought it up and I feel very much like an equal here," said Flannery. "People just treat me like a wingman and it's great as it allows me to focus more on flying."

Being back in Vermont, Flannery is full of praise for the F-35 and said she intends to make a career in the Vermont

Air National Guard.

"I'd love to be able to deploy," she said. "Right now, I feel like I'm in a great position to be able to learn from everybody, so looking forward to flights day-to-day and soak up as much information as I can."

Capt. Jake Dubie, one of the 134th's instructor pilots and the first one in the wing to hit 500 flying hours in the F-35, said Flannery did great in her first flight in Vermont.

"I met Kelsey three or four years ago when she first applied to become a pilot here, sat on the board and to be able to see her go from that and be lucky enough to get to fly her first flight here in Vermont was definitely super exciting," said Dubie, who has helped train the more than 30 full-time pilots in the squadron.

"Never had to worry about her up in the air," he said. "She did an awesome job, so it was definitely a lot of fun."

The goals laid out for Flannery are to be the best fighter pilot she can be and be someone who can be trusted in the air, Dubie explained.

"Everything we do here is being part of a team," he said. "Being able to employ your aircraft and do your job in a way that supports the team and makes us the most lethal F-35 squadron in the Air Force is kind of what we're expecting, and I know she's going to do a great job."

Flannery said she was excited to be part of the 134th, a squadron that she said has a strong reputation in the fighter community and a history back to World War II.

"The heritage here goes back so many decades and it's so important that we retain that heritage," said Flannery. "It's great to be in the Green Mountain Boys."



National Guard Bureau Implements Sexual Assault, Harassment Prevention Initiatives

Sgt. 1st Class Zach Sheely
National Guard Bureau

ARLINGTON, Va. — The National Guard Bureau is implementing changes to better fight sexual assault and harassment in the ranks with new prevention initiatives across the Guard force.

These measures include an integrated approach that will add resources and a workforce designed to help eliminate sexual assault and harassment in the Guard in every state, territory and the District of Columbia, based on recommendations from a secretary of defense-mandated independent review commission.

“The National Guard has shifted from a secondary prevention effort to an integrated primary prevention effort,” said Army Maj. Gen. Eric Little, the NGB’s director of manpower and personnel. “I think that’s probably the biggest key in what we’re doing differently now, is making that shift to prevention focus. Our primary focus in National Guard was on response until about 18 months ago.

“This strategy is going to attack sexual assaults and harassments, and harmful acts at the point of influence,” he said.

Little said a civilian program director and separate experts on the prevention of domestic abuse, violence, sexual assault and sexual harassment are to be assigned to each Joint Forces Headquarters throughout the Guard. NGB is also adding uniformed prevention specialists at the brigade and wing levels to implement prevention policies.

While prevention will be the primary effort, sexual assault and harassment response is also evolving. Little said victim advocates and sexual assault response coordinators will be removed from a unit’s chain of command to eliminate pressure or fear of retaliation from leadership.

SARCs and VAs coordinate appropriate and responsive care for victims of sexual assault.

“That brigade or wing commander will not rate their SARC or VA,” he said. “That chain of command will go from the unit to the Joint Force Headquarters up to the first one-star general officer in the chain of command.”

This transition to a prevention emphasis will integrate a previously siloed approach, Little said, adding that incorporating prevention resources into the 450,000-member strong Guard force is a challenge and the problems won’t be completely solved overnight.

“There has been no integrated focus on prevention,” he said. “Chaplains did their thing, family programs did their thing, and SARCs, VAs and Equal Employment Opportunity program managers did their thing.

“In the National Guard, it’s challenging because leaders only see their troops a few times a month,” he said. “We’re not centrally located.”

Another challenge in handling sexual assault and harassment in the Guard is working within the parameters of local and state laws. Guardsmen, unless deployed or mobilized, are in a non-duty status about 90% of the time. When not federally mobilized, the Uniform Code of Military Justice does not apply to them.

If state jurisdictions decide not to levy legal action in a sexual assault or harassment, the Guard can only take administrative action. State laws identify sexual assault differently, and Little said the prevention initiatives include adding legal advisers to help navigate local laws.

The Guard follows Defense Department, Army and Air Force guidance, but Little said Army Gen. Daniel Hokanson, the chief of the National Guard Bureau, has the flexibility to develop policy and guidance that addresses the National Guard’s Joint Force as the Guard is a non-federalized force.

Sexual assault and harassment erode a unit’s readiness, but Little cited examples of units across the Guard that have effectively reduced risks and increased protective factors for preventing sexual assault and harassment.

“There’s a field artillery battery that embodies about what the Guard is all about,” Little said. “They’re a very close-knit community; they know each other on and off duty. They feel very comfortable talking to their leadership. If someone was having a problem, they would intervene. They felt that their leadership cared.”

In January, Hokanson told the House Armed Services military personnel subcommittee: “We owe [our Guardsmen] strong leadership at every level, and we owe them a workplace free from the violence of assault and harassment. This is a serious problem, and we recognize it as such.”

Little said he believes these prevention initiatives will go a long way to achieving Hokanson’s goal.

“I think it’s a step in the right direction to address and stop these issues before they even happen,” he said.

PHOTOS FROM THE FORCE



U.S. Army paratroopers assigned to the 1st Battalion, 503rd Infantry Regiment, 173rd Airborne Brigade provide a mortar barrage for paratroopers advancing on an objective during a combined arms live fire exercise on a maneuver range at the Grafenwoehr Training Area, Germany, Sept. 29, 2022. (U.S. Army photo by Kevin Sterling Payne)



Soldiers participate in Special Patrol Insertion Extraction System (SPIES) training where they are harnessed on a rope and airlifted by a MH-60 Blackhawk helicopter. The Special Patrol Insertion Extraction System can be used to deliver forces to and from hot landing zones during combat operations. U.S. Army photo by Capt. Jon C. Waight.



The United States Air Force Air Demonstration Squadron, known as the Thunderbirds, perform at the Frontiers in Flight Open House and Air Show on McConnell Air Force Base, Kansas, Sept. 25, 2022. The Thunderbirds represent the pride, precision and professionalism of 695,000 total force American Airmen across the globe. (Courtesy photo)



A KC-135R Stratotanker from the 155th Air Refueling Wing, Nebraska National Guard, refuels a German Tornado, Sept. 9, 2022, during Ample Strike Exercise. (U.S. Air National Guard photo by Master Sgt. R. Denise Mommens)

PHOTOS FROM THE FORCE



U.S. Marine Corps AH-1Z Viper executes a close air support mission coordinated by Tactical Air Control Party, Marine Aviation Weapons and Tactics Squadron One (MAWTS-1) Weapons and Tactics Instructor (WTI) course 1-23, at Yodaville, near Yuma, Arizona, Sept. 28, 2022. (U.S. Marine Corps photo by Cpl. Jackson Dukes)



A United Kingdom Royal Marine from 45 Commando fires an M2 .50 caliber machine gun during a live-fire exercise at Grafenwöhr Training Area, Germany, Sept. 22, 2022. This Special Forces-led exercise is designed to improve their ability to work with the United Kingdom's commando forces in a time of crisis. (U.S. Navy photo by LT Rob Kunzig)



Service members jump for joy during the Break the Stigma 5k road race at Bradley Air National Guard Base Sept. 11, 2022. The race was designed to help bring awareness to suicide prevention and resources.

What's Your Story?

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

We want to help you
tell the world!

Contact the Connecticut National Guard
Public Affairs Office:

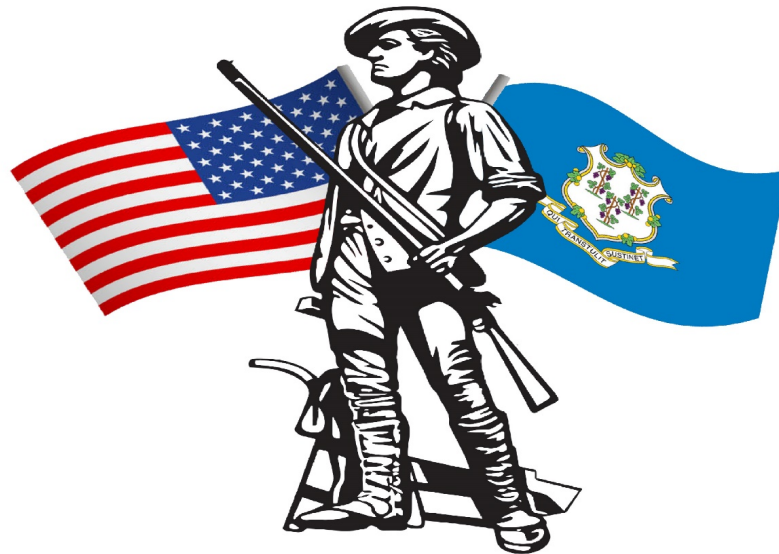
Maj. David Pytlik
david.c.pytlik.mil@army.mil
860.524.4857

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

CALL TO ACTION

MAKE EVERYDAY A MILITARY DAY

COME JOIN OUR WORKFORCE TODAY!



APPLY FOR CAREER OPPORTUNITIES BELOW

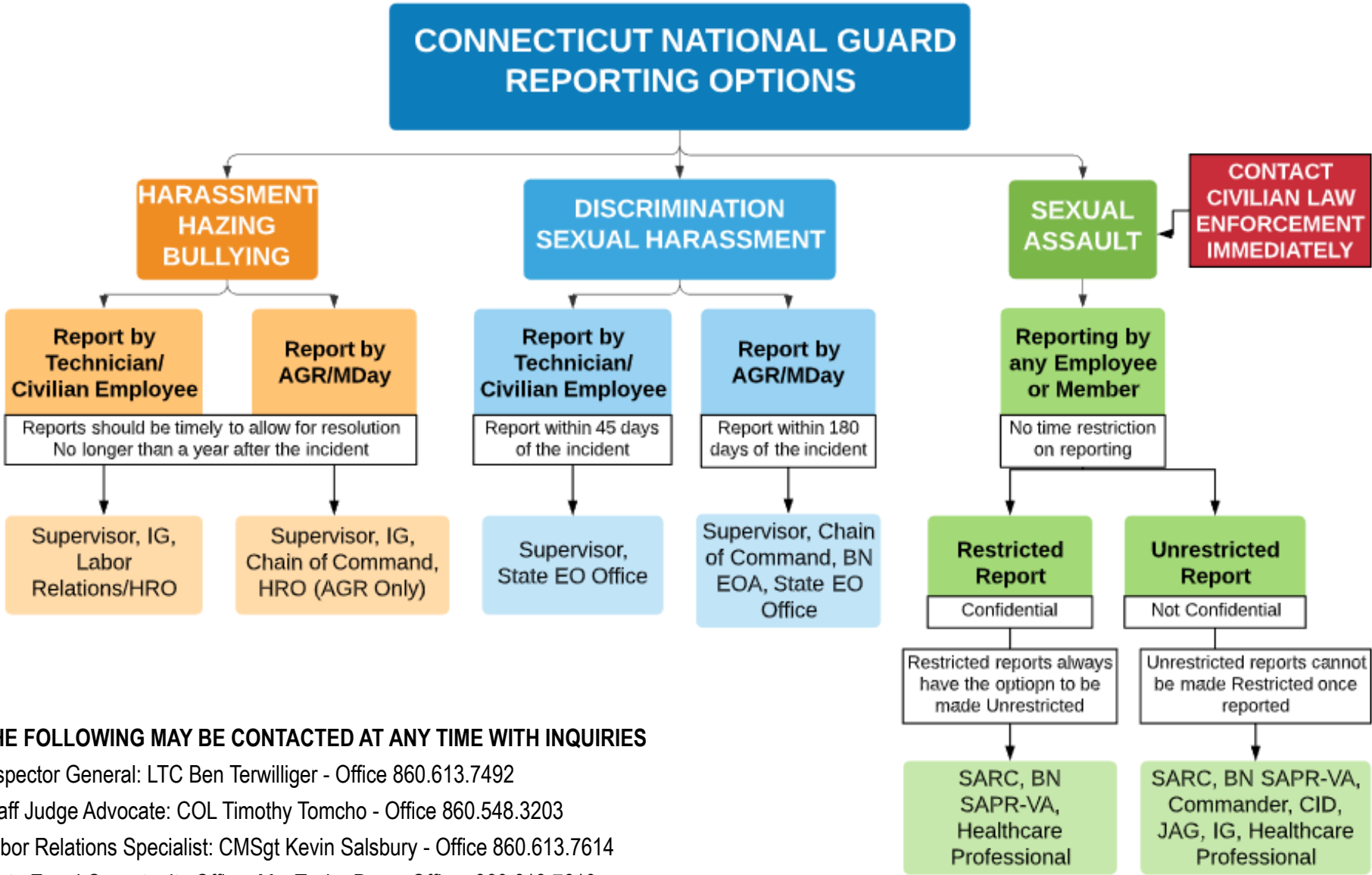
<https://ct.ng.mil/careers>

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

Sexual Assault Response Coordinators
CTARNG SARC 860.883.4798
103rd AW SARC (24hr) 860.895.3526



Chaplain and Legal
CT Chaplain 860.548.3240
CT Special Victim's Council 703.607.2263

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



THE FOLLOWING MAY BE CONTACTED AT ANY TIME WITH INQUIRIES

Inspector General: LTC Ben Terwilliger - Office 860.613.7492
Staff Judge Advocate: COL Timothy Tomcho - Office 860.548.3203
Labor Relations Specialist: CMSgt Kevin Salsbury - Office 860.613.7614
State Equal Opportunity Office: Ms. Tasha Dow - Officer 860.613.7610
Sexual Assault Response Coordinator: Mrs. Katherine Maines - Office 860.613.7611; Cell 860.883.4798
State Chaplain: LTC Eric Wismar - Office 860.548.3240; Cell 860.883.5278

<div></div> <div>Service Member and Family Support Center Staff Directory</div> <div></div>			
<div>William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105</div> <div>(800) 858-2677</div> <div>Open Monday-Friday</div>			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.civ@army.mil	(800) 858-2677
Lead Military and Family Readiness	Melody Baber	melodycheyenne.c.baber.civ@army.mil	(860) 548-3276 (desk) (860) 883-2515 (cell)
Military and Family Readiness Specialist	Carolyn Kyle	carolyn.r.kyle.civ@army.mil	(860) 524-4920 (desk) (860) 394-8748 (cell)
Military and Family Readiness Specialist	Jason Perry	jason.t.perry.civ@army.mil	(860) 524-4897 (desk) (860) 655-9288 (cell)
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)
ARNG Yellow Ribbon Program	SGT Camryn Rawlings	camryn.r.rawlings.mil@army.mil	(860) 493-2796 (desk) (860) 883-6934 (cell)
ARNG Yellow Ribbon Program	SSG Jeovanny Ulloa	jeovanny.j.ulloa.mil@army.mil	(860) 524-4938 (desk)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.m.mccarty4.ctr@army.mil	(860) 548-3254 (desk) (860) 883-6953 (cell)
Military OneSource Consultant	Scott McLaughlin	scott.mclaughlin@militaryonesource.com	(860) 502-5416 (cell)
Employer Support of the Guard and Reserve, Volunteer Support Technician	Ben Beaudry	benjamin.a.beaudry.ctr@army.mil	(860) 524-4970 (desk)
Personal Financial Consultant	Jafor Iqbal	PFC.CT.NG@zeiders.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	(202) 987-3942 (cell)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
<div>Middletown Armed Forces Reserve Center: 375 Smith Street, Middletown, CT 06457</div>			
Military and Family Readiness Specialist	Jason Perry	jason.t.perry.civ@army.mil	(860) 524-4897 (desk) (860) 655-9288 (cell)
<div>Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096</div> <div>Open Fridays</div>			
Military and Family Readiness Specialist	Rich Timberlake	richard.k.timberlake.civ@army.mil	(860) 292-4601 (desk) (860) 500-3189 (cell)
<div>103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026</div>			
Airman and Family Readiness Program Manager	Kasey Timberlake	kasey.timberlake@us.af.mil	(860) 292-2730 (desk) (860) 462-0379 (cell)
Yellow Ribbon Support Specialist	Roberto A. Rodriquez III	roberto.rodriguez.43.ctr@us.af.mil	(860) 819-4636 (cell)
<div>Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357</div> <div>Open Thursdays</div>			
Military and Family Readiness Specialist	Linda Rolstone	linda.b.rolstone.civ@army.mil	(860) 739-1637 (desk) (860) 680-2209 (cell)
<div>Waterbury Armory: 64 Field Street, Waterbury, CT 06702</div>			
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)

CHANGE SERVICE REQUESTED

PRSRT STD
US POSTAGE
PAID
Hartford, CT
Permit No. 603

