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CTNG WELCOMES HOME THREE UNITS, SENDS OFF ANOTHER AT CEREMONY



Members of the Connecticut Army National Guard stand in formation during a special ceremony, July 23, 2019 at William A O'Neil Armory, Hartford, Conn. Governor Ned Lamont joined Maj. Gen. Francis Evon, The Adjutant General and Commanding Officer Connecticut National Guard, to recognize the accomplishments of three units returning from deployment and one unit that was deploying. (U.S. Army photo by Ms. Allison L. Joanis, State Public Affairs Office)

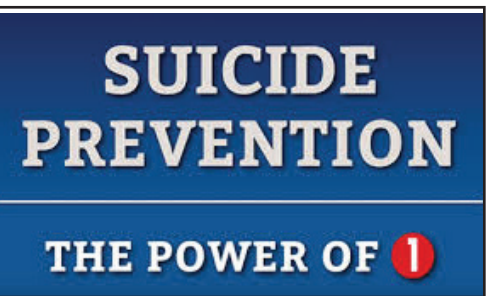
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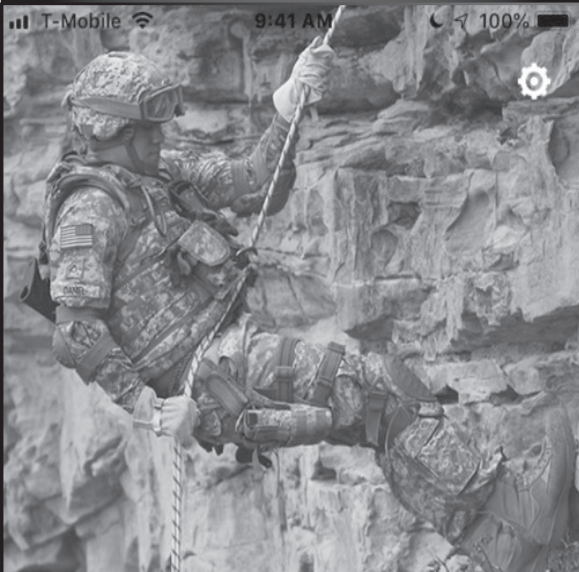


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New Hampshire Soldiers train with Connecticut Canines

SGT. 1ST CLASS BENJAMIN SIMON
JFHQ, PUBLIC AFFAIRS

A Belgian Malinois named Schurkje was the ‘talk of the town,’ July 24 at Camp Nett at Niantic. The Connecticut Army National Guard 928th Military Police assigned Military Working Dog, was accompanied by fellow MWD, Zora and their handlers during joint training with the New Hampshire Army National Guard’s 237th Military Police Company.

The New Hampshire unit utilized facilities at Camp Nett at Niantic and Stones Ranch Military Reservation to complete its 2019 annual training requirements, which included special reaction team (SRT) practice. 237th MP Company Commander, Capt. Patrick Randall said the Connecticut National Guard facilities were perfect for his unit’s training needs and that his Soldiers greatly benefitted from working with the 928th dogs.

“We’ve never worked with working dogs. Incorporating them into our training is extremely important to us. Military working dogs are an asset that our Soldiers need to know how to utilize on their future missions and assignments,” he said.



Zora and her handler Spc. Colin Villamana from the 928th Military Working Dog Detachment prepare to lead a team of New Hampshire 237th MP Company Soldiers through building clearing procedures, July 24 at Camp Nett at Niantic. Zora is one of her unit's German Shepherds. (Photo by Sgt. 1st Class Benjamin Simon, JFHQ Public Affairs)

237th team leader, Sgt. Dante Davis, is new to his unit. He said becoming an M.P. is a fulfillment of a lifelong

dream, and training with military working dogs is ‘icing on the cake.’

“I understand what the dogs are capable of now,” he said. “We’re lucky to have them with us for training.”

Training is not new for Schurkje. The six-year-old was part of a handler team that won a first-place award at the Western Connecticut Police K-9 Challenge in 2015. Her current handler, Sgt. Giovanna Donofrio, said that Schurkje is as strong as ever and loves working with new Soldiers.

“New training in new locations with new people is great for the dogs. They’re just like people... they can get bored with their training if it’s the same thing over and over. Being integrated into units is great practice for our teams,” Donofrio said.

New Hampshire 237th Soldier, Spc. Victoriana Winter said she was surprised by how friendly the dogs were to their handlers as well as the New Hampshire Soldiers. “The dogs are amazing,” she said. “I can’t wait to work with them again in the future.”

Winter and her fellow New Hampshire military police members may not have to wait very long for more canine companionship. Capt. Randall said maintaining the relationships and partnership between New Hampshire and Connecticut National Guard units benefits both state’s Soldiers.

Randall said Connecticut is extremely fortunate to have the only National Guard Military Working Dog detachment in the United States. “They’re a force multiplier,” he said. “The more we’re able to train with them, the better.”



928th MWD Detachment canine, Schurkje, takes a break from a long day of training, July 24 at Camp Nett at Niantic with new friends from the New Hampshire Army National Guard’s 237th MP Company. 237th MP Company Commander, Capt. Patrick Randall said maintaining the relationships and partnership between New Hampshire and Connecticut National Guard units benefits both state’s Soldiers. (Photo by Sgt. 1st Class Benjamin Simon, JFHQ Public Affairs)

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Celebrating Women's Equality Day

LT. COL. VALERIE SEERY

In honor of August 26 being Women's Equality Day, let's take a look at some notable women who have served in the Armed Forces.

Bea Arthur, born Bernice Frankel, was an actress on both TV and Broadway. She enlisted in the Marines in the 1940s at the age of 21 and made it to the rank of Staff Sgt. She was a truck driver and typist. After leaving the service, she married a fellow Marine, Private Robert Arthur, and signed herself up at the New School in New York where she took Dramatic Arts classes. She went on to appear in a 1970s hit sitcom called *All in the Family*, another popular 1970s television show called *Maude*, and later went on to appear as one of the leading ladies in the 1980s show *Golden Girls*.

Four Star General Ann E. Dunwoody was the first woman to serve at this rank in both the Army and U.S. Forces. She made a name for herself as the Army Materiel Command (AMC) Commander where she was recognized for unifying global logistics by capitalizing on fundamental logistics functions to maximize the efficiency and services they provided of supply, maintenance, contact support, research and development, base and installation support, and deployment and distribution.



Gen. (Ret.) Ann E. Dunwoody served in the U.S. Army from 1975 to 2012. She is the first woman in U.S. military and uniformed service history to achieve a four-star officer rank.

Commodore Grace Murray Hopper, nicknamed "Amazing Grace" served in the Navy from the 1940s thru the 1970s. She got the nickname due to her amazing achievements during her tenure. For example she was the founder of the COBOL programming language, she was the third programmer of the world's first large scale computer called the Mark I, then she mastered the Mark II and III after that. Her achievements were so prized



Bea Arthur was among the first women to become an active-duty United States Marine. She enlisted in 1943 and was honorably discharged in 1945.

by the Navy, that they named a battleship after her, the USS Hopper, DDG-70, and the Cray XE6 "Hopper" supercomputer. Once, while working on the Mark I computer, she pulled a moth out of the relay and coined the phrase "there was a bug in the computer".

Harriet Tubman, known primarily as an abolitionist and leader of the Underground Railroad during the time of slavery, actually worked for the Union Army during the Civil War as a cook, a nurse and a spy. Most notably, she was the first woman in history to lead a military expedition. On June 1, 1863 she led three gunboats carrying several hundred male soldiers out on a mission to free Slaves along the Combahee River in South Carolina. She had previously helped Colonel



Grace Brewster Murray Hopper was an American computer scientist and United States Navy Rear Admiral. A leader in the field of software development concepts, she contributed to the transition from primitive programming techniques to the use of sophisticated compilers.



Born into slavery, Harriet Tubman was an American abolitionist and political activist. She worked for the Union Army during the Civil War as a cook, a nurse and a spy, and was the first woman in U.S. history to lead a military expedition.

Montgomery plan the raid based on information gathered from her scouts about the Confederate positions and where they had placed barrels filled with gunpowder in the water. The mission was successful resulting in 750 enslaved men, women and children being freed and no soldiers lost in the attack.

These are just a few examples of notable women who have served in the Armed Forces. We meet and work with notable women every day who are making history with their strength, ability, and humanity. Congratulations ladies, keep up the good work!

Story and pictures based on information found at: <https://www.military.com/veterans-day/famous-women-veterans.html>



CTNG Strengthens Alliance With Uruguay

CAPT. JEN PIERCE
CTANG PAO

MONTEVIDEO, URUGUAY--Members of the Connecticut National Guard met and fomented critical discussions with Uruguayan service leads from the Army, Navy, and Air Force June 24 - 29, 2019 in Montevideo, Uruguay during a State Partnership Program (SPP) visit. One of the United States' key policy goals in Uruguay is to enhance U.S., Uruguayan, and global security by working with our military counterparts in Uruguay.

The SPP is a program the National Guard began in 1993 to promote enduring and mutually beneficial security relationships with ally nations. There are currently 83 countries across all six geographic combatant commands that participate in the program. The Connecticut National Guard is partnered with Uruguay and has been working with the South American nation for the last 20 years.

"The goal of the SPP is to establish ongoing relationships with these countries that each state has been assigned to," said Maj. David Ferrer, Connecticut National Guard SPP director who also served as the interpreter for this visit. "These partnerships include varying levels of participation all the way from the lower enlisted ranks to higher-ranking senior leaders to exchange ideas. Overall, the U.S. uses this program to have a strategic advantage and it's one of the security cooperation tools available."

SPP visits to partner nations include senior leader and familiarization visits, cooperative training and exercises,



Uruguayan Army Colonel Dyver M. Neme, Communications Brigade One Commander (left), discusses the Uruguayan Army's communications capabilities with Lt. Col. Guy Marino, 103rd Air Control Squadron (center) and Maj. David Ferrer, Connecticut State Partnership Program Director (right) in Montevideo, Uruguay, June 27, 2019. One of the main purposes of this State Partnership Program visit for the Connecticut National Guard to assess Uruguay's joint military operability. (Photo by Capt. Jen Pierce, 103rd Airlift Wing Public Affairs, CTANG)

co-deployments, and assessments, which can focus on a variety of topics.

"The purpose of this specific visit was threefold," said Lt. Col. Guy Marino, 103rd Air Control Squadron. "We are here to provide a technical assessment of the Uruguayan military's ability to combine ground and air radars into the air operations center, observe joint policies and procedures within the three services, and assess their ability to use a common operational picture."

Colonel Esteban F. Gonzalez, the Director of International Relations for the Estado Mayor de la Defensa (ESMADE), was one of the key leaders Connecticut National Guard members met with during their visit. ESMADE is the joint military headquarters that falls directly under the Uruguayan Ministry of Defense. Gonzalez believes in the importance of the state partnership with the Connecticut National Guard.

"It is very important to have this exchange because of the experience and capabilities of the Connecticut National Guard," said Gonzalez. "The joint operating center experience Connecticut has, especially, at my level, is very important. The established emergency plans the Connecticut National Guard has will help us greatly in our operations, peacekeeping deployments, and civil protection."

Colonel Gonzalez provided an example where a joint operations policy would have augmented mission efficiency following a natural disaster.

"There was a tornado in [the city of] Dolores a few years ago that went right through the middle of the city," said Gonzalez. "The Army was the first to deploy to the city to control looting. I went to visit Dolores while working in the Ministry of Defense as a staff officer to assess the Army's support of the mission. After this experience I determined that establishing a joint operating center at ESMADE would enhance our



A Uruguayan Army communications specialist shows Lt. Col. Guy Marino, 103rd Air Control Squadron, how their drones operate in Montevideo, Uruguay June 27, 2019. Members of the 103rd Air Control Squadron are in Uruguay to assess the communications and radar capabilities of the Uruguayan military. (U.S. Air National Guard photo by Capt. Jen Pierce)

abilities to make decisions in real time."

Uruguayan Air Force Major Esteban Poiso, Air Operation Center Chief, has seen the benefit provided by the partnership with Connecticut first-hand.

"The AOC (Air Operations Center) has worked with the Connecticut Air National Guard since around 2009," said Major Poiso. "Our AOC has grown as a result of this relationship; from starting with basic maintenance and learning how to fix systems, we are now at the level where we are working with ESMADE and developing policies and guidance to have joint operability with our systems. We've evolved to having a more complex exchange during our visits now with the Connecticut National Guard."

"What I hope to gain from this visit," said Poiso, "is to obtain feedback from the Connecticut Air National Guard so we know that we are on the right track. Our unit is still growing and they bring a lot of experience we can benefit from. We will know how to further improve our capabilities and continue moving forward."

Ferrer agreed that the partnership between the U.S. and Uruguay has grown significantly from its beginnings 20 years ago.

"The program is expanding," said Ferrer. "We've conducted our first cyber defense engagement earlier this year, providing an assessment of their status with a focus on cyber security. Having grown to include complex specialties like cyber defense or our current engagement for radar integration and doctrine demonstrates the Uruguayan military finds significant merit with the State Partnership Program."



Members of the Connecticut National Guard on assignment with the State Partnership Program with key leaders of the Estado Mayor de la Defensa (ESMADE), the joint service headquarters under Uruguay's Ministry of Defense June 24, 2019 in Montevideo, Uruguay. (Photo by Capt. Jen Pierce, 103rd Airlift Wing Public Affairs, CTANG)

Hispanic Heritage Month

**CHIEF WARRANT OFFICER 2 TASHA DOW,
SMMO, MANAGEMENT SPECIALIST**

On August 17, 1988, the United States passed a law declaring that the 15th of September to the 15th of October would be Hispanic Heritage Month. These dates are significant because the 15th of September is the anniversary of independence for Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua; followed by Mexican Independence Day on September 16, and the celebration of independence in Chile September 18. People with Hispanic or Latino ethnicity are defined as those whose heritage are derived from ancestors from Spanish speaking countries, Spain, or those people of Latin descent. The history of Central and South American countries and their people is rich in culture and tradition, composed of many different nationalities and tribes.

When the Spanish invaded Central and South America in the 16th century, they had the intent of expanding the Spanish Empire, however, the native people of Central and South America were not interested in being ruled; they had their own histories and cultures. Banding together, Central and South Americans fought for their freedom from Spanish rule, much like the United States fought for independence from the British. When they were finally able to declare their independence from Spain on September 15, 1821, they won their right to maintain their cultures and choose their own futures just like Americans. Despite their desire to be free of outside rule, many of these cultures and countries still maintained aspects of the Spanish culture they fought

to be free of, hence the label of Hispanic or Latino ethnicity.

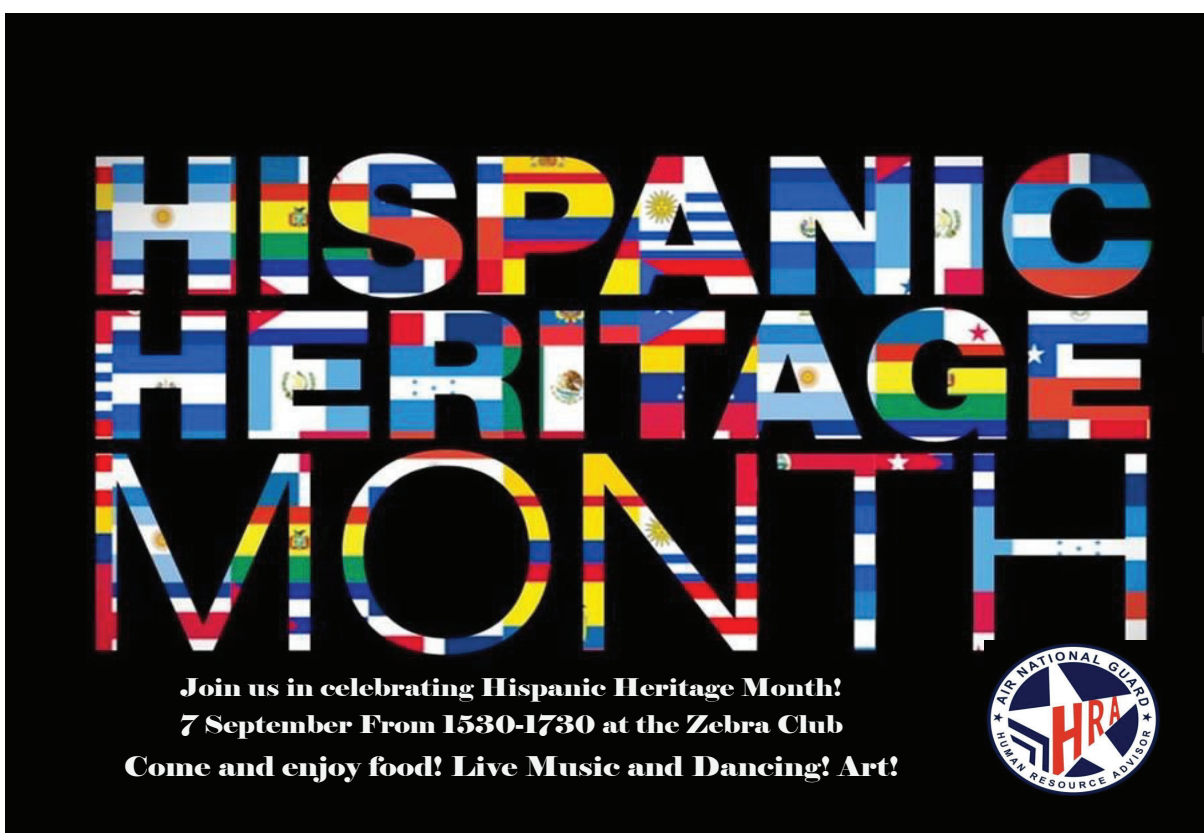
Looking at the different countries that now make up Central and South America, it is easy to see similarities and differences between them. Many still speak Spanish but have retained their own vernacular and accents, customs, and beliefs. Within the Hispanic and Latino ethnicities, there is a wide range of diverse culture, much of which was derived from the original people and tribes of the regions before the influence of Spanish rule. The purpose of Hispanic Heritage month is to celebrate these differences and the accomplishments and contributions of members of the Hispanic and Latino community. Thanks to immigration, those of Hispanic and Latino ethnicity have spread throughout the United States, and their cultures have been added to the diverse melting pot that makes up the American culture.

The Hispanic and Latino population of the United States has almost doubled between the years 2000 and 2010, now making up 17.7 percent of the total population. The majority of this population has come from Central and South American countries. Hispanics and Latinos are making up an estimated 20 percent of today's military according to the Council on Foreign Relations (cfr.org) compared to 11.9 percent in 2009. This is the largest demographic increase of any ethnicity or race in the United States military. Not only is the population growing, but Hispanic and Latino members are standing out in the character and distinction of their service with nearly 10 percent of

Medal of Honor Recipients being Hispanic or Latino.

Not only are the Hispanic and Latino communities prevalent in United States culture and its military, but the countries from which they derive have proven to be valuable partners. The State Partnership Program has provided the opportunity for collaboration among twenty-four state National Guards and twenty-four South and Central American Countries. Together, soldiers and airmen from partnering organizations work together to promote peacekeeping efforts and further mutual defense interests for the United States and all countries involved. The program allows for immersion in both Latin American and United States cultures and continues to enhance relationships with allied military forces through communication and cooperation. For over 20 years the Connecticut National Guard has partnered with Uruguay to develop relationships with their military and collaborate on a variety of missions.

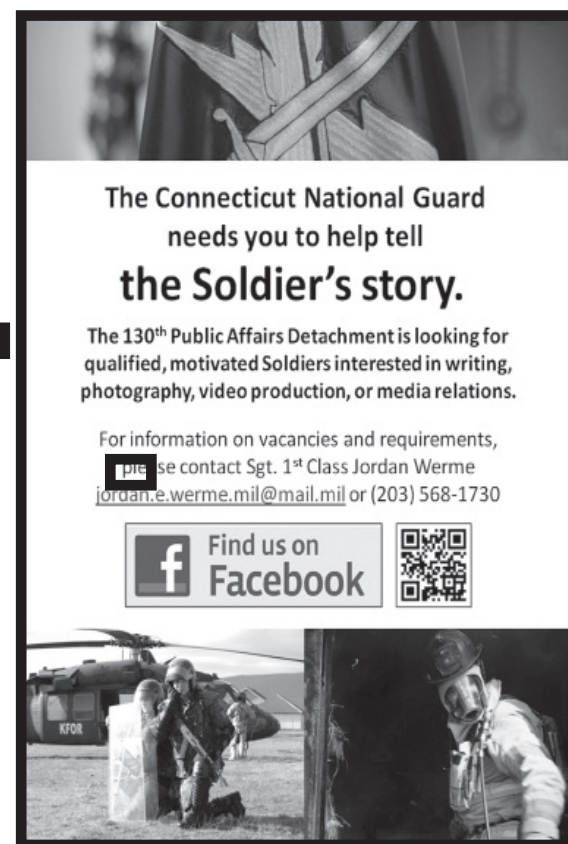
The United States is a country of immigrants, composed of people from every culture and country in the world. The influence of the Hispanic and Latino ethnicity continues to expand and diversify as the population continues to grow and change. These changes not only occur on the civilian aspect of life, but also in today's military. It is this culture of diversity and change that allow our military to be adaptable to a wide range of situations and environments and work cooperatively with people from all walks of life. In the end, it is our differences that give us strength and this deserves to be celebrated.



HISPANIC HERITAGE MONTH

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GOV. NED LAMONT OFFICIALLY WELCOMES HOME THREE UNITS AND SEND OFF ANOTHER AT CEREMONY

SGT. ALICIA M BROCUGLIO
130TH PUBLIC AFFAIRS DETACHMENT
CONNECTICUT ARMY NATIONAL GUARD

HARTFORD, Conn.- Governor Ned Lamont joined Maj. Gen. Francis Evon, The Adjutant General and Commanding Officer Connecticut National Guard, along with many distinguished guests to recognize accomplishments of three units returning from deployment and to send off another during a special ceremony at the Gov. William A O'Neil Armory on Tuesday.

For the first time ever the Connecticut Army National Guard combined a traditional send of ceremony with a freedom salute ceremony, to recognize the departure of the 2/104th Aviation company, and welcome home ceremony the nearly 150 Soldiers of the 1109th Theater Aviation Sustainment Maintenance Group, Detachment 2 Charlie Company, 3-126th Aviation Battalion and the 192nd Engineer Battalion Headquarters and Headquarters Company all who supported missions within Southeast Asia.

"Have no doubt your Guard is an operational force and an integral part of the total force," said Evon. "Today is a stark reminder of the volatile world we still live in and it reiterates that the National Guard serves as combat reserve of the Nation no longer the strategic reserve that existed prior to 9/11"

Since 9/11 nearly 8000 members of the Connecticut National Guard have mobilized to support overseas defense missions. The 50 members of the 2/104th Aviation will join the nearly 200 Connecticut Guardsmen currently deployed.

The three units returning home all served successful mission in the Southeast Asia region while providing all different skills to their deployment.

The 1109th TASMG was responsible for providing theater level rotary wind maintenance in support of Operation Spartan Shield throughout the South East Region.

The 3-126th Aviation Battalion MEDEVAC is one of Connecticut Army National Guards newest units and returned home from their first deployment. Their mission at home and on deployment is to provide aeromedical evacuation, extensive en-route critical care and medical support while moving patients.

The 192nd Engineer Battalion worked with Joint forces to command and control for mission: "Over the Horizon". The unit supported the Joint Engineer Office of the U.S. Forces Afghanistan and the engineer mission throughout their area of operations by providing project management support, force protection and survey operations.

"This was my first deployment, it definitely a learning experience. I was able to work in a joint environment with Air, Marines and Navy in the Over Horizon mission," said Sgt. Teresa Morrison, Supply Sergeant, 192nd Engineer Battalion Headquarters. "The Army gave me all the skills I needed to be successful overseas



Governor Ned Lamont pins a medal onto the uniform of a Connecticut Army National Guard Soldier during a combined Welcome Home and Sendoff Ceremony, July 30, 2019 at William A O'Neil Armory, Hartford, Conn. (Photo by Sgt. Alicia M Brocuglio , 130th Public Affairs Detachment Connecticut Army National Guard)

and in my civilian job."

During the ceremony family and friends of Soldiers witnessed Soldiers receive awards, medals for the returning units accomplishment overseas, and promotions for the deserving Soldiers about to deploy. Awarding those achievements were Governor Lamont, Lt. Governor Susan Bysiewicz, Maj. Gen. Evon, and Brig. Gen. Karen Berry, Assistant Adjutant General of the Army National Guard.

"The recognition these Soldiers receive today seems hardly acceptable when stacked up against the untold sacrifices they, their employers and most notably, their

families have endured over the last 12 months or will endure during the next 12 months," Evon said. "I could not be prouder of what these Connecticut Soldiers have accomplished on behalf of our nation,"

Governor Ned Lamont spoke to not only the Soldiers accomplishments but also the families at home. He mentioned that across all three returning units, a total of six babies were born.

"I love this event because this is more for the families, we, as military do ceremonies all the time, but the families get to be here and hear the recognition and things we have done it makes them feel a part of the military family," said Morrison. "We serve, they serve."



Connecticut Army National Guard Soldiers stand in formation during a combined Welcome Home and Sendoff Ceremony, July 30, 2019 at William A O'Neil Armory, Hartford, Conn. (Photo by Sgt. Alicia M Brocuglio , 130th Public Affairs Detachment Connecticut Army National Guard)

Thank you, Chaplain Cavanaugh

SGT. 1ST CLASS BENJAMIN SIMON, JFHQ PUBLIC AFFAIRS

CT National Guard, Senior Chaplain, Col. Kevin Cavanaugh said his support and dedication for the Connecticut National Guard will be no less in his retirement than it was during his term of service. Cavanaugh is retiring after nearly thirty years of military service this year but affirmed that his door will always be open to the state's service members and their families.

Cavanaugh grew up in Hartford near the State Armory and said he remembers throwing rocks into the old Park River as a child. His introduction to military life began when he was a member of the St. Augustus Boy's Brigade. The former national boys' organization, Cavanaugh described as being like the Boy Scouts but more demanding.

"It was two hours every Friday. We learned how to camp, learned first aid, how to do military drills. We had khaki uniforms. We learned about comradery. It was a great introduction into the service for me," he said.

In addition to getting an early taste of the military, Cavanaugh was also drawn to religious service.

"We use the word, discernment," he said, when describing his calling to the Catholic church. "The more you allow the lord to lead, the simpler choices become."

Cavanaugh attended St. Thomas Seminary High School in Bloomfield, Connecticut, and then Christ the King Seminary in East Aurora, New York before being ordained as a priest in 1986 at the Cathedral of St. Joseph in Hartford. He said although his desire to join the military was strong, he dedicated himself to his duties as a priest in his first parish, Sacred Heart Catholic Church, in Suffield, Connecticut.

In 1990 when Operation Desert Storm commenced, Cavanaugh said his doorway to entering military service

finally fully opened. Early in 1991, he attended the U.S. Army Chaplain Basic Officer Leader Course (CHBOLC) formerly held in Fort Monmouth, New Jersey. Assigned to the 10th Mountain Division, Cavanaugh then became a battalion chaplain at Fort Drum in New York. In 1992, he deployed with the division to Mogadishu, Somalia as a task force chaplain.

He said he has many fond military memories, but often things about his time in Mogadishu. On an early Spring day in 1992, Cavanaugh held a religious service on the Indian Ocean shoreline in the Somalian city for his task force's Soldiers. "That was the best spot for our service. We did it when the sun was setting. It ended up being beautiful," he said.

Cavanaugh said most chaplain duties entail behind the scenes work with Soldiers and service members. "Chaplains have two faces: public and private. The private face is the one that we wear the most. That's what Soldiers need most often. A chaplain should be with the troops as much as possible," he said.



CT National Guard Senior Chaplain, Col. Kevin Cavanaugh talks to Soldiers in the CT Army National Guard 1109th Theater Aviation Sustainment Group (TASMG) during the unit's annual training at Stones Ranch Military Reservation, July 27. Chaplain Cavanaugh is retiring in 2019 after more than 29 years of military service. (Photo by Sgt. 1st Class Benjamin Simon, JFHQ Public Affairs)

and a military chaplain has helped him become a more well-rounded rector.

"I've had the most fun when I was closest to the troops. Some want a shoulder to cry on from chaplains. Sometimes tough advice is the best medicine," he said with a laugh. "On the other hand, being a military chaplain has made me a stronger civilian pastor and at times has given me a little more credibility in the community."

"Military chaplains have three priorities," he said. "Nurture the living; care for the wounded; honor the dead." He said that he's worked his hardest as a chaplain to support Soldiers over the years. "I remember a beautiful Christmas Eve mass that we held in a compound next to the U.S. embassy in Mogadishu. That mass made our Soldiers very happy."

The historical St. James (one of the Bible's New Testament's 12 apostles) became a traveler and missionary in the latter part of his life and journeyed through western Asia and southern Europe. As the pastor of St. James Church in Manchester, Cavanaugh said he feels a kinship with St. James due to his own expeditions.

"St. James and his brother St. John were nicknamed the 'sons of thunder,'" said Cavanaugh. "I don't have that in common with them. They were a rough pair," he added with a smile. "But the mission of the apostles was similar to the mission of chaplains: bring God to people and people to God," he said. "I've done my best to complete this mission for our Soldiers."

Chaplain Cavanaugh said he will be the pastor of St. James and Assumption Churches in Manchester well into the foreseeable future. He can be reached at St. James Church at 96 Main St. Manchester Connecticut; 860-643-4129, and secretary@stjamesmanchester.org.



CT National Guard Senior Chaplain, Col. Kevin Cavanaugh greets parishioners at St. James Church in Manchester, July 28. Chaplain Cavanaugh is the Pastor of St. James Parish, which also includes Assumption Church in Manchester. (Photo by Sgt. 1st Class Benjamin Simon, JFHQ Public Affairs)

In 1995, Cavanaugh deployed to Haiti with the 25th Infantry Division, and in 1996 he was stationed at Fort Carson as a community chaplain. In 2000, he returned to Connecticut and took over the chaplain reigns of the 242 Engineer Battalion. At the same time, he joined St. Augustus Church in Glastonbury, Connecticut and eventually became the civilian pastor of two churches in that town. He spent seven years in Glastonbury before moving to St. James church in Manchester, Connecticut where he has been pastor since 2007.

Cavanaugh said serving as both a civilian priest

CT Guardsmen sharpen tactical skills at CT SWAT Challenge

TECH. SGT. TAMARA R. DABNEY
103RD AIRLIFT WING PUBLIC AFFAIRS

Connecticut National Guardsmen put their tactical skills and physical prowess to the test this year during the 15th Annual Connecticut SWAT Challenge.

Soldiers of the 1-102nd Infantry Regiment and Airmen assigned to the 103rd Security Forces Squadron competed against some of the most highly-skilled tactical operators in the nation.

The SWAT Challenge was not a new experience for 103rd Airmen; they have participated in the competition every year, since 2007. However, the 1-102nd Infantrymen were

less experienced, with a third of their 12-member team being first-time competitors. The competition gave first-year competitor Spc. Connor Dowd of the 1-102nd a greater experience than what he expected.

“It definitely exceeded expectations,” said Dowd. “We got to take all of our training that we’ve done over the years and use it in this competition. This is definitely beneficial.”

The four-day challenge included events that tested skills in rifle and pistol marksmanship, hand-to-hand combat, search and rescue operations and physical endurance. Teamwork was key to successfully completing each arduous task; competitors pushed themselves to the edge, mentally and physically, while strengthening bonds with their teammates.

“It was long and tough, but it was a good experience,” said Dowd. “It’s a good team-building and camaraderie thing. I know that I can rely on any one of these guys.”

In addition to providing an opportunity for high-level competition, the SWAT challenge also serves as a training event for Guardsmen. Challenge participants are able to share best-practice techniques from tactical operators outside of their organization.

“It shows the guys that there’s another level of competitiveness,” said team captain Sgt. 1st Class Ronaldo Barrera of the 1-102nd. “One of the biggest benefits is that we learn different techniques from other



Connecticut National Guardsmen assigned to the 103rd Security Forces Squadron breach the entrance of a building during the 15th Annual Connecticut SWAT Challenge in New Hartford, Conn., August 15, 2019. The Connecticut SWAT Challenge is a competition that tests the tactical skills of law enforcement officers. (Air National Guard photo by Tech. Sgt. Tamara R. Dabney)

departments, and we learn from each other.”

Out of 31 teams, the 1-102nd team finished the competition in 20th place overall, while the 103rd team finished 27th. Barrera hopes that more members of the Connecticut National Guard will take advantage of the SWAT Challenge experience in years to come.

“I encourage members of the National Guard to compete, because it’s such a great learning experience,” said Barrera. “Hopefully we can get more teams next year from the Guard.”

1048th Begins Annual Training

BY CAPT. SHANEKA ASHMAN
1048TH MTC CDR

The 1048th Military Truck Company commenced their Annual Training on July 13th 2019. Tasked with delivering equipment for the 118th and the 143rd RSG in support of the national Boy Scout Jamboree in West Virginia. They hit the ground running and began loading rolling stock, and mission essential equipment. The equipment was loaded at Camp Hartell in Windsor Locks and the Armed Force Reserve Center in Danbury. It was an early start for the 1048th and they worked well into

the evening on their first day of Annual Training ensuing that all the loads were properly chained and secured on their organic M915 trucks and M872 trailers.

The next day the 1048th MTC convoyed from Connecticut to Fort Indiantown Gap with over 50 vehicles. They convoy quickly split and disbursed to Ohio and West Virginia. The Ohio group was tasked with driving to Camp Atterbury, IN with the goal of initiating collective training. The West Virginia group focused on first delivering 35 pieces of rolling stock to support the 118th MMB, and the 143rd RSG for the Boys Scout Jamboree.

After a few days, the unit eventually regrouped at Camp Atterbury, Ind. where they focused on their Annual Training collective tasks. These tasks included crew gunnery, convoy defense and drivers training. Each morning started off with Physical Readiness Training (PRT) preparing Soldiers for the Army Combat Fitness Test by getting them in that mind frame mentally and physically to conceptualize what it look and feel like. Soldiers even had an opportunity to train and work on team building tasks through various scenarios on the LRC (Leaders Reaction Course) site. Many Soldiers concluded it was a great mix to the training because it gave them a chance to collaborate and then collectively creating a plan how to respond to the situation. Sgt. 1st Class Rodriguez stated, “The Soldiers truly enjoyed the training, and they were engaged and motivated throughout the course.” ATAG Brig. General Berry along with Deputy G4 Lt. Col. Daugherty, 143rd CSSB Command Sgt. Major Dentzau and Sgt. 1st Class Zamudio visited the unit in Camp Atterbury where they were able to observe Soldiers getting blocks of instructions on the weapons, ammo and vehicle identification spearheaded by 1st Lt. Biesiadecki, Master Sgt. Rodriguez and Sgt. 1st Class Fatone who are the units crew gunnery lead. This prepared the selected group of Soldiers for table 1 of the crew gunnery requirement for the unit the following day on the range. Throughout the tour, they interacted and coined Soldiers as they conducted STX (situational training exercise) lanes operated by Staff Sgt. Joseph and 2nd Lt. Valli.

Another Annual Training in the books for 1048th Transportation Company. They had the opportunity do what they love, they convoyed over 100,000 miles, through more than five states. As the 1st Sgt. Seretny stated, “Soldiers become more engaged when they are doing training that they enjoy. This AT showed a lot of motivation and increased morale.”

National Guard Peer Support Line

844-357-PEER (7337)

Freedom of Information Act (FOIA)

SPC DANIELLE FAIPLER, PARALEGAL

In the course of an individual's military career, one may need to process requests for information under the Connecticut and United States Freedom of Information Acts (FOIA), or may need to submit a request.

The FOIA at the state and federal levels allows the public to request information from various public agencies and hold them accountable for what they are statutorily charged to do. Public records, including military records, can also be useful in applying for employment and government benefits, as well as conducting historical research. However, sensitive information must not be disclosed if it threatens the public good, could violate an individual's right to privacy, or endangers national security.

The public has a right to know certain information concerning government activities, and these acts safeguard that right by requiring government agencies, including the Department of Defense, to operate openly and inform the public about their performance.

Because the Connecticut National Guard (CTNG) is a state-based and federally reimbursed organization, it generates and maintains both state and federal records. State records are subject to the state FOIA. Federal records are subject to the federal FOIA.

Title 27-20 of the Connecticut General Statutes charges the Adjutant General with maintaining the state records pertaining to the service of members Connecticut's armed forces (CTNG and Organized Militia) and other state documents. The statute requires the Adjutant General to process requests for state records under state law. It also directs the Adjutant General to process requests for federal records maintained by the CTNG in accordance with the federal law.

The federal FOIA was enacted in 1967, 5 USC § 522, to require federal agencies to publish certain information and records. The Connecticut FOIA, CGS § 1-200 et seq., was passed eight years later in 1975 to provide access to public records of government agencies in the state. It also established the Freedom of Information Commission, a quasi-judicial agency responsible for enforcing the Connecticut FOIA, and safeguarding public access to agency records and meetings.

The federal FOIA identifies nine exemptions, including classified national defense and foreign relations information, internal agency personnel rules and practices, as well as personnel, medical, financial, and similar files the disclosure of which would constitute a clearly unwarranted invasion of personal privacy which may apply to records maintained by the CTNG.

The Connecticut FOIA applies to state and local government agencies, departments, institutions, boards, commissions and authorities and their committees. Other entities that perform a government function, receive government funding, were created by the government, or are regulated by the government are subject to the Freedom of Information Act. It pertains to records maintained by the state agencies, including

the Connecticut Military Department (CTMD). It is important to understand that the CTNG is an element of the CTMD.

Typically, most typed, handwritten, tape recorded, printed, photographed, or computer-stored information and data are generally available to the public. However, there are a number of exemptions and exclusions that permit certain information to be withheld from the public eye. The Connecticut FOIA covers similar exemptions as the federal act, however, it does not cover records concerning national security, and instead focuses on public safety and personal privacy, which may also apply to the CTMD.

It also secures access to public meetings held by a public agency. However, meetings concerning the hiring or termination of personnel, social gatherings, negotiating sessions, caucuses, and single-member agency staff or administrative meetings are not considered public meetings.

The federal and state FOIA also make official military personnel files and data available to the public without the member's or next-of-kin's authorization. This information includes the service member's name, service number, dates of service, branch, final duty status, final rank, salary, assignments, source of commission, military education level, photograph, awards and decorations, place of entrance and separation, and transcripts of Court-Martial trials. If the service member is deceased, their place of birth, date and location of death, and place of burial are public information as well.

There is also a limit on the availability of Official Personnel Folders, which cannot be released to the general public without the service member's written consent. Although their name, past and present positions, titles, salaries, grades and job locations are available to the general public. Information, data and records concerning military and civilian professionals that is available for public disclosure are guided by the United States Privacy Act, 5 USC § 552a, which prevents an invasion of personal privacy.

Anyone can submit a FOIA request for public records, and there are no restrictions on how information obtained can be used. To submit a request for information under either state or federal FOIA, a written request must be submitted to the state or federal agency detailing the information sought. Ensuring the FOIA request is sent to the appropriate person ensures the request goes through the correct channels for approval.

Persons seeking federal (CTNG) records must send their FOIA request to Specialist Josue B. Cintron at the William A. O'Neil Armory, 360 Broad Street, Hartford, CT 06105. Persons seeking federal CTNG records may also email SPC Cintron requests at josue.b.cintron.mil@mail.mil. He is available to answer questions pertaining to federal FOIA requests and employment confirmation at 860-524-4981.

Person seeking state records must send their request

to CTMD's FOIA Manager Mr. Anthony Lewis at William A. O'Neil Armory, 360 Broad Street, Hartford, CT 061095. State FOIA requests may be emailed to Mr. Lewis at Anthony.Lewis@ct.gov. Mr. Lewis is available to answer questions about state FOIA requests at 860-548-3248.

State agencies have four business days to respond to a FOIA request, so it is crucial for requests to be processed promptly. If a violation of the Connecticut FOIA is believed to have occurred, a complaint can be filed within 30 days of the alleged violation to the Connecticut Freedom of Information Commission. The complainant must draft a written complaint to the Commission alleging the violation.

Alleged violations of the federal FOIA are handled by the designated appeal authority of the agency that issued the initial decision. The appellate authority will send a response of its decision. There is also an option to seek mediation services instead of litigation from the Office of Government Information Services at the National Archives and Records Administration.

Connecticut National Guard Critical Information List

The Critical Information List describes a list of critical information that must be protected from adversaries. Release of any information considered critical information must first receive an OPSEC review and will be released by the proper authority.

The following information is considered critical and will be protected accordingly.

1. Personally Identifiable Information
2. Protected Information/Privacy Act
3. Mobilization/Deployment/Re-deployment Information
4. Details of Operations and/or Missions
5. Information Assurance: passwords, phone numbers, unit rosters
6. Training Schedules, training Calendars or details of major training events
7. Capabilities of organizational weapons, equipment and personnel; LOGSTAT/PERSTAT
8. Identification of unit/facility, Mission Essential Vulnerable Areas

For more information on Operation Security, please reference Army Regulation 530-1, Operations Security, or contact the State Operations Security Officer, Maj. Justin Anderson at justin.anderson4.mil@mail.mil.

Health & Fitness

STAFF SGT. SILAS K. HOLDEN
AIRCRAFT ELECTRICIAN, 1109TH TASMG

Happy September everyone. I am back from deployment and ready to get writing again for my monthly column. We are right around the corner from the Army Combat Fitness Test becoming the new standard for Army physical fitness. The timeline that is currently in place has Soldiers taking two ACFTs for familiarization between October 2019 and October 2020 while the APFT will remain the test of record. In October 2020 the ACFT will officially become the test of record Army wide. Many who have taken the test say that it is easier to pass than the current test, but will take extreme conditioning to even think of obtaining maximums.

Will the impending DOOM that is always rumored with major changes actually occur? It's highly unlikely. Will some individuals realize that they are truly out of shape and must embark upon a serious fitness and lifestyle change? Absolutely. But as with everything in the Army, the brainstorming, homework, testing, and analysis have all been done. So how to succeed is all written out for you, now it is simply up to you to follow the recommendations.

The new test is going to require more preparation and training than the current test, that is a given. The ACFT requires muscular strength, muscular endurance, aerobic endurance, anaerobic endurance, power, coordination,

and agility. The days of training for one month prior to the test and expecting to pass are most likely over, Soldiers are going to have to put in more work in order to maintain a passing level of fitness.

Everywhere you look there are new online tools being put in place to create an environment for success, so as always, if you fail, it's on you. A great tool to utilize is the Facebook page created by Connecticut's ACFT coordinator Staff Sgt. John Young, the page is titled CTARNG-ACFT-MFT. Go request to join the page and you will be ready to gain knowledge, insight, and know-how for all things ACFT. On this page Staff Sgt. Young embeds videos going over the go/no-go criteria for each event and demonstrates the movements to standard. He also answers questions which individuals can ask through the page. This interaction is vital to stopping rumors from taking hold and getting the information out to the end users.

The Army announced recently that Soldiers on profile will be required to perform three rep maximum deadlift, sprint, drag, carry, and one of three alternate events. The three alternate events being assessed are 5,000 meter row, a 15,000 meter stationary bike, and a 1,200 meter swim. Each event is preliminarily being pushed with a 25 minute or less threshold.

"CIMT's director of research and analysis, Michael McGurk, emphasized that Soldiers with a permanent injury or condition that limits their ability to complete a full 6-event ACFT may be allowed to test with a modified assessment."

"Those Soldiers with permanent profiles may also undergo a Medical Retention Board and Physical Evaluation Boards to determine fitness for further military duty," McGurk said. "Part of those reviews may be tied to their ability to pass a modified assessment. This allows commanders to deploy these Soldiers 'with risk' and determine if the risk is acceptable based on Soldiers' skills and nature of the mission."

As with all major changes there are going to be growing pains and adjustments that occur to streamline the process and test. The key for the Army and its leadership is to keep rumors at bay and keep Soldiers fully informed of the new test and guidelines for its implementation. Soldiers will need to train differently and more consistently to obtain good, consistent results on the new test, this will be the challenge, especially for Reserves and National Guard. Next month's article will be an interview with CT ACFT Coordinator SSG John Young. Until then, stay motivated, stay hydrated, and stay fit.



CTARNG R3SP- RESILIENCE, RISK REDUCTION, SUICIDE PREVENTION

NATIONAL SUICIDE PREVENTION MONTH SEPTEMBER 2019

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IT
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Staff Sgt. Holden is a certified Master Fitness Trainer and a certified National Strength and Conditioning Association; Tactical Strength and Conditioning-Facilitator. He is currently deployed to Kuwait with the 1109th Theater Aviation Sustainment Maintenance Group, Connecticut Army National Guard. He is eager to share his knowledge with those wanting to learn. The thoughts expressed in this column are his. Always do research and consult your doctor before undergoing any physical fitness regimen. Request a topic, or ask Staff Sgt. Holden a direct question by emailing him at silas.k.holden.mil@mail.mil.



Suicide Prevention Program
860-524-4962 / 860-548-3291 / 860-524-4926



The Connecticut Guardian
ONLINE
<https://ct.ng.mil/guardian>

Connecticut GUARDIAN
1109th TASMG Deploys to Southwest Asia

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- CEARNG Hosts Volunteers in Mirza Page 4
- 1109th Trains at 2018 Page 11

In full color!

Governor's Horse and Foot Guards

4 New Recruits Entered the Fold - 2nd Company Governor's Horse Guard Recruit Graduation Ceremony

SECOND COMPANY GOVERNOR'S HORSE GUARD

On Sunday, June 9th 2019 family, friends and distinguished guest gathered to celebrate the graduation of the Second Company Governor's Horse Guard 2019 recruit class. Privates Negron, Smith, Jackson, and Apicella officially became Troopers with the unit, at a well organized, well attended, and at times, quite emotional Graduation Ceremony.

Master of Ceremonies, 1st Lt. Barbara Spremullo, began the ceremony by paying respect with a moment of silence to former State Representative Mae Schmidle who passed in April. Representative Schmidle served the 106th Assembly District representing Newtown from 1981 to 1991.

In attendance, as honored guests included: The Assistant Adjutant General of the State of Connecticut, BG Gerald McDonald; State Representative Mitch Bolinski of the 106th District; Selectman from Newtown, Maureen Crick Owen; Commissioner of Veteran's Affairs, Thomas Saadi; Maj. Richard Greenlach, Commandant 2GFG; Capt. Robert Mazzara, of the 1GHG; Lt. Cols. Peter Moritz, Former Commandant 2GHG, Steven deFriesse, Former Commandant 2GHG, and Gordon Johnson, Former Commandant 2GHG.

As the sun shone down on a beautiful morning you could feel the air thick with history, honor and pride as the ceremonies continued.

"The transition from recruit to that of Trooper comes after 18 weeks of training in areas of military customs and courtesies, drill and ceremony, basic horsemanship, equitation and military leadership" announced 1st Lt. Spremullo. "Over the 18 week period, the training cadre instilled in them, a sense of Esprit de Corps that comes from facing adversity together" she continued.

The class was instructed under the leadership and guidance of 1st Lt. Laura Barkowski, 1st Sgt. Anthony Farina, Staff Sgt. Jose Flavio Rosa, Sgts. Bonnie Cypher and Samantha Burton, and Pvt. Steven Chapman, who volunteered every Saturday for the duration of the training to be at the Horse Guard Facility to mentor,

guide and train the recruits. The new troopers will now take their place at the vanguard in the preservation of the history and traditions of the Horse Guard and the Organized State Militia.

The orders of promotion were read out, and each Trooper received a pair of Pvt. Stripes, a Graduation Certificate, and a set of spurs was attached to the heel of each riding boot.

"Upon the completion of training, the new privates are issued spurs. The tradition of the cavalry tells that recruits were not issued spurs when they joined the company as they did not have the proper training in how to use them. Now that the new privates have reached this destination in their journey and have earned the title of TROOPER, they will be presented with their spurs" announced 1st Lt. Spremullo.

The traditional opening of the champagne with a saber followed, along with a long line of toasts and concluded with a delicious meal, and some closing traditions including a gift unveiled by the new recruits to the unit.

Brig. Gen. McDonald responded, when asked what his thoughts were on the day, by Public Affairs correspondent for the 2GHG, 2nd Lt. Lynott, "By far one of the most professional ceremonies I've seen. I'm really excited for the four recruits, for the Company itself and for the Connecticut Military Department. It's a great day today and this is the future of the organization so I'm glad I can be a part of it".

Speaking after the ceremony, the Commandant Maj. James Marrinan said "Sunday's graduation ceremony was like the Battalion review, a memory that I will always cherish! Everything seemed to be just right, from the sunshine, to Capt.

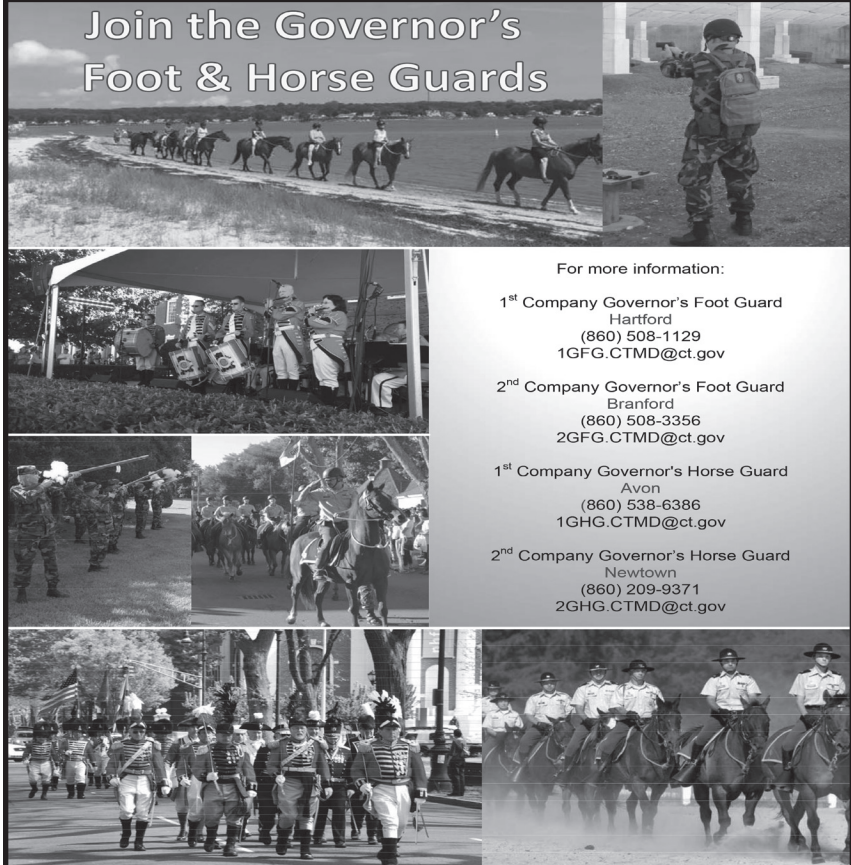
Mazzara's attention to detail of the thatched mowing, to his remarks recognizing the 75th anniversary of the Normandy invasion and the sacrifices made by those airbourne troops or those assaulting the beaches. Commissioner Saadi's remarks at the podium about us were great for all those present to hear, and to know he is a strong supporter means a lot! All of the Honored guest's participation in one form or another and one of my personal favorites; Lt. Col. Moritz and his tradition of instructing the graduates in opening the champagne with a saber makes it all very memorable! The food and presentation provided by the Mess Department was remarkable! I am so very proud of every member of the Second Horse!"

The 2GHG will also be holding their annual Open House on September 7 2019, where the public are invited to join them for a family fun day filled with demonstrations, drill maneuver, vendors, food, music, a history presentation, kids games and pony rides on a Cavalry horse.

This is a wonderful opportunity to learn more about the troop and enquire about membership.

Contact 2GHG.CTMD@CT.gov with any questions.

Join the Governor's Foot & Horse Guards



For more information:

1st Company Governor's Foot Guard
Hartford
(860) 508-1129
1GFG.CTMD@ct.gov

2nd Company Governor's Foot Guard
Branford
(860) 508-3356
2GFG.CTMD@ct.gov

1st Company Governor's Horse Guard
Avon
(860) 538-6386
1GHG.CTMD@ct.gov

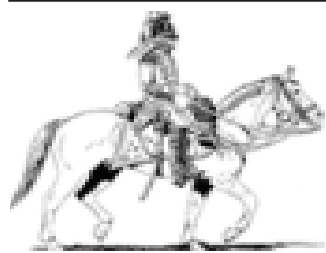
2nd Company Governor's Horse Guard
Newtown
(860) 209-9371
2GHG.CTMD@ct.gov

Learn More About the State Militia



1st Co. Governors Foot Guard
<http://www.governorsfootguard.com/>
1st Co. Governors Horse Guard
<http://www.ctfirsthorseguard.org/>

2nd Co. Governors Foot Guard
<http://www.footguard.org/>
2nd Co. Governors Horse Guard
<http://www.thehorseguard.org/>



2nd Company Governor's Horse Guard

Annual Open House

Event proudly organized by the Friends of the Second Company Governors Horse Guard: a 501-C non profit organization

Sat. Sept 7, 2019

Time:

11am sharp - 3pm

Location:

Horse Guard Grounds
4 Wildlife Drive, Newtown, CT
(near Reed Intermediate School)



Rain or
Shine



Pony rides
on a BIG
cavalry
horse



Childrens Games
and PRIZES to
be won

Join us for a family fun day of horse demonstrations, kids activities, "pony" rides, vendors, food, music and much, much more!

Enjoy a history presentation where you get to learn about the traditions of the Horse Guard, from when it was chartered through today.



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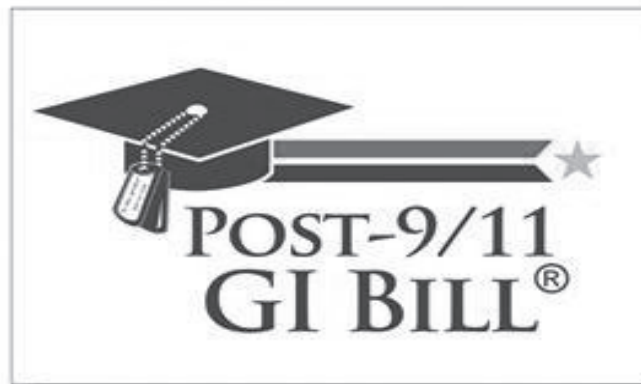
Berkshire Broadcasting Corporation

16 Year Service Limit for Post-9/11 GI Bill TEB



NOTICE! NOTICE! NOTICE! NOTICE! NOTICE!

"Effective 12 July 2019, TEB is limited to 16 years of service"



What Does This New Rule Mean?

If you have 16 or more years of service on or after 12 July 2019, you will NOT be allowed to transfer your Post-9/11 GI Bill to your dependents!

Don't Lose Out! Transfer Today!

If you qualify for the Post-9/11 GI Bill, have six or more years of service, and have at least one qualified dependent in DEERS, transfer your benefit today at; <https://www.dmdc.osd.mil/milconnect/>



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State Partnership Program Sails Through 20 Years

CPL JUSTIN STANNARD
130TH PUBLIC AFFAIRS DETACHMENT

The recent officer graduates of the Uruguayan Naval Academy emulated their favorite NBA players while awaiting the start of their tour in the United States Coast Guard Academy's gym in New London, Connecticut, Aug. 17. Dozens of crew members from the Uruguayan Navy sailing training ship, Capitán Miranda, stopped by the academy as part of their military's state partnership program visit with the Connecticut National Guard. Following a couple games of 'horse,' their tour of the academy commenced.

For the past 20 years, Connecticut strengthened the partnership with Uruguay through the State Partnership Program (SPP). As Connecticut service members continuously visit Uruguay and that nation's service members' visit Connecticut, the bond between the partners has grown substantially.

"When we talk about the National Guard and the triad of our mission with defending the homeland, supporting the war fight, and building partnerships, this is a key event." Maj. Gen. Fran Evon, Adjutant General of the Connecticut National Guard, said about the recent visit from the Uruguayan service members on the Capitán



The Capitán Miranda, a Uruguayan training vessel, is docked at the City Pier in New London, Conn. on August 17, 2019. One of the stops for the Uruguayan Navy included New London to visit with their State Partnership Program counterpart, Connecticut National Guard, and celebrate the 20 year relationship. Photo by U.S. Army Cpl Justin Stannard, 130th Public Affairs Detachment.



a Uruguayan training vessel, is docked at the City Pier in New London, Conn. on August 17, 2019. Photo by U.S. Army Cpl. Justin Stannard, 130th Public Affairs Detachment.

Miranda training vessel and the Uruguayan Attachés.

There are currently approximately ten visits annually between the two partners, and each increases their shared bond, focus and commitment to one another.

"The next visit is a cyber exchange," Evon said. "We're going down to work with their cyber teams on their IT structure." He added that that visit will be aimed at increasing the effectiveness of Uruguayan cyber security.

The August 15-19 trip is the second time that the Capitán Miranda has visited Connecticut. The training vessel has also been continually upgraded for the last decade and most of its crew members are new.

The Uruguayans were able to see the Connecticut National Guard and its many capabilities, first hand, during demonstrations held at Camp Nett at Niantic after their visit to the Coast Guard Academy.

"We demonstrate our capabilities and it shows that we are committed to each other and to the prosperity of both organizations," said Lt. Col. Richard Leydon, Deputy Chief of Staff and Information Management. "We will continue to engage, participate, and assist each other in any way possible."

Maj. Gen. Miguel Giodano, Uruguayan Defense Attaché, Col Hugo Parentini, Uruguayan Air Attaché, and Capt. Leonardo Luz, Uruguayan Naval Attaché were part of the team that visited. The officers affirmed that the celebration of the 20-year relationship between Uruguay

and Connecticut was a beneficial gathering for all parties.

"It's an educational opportunity for the people of Connecticut," Evon said. "Many don't know that we have partnerships like this. We're hoping to develop partnerships with new countries in the future."

Some of the activities that take place during partnership visits include The SPP visits provide visiting delegations with a full spectrum of National Guard capabilities, like disaster/emergency response, aviation operations and maintenance, leadership development, cyber defense and communications security; and also some not found in the active military branches, like border, port, and aviation security.

"The Uruguayans have been awesome," Evon said. "It's been a great trip for both the ship's crew and for the attachés as well."

For 20 years, The Connecticut National Guard has celebrated its partnership with Uruguay, and many more visits, on land and sea, are scheduled for the future.

Enlisted Update



**COMMAND CHIEF MASTER SGT.
JOHN M. GASIOREK**

Hello my fellow Connecticut National Guardsman,

I hope this update finds you well. In June 2019, we were able to formally recognize Technical Sergeant Brian A. Davies of the 103d Security Forces Squadron who was selected as the 2018 Non Commissioned Officer of the Year by the Air National Guard Enlisted Field Advisory Council, Region One. Sgt

Davies is a superb non-commissioned officer who had performed exceptionally while deployed and at home station. Sgt Davies is well respected throughout the Security Forces career field as well as by his superiors and subordinates alike. When you see Sgt Davies, please congratulate him and recognize him for his outstanding commitment to our National Guard, and thank him for being Always Ready, Always There!

During my last update I wrote about Air Mobility Command's "Vision" document focusing on our National Guard and the 103d Airlift Wing's role with relation to the National Defense Strategy. By now it should be no secret the 103d Airlift Wing is again executing the mission in a deployed environment. There are so many aspects of a deployment that can be taken for granted so I thought it was important to look back to where we were the last time our nation called.

During the last deployment we were a newly mission capable Airlift Wing and everyone exemplified the Air Force Creed specifically "I will not fail!" Both the Operations Group and the Maintenance Group were working nearly seven days a week and no less than twelve hours a day. Both groups were trying to keep the aircraft mission capable so the Operations Group could maintain their certifications prior to landing in theatre.

Although we were a mission capable wing, we still didn't have many of the things you see today. Whether it was a working space not under construction, equipment or manpower the Flying Yankees were not going to be deterred. The mission would succeed and it did even though countless individuals had never deployed to an austere environment as a C-130 unit. There were bumps and bruises along the way but nothing that nobody couldn't recover from. The deployment overall was a huge success with many bright spots!

During the send-off ceremony for our deplorer's I had the privilege to walk through the lines and wish our

members well. I was amazed and comforted to see so many people who deployed the first time now deploying again. All enlisted ranks were well represented. There were members Chief Trafficante and I have had lunch with during the command chief lunch on drill weekends who were on the cusp of separating or cross training. Now these same individuals were deploying contributing to our Nation's call which seems to be the overriding reason for why people join our CT National Guard. There were seasoned senior non-commissioned officers who I know played pivotal roles during the last deployment. I know those same individuals will be mentoring their subordinates and enhancing the continuity where the bonds of a lifetime are made. What I saw among the ranks during the sendoff was nothing less of the best of the best of our Air Force representing our hometown team the Flying Yankees.

In stark contrast to the previous deployment where everyone was working twelve hours shifts, this time around the Saturday before our first scheduled launch of aircraft overseas, the base appeared like a ghost town as it should have been. In other words instead of working up to the last minute of the last hour, our people were where they should have been at home spending time with their families and friends. Everything that needed to be done was done. Not surprisingly during the first launch everything went off flawlessly. Mission Support Group had everything in place from equipment to securing the base for the influx of family members arriving to see their Flying Yankee off. The Family Readiness Group as always was there doing what they do best!

The second set of aircraft to launch a few days later had similar results. Everything was in place, and running smoothly as scheduled. There was one heart dropping moment when one aircraft had to return to the ramp. Without having a radio and not knowing what was going on it was somewhat uncomfortable until two maintenance crew members boarded the aircraft with two mystery bags of tools. A short time later the two maintenance members exited the aircraft and the aircraft taxied on its way without incident.

A few weeks later Security Forces sent their contingent of personnel overseas closing out the last of the personnel scheduled to depart this time around. Their departure was somewhat different from how everyone else leaves but not any less important.

The key takeaways are the Flying Yankees continue to grow and perfect their skills in being the best C-130 unit period. Although still very young in the C-130 business our people are knocking down goals and exceeding expectations! None of this would be possible if it wasn't for our leadership providing the guidance, support, and setting expectations. This also would not be possible if our non-commissioned officers weren't setting the example, conducting training, providing feedback, mentoring and taking care of our future Airman leaders.

Please keep all of our people deployed and their families in your thoughts and prayers as they execute the mission during this latest call from our Nation.

I would again like to thank you all for what you do daily to ensure the safety and security of our state and country! Your senior leadership, my family and I continue to be impressed! Be Safe!

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Uruguay Military Visits Connecticut Guard for State Partnership Anniversary

SGT. ALICIA M BROCUGLIO
130TH PUBLIC AFFAIRS DETACHMENT

Members of the Connecticut National Guard hosted Uruguayan military officers last week at Camp Nett at Niantic in celebration of the 20-year anniversary of their State Partnership Program (SPP) and to enhance their beneficial relationship.

“When we were assigned to work with Uruguay back in 2000 it worked out perfectly,” said Captain Pedro Concolino, Director of the State Partnership Program for the Connecticut National Guard. “We have similar populations, similar climate, similar capabilities to the three branches as the Uruguayan military. It was very fortuitous that we were partnered with Uruguay,” he said.

Major Gen. Miguel Giordano, Uruguayan Defense Attaché to the US Colonel Hugo Parentini, Uruguayan Air Attaché to the US, Captain Leonardo Luz, Uruguayan Naval Attaché to the U.S. toured multiple facilities in Connecticut during their visit. The officers were accompanied with a team of Connecticut service members that have been working with SPP.

“The purpose of the partnership flight tour was to familiarize the Uruguayans with the capabilities we have here in the state as their state partner. And also to start a conversation about their interests,” said Concolio.

The tour included a visit to the Coast Guard station in New Haven, the 928th Military Police Detachment, and 2nd Company Governors Horse Guard in Newtown,



Lt. Col. Leydon, Deputy Chief of Staff Information Management, gives a quick tour of a decommissioned helicopter to the Uruguayan Navy officers at Camp Nett in Niantic, Connecticut on August 17. Camp Nett is one of the last stops for the Uruguayan officers before making their way up the coast to continue the rest of their 165 day trip. Photo by U.S. Army Cpl Justin Stannard, 130th Public Affairs Detachment.



Staff Sgt. Robert Massicotte, Canine Handler for the 928th Military Police in Newtown, CT, explains the ins and outs of being a dog handler to the recent officer graduates from Uruguay at Camp Nett in Niantic, CT on August 17. The Connecticut National Guard hosted a static event showcasing the capabilities of the Connecticut National Guard to their State Partnership Program nation, Uruguay. Photo by U.S. Army Cpl Justin Stannard, 130th Public Affairs Detachment.

and the 103rd Air Wing and Theatre Aviation Sustainment Maintenance Group in Groton.

“We are improving our relationship with each other every day in training and in our future exercises. That is important and I am excited for that,” said Capt. Leonardo Luz, Uruguayan Naval Attaché to the United States. “It’s very important that we see the maintenance for aviation because what they do here is incredible so we learn from that,” he said.

During the tours the Uruguayan military officers spoke with Connecticut service members and learned about the training and capabilities of the Connecticut National Guard, to include rotary wing maintenance, and working dog tasks.

“I would say the largest milestone,” Concolio added,

“is we have also been actively assisting the Uruguayans in developing their military working dog program. Just this year Uruguay was assigned to peacekeeping mission and it will be their first time they are deploying working dogs.”

As part of the continued anniversary celebration the Capitán Miranda, a tall ship Uruguayan Navy training vessel, docked at the New London pier. The vessel first visited New London during OpSail 2000.

Concolio said, “Coordination started a year ago, the Capitán Miranda was in dry dock for 13 years so this is the first time its back in the United States specifically Connecticut since 2000. That is a momentous occasion because there is a long heritage of ships serving as vehicles of diplomacy. Really and truly that is a piece of foreign soil coming to visit. The Capitán Miranda coming up was a huge deal on many levels.”

The SPP is important to both the Connecticut National Guard and the Uruguayan military. There are many similarities between the state of Connecticut and Uruguay that made both parties thankful and made the unique pairing successful.

“We have been in a partnership for 20 years, so we know each other, said Major General Miguel Giordano, Uruguayan Defense Attaché to the United States. We share knowledge and training, and when we come here we are very well treated. We are more than partners. We are friends.”

Inside OCS

Training to be Ready for Real World Missions

OFFICER CANDIDATE ROBERT DURANT
OCS CLASS 65

I only recently joined the Army National Guard in August of 2018 as an 09S which is an Officer Candidate. I went to two drills at Camp Nett at Niantic for the Recruitment Sustainment Program (RSP) and January 2, 2019 I began my military journey. I remember coming back home from Basic Combat Training in Fort Jackson eager to begin Phase 0 of Officer Candidate School (OCS). I thought I was in the best shape of my life, but I learned quickly like many of my peers balancing these dual lives was harder than we thought. I had no idea that Phase 0 would begin the literal weekend I returned from training. I didn't have time to ask novice questions, mentally decompress from BCT or get issued gear from CIF. However, none of this would matter. The cadre in Phase 0 took exceptionally good care of my peers and I.

Land navigation is the number one "OC killer" and if you aren't prepared for the ruck march you will fail. Whether you're a novice at land navigation such as myself, maybe pro, or perhaps a veteran the experience you get at Stones Ranch is undoubtedly essential to your future success in phase 1. Leading up to Phase 1 I struggled to grasp the basic land navigation concept of attack points. In BCT we went out in squads, all I did was look around after someone in my squad did all the hard

work I had zero proficiency. In OCS you're alone during your land navigation courses and I got lost on several occasions. Walking up, down and around prepares you mentally and physically for the ruck marches. I was absolutely terrified of land navigation and my abilities in land navigation but not the ruck marches. Phase 0 gives you a lot of the keys to success but it's up to you to make sense of the tools you've been given in order to succeed during phase 1.

My success was based solely on the fact that I practiced so much that I could identify attack points. If not for the Phase 0 experience I would have failed without a doubt. The cadre realized that I wasn't understanding the things they were saying and encouraged me to dead reckon. It wasn't until Phase 1 by understanding my weakness in the previous phase that I was able to identify my own short comings which was map orientation and terrain association. I finished second in my platoon with 5 out of 5 points in a little over two hours on a five-hour course testing day. While not mandatory for prospective Officer Candidates, Phase 0 should be quintessential for any candidate aspiring to excel in Phase 1.



Become an Officer in the Connecticut Army National Guard

For information and requirements, contact your chain of command or
Maj. Steve Landry,
RRB Officer Strength Manager
steven.d.landry.mil@mail.mil

CONNECTICUT NATIONAL GUARD 

Leads to Enlistments Awards Program
Effective 01 Oct 18 - 30 Sept 19

- 1st Lead to Enlistment**
Shaker Bottle & T-Shirt**
- 2nd Lead to Enlistment**
Tactical Backpack**
- 3rd Lead to Enlistment**
Fleece Jacket or Hoodie**
- 4th Lead to Enlistment***
AAM & Gerber Multi-Tool**
- 5th Lead to Enlistment***
ARCOM, Tactical Flashlight & "Honorary RRNCO" plaque**

CONTACT YOUR LOCAL RECRUITING AND RETENTION NCO FOR MORE INFO

Leads are subject to verification of enlistment IAW state lead tracker SOP
**photos are representations only, actual items are subject to availability and funding.
*Must be eligible to receive AAM or ARCOM. One award per person given at the end of the fiscal year based on number of enlistments.

"IT PAYS TO STAY"
FY-19 ARMY NATIONAL GUARD RETENTION PROGRAM

STAY  GUARD

- Re-Enlist/Extend for 2 Years**
Receive a \$4,000 Bonus and a waterbottle or hydration pack
- Re-Enlist/Extend for 6 Years**
Receive a \$20,000 Bonus and a Gerber or tactical flashlight

CONNECTICUT NATIONAL GUARD 

CONTACT YOUR RETENTION NCO FOR MORE INFO

*photos are representations only, actual items and bonuses are subject to eligibility, funding and availability.

R3SP - Resilience, Risk Reduction & Suicide Prevention

Suicide Intervention Officer (SIO) Spotlight



Sgt. 1st Class Candace Barquin

Sgt. 1st Class Candace Barquin has been with the CTARNG for 18 years! She currently serves as the Readiness NCO for the HHC 192nd MP. In her 18 years of service, 7 of which she has been ASIST trained, Sgt. 1st Class Barquin has provided life-supporting aid to many Soldiers and veterans. Sgt. 1st

Class Barquin is not only the SIO for her unit, she also serves as the Battalion SIO, as well as a Victims Advocate making her the first call for many Soldiers who are experiencing thoughts of suicide. Sgt. 1st Class Barquin supports her Soldiers in connecting with care as well as following up with them through their recovery so they know they are supported. In her spare time Sgt. 1st Class Barquin enjoys hiking, painting, and spending time with her family. Knowing the importance of self-care and creating a strong network of support Sgt. 1st Class Barquin credits her close family members and friends, including a chaplain, with helping her handle life's stresses.

"We all struggle, it's ok to ask for help! Take one day at a time and even if it's crawling just keep moving forward, you got this!"

RESILIENCE
 RISK REDUCTION
 SUICIDE PREVENTION

Resilience: "Skill of the Month"



Edition #58: August 2019
 R2HPO: alexander.m.long5.mil@mail.mil
 (860) 524-4926

Communication Styles

Aggressive

- Must have the last word
- Talking over other person
- Ineffective emotion
- Blaming & Talking down

Assertive

- Confident, Clear, Controlled
- Seek to understand
- Good eye contact
- Effective emotion

Passive

- Quiet
- No eye contact
- Withdrawn
- Sulking
- Submissive
- Fearful
- Appeasing

IDEAL Model:

1. **Identify** and understand the problem...
2. **Describe** the problem objectively & accurately...
3. **Express** your concerns and how you feel...
4. **Ask** the other person for his/her perspective...
5. **List** the positive outcomes that might result from agreed upon change(s)...

Bottom Line Up Front

- Assertive Communication helps to build Connection.
- Assertive Communication helps you solve problems by remaining Confident, Clear, and Controlled.

WHAT IS THE SKILL?

Assertive Communication is a method of communication that is Confident, Clear, and Controlled.

WHEN DO I USE IT?

When confronting someone about a conflict or challenge (and is the most appropriate style in that situation).

HOW DO I USE IT?

Use the IDEAL model (described to the left).

SEPTEMBER IS SUICIDE PREVENTION MONTH

#BETHERE

| National Suicide Prevention Lifeline: 1-800-273-TALK (8255) | giveanhour.org | guardyourhealth.com |

R3SP - Resilience, Risk Reduction & Suicide Prevention

Soldiers Helping Soldiers

MEAGAN MACGREGOR
ALCOHOL & DRUG CONTROL OFFICER

On 31 July 2019 Sgt. 1st Class Vacca (A CO 1109th TASMG) and Staff Sgt. Walz (HHD 1109th TASMG) were coined by State Command Sgt. Major Carragher on behalf of the R3SP Programs in recognition for their efforts going above and beyond to support Soldiers. Since 2012 Sgt. 1st Class Vacca has served as a Unit Prevention Leader (UPL) and was promoted to the position of Battalion Prevention Leader (BPL) for TASMG. Sgt. 1st Class

Vacca's diligent work has contributed to the early identification of Soldiers in need of substance abuse treatment, increase in self-referrals, and higher retention of Soldiers going through Army Substance



SFC Vacca (A CO 1109th TASMG) and SSG Walz (HHD 1109th TASMG) were coined by State CSM Carragher on behalf of the R3SP Programs.

took the Applied Suicide Intervention Skills Training (ASIST) course and immediately became actively engaged in the course content. At the end of the training Staff Sgt. Walz requested to become a trainer in order to

increase her ability to support Soldiers and play an active role in the re-development of R3SP. Since that day Staff Sgt. Walz has risen to the role of Master Trainer in ASIST and has been appointed Battalion Suicide Intervention Officer (SIO) for TASMG. Staff Sgt. Walz's dedication to increasing access to resources for Soldiers and reducing the stigma related to suicide has set the tone for NCO's in addressing stressors their Soldiers may be facing. Staff Sgt. Walz has played a vital role in intervening in crisis situations for Soldiers with positive outcomes. Her efforts and dedication have created a lasting impact on the lives of Soldiers.

R3SP extends deepest gratitude to Sgt. 1st Class Vacca and Staff Sgt. Walz for their dedication far beyond expectation. R3SP also would like to thank their leadership for supporting their endeavors and entrusting them with additional duty appointments that support the well-being of the Soldiers of the Connecticut Army National Guard. Finally, R3SP would like to thank Command Sgt. Major Carragher for carving out time in an exceptionally busy schedule to recognize these two NCO's on our behalf and encourage all Soldiers to support each other.

Resilience Resources:

Outward Bound

[www.outwardbound.org/
veterans](http://www.outwardbound.org/veterans)

Service Member and Family

Support Center

1-800-858-2677

Military OneSource

[www.militaryonesource.
mil](http://www.militaryonesource.mil)



**CTARNG
NATIONAL
SUICIDE
PREVENTION
MONTH**



**MAKE
IT
YOUR
MISSION
#BETHERE**



SEPTEMBER 2019

**Military
Crisis Line**
1-800-273-8255
PRESS 1



CT ARMY NATIONAL GUARD R3SP SUICIDE PREVENTION
860-524-4962 / 860-548-3291 / 860-524-4926

Off the Bookshelf

with Sgt. 1st Class Simon

Orisha: The Gods of Yorubaland

SGT. 1ST CLASS BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS, CTARNG

Archetypes are best defined as narrative and symbolic representations of common human experiences. The most popular contemporary archetype is the hero and the hero's journey. The hero's journey narrative is very straightforward: the hero is born, often in inauspicious conditions; perseveres through youth and thrives; leaves the home to follow a 'call' or 'beckoning'; embarks on a quest full of peril and hardship; completes the quest and retires.

This archetype in its simplest form is portrayed in baseball games. The batter is the hero, and each base is a step on his/her way to completing the hero's journey. The other players are either adversarial or helpful—and a little bit of luck can go a long way for the hero who (unfortunately) often does not complete their journey or quest.

Many of the world's religions feature the hero's journey archetype in their narratives and legends—some more explicitly than others. Judith Gleason's "Orisha: The Gods of Yorubaland," is a collection of religious narratives that originated in southern Nigeria and spread to North and South America during the Atlantic slave trade. The 'Orishas' are the protagonists of these ancient religious tales, and many share attributes and characteristics with the deities, avatars and saints of the world's classic religions.

The hero's journey in Yoruba religious narratives, however, does not start with the hero. It starts with a gatekeeper.

In the Orisha pantheon, Eshu (or Elegua) is a gatekeeper, trickster character, whose sole responsibility entails granting passage to the hero embarking on their journey. In her book, Gleason describes an ancient Yoruba account of a king's son who climbs a rope into the heavens in order to confront Orisha deities. According to the story, due to the young man's arrogance, Eshu cut both sides of his rope, leaving him magically suspended in the sky for eternity. In other tales, however, Eshu helps individuals successfully complete their quests. Eshu can be thought of as an umpire in a baseball game who, rather than objectively declaring if runners are out or safe, stands in their path and subjectively chooses who will be allowed to pass him.

Like the Orisha narratives, traditional playing card and tarot card decks also portray the hero's journey archetype through their cast of trump cards and characters. The 'joker' in playing card decks is the 'wild' trickster and in tarot card decks, the 'fool' card represents the same caricature. Gleason asserts that the fool and trickster

characters are the most significant players in the hero's journey—even more crucial to the journey's outcome than the hero.

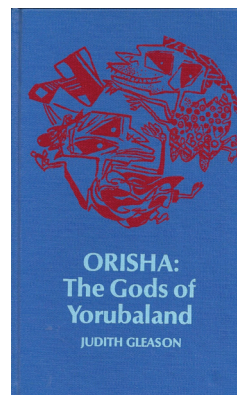
The Orisha stories detailed in Gleason's text also contain the feats and adventures of many other compelling characters and deities. For instance, Shango is a king and warrior who singlehandedly conquers massive armies and nations, as is Ogun. Oya can control the weather and Oshun has power over rivers and bodies of water. But there are no true heroes in the Orisha pantheon. A baseball game without a batter is a good symbolic representation of this. The characters and antagonists (other players) that the batter will encounter are there, but the batter must willfully choose to 'step up to the plate' and embark on his/her journey.

Centuries ago, men and women on the African continent who looked to the Orisha characters for help or assistance (or as adversaries) were the heroes and heroines of their lives and personal narratives. Gleason asserts that the same is true today. You, the adventurer, the reader, the religious practitioner, are the hero of your journey.

But what does one do when confronted by a trickster and gatekeeper entity like Eshu? The secret, Gleason implores, is that Eshu (and all gatekeeper characters) symbolize a lack of confidence and uncertainty experienced by the hero when he/she begins their adventures. The secret of the hero's journey archetype is that you are both the hero and gatekeeper!

Gleason's, "Orisha: The Gods of Yorubaland" is a beautifully written and poetic retelling of an ancient archetype that may be as old as humanity itself, and the Orisha characters she illuminates are profoundly written and exquisitely detailed. For more information about the Orisha Pantheon, and for a closer more personal look at a hero's journey narrative, read Gleason's "Oya: In Praise of an African Goddess."

Request a book to be reviewed, or ask Sgt. 1st Class Simon a direct question by emailing him at basimon1234@gmail.com.



Military ID Offices in Connecticut

Middletown Armed Forces Reserve Center
375 Smith Street
Suite 111
Middletown, CT 06457
(860) 613-7619

CTANG 103rd Airlift Wing
100 Nicholson Rd.
East Granby, CT 06026-9309
(860) 292-2368

CTANG 103rd Air Control Squadron
206 Boston Post Rd
Orange, CT 06477
(203) 795-2934

Navy Submarine Base New London
PSD Bldg. 83
I.D. Cards Rm# B1
Groton, CT 06349-5088
(860) 694-3022

Coast Guard Academy
I.D. Card Section, Munro Hall
15 Mohegan Ave.
New London, CT 06320
(860) 444-8208

Find additional locations and to schedule appointments online using RAPIDS at <https://www.dmdc.osd.mil/rsl/appj/site?execution=e1s1>

Military History

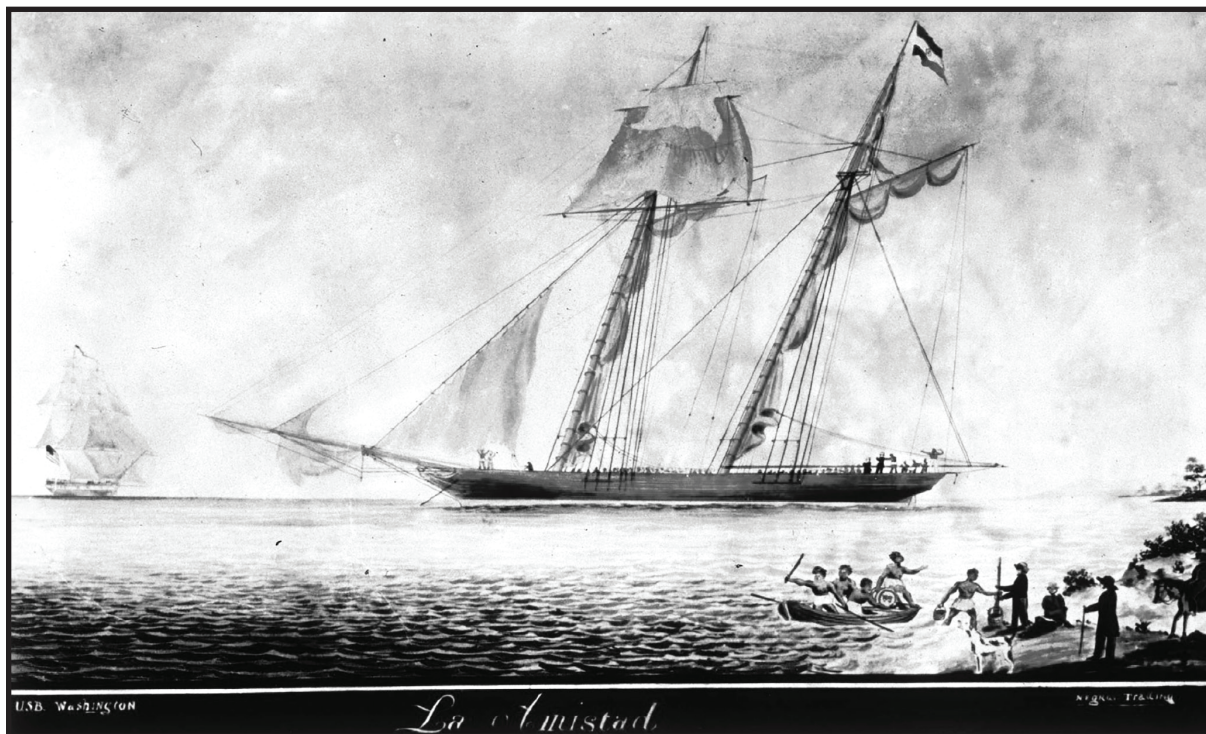
The Amistad In Connecticut

BRIG. GEN. (CT-RET.) ROBERT CODY
HISTORICAL COLUMNIST

On August 26th, 1839 the crew of the revenue cutter USS Washington encountered a schooner anchored off the eastern end of Long Island. The discovery would set into motion a series of events that would put Connecticut at the forefront of the movement to abolish slavery. The ship was La Amistad, Spanish for "friendship." The Amistad was a small cargo ship that had set out from Havana, Cuba on July 1, 1839 bound for sugar plantations near Port Principe, Cuba. In its holds were 53 Africans, kidnapped from their homeland of Mendeland, near present day Sierra Leone and sold into slavery despite the laws that were passed prohibiting the trans Atlantic slave trade. A few days into the short voyage, fearing that they were going to be killed, the slaves revolted, killing the captain, cook and two crewmembers. The slaves ordered the survivors -- the two plantation owners, to sail the ship towards the sun -- back to Africa. They complied -- during the day, but at night they turned the ship back towards the Americas. For almost two months the Amistad zigzagged up the coast of the United States until it came within sight of land off Long Island. Low on food and water, the slaves anchored and went ashore, hoping they could barter for supplies.

The captain and crew of the USS Washington seized the Amistad and towed the ship to New London, Connecticut. Slavery was still legal here, but not in New York. The scheming crew hoped to sell the slaves and sell the ship for salvage. The slaves were charged with mutiny and murder and jailed in New Haven to await trial.

Over a period of two years, the case made its way from the United States District court in Hartford to the Supreme Court. The murder charges were quickly



Contemporary painting of the sailing vessel La Amistad off Culloden Point, Long Island, New York, on 26 August 1839; on the left the USS Washington of the US Navy (oil painting)

dropped and the case became an issue of freedom. Abolitionists hired two prominent attorneys to defend the Mende Africans -- future Connecticut governor Roger Sherman Baldwin and former US president John Quincy Adams. Arguing in favor of the basic rights of human beings, Adams and Baldwin convinced the court to set the Mende Africans free. The decision came in March of 1841, and later that year, five American missionaries and the 35 surviving Mende Africans sailed for Sierra Leone.

Today, a replica of the Amistad is a sailing classroom

that conducts programs to teach about slavery and abolition. The replica was built at Mystic Seaport in 2000 and is berthed at Long Wharf in New Haven. For more information, visit their website at DiscoveringAmistad.com.

Brig. Gen. Cody retired from the CTARNG in 2014 and currently teaches 7th grade Social Studies in Stamford, Connecticut. Email him at rmcody@snet.net.



Be The Force Behind The Fight

The CTNG Sexual Harassment / Assault Response Prevention & Sexual Assault Prevention & Response teams are seeking to expand their core of Victim Advocates in the Connecticut Army and Air National Guard.

What is the role of a victim advocate?

In the event a sexual assault occurs, a victim advocate will be assigned to the victim. The victim advocate will provide continuous victim support throughout the process, provide referrals to the victim, serve as a liaison between victim and service providers, support through initial/ongoing investigation, support through court proceedings, and provide annual trainings to the unit about the program.

How to become a victim advocate:

Please send an email request to the JFHQ SARC Maj. Katherine Maines at katherine.a.maines.mil@mail.mil or the JFHQ Victim Advocate Capt. Ashley Cuprak- ashley.a.cuprak.mil@mail.mil.

A packet will be sent and upon approval from NGB, you will be required to attend the 80 hour Army SHARP course or 40-hour Air SAPR course. Once completed you will be given credentials. Overall process can take up to one year.

For more information, contact: Katherine Maines at katherine.a.maines.civ@mail.mil or Ashley Cuprak at ashley.a.cuprak.civ@mail.mil

CTARNG Training Circulars

Course	Course #	Action Officer	Start Date	End Date
Unit Movement Workshop	350-17-55	Chief Warrant Officer 4 Brian Erkson	4-Aug-19	4-Aug-19
Army National Guard GT Enhancement Course	350-17-57	Chief Warrant Officer 2 Lisa Kapustinski	5-Aug-19	9-Aug-19
IPP-A Instructor Facilitated Training (HR)	350-17-65	Chief Warrant Officer 3 Daniel Serbyn	5-Aug-19	6-Aug-19
IPP-A Instructor Facilitated Training (Validator)	350-17-65	Chief Warrant Officer 3 Daniel Serbyn	7-Aug-19	7-Aug-19
IPP-A Instructor Facilitated Training (SME)	350-17-65	Chief Warrant Officer 3 Daniel Serbyn	8-Aug-19	9-Aug-19
IPP-A Instructor Facilitated Training (HR)	350-17-65	Chief Warrant Officer 3 Daniel Serbyn	8-Aug-19	9-Aug-19
Unit Movement Workshop	350-17-55	Chief Warrant Officer 4 Brian Erkson	11-Aug-19	11-Aug-19
IPP-A Instructor Facilitated Training (HR)	350-17-65	Chief Warrant Officer 3 Daniel Serbyn	12-Aug-19	13-Aug-19
Medical Administration Training	350-17-64	Chief Warrant Officer 3 Daniel Serbyn	14-Aug-19	14-Aug-19
IPP-A Instructor Facilitated Training (HR)	350-17-65	Chief Warrant Officer 3 Daniel Serbyn	14-Aug-19	15-Aug-19
IPP-A Instructor Facilitated Training (Capstone)	350-17-65	Chief Warrant Officer 3 Daniel Serbyn	16-Aug-19	16-Aug-19
Virtual Convoy Operations Trainer (VCOT)	350-17-27	Maj. James Locke	19-Aug-19	22-Aug-19
G-3 Fulltime Manning Training Course	350-17-56	Sgt. Major Michael D. Collins	19-Aug-19	23-Aug-19
Army National Guard Substance Abuse Program Unit Prevention Leader (UPL) Course	350-17-12	Sgt. Victor Martinez	22-Aug-19	23-Aug-19
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Major Jeffrey T. Colvin	23-Aug-19	23-Aug-19
Laser Collective Combat Advanced Training System (LCCATS), Laser Marksmanship Training System (LMTS) and Improvised Explosive Device Effects Simulator (IEDES)	350-17-54	Maj. James Locke	14-Sep-19	15-Sep-19
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Mrs. Jennifer A. Visone	19-Sep-19	20-Sep-19
CTARNG Leadership Symposium	350-17-58	Maj. Michael Jakobson	20-Sep-19	21-Sep-19

Highlighted Courses:

General Technical (GT) Enhancement Course: This program is designed to identify and assess the educational needs of each enrolled Soldier and provide customized instruction in an effort to increase GT scores to 110 or higher. This training increases availability of viable candidates for Officer Candidates School, Warrant Officer Candidate School, and highly technical MOS's and ASI's requiring a 110 or higher GT score. 05-09 August 2019. 30 Soldiers Max, See your unit training NCO for current availability.

G3 Fulltime Manning Training Course: The course provides interactive training on the various operations systems and topics faced by the training community. The course will include best practices on a multitude of topics along with a class on budget and training management fundamentals. 19-23 August 2019. 20 Soldiers Max, See your unit training NCO for current availability.

CTARNG Leadership Symposium: This symposium is designed to provide the most up to date and relevant information, tools, and knowledge to prepare our formations for times of crisis. You will receive updates and guidance from the state's primary staff on policies and procedures as they relate to your warfighting function. You will choose from a multitude of informational sessions that will inform and increase your ability to lead and command Soldiers. The recommended attendees are CDR's (DET, CO, BN, MSC), 1SG/CSM/SGMs, XO/Deputies, Primary Staff and Warrant Officers 3 and above. In addition units will select the senior Platoon Leader and Platoon Sergeant in their formations that demonstrate the potential for performance in positions of increased responsibilities for attendance at the symposium. 20-21 September 2019. See your unit training NCO for enrollment.

Maj. Michael Jakobson - G3-FTB, Training Specialist - michael.p.jakubson.mil@mail.mil - Phone: 860-493-2774

THE DA PHOTO PROCESS Do You Need A DA PHOTO?

- 1** MUST BE SSG OR ABOVE And at least one of the following:
- No photo on file
 - Current photo over 5 years old
 - Promoted since last photo
 - Received ARCOM or higher

REVIEW YOUR ERB/ORB

- 2**
- Check records for accuracy
 - Determine which awards you are authorized to wear for your photo
 - DO NOT Wear awards not listed in your record
 - ERB/ORB accuracy is an individual responsibility

PREPARE YOUR UNIFORM

Ensure your uniform is up to AR 670-1 standards *before* scheduling an appointment.

- 3**
- Uniform preparation is an individual responsibility.
 - Last minute cancellations due to incomplete uniforms waste available slots. Be considerate of fellow Soldiers and only schedule an appointment once your uniform is 100% to standard.
 - Incomplete or inaccurate uniforms DO NOT justify a re-shoot. Your uniform must be complete and accurate before scheduling your appointment.

SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

- 4**
- Write down your appointment time & date. The automated e-mails WILL NOT contain your specific appointment details.
 - Only available time slots are shown. If your first choice is unavailable, choose another time.

SHOW UP AT SCHEDULED TIME

MG Maurice Rose
Armed Forces Reserve Center
375 Smith Street
Middletown, CT 06457
Room 322

- 5**
- Be on time and fully dressed at the scheduled time
 - Locker rooms available on the first floor if you wish to carry your uniform on a hanger.

IMAGE MANIPULATION

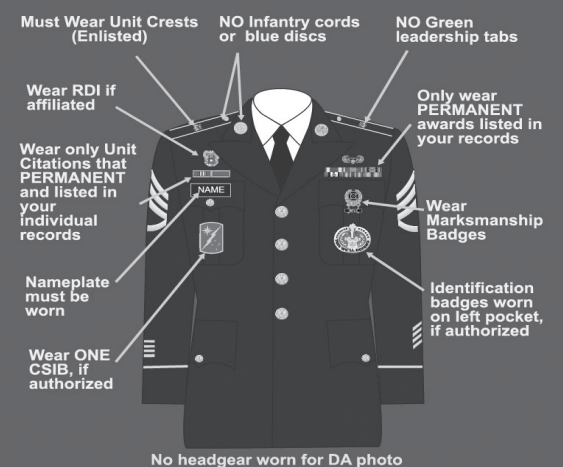
DA photos WILL NOT be digitally altered. DO NOT ASK.

- Per AR 640-30: Photographers will not alter the photograph, to include adding new rank, ribbons, stars or erasing waistlines or wrinkles. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs.
- Per AR 640-30, the photo lab does not print or provide copies of the official photo. To ensure integrity of all official DA photos, a digital computer file, disk or copy WILL NOT be issued to the Soldier.

How Does your photo get to your ERB/ORB?



What to Wear for a DA Photo



FOR MORE INFORMATION, VISIT: WWW.ARMYG1.ARMY.MIL/HR/UNIFORM/

SAVE THE DATE

RETIREE AND FULL TIME STAFF PICNIC

THURSDAY AUGUST 22, 2019
CAMP NETT AT NIANTIC

\$25 BY AUGUST 9, 2019

\$30 AT THE DOOR

Retiree Benefit Update - 10:30 a.m.
Cookout - 12:00 p.m.

REGISTER AND PAY ONLINE

<https://ngact.org/retiree-picnic>

OR MAIL CHECKS PAYABLE TO NGACT TO

NGACT Retiree/FTS Picnic - 360 Broad Street, Hartford, CT 06105

**CONNECTICUT
 NATIONAL
 GUARD**

CONNECTICUT NATIONAL GUARD FULL TIME EMPLOYMENT OPPORTUNITIES

Army & Air Technician,
 Army & Air AGR positions available.
 Title 10 opportunities available (CAC access).

For a full listing, visit
<http://ct.ng.mil/Careers/>

FOR MORE INFORMATION, CONTACT,
 CW4 Roberto Lopez, AGR Tour Branch Manager,
 (860) 613-7608, roberto.lopez4.mil@mail.mil
 Sgt. 1st Class Laura Hernandez, Senior HR Sergeant,
 (860) 613-7617, laura.hernandez3.mil@mail.mil

CTARNG Funeral Honors Team
 Now Accepting New Members



**HONOR
 GUARD**

Call today to
 schedule your
 training!
 203-568-1741

Retiree Voice

Avoid Ticks and Mosquitos!

Insects are part of nature during the warm months of the year. As the climate seems to warm, insect borne diseases are on the rise in the Northeast, especially when it comes to ticks and mosquitos. Taking precautions to avoid insect bites and learning the symptoms of potentially harmful diseases contracted through the bites of ticks and mosquitos are essential in avoiding illness.

In Connecticut tick-borne diseases include Lyme disease, Anaplasmosis, Ehrlichiosis, Babesiosis, Powassan and Rocky Mountain Spotted Fever. All are transmitted through the bite of an infected tick. Of these diseases, Lyme, Powassan and Rocky Mountain Spotted fever are most serious.

Mosquito-transmitted diseases, called arboviruses, found in Connecticut include West Nile, Eastern Equine Encephalitis, La Crosse, Jamestown Canyon and Cache Valley. Though nine arboviruses have been isolated from mosquitos in Connecticut, the six listed are known to cause human disease.

Tick-borne and mosquito borne diseases can cause serious illness, chronic health problems and in some cases death. For complete descriptions of the mosquito-borne viruses, symptoms and diseases check the CT.gov website for Mosquito Management Program. Google Lyme Disease and Other Tick-Borne Illnesses in the Northeast. The best defense to avoid contracting these diseases is to take protective measure to avoid being bit.

There are seven steps you can take to avoid mosquitos and reduce the possibility of being bitten. First, dump any standing water around your house including flowerpots, bird baths and gutters. Mosquitos can breed in a minute amount of water in 14 days. If you have a pond try adding mosquito eating fish, or a water fountain to keep it moving.

Second, make sure your window screens are intact and

if you use window air conditioners, there are not gaps where mosquitos can enter. Keep the mosquito outside.

Third, mosquito repellent is effective prevention from bites. DEET, Picaridin, PMD or IR3535 are all considered safe when used according to directions. Jonathan Day, a mosquito researcher at the University of Florida, says to concentrate repellent on ankles, feet, lower legs and wrists, mosquitos' favorite biting places. The fourth step is to wear light-colored clothing especially outside. The darker the fabric, the most it attracts bugs. Staying indoors during dusk and dawn is the fifth tip to avoid bites. Though mosquitos can bite any time of the day, dusk and dawn are their prime feeding times. Sixth, make yourself less appetizing. Though still a mystery, some people more than others are more attractive to mosquitos. Do what you can to lower or change body odor. Researchers at New Mexico State found that using Victoria's Secret Bombshell perfume effectively reduced mosquito bites better than Avon Skin So Soft. Finally, you can try a natural repellent that contains oil of eucalyptus and other essential oils known to repel mosquitos.

Tick protection is essential even in your own back yard. Take simple precautions first to avoid encountering ticks by avoiding high grass and leaf litter. If walking in the woods, stay in the center of trails. Use repellent that contains at least 20-30% DEET on exposed skin or on clothing or Permethrin on clothing as the tick repellents of choice.

Shower as soon as possible after being outside. It will help wash off ticks and make it easier to see them crawling on you. Conduct a full body tick check. Pay special attention to under the arm, in and around ears, behind the ears, and especially in hair.

Examine clothes, gear and pets to make sure you haven't brought them in the house. A good tip is to tumble dry clothes in a dryer for 10 minutes on high

to kill ticks or wash in hot water. If clothes can't be washed in high temperature, tumble dry on low heat for 90 minutes or 60 minutes on high.

Finally, make sure you remove any attached ticks as soon as possible. Remove an attached tick by grasping it with tweezers or forceps as close as possible to the attached skin site. Pull upward and out firmly with steady pressure. See or call a physician if you are concerned about incomplete removal.

Mosquito and tick bites can be dangerous. Though the overall rates of infection are relatively low in comparison to population, the rates of contracting tick or mosquito transmitted diseases are rising. Preventing bites is the number one defense.

Connecticut National Guard HELPLINE

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

If you or someone you know is struggling with the stressors of life, please contact us at 1-855-800-0120.

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.

HELPLINE
1-855-800-0120

Where to Find Veterans Services



Veterans of the United States Armed Forces may be eligible for a broad range of programs and services provided by the U.S. Department of Veterans Affairs.

Eligibility for most VA benefits is based upon discharge from active military service under other than dishonorable conditions, and certain

benefits require service during wartime. If you are new to the VA, the Federal Benefits for Veterans, Dependents and Survivors booklet will help you get started.

http://www.va.gov/opa/publications/benefits_book/

Health Care

VA's health care offers a variety of services, information, and benefits. As the nation's largest integrated health care system, VA operates more than 1,400 sites of care, including hospitals, community clinics, community living centers, domiciliaries, readjustment counseling centers, and various other facilities.

Benefits & Services

VA administers a variety of benefits and services that provide financial and other forms of assistance to veterans, their dependents, and survivors. Major benefits include compensation, pension, survivors' benefits, rehabilitation and

employment assistance, education assistance, home loan guaranties, and life insurance coverage.

Burial and Memorials

Burial and memorial benefits are available for eligible service members, Veterans and eligible family members. Service include interment, headstones and markers, and Presidential memorial certificates. VA operates 128 national cemeteries in the United States and Puerto Rico, together with oversight and management of 33 soldiers' lots, confederate cemeteries, and monument sites.

Veterans Benefits Fact Sheets

<http://www.vba.va.gov/VBA/benefits/factsheets/#BM1>

Contact CT VA at (860) 616-3600, <http://www.ct.gov/ctva>

CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Ariza, Juan D.
Bernard, Wyatt L.
Capoldo, Nathan P.
Frost, Arthur E.
Gerber, Brianna S.
Landry, Benjamin J.
Liska, Evan J.
Lopez, Armando G.
Lynn, Gunther W.
Magro, Anthony R., Jr.
Mullen, Sarah E.
Pachecocontreras, Stephanie
Pimentel, Samuel S.
Pine, Deniz M.
Vargas, Arianna S.
Zaragoza, Michel

To Private First Class

Gallagher, Joshua W.
Gonzalez, Brittnie I.
Griffith, Michael E.

Kotsopey, Serhiy B.
Maccione, Michael S., Jr.
Mahoney, Brandi J.
Maldonado, Newton A.
Marmol, Brendaly A.
Nalezynski, Brian K.
Penner, Natalie R.
Pulford, Brandon T.
Quinteroespinoza, Caleb
Taylor, Douglas E.
Verner, Rashae L.

To Specialist

Andino, Mariano A.
Boi, Tyler P.
Brewer, Jonathan C.
Brown, Michael A.
Dickison, Benideliz
Diggs, Jordan K.
Farrar, Paula A.
Hood, Nicholas M.
Pagan, Juan R.
Starsiak, William J.
Sweeney, Kevin M.

To Sergeant

Andreozzi, James C.
Barragan, Christian
Doherty, Ryan M.
Husovsky, Nicholas E.
Sinclair, Noah W.

To Staff Sergeant

Cooper, Synquan A.
Dufour, Jason E.
Jacabacci, Anthony, Jr.
Morrison, Ryan J.
Rodriguez, Ruben, Jr.
Williams, Kerbye B., Jr.

To Sergeant First Class

Guiffra, Felix J., III
Hershberger, Timothy A.
Marshall, Robert L.
Vacca, Jonathan E.

To Master Sergeant

Ortiz, William

To Captain

Avedisian, Joyce H.
Rago, Timothy W.

To Major

Parnell, James R.

To Lt. Colonel

Dollak, Robert F., Jr.

AIR

To Airman First Class

Mortensen, Bailey R.
Antuna, Melanie L.

To Senior Airman

Deering, Alex G.
Savoie, Haley L.
Brown, Kenton D.
Guerin, Sean M.
Winslow, Scott J.

To Staff Sergeant

Thompson, Adaniel E.
Morin, Alexander
Miller, Douglas T.
Cartagena, Gabriel M.
Johnson, Jeremi J.
Holmes, Jonathan P.
Walton, Roy D.

To Technical Sergeant

Cirulll, Anthony
Bein, Craig S.

Claudio, Gustavo
Holbrook, Jayson A.
Kiely, Jason T.
Arango, Jose R.
Barkman, Michael R.
Kien, Paul V.

To Major

Suprenant, Dawn M.

To Lt. Colonel

Maines, Katherine A.

Congratulations to all!

Promotions as of March 1, 2019

Calendar

April

April 5

Gold Star Spouse's Day

April 9

May Guardian Deadline

April 15

Tax Day

April 19-27

Passover

April 21

Easter Sunday

May

May 7

June Guardian Deadline

May 12

Mother's Day

May 17

Armed Forces Day Luncheon

May 18

Armed Forces Day

May 27

Memorial Day

June

June 4

July Guardian Deadline

June 6

D-Day, WWII

June 14

Flag Day, U.S. Army Birthday

June 16

Father's Day



CATHERINE
GALASSO-VIGORITO

Whatever you need today, God is there for you

Whatever you need today, God is there for you.

Once, I heard a story about a teacher who was conducting a class about stress management. The auditorium was filled with students who were eager to learn the principles.

After a short introduction, on her podium, there was a glass of water. The teacher picked it up and asked, "How heavy do you think this glass of water is that I'm holding?"

Shouting out answers, one student exclaimed, "Eight ounces!" Another asked, "Is it a pound?"

The teacher shook her head, no. Afterward, she replied, "From my perspective, the weight of this glass of water doesn't matter. It all depends on how long I hold it."

There was total silence in the auditorium as the teacher continued, "If I hold the glass of water for a minute or two, it's fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. But if I hold the glass of water for 24 hours, my arm will likely hurt and cramp up. In each case, the weight of the glass doesn't change. Yet, the longer I hold it, the heavier it would feel to me."

A few minutes passed, and the teacher explained, "Your stresses and worries are like this glass of water. If you think about them for a while, maybe nothing happens. If you think about them a bit longer, you could begin to ache a little. Yet, if you think about them all the time, you might feel paralyzed, incapable of doing anything else."

What are you holding onto in your life? What thoughts are you playing over and over again in your mind? As with the glass of water, if we think about and carry our burdens all the time, sooner or later, as the load becomes increasingly heavy. Next, we may become worn out, as it's too difficult to hold.

Could it be that you are carrying things that God did not intend for you to bear?

St. Francis de Sales offered to us one of the great

principles of life when he stated,

"Do not look forward to what might happen tomorrow; the same everlasting Father who cares for you today will take care of you tomorrow, and every day. Either He will shield you from suffering, or He will give you unending strength to bear it. Be at peace, then, and put aside all anxious thoughts and imaginations."

Let go of your stresses and worries. Today, release the weight of it all. You are not alone in handling your dilemma. God is with you. During a recent summer vacation at the seashore, my daughter's 13-year-old friend, Mary, went parasailing.

When the girls saw each other, Mary told my daughter all about their exciting trip. "Were you frightened parasailing, being 800 feet in the air over the ocean?" my daughter asked her.

"I wasn't scared," Mary replied. Quickly, she added, "My father was right there next to me."

So do not fear or worry; God your Father is right there next to you. Pause for a moment, inhale, and then exhale. No matter what has happened, realize that God loves and cares for you. God is taking care of you, protecting you and will intercede and bring about deliverance. In the quiet and stillness, remember that regardless of how challenging your circumstances are at the moment, God will walk with you and guide you through each step of your journey.

It tells us in the Bible that God was with David during his darkest hours of despair. And so He will be with you. God was with the children of Israel as He delivered them out of Egypt. Likewise, He will never leave or forsake you. And as Daniel sat in the den of lions, he was kept from harm. Similarly, there is no situation that is too tough for our God to turn around for your great good. For, God is working in your life right now. He is working a miracle in the midst of your biggest challenge.

Therefore,

- Pray when you feel like worrying. Prayer is a strong antidote in easing anxiety and can help to restore our inner harmony. So convert worry-time into prayer-

time. For when you pray through a problem, the burden can be totally lifted. "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand." (Philippians 4:6-7)

- Give thanks when you feel like complaining. With a heart full of gratitude, give continual thanks to God. One lady wrote to me and told that every night she sits at her desk at home and writes in what she calls her, 'Thankfulness Diary.' She jots down at least three things for which she is so grateful and then meditates on these blessings. This lady reported that when she does this, her mind and body become relaxed. And the more she thanks and draws near to God, the more He takes care of all her problems, bringing her perfect peace. "Give thanks to the Lord, for He is good; His love endures forever." (1 Chronicles 16:34).

- Keep going when you feel like quitting. Much anxiety is due to what we 'tell ourselves.' Turn away from discouraging voices. If you catch yourself in negative self-talk, immediately replace it with a positive reflection. Push away extraneous thoughts. If you're inclined to think of the worst scenario, train yourself to shift things around and think on only the best possible outcome. Always try to put the emphasis on the positives of life. "But as for you, be strong and do not give up, for your work will be rewarded." (2 Chronicles 15:7).

Comparably to a diamond in the making, let's face the pressures we encounter with grace, faith and courage. And soon, like the diamond, we will emerge with a new luster, a new brilliance and new clarity.

Whatever you need today, God is there for you. Thus, let peace rule in your heart. Release the scars of yesterday and be on the lookout for the great joys and blessings that are ahead. That setback, that disappointment, that unfair situation didn't change who you are or stop God's great purpose for your future.

This is your year: today is your day to be set free. It's time to put the glass down.

Catherine Galasso-Vigorito is a nationally-syndicated columnist and author from Connecticut who donates a monthly inspirational column to demonstrate her appreciation of U.S. Service Members and their families. The content is her own and does not express the official views of the Connecticut National Guard, the U.S. Government or the Department of Defense. You may write to Ms. Galasso-Vigorito in care of the Connecticut Guardian, 360 Broad Street, Hartford, CT 06106-3795 or e-mail her directly at cgv@anewyouworldwide.com. Visit her website at www.anewyouworldwide.com. © Catherine Galasso, 2017



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.

HELPLINE - 1-855-800-0120

Military OneSource

MILITARY ONESOURCE

Good health is critical to military and family readiness, allowing service members to perform their responsibilities at work and at home to the best of their abilities. While Military OneSource does not provide direct health care services, it provides resources that can help you maintain good health.

Mental health is just as important for military and family readiness as physical fitness. While Military OneSource does not provide health care services, it does point members of the military family to the resources available to help. TRICARE is the health care program for military members and their families. The program is

divided into two regions (East and West) and Overseas.

The TRICARE Military Treatment Facility Locator is the locator tool for military treatment centers.

The National Institute of Mental Health (NIMH) provides information on a variety of mental health topics and list current clinical trials that allow persons to access treatment for free. Call (866) 615-6464.

The VA Mental Health connects veterans and their families to mental health services. The programs aim to enable people with mental health problems to live meaningful lives in their communities and achieve their full potential. If you or someone you know is

in crisis, contact the Military Crisis Line at 800-273-8255, then press 1, or access online chat by texting 838255.

The Military Crisis Line connects a person in need to a trained counselor with a single phone call or click of a mouse. This confidential, immediate help is available 24/7 at no cost to active-duty, Guard and reserve members, their families and friends.

In the United States call 800-273-8255, then press 1, or access online chat at the Military Crisis Line or by texting to 838255.

**MILITARY
ONESOURCE**



**Health
and
Wellness
Services**

Military OneSource considers your health and wellness a top priority! If you are eligible for the program, you have access to many health and wellness services. Here are a few to consider:

Health and Wellness Coaching

Need help exercising more or eating better? Partner with a coach on the phone, by video, or online for help reaching your health goals.

Military OneSource Member Connect

Log in to access countless health and wellness resources such as articles, videos, quizzes, slideshows, and podcasts. Be sure to check out these popular items:

Health Library

Explore this resource adapted from the world-renowned Mayo Clinic to find exercise videos, nutritious recipes, and health tips.

Training Videos

Watch videos for tips to lose body fat, relax with mindfulness, improve your sleep, and more.

Neighborhood Navigator

New to your location? Use this tool to find gyms and fitness programs near you.

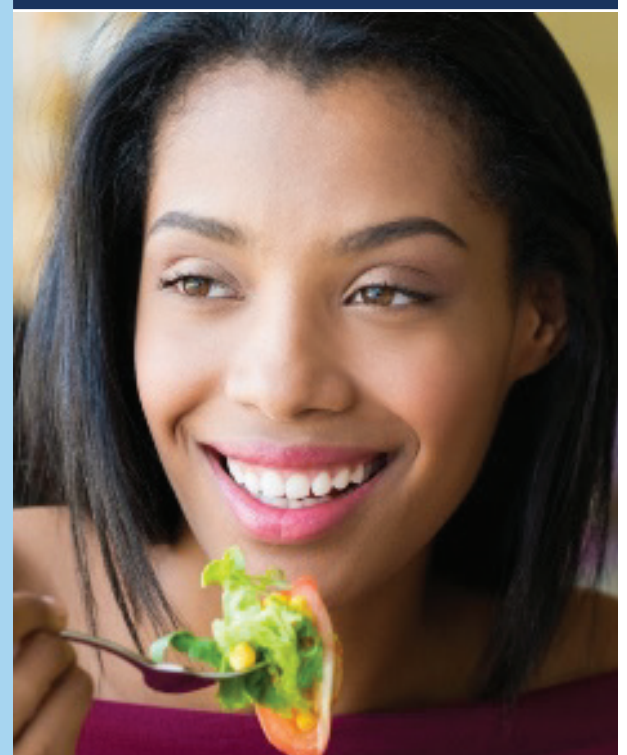
GET CONNECTED


Want to learn more about Military OneSource health and wellness services?

Call us any time at 800-342-9647

Visit us online at
www.militaryonesource.mil

Contact us on the
website through Live Chat



William A. O'Neill Armory	<h2 style="margin: 0;">CONNECTICUT NATIONAL GUARD</h2> <h3 style="margin: 0;">Family Assistance Center Locations</h3> 	New London Armory
360 Broad St. RM 112 Hartford, CT 06105		249 Bayonet St. New London, CT 06320 (860) 772-1422 Open Mon.-Fri.
Service Member and Family Support Center		103rd Airlift Wing
(800) 858-2677 Fax: (860) 493-2795		100 Nicholson Rd. East Granby, CT 06026 (860) 292-2730 Open Tues.-Fri.
Child and Youth Program		103rd Air Control Squadron
(860) 548-3254		206 Boston Post Rd. Orange, CT 06447 (800) 858-2677 *By Appointment*
Yellow Ribbon Reintegration Program		Niantic Readiness Center
(860) 493-2796		38 Smith St. Niantic, CT 06357 (860) 739-1637 Open Mon-Fri
Military OneSource		Windsor Locks Readiness Center
(800) 342-9647 (860) 502-5416		85-300 Light Ln. Windsor Locks, CT 06096 (860) 292-4602 Open Mon.-Fri.
Survivor Outreach Services	Veterans' Memorial Armed Forces Reserve Center	
(860) 548-3258 Open Mon.-Fri.	90 Wooster Heights Rd. Danbury, CT 06810 (203) 205-5050 Open Mon.-Fri.	

Family Assistance Centers are an information and referral hub for all Branches of Service

Our Programs Include:

- | | | |
|---------------------------|---------------------------|--------------------------------------|
| Budget Counseling | Community Support Options | Financial Assistance and Relief |
| Family Communication | Counseling Referrals | Morale, Welfare and Recreation (MWR) |
| Legal and Pay Information | Outreach | Family Readiness Groups (FRG) |
| TRICARE Assistance | Volunteer Opportunities | DEERS & ID Card Assistance |

Support is available 24/7 by calling (800) 858-2677

*Centers are open part-time on a regular, weekly schedule.
Please call ahead to confirm times or to make an appointment.

Service Member & Family Support Center Staff Directory

<i>William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 - Fax: (860)493-2795 -Open Monday-Friday</i>			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melodycheyenne.c.baber@mail.mil	(860) 548-3276 (desk)/(860) 883-2515 (cell)
Family Assistance Center Coordinator	Andrea Lathrop	andrea.e.lathrop.ctr@mail.mil	(860) 524-4938 (desk)/(860) 883-6934 (cell)
Family Assistance Center Specialist	Olga Castellanos	olga.i.castellanos.ctr@mail.mil	(860) 493-2797 (desk)
Family Assistance Center Specialist	Jason Perry	jason.t.perry.ctr@mail.mil	(860) 524-4969 (desk)/(860) 655-9288 (cell)
Family Readiness Support Assistant	Linda Rolstone	linda.b.rolstone.ctr@mail.mil	(860) 524-4963 (desk)/(860) 680-2209 (cell)
Family Readiness Support Assistant	VACANT		(860) 524-4920 (desk)/(860) 881-4677 (cell)
Family Readiness Support Assistant	VACANT		(860) 548-3283 (desk)/(860) 500-3813 (cell)
ARNG Yellow Ribbon Program Coordinator	SPC Matt Yotka	matthew.t.yotka@mail.mil	(860) 493-2796 (desk)/(860) 500-3058 (cell)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.m.mccarty4.ctr@mail.mil	(860) 548-3254 (desk)/(860) 883-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.l.oshaughnessy.ctr@mail.mil	(860) 548-3258 (desk)/(860) 394-8748 (cell)
Military OneSource Consultant	Scott McLaughlin	scott.mclaughlin@militaryonesource.com	(860) 493-2722 (desk)/(860) 502-5416 (cell)
Personal Financial Consultant	Reggie Harwell	pfc.ct.ng@zeiders.com	(203) 233-8790 (cell)
State Support Chaplain	CH. (MAJ) David Nutt	david.c.nutt@mail.mil	(860) 548-3240 (desk)/(860) 803-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(860) 524-4908 (desk)/(860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Brittell	sean.r.brittell.ctr@mail.mil	(860) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
Citizen Soldier For Life Career Readiness Counselor - Hartford	Peter Orschiedt	porschiedt@patriotenterprisesllc.com	(860) 524-4894 (desk)
Citizen Soldier For Life Career Readiness Counselor - New London	Miles Daniels	mdaniels@patriotenterprisesllc.com	(860) 857-0907 (cell)
Citizen Soldier For Life Career Readiness Counselor - Middletown	Elizabeth Darney	edarney@patriotenterprisesllc.com	(860) 861-7996 (cell)
<i>Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 -Open Monday-Friday</i>			
Family Assistance Center Specialist	Sean Carey	sean.c.carey.ctr@mail.mil	(860) 292-4602 (desk)/(860) 883-6940 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.n.middlebrook.ctr@mail.mil	(860) 292-4601 (desk)/(860) 883-2704 (cell)
<i>Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810 -Open Monday-Friday</i>			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk)/(860) 883-2746 (cell)
<i>New London Armory: 249 Bayonet Street, New London, CT 06320 -Open Monday-Friday</i>			
Family Assistance Center Specialist	Michelle Powell	TBD	(860) 772-1422 (desk)
<i>103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday</i>			
Airman and Family Readiness Program Manager	Kasey Timberlake	ka sey.b.timberlake.civ@mail.mil	(860) 292-2730 (desk)/(860) 462-0379 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.n.middlebrook.ctr@mail.mil	(860) 292-2595 (desk)/(860) 883-2704 (cell)
Yellow Ribbon Support Specialist	Alecia Aldrich	alecia.m.aldrich@mail.mil	(860) 292-2772 (desk)/(860) 201-3107 (cell)
<i>Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 - (800) 858-2677 - Open Monday - Friday</i>			
Family Assistance Center Specialist	Jay Jannett	jay.s.jennett.ctr@mail.mil	(860) 739-1637 (desk)/(860) 883-2720 (cell)
Personal Financial Consultant	Rhona Heyl	pfc3.ct.ng@zeiders.com	(860) 287-7552 (cell)

Prepared Kids

READY ARMY
GET A KIT MAKE A PLAN BE INFORMED

An activity sheet and resource guide especially designed for kids and their parents or guardians to help them learn more about emergency preparedness

Be Prepared In Every Situation

You are a great planner! When you have fun activities on your schedule (music, sports and meeting up with friends) you make time to finish your homework first.

But do you know how to plan and prepare for the unexpected? Emergencies arise when you don't expect them. Put your outstanding planning skills to use and work with your parents or guardians so you are ready for all types of emergencies!

This Ready Army activity sheet will get you started! It's fun, full of useful information, and you can save it to practice what you've learned.



Get Ready Now: Make a kit!

An emergency kit contains basic items that you and your Family would need during and after an emergency. Emergency kit items should be stored in a waterproof container as close as possible to your home's exit door. Make sure everyone in the Family knows where the kit is located!

Talk to your Family about why it's important to have an emergency supply kit. Then put together a kit with your Family that contains these basic items:

- Water—at least one gallon per person per day for at least three days
- Food—nonperishable food for at least three days
- Multitool
 - Whistle
 - First aid kit
 - Flashlight

- Battery-powered or hand-crank radio with cell phone charger
- Batteries
- Matches or flint in a waterproof container
- Local maps, your Family emergency plan, cash in local currency and important documents enclosed in a waterproof container
- Personal sanitation supplies such as moist towelettes, garbage bags and ties
- Additional items for your Family's unique needs such as infant food, diapers, prescriptions, medications and pet essentials
- Books, games, puzzles, toys or other fun activities

For a list of items to build an emergency kit, visit www.ready.army.mil





www.ready.army.mil

Be Informed!

There are many ways you can learn more about emergency planning and preparedness!

1. Talk to your parents, guardians or teacher about emergencies that may occur in your area and how they can help you prepare.
2. Have fun and learn at the same time! Go to the kid-friendly websites listed below for preparedness activities and games.
3. Practice makes perfect. Practice your Family emergency plan at least two times a year.

Help Make a Family Plan with your parents!

Draw your evacuation route below. It's important to know your evacuation route for an emergency.

1. Have your parents or guardians help you use the space provided to draw a simple picture of where you will go in an emergency.
2. Draw in the places where your Family spends time.
 - School
 - Parent or guardian's workplace
 - Your home
 - After school activities
3. Pick a safe place (outside your home) for your Family's meeting place and mark it with an 'X.'
4. Mark the journey with arrows.



Preparedness Web Sites Just For You!

The following web sites are available at v

www.ready.army.mil

The Ready Army website features the Kid's Campaign.

You'll find printer-friendly preparedness activities designed specifically for children.

Enjoy these preparedness activities as a Family!

www.ready.gov/kids

This website features age appropriate, step-by-step instructions on what kids and their families can do to become better prepared for all kinds of emergencies.

Pet Emergency Planning:

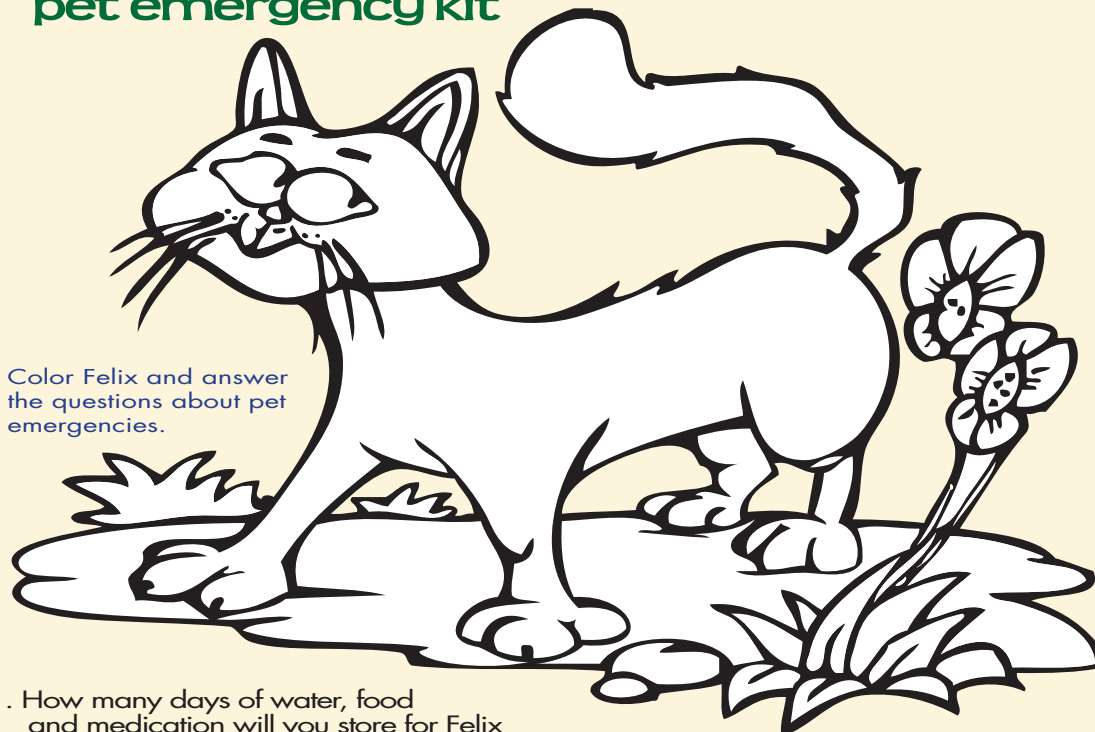
Don't forget about your Family pet!

- Prepare a list of Family, friends, boarding facilities, veterinarians and pet-friendly hotels that could shelter your pet in an emergency.
- Assemble a pet emergency supply kit.
- Make sure your pet has proper identification tags.
- Include copies of your proof of ownership in your Family emergency supply kit.



Prepared Kids COMPETITION

Felix the Family cat's pet emergency kit



Color Felix and answer the questions about pet emergencies.

1. How many days of water, food and medication will you store for Felix incase of an emergency?
2. Name three items necessary to transport Felix safely.
3. Should you keep copies of Felix's ID tag, vaccination, medical, registration or adoption documents in your kit?

Answers: 1. at least 3 2. leash, collar and crate or pet carrier 3. Yes

Kids you too can Prepare Strong!

Ready Army invites you to become a part of the Ready Army campaign by joining the *Prepared Kids Competition*.

- ★ Make a poster
- ★ Write a story
- ★ Design a T-shirt
- ★ Sing a song
- ★ Make a video

Use your imagination to tell us what it means to prepare.

Inspire Army Families all over the world to get ready for emergencies!

For competition details, visit www.ready.army.mil

www.ready.army.mil

www.ready.gov/kids/sesame/index.html

Ready Kids and Sesame Street: Let's Get Ready! Planning Together for Emergencies. Providing information in Spanish and English to help families with children ages two through five prepare for emergencies.

www.nws.noaa.gov/om/reachout/kidspage.shtml

Designed to help kids learn about hurricanes, winter storms, thunderstorms and other hazardous weather.

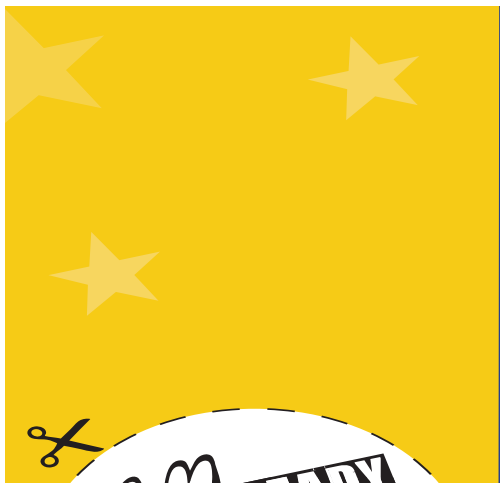
www.fema.gov/kids

An online resource for kids that includes preparedness games, stories and safety information.

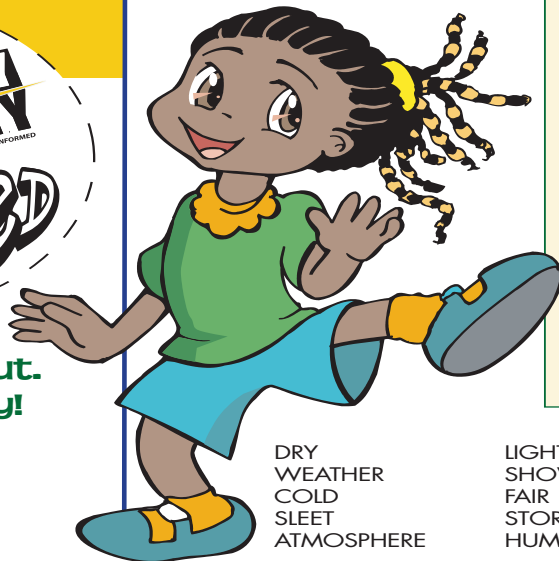
www.sparky.org/index.html

Learn about fire safety and prevention by helping solve Sparky the Fire Dog's secret code.





Color it. Cut it out.
Wear it proudly!



Some words are hidden backward, forward, up, down, or diagonally.

See if you can find them!

Weather Word Search

F	O	R	E	C	A	S	T	E	T	M	R	O	T	S
E	F	A	I	R	D	T	Z	A	T	C	H	I	L	L
G	D	D	R	I	H	E	E	R	D	O	E	N	N	A
N	I	I	M	A	E	H	L	W	N	N	H	O	O	R
I	F	U	M	R	A	H	L	E	I	O	T	I	I	T
N	H	T	B	U	T	R	I	A	W	I	A	T	T	E
T	R	E	W	O	H	S	H	T	E	T	T	A	A	D
H	T	H	D	R	H	E	C	H	E	A	M	S	T	H
G	M	A	I	R	E	I	N	E	H	R	O	N	I	S
I	E	I	E	R	Y	E	L	R	D	O	S	E	P	E
L	L	L	G	H	R	S	I	L	I	P	P	D	I	W
D	T	E	P	H	F	L	O	O	D	A	H	N	C	U
N	D	Y	A	Y	T	C	O	L	D	V	E	O	E	O
I	R	F	R	O	M	R	O	T	S	E	R	C	R	L
W	F	D	H	D	I	L	H	N	O	T	E	D	P	H

DRY
WEATHER
COLD
SLEET
ATMOSPHERE

LIGHTNING
SHOWER
FAIR
STORM
HUMID

DEGREE
MELT
CHILL
WIND
HOT

HEAT
FLOOD
EVAPORATION
AIR
HAIL

FORECAST
BREEZE
CONDENSATION
FAHRENHEIT
PRECIPITATION

My Contacts

Keep a copy by each phone in your house. Then include a copy in your emergency supply kit.

Emergency Contact:
Name _____
Phone number _____
email _____

Important Phone Numbers:
Local emergency numbers _____

Your Family's local meeting place:

Other important information:

Army Info Hotline:
1-800-833-6622
www.ready.army.mil

Fire

Police

Ambulance

Hospital

Hurricane Sudoku

Complete the grid (by crossing out some images) so that each row, column, and every 2X2 box contains the following 4 shapes:



,	eye	palm	cloud
palm	palm, eye	,	eye
cloud	palm, cloud	palm, eye	cloud, ,
eye	palm, ,	cloud	palm

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