Deployed Flying Yankees return to home base

It was an historic and emotional day as the 103rd Airlift Wing welcomed home its first group of returning Airmen from this year’s unit deployment on May 10. The Flying Yankees landed here at Bradley on C-130 aircraft that were deployed out of Charlotte, North Carolina. Just a short time later on May 22, nearly 100 more, almost all aboard from the 103rd Air Control Squadron, returned home late at night to a large crowd of families and friends gathered on the apron in front of the main hangar.

The first group consisted of Airmen from the 103rd Operations and Medical Groups (about 15 members) and was part of the unit’s first deployment with the C-130H Hercules aircraft. The Airmen worked in support of ongoing Expeditionary Combat Support operations in the Middle East including tactical airlift.

C-130 Navigator Maj. Jason Piparo said coming home brought his deployment experience full-circle. “It’s a little emotional for everybody,” Piparo said. “It’s nice to see everyone reuniting with their families after a few months away. I was really excited to see my family here, it was a great turnout, and it was really a great way to end a great mission.”

Maj. Piparo also said he had a great experience being part of the Connecticut Air National Guard’s first deployment with the C-130.

(See HOME on page 3)
Are you looking for a different AFSC? Do you want further training? Does the field of medicine interest you as a career? Have you considering a career as a physician assistant (PA)?

A PA is a nationally certified and state-licensed medical professional. Initially started at Duke University in 1965 with military corpsmen, the students would undergo a condensed, fast-track medical school training in 24 months. These PAs would then be employed by physicians as an extension to their private practice to help meet the needs of underserved areas.

PA roles have evolved tremendously over the years. They are seen in most subspecialties of medicine—including trauma, orthopedics, neurosurgery, emergency medicine, and surgery to name a few. The VA system uses PAs heavily to serve the medical needs of veterans. In the military, they are used extensively in family medicine, orthopedics, ER, aviation medicine, and Special Ops.

How can you become one? In 1996, the military services combined each independent program into one Interservice Physician Assistant Program (IPAP). This 29-month program is located at Fort Sam Houston, Texas. Currently, all applicants must have a minimum of 60 semester hours of college credit (in specific courses) to apply. This is a wonderful way to get paid to go to school, graduate as a commissioned officer with no school debt and a promising career. There are many civilian programs as well that you can pursue, but they will costly. Just to identify few regional programs, Yale and Tufts cost approximately $150,000; Springfield College $115,000, and Quinnipiac $90,000. The IPAP is not only free, but you are paid to attend with a service commitment following graduation.

You can find more information at the following websites:

2. [https://www.aapa.org/](https://www.aapa.org/)
4. [https://www.nccpa.net/](https://www.nccpa.net/)

If you have further questions, contact your education and training office, supervisor, retention office, or make an appointment to talk with me.
“It was fantastic. The focus and the ability to prioritize the mission the way we’re doing out there was great,” he said. “It brings all the months and months of training to a culmination.”

By the end of the unit’s deployment, nearly 400 Airmen from the Connecticut Air National Guard will have served in various expeditionary roles including tactical airlift, maintenance, security and logistics.

The large contingent of 103rd Air Control Squadron Airmen had deployed in November 2016 and was responsible for the command, control and air battle management of the coalition airspace in their assigned region. Based in Orange, the unit is commanded by Lt. Col. John Sorgini of Boston, Mass. Sorgini also commanded the unit overseas at their undisclosed location in Southwest Asia.

This deployment marked the sixth time the ACS has been activated to support operations since 9/11 and continues the 103rd's proud heritage of supporting military operations around the globe.
In recent years, the squadron has deployed members and equipment to Turkey, Colombia, Germany, Portugal, Denmark, Saudi Arabia, Italy and Hungary before focusing its efforts on operations in support of the Global War on Terror.

"This is the first of many happy homecomings the Connecticut Air National Guard will be hosting in 2017, as we look forward to welcoming home the nearly 400 total Airmen who have deployed since late 2016," said Maj. Gen. Thaddeus Martin, the state’s Adjutant General and Commander of the Connecticut Air National Guard. “We are all immensely proud of their efforts and the sacrifices their families have made while a loved one serves abroad," he said.
Post-deployment legal issues? JAG is in...

By Lt. Col. Bob Statchen
103rd Airlift Wing Staff Judge Advocate

All deployers sat through the pre-deployment legal briefing. That may now seem like a long time ago in a galaxy far, far away. However, as you return home, there are a few legal issues you should consider and if necessary, get some additional legal assistance.

Uniform Services Employment and Reemployment Rights Act (USERRA). If you are returning to your civilian job after deployment, you will have to submit an application for reemployment within a certain period of time. The chart below provides the timeline on when you must submit your application for reemployment:

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<th>Days of Service</th>
<th>Application for Reemployment Time Requirement</th>
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<tr>
<td>Less than 31 days</td>
<td>Next scheduled work period after release (taking into account safe travel home and 8 hour rest)</td>
</tr>
<tr>
<td>More than 30 but less than 181</td>
<td>Within 14 days of release from service</td>
</tr>
<tr>
<td>Greater than 180</td>
<td>Within 90 days of release from service</td>
</tr>
</tbody>
</table>

There are exceptions to these timing requirements if compliance is impossible or unreasonable through no fault of the employee. There are also exceptions for injured returning service members. After receiving the application for reemployment, the employer must “promptly” reemploy you. Promptly generally means no more than two weeks from your application for reemployment.

If you return and believe you are being treated unfairly by your employer because of your military service, you should contact the legal office to discuss. Examples of this would include having your job duties changed while you were gone or not being promoted at the same rate as a non-military person (the “escalator” principle). The Department of Labor contains a website with further explanation of your rights under this law (https://www.dol.gov/vets/programs/userr/index.htm).

Servicemembers Civil Relief Act (SCRA). If you return home to find that you have become involved in a legal proceeding (for example, you get a civil complaint in the mail), you should address this issue immediately. Such proceedings could include child custody actions, evictions, contract actions (including auto leases) and other civil suits. You can come to the legal office to discuss, but ultimately you will likely need to hire a civilian attorney. The SCRA may provide some protection for you if you missed a court filing deadline due to your deployment.

Powers of Attorney. If you gave someone a power of attorney that has a termination date, it would be wise to get that document back. This is important because if the termination date extended beyond the deployment period (often we draft them for a year in case a deployment gets extended), you no longer may want that person to have the authority to act on your behalf.

Anything else. If you have any other legal issues you are concerned with, feel free to contact the legal office. In support of the deployments, our office will be manned full-time through the middle of July so you can feel free to come by between drills as well. Most important, Welcome Home!
Firefighters from the 103rd Civil Engineer Squadron worked alongside Airmen from the 103rd Maintenance Group and Bradley Air National Guard Base’s Emergency Manager at an off-base location to train and further hone their crash recovery skills on May 31.

This training allows both the firefighters and maintainers to familiarize themselves with each other’s emergency response equipment and learn how these resources can be compatible in responding to an aircraft crash.

Installation Fire Chief, Chief Master Sgt. Robert Cross, said training the interoperability of these sections and their equipment is critical to safe and effective crash recovery.

“The last time you ever want to meet somebody is during an emergency,” Cross said. “Our job is to make something safe for responders for recovery operations, which is what [the maintainers’] job is. So to get that transition through mutual training and mutual knowledge of each other’s equipment is paramount.”

Chief Master Sgt. Cross said the sections will build on this training with a larger, fast-paced exercise in the October timeframe.
Deployment Connections

by Kasey Timberlake, Airman and Family Readiness Program Manager

Monday evening I had the pleasure of being a part of a homecoming at the 103D Airlift Wing. This has been an incredibly busy time on base with every effort focused on supporting the deployments and re-deployments of groups of Connecticut Air National Guardsmen. That evening, as the planes landed, it was nice to reflect on all the hard work and sacrifice that went into getting the Airmen ready for their mission and the months that went into the deployment itself.

But, the Airlift Wing’s deployment cycle didn’t finish with Monday’s homecoming. We have many others coming and going over the next few months and it is important not to lose the enthusiasm and dedication to supporting the deployers and their families.

As the spouse of a former active duty Marine, I was lucky to be a part of a community who understood exactly what I was going through over a course of a deployment. If I wanted to, I could walk down my street and find a handful of other spouses in the same situation. Here, with the Air National Guard, things are a little different. Your friends or family may not fully understand all the different types of feelings that come during the deployment cycle. From the anticipation of your loved one leaving, to the moment you find your deployment “groove,” to the honeymoon period that happens when your Airman returns, you can run the gamut of emotions in a short period of time.

I will never forget the moment I realized I needed to rely on my military friends during deployment. I was talking to my best friend from college on the phone and I was in the first few weeks of my husband’s 12-month tour in Iraq. During the conversation my friend told me she knew how I felt because her husband goes on “a lot of business trips.” Although my friend was doing her best to relate, week-long business trips to Colorado are not the same as a combat deployment. It wasn’t even worth it to explain that to her! After that conversation I started making more of an effort to be a part of my husband’s unit and spending time with other military families.

If you’re having trouble with anything you’re feeling or just want to talk about the variety of emotions, the Airman and Family Readiness Center is a good place to start! I did the math – the Family Assistance Center Specialist assigned to help with your deployment and I have over 70 years of military family experience! We may not have all the answers, but we will at least have an empathetic ear and probably a story or two that relates to what you’re going through.

Also, the leadership in each deploying squadron is doing a lot to help support families as well. They are offering many opportunities to get together and socialize in this pre-deployment stage and also during the course of the deployment. It really makes a difference if you get involved and participate – even if you only come to one event! There truly is a comfort and familiarity in spending time with people who know what you’re going through. The military represents less than 1% of the population and the more we can get together to understand each other, to talk, and to share our experiences, the more manageable deployments become.

AFPAAS is a web-based application used to account for and assess the needs of the Air Force personnel and their families following a catastrophic event such as a Hurricane or Tornado. AFPAAS is the sole source for accountability actions and provides Air Force leadership real-time feedback on the status of individuals impacted by a manmade or natural disaster. Leadership, Airmen and their family members will use AFPAAS to attain 100 percent accountability and assessment in support of real-word or exercise events.

AFPAAS is applicable to Air National Guard Active Duty Title 10, Active Duty Title 32, State Active Duty, drilling Guardsmen (Traditional & ANG Technicians), and DEERS-enrolled family members of these categories. In the event of a catastrophic event where normal reporting channels are not viable, AFPAAS provides a tool to report status, current location, update emergency contact information and requests for assistance. This system helps leadership account for personnel and to make decisions that support you and your family.

In the event of a catastrophic event that displaces you from your home or office, you may contact someone with internet access and ask them to use AFPAAS on your behalf. You can also access AFPAAS from any computer or request assistance from local authorities and relief agencies. If you do not have internet access you should contact your command representative or the Air Force Personnel Readiness Cell at 800-435-9941. The AFPAAS website is located at https://afpaas.af.mil and is required to be on all unit recall rosters.

All members are required to validate their AFPAAS information yearly. The procedures for this can be found on the 103rd Force Support Squadron’s SharePoint page under Readiness and then AFPAAS. For more information please contact your unit AFPAAS POC or the 103rd Installation Personnel Readiness Superintendent, Master Sgt. Kristina Owren at 860-292-2572.
Sheep Dog Impact Assistance (SDIA) is a non-profit organization made up of military, law enforcement, fire & rescue, and EMS professionals – society's protectors, our “Sheep Dogs.” We exist to engage, assist and empower our fellow Sheep Dogs with continued service opportunities and provide the camaraderie that may be missing after a shift or tour of duty ends. We currently have 19 chapters and teams across the US, and more than 4,000 members, volunteers and supporters nationwide. Be on the ground floor as Sheep Dog Impact Assistance builds a team in Connecticut! Throughout the year, we host challenging events in which our fellow Sheep Dogs can participate. Particularly for those injured in combat or the line of duty, SDIA’s Outdoor Adventures give Sheep Dogs a chance to see how far they have come since being injured, and remind them that no matter the obstacle, they can overcome it with their brothers and sisters by their side. Participants have a new focus, revitalized self-confidence, and are reminded that they can continue making a difference in their communities and for their country. Past adventures have included obstacle races, skydiving, whitewater rafting, big game & bird hunts, ruck marches, & scuba diving.

When Mother Nature strikes our communities, we are quick to deploy Disaster Response Teams to the affected areas. Deployed SDIA Members are able to use their skills to provide immediate “impact assistance” through tree and debris removal, muck-out operations, covering damaged roofs and windows, distributing food & water, and other meaningful tasks. Helping our fellow citizens & Sheep Dogs, while working alongside peers, facilitates healing and gives many a renewed sense of purpose.

Go to sheepdogia.org to donate, volunteer, or become a member today!
What is the difference? I get this question a lot. Let me go over both and hopefully this will clear up any questions you have on these.

**Tuition Waiver:**
Connecticut Program for guardsman in the CT Air National Guard that provides 100% tuition to all state schools. State schools include UCONN, Central, Eastern, Southern, Western and all community colleges. To use this benefit, fill out the CT Tuition waiver form, sign it and give it to supervisor, they will give to your Commander to sign to verify that you have been a satisfactory participant in the unit. Your CSS will send to TSgt Starrett in JFHQ who will provide a certificate to the VA office at your school. You will get a bill like everyone else however it will get stamped waived. You can find a copy of this form in the retention office or on our SharePoint page: https://eissp.ang.af.mil/org/103AW/Pages/
default.aspx.

**Tuition Assistance:**
Program for all AGR or active duty members only. This program covers up to $4,500 of classes per year. The cap per semester hour is $250. TA must be applied for at the Air Force Virtual Education Center (AFVEC), via the AF Portal. Once there, click on “Start a funding Request” on the right and follow the prompts. TA must be applied for every single term. It covers tuition only; no fees or books. College courses utilizing Military TA must be applicable to a degree. TA will be denied to Airman with UIFs, failed PT test, or a referral EPR. The point of contact for this is Rachael Cossingham; she can walk you through the process or help you change your degree plan.
Comm: 781-225-5944  DSN: 845-5944
Email: Rachael.Cossingham.1@us.af.mil

**Yellow Ribbon Program**

**FREQUENTLY ASKED QUESTIONS**

**WHAT IS THE YELLOW RIBBON PROGRAM?**
The Yellow Ribbon Program was established by the Post 9/11 Veterans Educational Assistance Act of 2008. This program allows colleges, universities and other degree granting schools in the United States to voluntarily enter into an agreement with the VA to fund tuition and fee expense that exceed the tuition and fee amounts payable under the Post 9/11 GI Bill.
The institution can contribute a specified dollar amount of those expenses, and the VA will match the contribution, not to exceed 50% of the difference.
To receive the benefits you must be enrolled in an approved program offered by an institution participating in the Yellow Ribbon Program. To see a list of schools in the United States that participate please visit: www.benefits.va.gov/GIBILL/yellow_ribbon/yrp_list_2016.asp.

**AM I ELIGIBLE?**
You may qualify for the Yellow Ribbon Program benefit if you:
- Have 100% Post 9/11 GI Bill (36 months active duty)
- Were discharged from active duty for a service connected disability
- Are a dependent with 100% Post 9/11 GI Bill

**HOW DOES IT BENEFIT ME?**
The Post 9/11 GI Bill pays all in-state tuition and fee charges at public schools and tuition and fees not to exceed a national cap at private schools. Out of state students and those attending private schools may receive additional funds to help cover costs under Yellow Ribbon Program.

**WHAT IS THE NATIONAL CAP UNDER POST 9/11?**
The maximum amount for tuition and fees under the Post 9/11 change every academic year. For academic year 2017-2018, the maximum annual reimbursement for those attending a private or foreign school increased from $21,970 to $22,805.34. The monthly housing allowance for those taking online training exclusively increased to $840.50 person. These rates are effective August 1, 2017 – July 31, 2018.
AF announces Squadron Revitalization Idea Site

By Secretary of the Air Force Public Affairs
Published May 15, 2017

WASHINGTON (AFNS) -- Air Force officials developed a crowdsourcing/idea website to leverage knowledge and expertise from Airmen in the field May 15, 2017.

The CAC-enabled milSuite website provides an online presence for Airmen to offer ideas on how to revitalize Air Force Squadrons. Airmen are encouraged to address specific topics presented in the form of challenges and to help identify the best ideas by voting, commenting and sharing.

The site will be refreshed with new challenges on a periodic basis. The ideas that garner the most votes will be presented to Brig. Gen. Stephen L. Davis, the Revitalizing Air Force Squadrons team lead and then to other senior Air Force leaders.

The squadron revitalization team has conducted 12 base visits and interviewed more than a thousand Airmen. According to Davis, ideas from Airmen are already driving important initiatives.

"Several of the recent changes in Air Force programs affecting squadron personnel were the direct result of Airmen in the field providing feedback under this Focus Area," Davis said. "Our team will conduct additional base visits, but the Squadron Revitalization Idea Site provides an opportunity for the voice of every Airmen to be heard and included in the decision making process as we continue to improve the squadron as the core unit of the Air Force."

This effort directly supports Air Force Chief of Staff Gen. David L. Goldfein’s Focus Area number one – Revitalizing Air Force Squadrons.

To access the Revitalizing Air Force Squadrons Idea Site, please visit https://www.milsuite.mil/revitalize.

For technical support with the site please contact milSuite at milsuite@mail.mil.
Revisions for Air Force tattoo standards applicable to the Total Force take effect Feb. 1, 2017. The guidance, which will be incorporated into Air Force Instruction 36-2903, Dress and Personal Appearance of Air Force Personnel, and several others, applies to all members of the Regular Air Force, as well as Reserve and Guard components. (U.S. Air Force photo illustration by Senior Airman Chip Pons)
ID card appointments are available at Bradley ANGB Tuesdays and Thursdays, 0800 – 1130 & 1300 - 1500, with evening hours every third Thursday of the month. *UTA weekends are reserved for uniformed military members only.*

Schedule an appointment online at:


All members serving as of Dec. 31, 2017, are grandfathered under the legacy retirement system. No one currently serving will be automatically switched to the Blended Retirement System. Though they are grandfathered under the legacy retirement system, Reserve Component Service members who have accrued fewer than 4,320 retirement points prior to Jan 1, 2018, will have the option to opt into the Blended Retirement System or remain in the legacy retirement system. The opt-in/election period for the Blended Retirement System begins January 1, 2018, and concludes on Dec. 31, 2018. *All service members who enter the military on or after Jan. 1, 2018, will automatically be enrolled in BRS.*

For more information, log on to www.MilitaryOneSource.mil or call 1-800-342.9647 or DoD Blended Retirement System http://militarypay.defense.gov/BlendedRetirement

ENLISTED EVALUATIONS SYSTEM

Please be advised that AFI 36-2406, Officer and Enlisted Evaluations regulation has been updated as of 8 Nov 2016. Several changes have been made so it is advised to please review and become familiar with these updates. Any further questions can be directed to our office.

BASE EDUCATION & TRAINING

Got CCAF?
You may have a CCAF degree and not even know it! The Air Force Virtual Education Center or (AFVEC) is your education hotspot. You can retrieve transcripts, look up courses that apply to your CCAF degree, track progress of transcripts sent to CCAF, and verify completion of degree programs. If you are actively pursuing your education, AFVEC can help you get one step closer.

If you have a college degree, continuing education credits, or are looking to apply civilian education to your CCAF,
official transcripts should be sent from the granting institution directly to: CCAF/DESS, 100 South Turner Blvd, Maxwell-Gunter AFB AL 36114-3011.

The CCAF staff will review your transcripts and decide which of your academic credits to accept. Allow 4-6 weeks for processing and then check AFVEC for your updates.

June Ancillary Training
TBD

HOME COMMUNITY CARE PROGRAM

Do you need reliable child care on during drill weekends? If so, the Home Community Care Program (HCC) can help! The HCC Program is an at-home, state-licensed daycare for children between the ages of 6-weeks to 12-years old. Openings are currently available in Enfield, Windsor Locks, and Windsor. For more information, contact your unit First Sergeant, SMSgt Missy Kelly, or TSgt Selva Cabrera at 292-2788.
1st Annual
Flying Yankee
Strength Competition

“Pound for Pound”
Squat

Bench

Deadlift

Male and Female Winners
$10 Registration Includes Event T-Shirt

Date: Saturday, Jun 3    Time: 1600
Location: 103d AW Base Gym
Volunteers Will Be Needed!

POC: SSgt Dan Meskell
daniel.j.meskell.mil@mail.mil
Comm: 292-2722
Connecticut Air National Guard
Human Resource Advisor

MSgt Jennifer Gonzalez-Smith, 103rd Airlift Wing/HRA
Customer Service Hours - UTA Only
Saturday 0800-1630, Sunday 1300-1630
Jennifer.m.gonzalezsmith.mil@mail.mil

The HRA advises the Wing Commander on the organization's culture promoting opportunities for all ANG members to maximize their potential for success without being limited by their differences. Engaged in strategies to effect force development objectives of our Airmen, the HRA works with key individuals to recommend processes to meet mission readiness goals within the ANG.

Your future as a member of the most powerful Air Force on the planet can be cut short if you fail to participate in your own growth & development. As professionals we are held to a higher standard than everyone else. You must be able to look past your own shortcomings for the effectiveness of the mission. It is impossible to uphold the AF core values without an effective mentorship program. Leadership highly encourages you to participate in your own growth & development and/or that of other Airmen via MyVector on the HRA SharePoint: https://eis.anq.af.mil/org/103AW/WingStaff/HRA/Pages/default.aspx or the Air Force portal. MyVector is a Total-Force mentoring tool available to all service members.

Phone: 292-2441
Location: Bldg 24

This program is described in ANGI 36-2110
New Airman Training
The Comptroller Flight is offering finance training over the June drill. This is separate from the information presented to Student Flight during the Newcomer’s briefings. It’s geared towards those who have graduated from their initial tech school but are still within the first couple years of their first enlistment. The class will help with key financial systems and responsibilities so members are more confident when processing their pay requirements. Here is the agenda:

- DTS authorizations/vouchers and travel entitlements
- AROWS e-certification and inactive duty authorizations/certification
- Reading an LES and understanding pay entitlements
- Initiating TSP
- GTC Basics

When: 3 June 17, 1400-1600
Where: DFAC

Editor’s Note: The 103rd Airlift Wing makes no official endorsement of any business or product. Information on special events, discounts, programs, or offers that contribute to members’ morale and welfare is published solely as a service to members as space allows. Remember, you may ask discreetly for a military discount anywhere.
### Graduations, Promotions, Appointments & Retirements

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<th>103 STFL</th>
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<td>4N LABORATORY TRANSITION BASIC COURSE</td>
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### Promotions:

**TO AMN (E-2)**
- AB ALEC J. EDWARDS,
- AB MATTHEW J. WYSOCKI,
- AB SAKURA J. DOWNS

**TO SRA (E-4)**
- A1C ANDREW R. BENTLEY
- A1C DAVID E. BORDETT
- A1C ISAIAH L. RICHARDS
- A1C JOHN J. BARBUSIN
- A1C JOSE K. HERNANDEZ
- A1C MARISSA A. MACCARRONE
- A1C ROY D. WALTON

**TO SSgt (E-5)**
- SRA ALEXANDER HERNANDEZ
- SRA EVAN C. MITCHELL
- SRA NICHOLAS A. MASSE
- SRA RICHARD J. WOOD
- SRA TYLER M. ROSSI

**TO TSGT (E-6)**
- SSgt DANIEL E. PLOURDE
- SSgt ERIC M. ARBOUR
- SSgt MICHAEL A. MUNGAVIN
- SSgt NATALIE DACUNHA

### Appointments/Enlistments:

- Anderson, Justin MXS
- Serro, Jeffrey FM
- Robles, Arielle MXG
- Stone II, Frederick J. CES
- Gianacopolos, Louis MXS
- Sheehan, Raymond MDG
- Torres, Jordan CES
- Daneault, Alfred J., III LRS
- Piccione, Dante J. ACS
- Beane, Zachary AMXS
- Turcotte, Jacob JFH
- Bennett, Rupert ACS

### Retirements:

- COL David S. Ure 30 YRS
- SSgt John Sancartier 21 YRS
**June 2017 Menu**

**Saturday, 1100-1300**
- Grilled Chicken
- Stuffed Peppers
- Brown Rice
- Green Beans/Broccoli
- Salad Bar
- Chocolate Cookies and Ice Cream Sammiches
- AGRs & Officers: $ 5.55

**Sunday, 1100-1300**
- Hamburgers
- Hot Dogs
- Corn on the Cob
- Cucumber & Tomato Salad
- Sweet Potatoe Wedges
- Salad Bar
- Chocolate Cookies and Ice Cream Station
- AGRs & Officers: $ 5.55

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**PERFORM LIKE A CHAMPION**

Go for Green® Food Identification System helps you find foods to improve your performance. Look for the Green, Yellow, and Red labels at the dining facility. Pick foods identified as green and yellow while limiting the red ones.

---

**Eat Often**
- Nutrient-packed
- Great performance-food choices
- Make 1/2 of your plate Green-kitchen choices

**Eat in Moderation**
- Higher in sugar, fat, and/or salt
- Choose small portions
- Make less than 1/3 of your plate Yellow-labeled choices

**Eat Rarely**
- Highest in fat, sugar, and/or salt
- Limit frequency and choose smaller portions
- May hinder performance
OPERATION MCIT
SUMMER CAMP

July 17-21, 2017
Windsor Locks Readiness Center
85300 Light Lane, Windsor Locks
AND
August 22-25, 2017
Southington Armory
590 Woodruff St, Southington
9:00 AM to 3:00 PM
(drinks and snacks provided)

$20 Non-refundable registration fee per Camper per week of Camp

Military Youth in grades K-5 are welcome to participate in this day camp. Each day will include a variety of fun activities that will make learning fun! Activities include, health and fitness, science and technology, a field trip to the CT Science Center and MORE! Most importantly you will be with other military kids just like you!

Registration is REQUIRED through the Eventbrite links below addition to completed registration paperwork prior to the start of the program!

August link: https://august-mcit-2017.eventbrite.com  PASSWORD: AUGMCIT
NEED YOUR CCAF DEGREE?

Don’t miss out on your chance for FREE classes!

The National Guard Association of Connecticut has partnered with American Intercontinental University to provide its members with a free online college level course.

WHY TAKE ADVANTAGE?
- Convenience of an online course allows for flexible schedules.
- Ability to advance your military and civilian career.
- Free! Members pay nothing!

The National Guard Association of Connecticut is looking for 30 Enlisted Airmen to participate in this pilot program. Act now because space is limited and this is the only association that is able to offer a program like this in the country.

Requirements to participate in the program:
- Must be an annual recurring member or life member of NGACT & EANGUS at the time of class start date.
- Pursuing a CCAF Degree or higher degree of education.
- Be willing to provide feedback on the entire experience.

Please contact MSgt Daniel Reilly
gangusdirector@gmail.com
Respond ASAP to reserve your spot
IAW TAG Policy Memorandum #22, the following Personal Protective Equipment (PPE) is required to be worn by all CTNG Soldiers and Airmen while operating a motorcycle or riding as a passenger at all times, regardless of duty status.

- DOT Helmet
- Eye protection
- Leather or abrasion resistant
- Long sleeve
- Long pants
- Sturdy over-the-ankle
- Brightly colored (day)
- Reflective (night)

Further guidance can be found in AFI 91–207 & TAG POLICY MEMORANDUM #22

Editor's Note: The Yankee Courier makes no official endorsement of any business, group or policy, foreign or domestic. It is always the individual unit member’s responsibility to make wise and sound decisions relative to any information provided herein and, as such, the editor shall at all times be held harmless. Advertisements and information on special discounts, programs or any offers that may contribute to members’ morale and welfare is published solely as a service to members and only as space may allow.
COASTER CAPITAL OF NEW ENGLAND

GO
Six Flags
NEW ENGLAND

NEW IN 2017!
The Joker
4D FREE FLY COASTER

RIVER'S EDGE

HURRICANE HARBOR

FREE WATERPARK!

THREE KIDS AREAS!

GROUP OUTINGS!

FRIGHT EEST

TICKETS AVAILABLE NOW!

103d Force Support Squadron
MSgt Gonzalez-Smith x2788
Season Pass $56.99
Day Pass $41
Connecticut Air National Guard
Bradley ANGB C-130H

The 118th Airlift Squadron/103rd Airlift Wing, Bradley Air National Guard Base is located in East Granby, Connecticut, approximately halfway between cities of New York and Boston. We are currently accepting application packages from prospective candidates interested in attending Undergraduate Pilot Training (UPT) scheduled for FY18.

All application packages must be postmarked by 15 JUNE 2017.

UPT Selection Board—9 SEPTEMBER 2017

All packages will include:
• Cover letter detailing your desire to be a pilot with the 118th Airlift Squadron
• One page résumé chronicling your military service as well as civilian education and work history
• Last 3 OPRs/EPRs (if applicable)
• TAFCSO for commissioned officers if applicable
• PCSM/AFOQT/TBAS Scores (https://pcsm.aetc.af.mil)
• Official College Transcript
• USAF Flying Class I Physical, SF Form 93 (Report of Medical History), or FAA Flying Class III
• Three letters of recommendation
• Copy of any civil aeronautical licenses and/or ratings
• Copy of last page of log book containing civilian flight time

Prerequisites:
• Less than 5 years of prior military commissioned service prior to UPT start date
• Be under the age of 30 as of the UPT start date
• Possession of a Bachelor's Degree from an accredited University or College
• Achievement of qualifying scores on the AFOQT
• Pass a USAF Flying Class I Physical
• No UCMJ actions, DUI/DWI or a history of drug/substance abuse

If selected, projected training in FY18 will be as follows:
• Academy of Military Science (Commissioning) – 8 weeks
• Undergraduate Pilot Training – 54 weeks
• C-130 School – 7 months
• Basic Survival Training – 3 weeks
• Water Survival – 3 days
• Home Station Seasoning – 90 days

You will incur a 10-year service commitment upon completion of UPT. This can be served in a full or part–time Guard status.

For further information or questions you may contact Capt. Mike Jacoby: michael.j.jacoby6.mil@mail.mil

Send all Packages and Correspondence to:

CT ANG / 118th Airlift Squadron BLDG 22
100 Nicholson Road
East Granby, CT 06026