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14th CST brings real-world experience to Model UN

Tim Koster
Joint Force Headquarters Public Affairs

HARTFORD, Conn. – For the first time in the program’s 67-year history, the Connecticut National Guard helped mentor and advise more than 1,100 students from 35 high schools during the World Affairs Council of Connecticut’s Model United Nations at the University of Hartford, here, Dec. 7, 2019.

The 14th Civil Support Team, out of Windsor Locks, Conn., introduced a biological warfare crisis scenario to which participants needed to formulate a resolution to bring before their peers for debate.

The organizers wanted to create a biological terror crisis for the students to respond to, said 1st Sgt. Zane Barber. Each of our Soldiers are subject matter experts in stateside response to Chemical, Biological, Radiological, and Nuclear (CBRN) attacks, so this was definitely within our mission scope.

The scenario the team presented involved a vessel being stopped by the Coast Guard during a routine inspection. However, during the inspection, weaponized anthrax – intended to be used in an attack on the United States – was discovered.

This scenario wasn’t based on any real-world events, said Barber. But we’ve worked with CBRN detection for the Coast Guard in the past on routine inspections so it wasn’t completely out of the realm of possibility.

The real-world mission of the CST is to support civil authorities in the event of a domestic CBRN attack by assessing the attack’s consequences and advising response measures. The team used their combined training and experience to give the students an authentic look into what goes into the detection and reaction toward an attack with weapons of mass destruction.

“It was a very worthwhile event for us,” said Barber. We did this event as a two-headed effort. We wanted to offer our expertise to make it a realistic event and we were also there to help the recruiters and I think we were successful on both fronts.

This year’s Model UN program – an entirely-student run simulation of the United Nations General Assembly - boasts its biggest class of student delegates with more than 60 countries being represented. In addition to the CST’s scenario, students faced a



Maj. Roderick Laird, physician assistant with the 14th Civil Support Team, delivers a biological warfare scenario to students participating in World Affairs Council of Connecticut’s Model United Nations at the University of Hartford, Dec. 7, 2019. (U.S. Army photo by Sgt. April Kattermann)

long laundry list of important topics to both the local and international stage to include international trade relations, human trafficking, plastic pollution, and the opioid crisis.

The goal of the World affairs Council of Connecticut and the Model United Nations Program is to inspire today’s youth to explore critical global issues and promote a greater understanding of the world.

“The greatest lesson that I’ve learned during my Model United Nations experience has been that passionate and driven individuals can and should come together to solve the world’s issues...I understand the power of cooperation among fierce believers of peace and will continue to push to inspire young people to get involved in the world around them,” said Olivia Zhang, president, Model United Nations 2019, in a press release.

To learn more about the World Affairs Council of Connecticut and how to get involved in future events, visit: <https://ctwac.org/>

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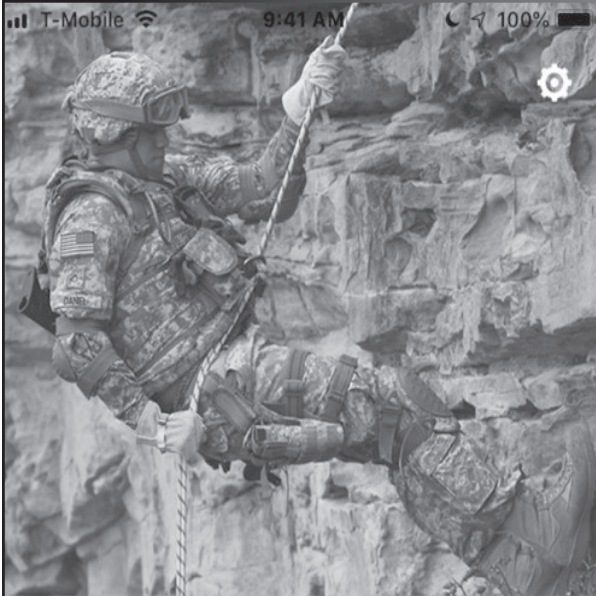


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First Company Governors Horse Guard

Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

The *Connecticut Guardian* is an authorized publication for and in the interest of, the personnel of the Connecticut National Guard, State Military Department, State Militia and their families. The editorial content of this publication is the responsibility of the CTNG Hartford Public Affairs Office and is not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, and the Department of the Army or the Department of the Air Force. *Connecticut Guardian* is published monthly in accordance with AR 360-1 and is printed through the Government Printing Office. **Deadline for the January issue is December 20, 2019. Circulation: 7,800**

A look back: a review of 2019

Tim Koster
Joint Force Headquarters Public Affairs

Every year in the Connecticut National Guard, we strive to excel as Soldiers and Airmen, aim to be effective guardians of our state, and thrive as professional ambassadors overseas. 2019 was no exception. Through rigorous training, real-world missions, and deployments, these Service Members executed both our state and federal missions with both professionalism and dignity.

The year kicked off by inaugurating Ned Lamont as the 89th governor for the state of Connecticut during a ceremony at the William A. O'Neill Armory in Hartford. Between organizing security, preparing the armory, and being involved with the planning for the traditional inauguration day parade – complete with a 19-gun salute using Howitzers and a flyover with C-130 Hercules aircraft, this event was no small feat.

In February, we swore Brig. Gen. Karen A. Berry into the Connecticut National Guard as the newest assistant adjutant general during a ceremony at the National Guard Memorial Museum in Washington D.C. Berry came to us after serving for more than 30 years in the Delaware National Guard and is our first female Army Brigadier General.

March was a very busy month for the Connecticut National Guard. The 643rd Military Police Company deployed more than 100 Soldiers to Southern Command's area of operation for its first deployment in more than a decade. We hosted a dedication/re-dedication ceremony for Camp Nett, formerly Camp Niantic, and Camp Hartell. The Connecticut Military Department and the United States Coast Guard signed a memorandum of understanding to pave the way for the two organizations to collaborate on mutually beneficial endeavors in the cyber, art operations, and concept development realms.

In April, the recruiting and retention battalion hosted their first-ever Junior Reserve Officers' Training Corps physical fitness challenge. The event brought approximately 60 cadets from schools around the state together at Camp Nett for team building events and offered an inside look at some of the equipment, facilities, and physical challenges Service Members are faced with.

April also hosted the year's first collaboration with the U.S. Drug Enforcement Agency's Drug Take Back Program. The event gave citizens the opportunity to drop off unused, unwanted, or expired medications which could pose a risk to public health and safety. These drugs were later properly destroyed.

May was the start of annual training season with the 1-102nd Infantry Regiment (Mountain) conducting a rotation at the Joint Readiness Training Center at Fort Polk, Louisiana. During their rotation, the Soldiers were put through a gauntlet of missions to test their individual and team readiness and build cohesiveness as a unit.

In June, the 103rd Medical Group, along with Air Force Reserve and Navy Reserve medical personnel, opened five no-cost clinics in Eastern Georgia to help serve underserved communities. The clinics were sponsored by the Secretary of Defense for Reserve Affairs and part of the East Central Georgia Innovative Readiness Training program. Each clinic offered optometry, dental, podiatry, and nutritional services as well as gave the attendees the opportunity to meet with a doctor.

This month, we also saw members of the 103rd Airlift Wing and their C-130 aircraft deploy to Kuwait for a four month tour in support of Operations Freedom's Sentinel and Inherent Resolve.

In July, the 192nd Engineer Battalion's Headquarters and Headquarters Company returned home from deployment to Kuwait and Afghanistan where it supervised subordinate units which specialized in route clearance.

In this same month, the 118th Medical Battalion, 141st Medical Company, and 142nd Area Support Medical Company provided medical support for more than 65,000 scouts and participants at the World Scout Jamboree at Summit Bechtel Reserve, West Virginia. Prior to the event, the units helped establish medical facilities which would be used both by military and civilian medical assets, including doctors, nurses, dentists, and behavioral health specialists. During the event, the Soldiers provided both emergency and non-emergency medical services by treating patients, transporting them to one of the aforementioned medical facilities, or transferring them to medevac aircraft.

In August, the 103rd Air Control Squadron participated in the Northern Lightning Counter-land training exercise at Volk Field Combat Readiness Training Center, Wisconsin. The exercise is a tactical level, joint training event between active duty, National Guard, and Marine Corps aviation units to replicate modern air battle space with



Connecticut Governor Ned Lamont swearing in during his inauguration at the Governor William A. O'Neill Armory in Hartford, Jan. 9, 2019.

current and future weapons platforms.

Jumping ahead to October, the 256th Engineer Detachment (Firefighters) returned home from a nine-month deployment to Romania and Bulgaria in support of Operation Inherent Resolve.

October was also a somber month as Connecticut Air National Guard fire fighters responded to the crash of WWII era B-17 Flying Fortress at Bradley International Airport that resulted in the death of seven people and injuries to several more.

In November, we received an amazing history lesson at the Governor William A. O'Neill Armory from Connecticut students who participated in the Digging into History program sponsored by the Connecticut State Library. Fifteen students, along with chaperones, worked alongside French counterparts to restore a stretch of WWI trenches in Seicheprey, France – one of the locations that Connecticut's 102nd Infantry Regiment fought during the war.

And finally, in December, we said farewell to three units, which are scheduled to deploy to various locations around the world, during a ceremony at the Governor William A. O'Neill Armory and helped induct ten local veterans into the state's Veteran Hall of Fame in the Legislative Office Building in Hartford.

Unfortunately, 2019 wasn't just filled with success stories. This past year we lost three Guardsmen to suicide. The loss of these Service Members was difficult and tragic for everyone who knew them. Looking forward, we must continue to combat suicide at its source by taking the time to check in on our fellow Soldiers and Airmen; look for the signs, don't ignore them, and take care of each other. Don't forget, the military has several resources to help people battling the depression, Post-Traumatic Stress Disorder, and other leading causes of suicide. Don't be afraid to ask for help.

Now, with 2019 in the rearview mirror and 2020 laid out ahead of us, it's time to look forward and prepare for another busy calendar year full of unique training experiences, deployments, and other real-world missions.



Soldiers assigned to the 192nd Military Police Battalion, 242nd Engineers, 928th Military Police Detachment, and 256th Engineer Detachment, salute the American flag during a Freedom Salute and Send-Off ceremony at the Governor William A. O'Neill Armory Dec. 17, 2019. (Photo by Tim Koster, Joint Force Headquarters Public Affairs).

3 units deploy, 1 returns in Freedom Salute & Send Off ceremony

Tim Koster
Joint Force Headquarters Public Affairs

HARTFORD, Conn. — Connecticut Gov. Ned Lamont, Lt. Gov. Susan Bysiewicz, Maj. Gen. Francis Evon, adjutant general for the Connecticut National Guard, and other dignitaries helped send off more than 140 Connecticut Guardsmen and welcomed home an additional seven during a Freedom Salute and Send-Off ceremony at the Governor William A. O'Neill Armory, here, Dec. 17, 2019.

Soldiers from Headquarters Company, 192nd Military Police Battalion, 242nd Engineers (Construction Management Team), and select members from the 928th Military Police Detachment (Military Working Dogs) are preparing to deploy to various areas of operation around the globe in support of the Global War on Terror.

"The men and women of the 192nd, 928th MPs, and the 242nd Engineers have trained hard, prepared well, and I have no doubt they will succeed in their assigned missions," said Evon. "I also want to thank their families and employers. Our success truly depends on their support and we are grateful for everything you do so our Guardsmen can maintain focus on the mission."

In addition to sending off these Soldiers, the ceremony also officially welcomed home members of the 256th Engineer Detachment (Firefighters) who returned to Connecticut in October after being deployed to Romania and Bulgaria in support of Operation Inherent Resolve.

"With Army and Air Force units returning and three more going out the door, our Connecticut National Guard have certainly been busy," said Lamont. "They have been, and will be, extraordinary ambassadors for Connecticut around the world. We are so grateful to the

Soldiers of the 256th who have returned after being away from home and your loved ones for so long. We are also proud of the brave Soldiers deploying soon and we know that you will serve honorably, bringing great credit to our state and nation."

"Every time we get to welcome home our Service Members, it's a special day for me and for our whole Connecticut National Guard family," said Evon. "This is an opportunity to thank each and every Guardsman – and their families – for a job well done and for their sacrifice being away from their loved ones."

With these units deploying, the total number of Connecticut Service Members deployed will exceed 300 throughout Central and Southern Commands' areas of responsibilities.



Major Gen. Francis Evon, adjutant general for the Connecticut National Guard, talks to Soldiers assigned to the 192nd Military Police Battalion, 242nd Engineers, 928th Military Police Detachment, and 242nd Engineers during a Freedom Salute and Send Off ceremony at the Governor William A. O'Neill Armory Dec. 17, 2019. (Photo by Tim Koster, Joint Force Headquarters Public Affairs)



Rexo, a Military Working Dog assigned to the 928th Military Police Detachment, sits next to her handler during a Freedom Salute and Send Off ceremony at the Governor William A. O'Neill Armory Dec. 17, 2019. (Photo by Tim Koster, Joint Force Headquarters Public Affairs)



Connecticut Governor Ned Lamont pins a medal to the chest of a Soldier from the the 256th Engineer Detachment (Firefighters) during a Freedom Salute and Send-Off ceremony at the Governor William A. O'Neill Armory Dec. 17, 2019. The 256th returned from a nine-month deployment to Romania and Bulgaria in October. (Photo by Tim Koster, Joint Force Headquarters Public Affairs).



Soldiers assigned to 1st Battalion, 102nd Infantry Regiment (Mountain) pose for a photo after delivering gifts to children at the Connecticut Children's Medical Center Hospital in Hartford, Dec. 12, 2019. In total, the battalion raised more than \$7,000 worth of toys, books, and stuffed animals for the children. (Photo courtesy of Sgt. 1st Class Ron Ritcher, 1-102nd Infantry)

1-102nd Delivers Holiday Cheer to CT Children's Medical Center

Sgt. 1st Class Ron Pitcher
HHC 1-102nd Infantry Regiment (Mountain)

The Infantry is not just about point, shoot, and communicate. An event showcasing this fact has taken place for seven years within the 1st Battalion, 102 Infantry Regiment and grows stronger within the 1-102 year after year.

The 1st Battalion, 102 Infantry Regiment donated more than \$7,000 in the form of books, toys, and stuffed animals all for the children of CT Children's Medical Center (CCMC), located in Hartford CT over the last seven holiday seasons.

Sgt. 1st Class Ron Pitcher, HHC 1-102 Readiness NCO, first approached his Chain of Command with the idea to get donations in 2013. He then got in contact with CCMC discussed what the Connecticut National Guard could do to help the children in their care during the holiday season. Pitcher then set out to gather donations and funds to support the event. He collected voluntary donations at drills and his units' holiday parties from 1-102 Soldiers other CT National Guardsmen, family members and friends of the unit.

Each year Pitcher has used the monetary donations to purchase coloring books, chapter books, iTunes gift cards, cars, dolls, stuffed animals, rattles and baby toys. Soldiers, often dressed in holiday attire, visits have helped bring cheer to the children when delivering the donations and toys.

Visiting CCMC has also brought smiles to the visiting Soldiers who have also periodically joined in dance parties, video games and long discussions about superheroes with the children. 1-102 Command Sgt. Maj., Com. Sgt. Maj. Daniel Morgan often brings challenge coins, depicting the battalion's logo to the children, which symbolize bravery and the strength to never back down from challenges.

The 1-102 Soldiers' visits differ year to year. Sometimes the visits entail dozens of Soldiers and last for hours. Sometimes the visits are just a quick hello. And although the donations are helpful to the hospital and patients, what remains the same is the holiday cheer that is exchanged between the Soldiers and the children there.

If you'd like to help donate or join in a visit to the CCMC with the 1-102, contact Sgt. 1st Class Ron Pitcher at 203-643-6201 or Ronald.f.pitcher.mil@mail.mil.



Specialist Christopher Paier, from the 102nd Infantry Regiment, delivers toys to a patient at the Connecticut Children’s Medical Center, Dec. 12, 2019. (Photo by Erin-Blinn Curran)



Specialist Christopher Paier and Cpt. Michael Tu deliver toys to a patient at the Connecticut Children’s Medical Center, Dec. 12, 2019. (Photo by Erin-Blinn Curran)



Lieutenant Col. Frank Tantillo, commander of the 102nd Infantry Regiment, Spc. Christopher Paier, and Cpt. Michael Tu, both assigned to the 102nd, pose for a photo with a patient at the Connecticut Children’s Medical Center, after delivering toys, books, and stuffed animals as part of their annual holiday visit Dec. 12, 2019. (Photo by Erin-Blinn Curran)



The eight living inductees into the Connecticut Veterans Hall of Fame pose for a photo with Maj. Gen. Francis Evon, adjutant general of the Connecticut National Guard, Thomas Saadi, commissioner for the Department of Veterans Affairs, Connecticut Lt. Gov. Susan Bysiewicz, and Gil Simmons, master of ceremonies. Each inductee was nominated for their years of selfless service to the state of Connecticut following their tenure in one of the branches of the U.S. military. (Photo by Tim Koster, Connecticut National Guard Joint Force Headquarters Public Affairs)

Connecticut Veterans Hall of Fame inducts class of 2019

Tim Koster
Joint Force Headquarters Public Affairs

HARTFORD, Conn. – Connecticut Lt. Gov. Susan Bysiewicz, Maj. Gen. Francis Evon, adjutant general for the Connecticut National Guard, and Department of Veterans Affairs Commissioner Thomas Saadi inducted 10 local veterans into the state's Veteran Hall of Fame at the Legislative Office Building, here, Dec. 6, 2019.

The Hall of Fame was established in November 2005 to help raise awareness about the achievements and contributions Connecticut veterans have made following their service in uniform.

"Even though they have already sacrificed so much through their military service, each one of these inductees continue to go above and beyond the call of duty to give back to their communities here at home," Lt. Governor Bysiewicz said in a press release. "Some have dedicated their lives to helping their fellow veterans, while others volunteered to serve on state boards and commissions, became medical volunteers, and mentored youth. By naming these men and women to the Veterans Hall of Fame, we are ensuring that their contributions are not forgotten by future generations."

The class of 2019 includes:

Robert T. Cahill, Sr. – U.S. Army Air Corps (posthumous)

Cahill, a New Fairfield native, enlisted in the U.S. Army in 1942 and served on active duty with the Air Corps as a navigator until 1945. He then continued his service in the Army Reserve until his retirement in 1978. He was a member of the Veterans of Foreign Wars for at least 20 years and participated in a variety of community organizations such as the Junior Chamber of Commerce, the Chamber of Commerce, the Kiwanis Club, and several town committees.

Alfred H. Comeau – U.S. Army

Comeau, a Waterbury resident, enlisted in the U.S. Army in 1964 and volunteered to serve in Vietnam as a member of the 1st Cavalry Division (Airmobile). During his deployment from Nov. 1965 – Dec. 1966, Comeau and the rest of his unit received the Presidential Unit Citation for extraordinary heroism in action against an armed enemy during the Battle of the Ia Drang Valley. He left the service in 1967 and trained to become a journeyman toolmaker, served as a certified EMT and EMT-1 for 25 years, and also became an officer with the Connecticut National Guard Militia all volunteer Second Company Governor's Horse Guard. Comeau also spent many hours volunteering for the DAV, the St. Vincent DePaul Soup Kitchen, and Vitas Hospice Healthcare. He also volun-

teered and helped organize the state's first Honor Flight.

Richard King Gorman – U.S. Navy

Gorman, an Enfield native, served in the U.S. Navy for more than two decades. Following his service, Gorman joined the American Legion and volunteered his time as a Veterans Service Officer where he assisted more than 100 veterans receive disability claims. He was also assisted in coordinating Honor Flights for World War II veterans to view the WWII memorial in Washington, DC. He continues to seek and promote ways to honor veterans in the community.

Jesse Monroe Harrison – U.S. Army Air Corps (posthumous)

Harrison volunteered for the Army Air Force as a pilot trainee and later commissioned as a 1st lieutenant. Following the attack on Pearl Harbor, Harrison was assigned to the 77th Troop Carrier Squadron in Missouri and would go on to fly in a twelve C-47 plane formation to drop paratroopers during the Invasion of Normandy. Following his service in World War II, Harrison accumulated more than fifty hours of community service to his hometown of Rocky Hill, serving on the Finance Board, Town Council, Insurance Committee, and Planning and Zoning Commission. He also chaired a high school scholarship fund and gave inspirational talks about WWII and the

importance of community service.

Lenell Kittlitz – U.S. Coast Guard

Kittlitz, a Bloomfield resident, served with the U.S. Coast Guard out of Charleston, South Carolina and helped conduct numerous search and sea rescue missions during severe storms. She served on the planning committee and moderated “Our Unsung Heroes, a Day to Honor, Remember, and Heal” – a daylong program to help families and friends dealing with losses, to include suicides of service members, veterans, and first responders. During the government shutdown in 2018-2019, Kittlitz helped organize support and donation collection of food and supplies for Coast Guard families near New London. She has also been appointed by three different Connecticut governors to sit on the State Department of Veterans Affairs Board of Trustees where she helped develop sites and programs to assist veterans.

Leonard Gene Lanza – U.S. Navy

Since leaving active duty in the Navy in 1963, Lanza has been involved with Connecticut’s public school system for fifty-nine years, serving as a teacher, vice principle, principle, superintendent of schools and educational consultant. As a resident of Simsbury, Lanza has been an active member of both the local Veterans of Foreign Wars and American Legion posts, planned and participated in Memorial Day parades for Simsbury and Tarriffville, served as the secretary for the town’s first Charter Revision Commission (1976-1978), and named a Home-town Hero in 2017.

Patrick Nelligan – U.S. Army Reserve

Nelligan has served on both Active Duty and Reserve status for more than thirty-seven consecutive years and currently holds the position of Command Chief Warrant Officer for the Army Reserve Medical Command. Nelligan has created multiple events for his hometown of Bristol to include the Memorial Day Weekend Commemoration that averages more than 10,000 visitors annually. He also started the “Our Community Salutes” dinner, which is the second longest running recognition dinners in the country in which more than 200 high school seniors have been honored. As an employee of the Veterans healthcare Administration, Nelligan received a Connecticut VA Kindness Award for his involvement with a disabled veteran who was struggling to get his rehabilitation equipment operating properly.

Morton Melvin Pear – U.S. Air Force

Pear, a Middletown native, volunteered for many events to help others, veterans and non-veterans alike, as a member of the Office of Emergency Management, Middletown Medical Reserve Corps, and Community Emergency Response Team. He is a remedial instructor for the National Ski Patrol and helped recruit medical volunteers – and served as one – for the Special Olympics and Unified Program of Basketball.

John A. Sarlo – U.S. Army

Sarlo was drafted into the U.S. Army in 1953 at the age of 19 and served in Korea. Upon his return to the states, he joined the Italian American War Veterans and Favale-Generali-Florio organizations. He served as the State Adjutant in 1965 and State Commander in 1975, and the National Adjutant in 1969 and National Com-



Connecticut Lt. Gov. Susan Bysiewicz makes remarks to a crowd during the Connecticut Veterans Hall of Fame ceremony held at the Legislative Office Building in Hartford, Conn. Dec. 6, 2019. Bysiewicz congratulated and thanked the inductees for their hard work and selfless service to both country and state. (Photo by Tim Koster, Connecticut National Guard Joint Force Headquarters Public Affairs)

mander in 1977. During his service at the national level, he was invited to discuss veterans’ affairs with President Jimmy Carter. He’s made regular visits to VA hospitals around the state

John “Jack” Shea – U.S. Army

Shea served in the U.S. Army from March 1966 to April 1969 as a 1st Lieutenant. After his service, he returned to Waterbury and currently serves as the Chairman of the Waterbury Veterans Memorial Committee and participates in multiple veterans’ activities, including: the annual Korean War Remembrance Day, Veterans Day, Memorial Day, and Pearl Harbor Remembrance Day. He also visits veterans in the hospital and their homes, attends veteran funeral services, and visits local schools to inform students about the importance of remembering veterans. Additionally, he has helped raise more than \$72,000 to install the Connecticut Gold Star Mother’s Memorial in Waterbury City Hall, assisted in creating a

memorial for Navy Lt. (Rev.) Thomas Michael Conway, and is also a member of the Committee to Honor Waterbury Medal of Honor recipient Seaman Richard Ryan.

“These honorees, living and posthumous, collectively served for decades in the military - in WWII, Korea, Vietnam War, during the Cold War, and in Operation Iraqi Freedom,” Commissioner Saadi said in a press release. “Their courage and commitment, as demonstrated through their military service, set the foundation for their continued contributions in their post military lives – we honor their military service and their contributions achieved for others – for their neighbors, Veterans, and communities, causes and residents across this state.”

Each inductee received a commemorative medallion and certificate to recognize their induction.

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

Health & Fitness

Reflections on the Fitness Improvement Program

Spc. Cyrus Thomson
A Co., 110th TASMG

My time with the FIP program is coming to a close this weekend. I would like to reflect on my experiences within the program.

I initially was informed that I was going to be attending the Fitness Improvement Course back in August. I had never been a failure when it came to height and weight or PT but I was letting stress eat me alive. I gained a bunch of weight and I stopped working out. I was not excited to attend as I had heard it was basically a “fat camp” where soldiers were shamed into shape. I was convinced the course was the last thing that I needed in my life.

I arrived at the course with a poor attitude, but the first impression of the instructors gave me some hope. Hearing the Captain describe how the course was going to guide us in a positive fashion to a healthier lifestyle was very reassuring.

Over the course of twelve days I learned that fitness and a healthy diet made me feel better and made that stress go away. I completely bought into the program and as a result I made significant progress in just twelve days.

The lesson that had the biggest impact on me was hearing SFC Young preach to us that you must wake up every day and improve yourself. I was lacking that prior to the course. This has stuck with me to this very moment.

I lost five pounds and made significant strides on the event I struggled with on the PT test. The real test, however, was taking this home and integrating it into my everyday life. I feel as if I did a solid job with this as I continued to lose weight and passed my record PT test with the TASMG easily. I also passed the last PT test at the last follow up drill.

I’ve been fortunate to not have had any setbacks. I think that is partly due to the fact that the habits I learned from the course are just automatic at this point.



Soldiers participating in the Fitness Improvement Program perform yoga exercises during a class at Camp Nett, Conn. The FIP is a Connecticut National Guard program designed to help Soldiers improve their fitness, increase Army Physical Fitness Test scores, and create lasting healthy lifestyle choices.

To conclude, I picture myself continuing with my newfound healthy lifestyle. This lifestyle change is allowing me to reach my goals of going back to school and getting back into motocross racing. I’m now at the point

where I know that if I keep these habits up I know I will be successful and continue a healthy lifestyle for years to come.

Are you ready for the Army Combat Fitness Test?



3 Repetition Maximum Deadlift



Standing Power Throw



Hand Release Push Up - Arm Extension



Sprint - Drag - Carry



Leg Tuck



Two-Mile Run

Learn tips and techniques to help pass your ACFT at <https://www.army.mil/acft/>



Soldiers with Michigan National Guard's 46 Military Police Command prepare for the new Army Combat Fitness Test September 2019 at Joint Force Headquarters in Lansing, Mich. (Photo by Spc. Samantha Hall, Michigan National Guard)

Time to prepare for the Army Combat Fitness Test

Sgt. 1st Class Silas Holden
D. Co. 1-169th Aviation, Master Fitness Trainer

Happy New Year, I hope everyone is recovering well from too much food and drink during the holidays and hitting the fitness facilities with great intent. I am finally back on schedule and writing my column again for the health and fitness page of the Guardian. This month I will cover some great training options to get ready for the fast approaching Army Combat Fitness Test (ACFT).

The big change with the ACFT for most will be the extent that it tests your overall fitness level while utilizing all three energy systems. One way to gain strength and endurance at the same time is through peripheral heart action training, known as PHA training. While being similar to circuit training, PHA training helps to solve the tiring and burning lactic acid buildup that occurs with conventional circuit training.

During PHA training, blood is pushed through muscles by alternating resistance exercise between upper and lower body. When keeping the blood moving, congestion becoming localized to one muscle is limited which decreases the tiring effects of lactic acid. Your cardiovascular system also undergoes a greater energy expenditure as it works harder to divert blood to the working muscles.

By using compound movements and moving from exercise to exercise as quickly as possible PHA works great at building both strength and cardio-respiratory endurance. A layout of a PHA workout would be as follows:

1. Compound leg exercise
2. Upper body pushing movement
3. Compound leg exercise
4. Upper body pulling exercise
5. Rest or cardio

One group of exercises is called a cycle. Beginners should start with one cycle and slowly increase over time the number of cycles. Rest between exercises should be kept to a maximum of thirty seconds and rest between cycles should average one to two minutes. Rep ranges should be 8-12 for each exercise and cycles should be repeated three to five times per workout. For every new cycle, weight is added and just

enough rest is taken to allow the 8-12 rep range. Once becoming more advanced two cycle groups can be utilized in one workout. Build your groups with any compound movements you choose and play around with some PHA training. It could be a great way to build on your overall athletic level. As Soldiers we are tactical athletes, first and foremost we must be mobile and strong as the two together will help reduce injury.

Sample workout:

Group 1: Squat/Incline Bench Press/Lunges/Wide Lat Pull Down/Crunches

Group 2: Dead Lift/Shoulder Press/Leg Press/Barbell Row/Leg Raise

For more help and preparation tips get onto the CTARNG ACFT-MFT page on Facebook hosted by CT ACFT Coordinator SSG John Young. Each unit has a growing population of Master Fitness Trainers, definitely utilize them to help with programming and proper execution of training. It is important to remember that training hard without proper form and function is as detrimental to fitness as not working out at all is.

Follow these nine tips and you will be well on your way to building upon your level of preparedness for the ACFT. Remember that quality sleep is also key to your overall fitness and health. What works for you might not work for someone else. Experiment and find what you enjoy and stick with in the gym, then find a few different workout programs and cycle them to see the best results.

1. Compound exercises are the real deal
2. Change your workout from time to time
3. Work on your legs if you want your upper body to grow
4. Diet plays a bigger role than training itself
5. Protein & simple carbs right after a workout make a difference
6. Add some cardio to your program
7. Spot fat reduction is not possible (regardless of what marketing ads tell you)
8. Men and women should not do different types of workouts
9. Weight lifting is good exercise but a gym is not always necessary (bodyweight works too)

Until next month, stay motivated, stay hydrated, and stay fit!

Year in Review: Dagger does it all

Sgt. 1st Class Jeremy Hughes
D Co. 1-102nd Infantry Regiment (Mountain)

Sometimes individuals and groups of people get categorized; Thinkers, Dreamers, Doers, Breakers, Fixers, the list goes on. Often times, the labels are accurate even if they aren't complete representations; sometimes, people or groups deserve to have a library of labels. That's the case with the Soldiers of "Dagger Company" (D/1-102INF (MTN)).

These Soldiers shared one of the most demanding training calendars in recent memory with the rest of the 1-102 INF (MTN) in the first half of 2019, preparing for a rotation at the Joint Readiness Training Center, Fort Polk. The infamous JRTC rotation is self-heralded as "The premier crucible training event"; Soldiers will regard it as an exercise that is designed to be miserable. Leading up to JRTC with multiple extended drill periods and additional training requirements, these soldiers reached one of the highest levels of readiness in the 86th Infantry Brigade Combat Team, becoming qualified through the Platoon level in Live Fire Exercises.

It was easy to lump the Unit, and the soldiers in it, into a category that put them all in a small shadow of checklist chasing, mission accomplishment at any means, or if you were to ask the surface maintenance community maybe even the fore mentioned "Breakers." But a light needs to cast on the other side of Dagger Company. Since their return from JRTC, a significant personnel turn over has occurred at the junior and mid-level leadership positions. Despite these changes, the Company has remained a very tight, cohesive element and has taken part in or begun several initiatives.

Aside from Combat focused training, the Unit has already started working with a JROTC in efforts to develop the local youth and provide leadership in a way that was unavailable until now. They have established a small service group that finds local Veterans and assists them with labor-intensive tasks. However, as an entire unit, they completed the first of many community action events with no "pay-off" or take away, no lead generation, no pre-planned marketing of the event to draw attention.

07 DEC 2019

The Unit holds a first formation at 0700 at the Major General Maurice Rose Armed Forces Reserve Center in Middletown. They quickly complete checks and inspections of personnel and equipment and move to the nearby "Red Lion Hotel." The Hotel has hosted several of the Battalions "Mountain Ball" events. The soldiers walk into a well laid outline of tables covered with canned goods. Each Soldier filled their rucksacks with 35-40 pounds of goods and enjoyed a coffee or a pastry that the Hotel graciously made ready.

Shortly after 0800 hours, the Men of Dagger Company departed the Red Lion Hotel on foot, made their way down the shoulder of 372 to Route 3, they moved south, making as small of an impact on the community as they could while keeping the soldiers safe. They used organic vehicles to hold what couldn't be loaded into rucks and mitigate traffic risks.

Along the way, one out of every three or so vehicles



Soldiers assigned to D Company, 1-102nd Infantry Regiment perform a ruck march along the shoulder of Route 3 to deliver non-perishable foods to St. Vincent de Paul in Middletown. The food these Soldiers delivered is expected to feed close to 250 families this holiday season. (Photo by Cpt. Kevin Kane)

would honk their horn and yell encouraging cheers from their windows.

Once the Unit arrived at St. Vincent de Paul Middletown, the Soldiers met staff and members of the community that rely on the service provided by St. Vincent de Paul. They delivered enough goods to provide Holiday meals to an estimated 250 Families this season.

With the community service event completed, the Soldiers loaded onto a bus and returned to the MAFRC. Dagger Company had a full day of mandatory briefings, EPHA, and a myriad of other administrative tasks. All the above was completed before Dagger host their Holiday party to celebrate the completion of another safe calendar year of training, thanking the families for the continuous support, and of course, getting ready for tasks ahead in another strenuous training year.

Dagger Company is a perfect representation of the cross-section of any National Guard unit today. Soldiers from vastly different backgrounds grouped together leveraging individual strengths to most effectively accomplish any task put in front of them. Just as battle-ready as anyone could ask, and also committed to helping the community at every chance.

If you would like to donate to St. Vincent de Paul. The drop off location is located at 16 Stack Street Middletown, CT 06457. If you have a local Veteran that could use some help with something that doesn't require permitting, or a licensed contractor, you can contact Daggeerdeeds@gmail.com



A Soldier assigned to D Company, 1-102nd Infantry Regiment fills his rucksack with canned goods for the ruck march to St. Vincent de Paul in Middletown.



Continental Ship Alfred (1775-1778) Painting in oils by W. Nowland Van Powell, depicting Lieutenant John Paul Jones raising the Grand Union flag as Alfred was placed in commission at Philadelphia, Pennsylvania, 3 December 1775. Commanded by Captain Dudley Saltonstall, Alfred was flagship of Commodore Esek Hopkins' Continental Navy flotilla during the remainder of 1775 and the first four months of 1776. (U.S. Naval History and Heritage Command Photograph. Catalog # NH 85212-KN)

The First Continental Navy Flag Ship

Brig. Gen. (CT-Ret) Robert Cody
U.S. History Teacher

During General Washington's siege of Boston in the fall of 1775, the Continental Congress realized the need for a navy. The original intent was to intercept the supply of arms and provisions to British soldiers, who had placed Boston under martial law. Later in the war, Washington himself said, "It follows then as certain as that night succeeds the day, that without a decisive naval force we can do nothing definitive, and with it, everything honorable and glorious."

While some colonies had already outfitted ships for war, on October 3rd Congress authorized the purchase of four ships to be used in battle. One of these was a 140 foot long, three hundred ton merchant ship that was refitted in New London with twenty-four cannon.

Renamed the Alfred it was commissioned on December 3, 1775 and became the first flag ship of the American navy. It was Lieutenant John Paul Jones who raised the Grand Union flag on the Alfred that day.

In just a few months, Jones would be promoted to Captain and given command of a sloop. In August 1776 Jones became the commander of the Alfred. He would earn immortality with his response to the commander of the HMS Serapis, "I have not yet begun to fight!"

Commanded by New London native Dudley Saltonstall, the Alfred was the first

ship to fly the colonial colors on the high seas when it raided the port city of New Providence, Nassau. This flag combined the colors of the British monarch with the thirteen stripes of the colonies. This was also the first amphibious landing conducted by Continental Marines.

A 220 man force under Captain Samuel Nicholas stormed the beaches of the British-held island in search of military supplies. Although they failed to find desperately needed gunpowder, the group successfully seized several brass cannons and mortars that were later put to use by George Washington's Continental Army.

On March 8, 1778, while on a return journey from France obtaining military supplies, Alfred was engaged by the Royal Navy ships Ariadne and Ceres near Barbados. Eventually surrendering, the Continental ship was sold to the British and served as HMS Alfred until 1782 when she was sold and reportedly broken apart. During her service in the Continental Navy, Alfred captured a total of twelve British Royal Navy and merchant ships.

A model of Alfred can be found in The American Revolution and French Alliance section at the National Museum of the U.S. Navy at the Washington Navy Yard.

Brig Gen Cody retired from the CTARNG in 2014 and currently teaches 7th Grade US History in Stamford. This is his 100th article for the Connecticut Guardian. He may be reached at rmcody81@gmail.com for comments or article recommendations.



CONNECTICUT ESGR EMPLOYER DAY

Saturday, March 20 - 7:30 am until 2:00 pm

103 AW, 100 Nicholson Road, East Granby

Open to  National Guard Employers

For more info contact Benjamin Beaudry at 860-524-4970 or Sean Brittell at 860-548-3295

benjamin.a.beaudry.ctr@mail.mil sean.r.brittell.ctr@mail.mil

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

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

Chaplain and Legal
CT Chaplain 860.548.3240
CT Special Victims’s Council 703.607.2263

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

ESGR



ESGR Boss Lifts Offer an Up-close Look at Military Life

By Thad Martin
Chair, Connecticut Committee for ESGR

One of my first official acts as Connecticut's Employer Support of the Guard and Reserve (ESGR) chair was to welcome a number of Connecticut employers participating in our "Boss Lift" program.

Boss Lifts are tailored to provide employers a rare opportunity to see National Guard and Reserve service members performing the military duties they undertake while away from their civilian workplaces. They give employers a chance to walk in the footsteps, literally, of their colleagues who serve.

This past October, Boss Lift participants were given an operational briefing and tour of the Connecticut National Guard's Army Aviation Support Facility (AASF) in Windsor Locks, where they got a hands-on look at an Army National Guard UH-60 Black Hawk helicopter. Following the AASF tour, employers were guided through Camp Hartell's combined support maintenance shop that serves as the maintenance headquarters and centralized repair facility for vehicles and specialized equipment assigned to the Connecticut Army National Guard. The final stop included a trip to the Bradley Air National Guard Base, home of the 103rd Airlift Wing, where Air National Guard members gave an informational briefing and displayed their workhorse aircraft, the C-130 Hercules.

Companies and organizations nominated by service members who participated in the October 30 event included C&S Wholesale Grocers, Travelers Championship, the National Labor Relations Board, XSE Group, MTC Hartford Job Corps Center, Winslow Automatics and Electrical Wholesalers.

I am of the opinion ESGR's greatest readiness-enhancing goal is to promote cooperation and understanding between the Reserve Component and their civilian employers. Boss Lifts are a key tool in helping us achieve a level of success. Therefore, we have set out to create what will likely become the largest, most extensive employer focused event to date.

On March 20, 2020, beginning at 7:30 a.m. at Bradley Air National Guard Base, Connecticut ESGR will host an Employer Day Boss Lift. Its focus will be to highlight the diverse training, skill development, operational art and personal commitment of Soldiers and airmen serving in facilities across Windsor Locks and East Granby.

The opportunity is open to nominated employers of any member of the CTNG. See details on how and to whom nominations should pass in this same edition of the Guardian. We hope to see you and your employer at Bradley on March 20.



NGACT Awards & Eligibility

Greetings to all Soldiers, Airmen, Family & Friends ... I encourage you to nominate a deserving member for one of the NGACT awards listed below. Each winner will be recognized at the 2020 NGACT Annual conference. Nomination forms are due Friday 28 FEB 2020. All awardees will be informed if they are selected NLT Wednesday 11 March 2020.

The Minuteman Award: The highest honor bestowed on a member of the Association. It recognizes exceptional achievement, a patriotic act, highly distinguished service and/or an outstanding contribution to a military organization, community, the State, the Nation or National Guard Association of Connecticut. Posthumous awards may be made to the next of kin.

Eligibility: Member or former member of the military and NGACT

The NGACT Leadership Award: Recognizes a company grade officer who epitomizes the loyalty, duty, respect, selfless service, honor, integrity, and personal courage exemplified in the Officer's Creed.

Eligibility: Company grade officer, member of the Connecticut National Guard, Member of NGACT and recommendation endorsed by the respective chain-of-command.

The Commander Sergeant Major Anthony V. Savino Award: Recognizes a non-commissioned officer who epitomizes the loyalty, duty, respect, selfless service, honor, integrity, and personal courage exemplified in the NCO Creed.

Eligibility: NCO and member of the Connecticut National Guard, member of NGACT and recommendation endorsed by the respective chain-of-command.



The Meritorious Service Award: Bestowed on an individual, firm or organization for outstanding service to the Connecticut National Guard and/or NGACT.

Eligibility: Any individual, firm or organization; military or civilian.

The President's Corporate Member Award: Recognizes a corporate member that distinguishes itself through noteworthy contributions in furtherance of the purpose, goals and objectives of NGACT.

Eligibility: Current corporate member of NGACT.

The President's Retiree Award: Recognizes a retiree member who distinguishes themselves through noteworthy contributions in furtherance of the purpose, goals and objectives of NGACT.

Eligibility: Current member of NGACT.

National Guard Association of Connecticut 2020 Awards Program Nomination Form

The National Guard Association of Connecticut (NGACT) recognizes outstanding achievement or service in keeping with the purpose, goals, objectives and policies of the Association through its annual Awards Program. We will recognize recipients at the NGACT Annual Conference and Awards Luncheon on Saturday, 28 March 2020.

The NGACT Awards Committee is now accepting nominations through 28 Feb 2020. All nomination forms must be postmarked NO LATER THAN 24 Feb 2020 to be considered.

Please complete the form and forward it with any supporting documentation to: **NGACT Awards Committee, 360 Broad Street, Hartford, CT 06105-3795 or email to ulrickbrice@gmail.com**

Name of Person being Nominated: _____
 Is the Person a current member of the Connecticut National Guard? Yes ___ No ___
 Is the Person a retired member of the Connecticut National Guard? Yes ___ No ___
 Is this a posthumous award? Yes ___ No ___
 Nominee's Unit: _____ Nominee's Rank: _____
 Nominee's Phone Number: _____ Nominee's Email: _____
 Award being Nominated For: _____

Please provide as detailed a description as possible of why this Nominee is deserving of the Award: (Use a separate sheet if necessary)

Name of person making the nomination: _____ Rank: _____
 Unit of person making the nomination: _____
 Your Phone Number: _____ Your E-mail: _____
 Relationship to nominee: _____

Resolve to be ready

Tim Koster
Joint Force Headquarters Public Affairs

With the start of a new year, the Ready Campaign – a national public service campaign, launched in 2003, designed to educate and empower the American people to prepare for, respond to, and mitigate emergencies – and the Connecticut National Guard's Emergency Management Program are challenging people to make a resolution to be prepared.

We can never accurately predict when a natural or man-made disaster will strike, but taking steps to make sure we're prepared will go a long way to ensuring prolonged comfort or survival during these unanticipated interruptions to our daily lives.

Below are some suggestions from the ready.org website to help you develop your New Year's resolutions to become better prepared for emergencies in 2020.

- Make an emergency plan, choose a safe place to meet and establish an out-of-town contact. Learn evacuation routes.
- Take a current photo of you and your pet together in case you get separated during a disaster.
- Get to know your neighbor and invite them to be a part of your emergency plan.
- Snap photos of important documents and save them in a secure place or online.
- Set up group text lists so you can communicate with friends and family during emergencies.
- Take a class in CPR and first aid.
- Keep and update emergency supplies; remember to include cash.
- Have back-up power sources available to charge devices in case of a power outage.
- Snap some pictures of your property for insurance purposes.
- Check your insurance coverage for disasters like floods, hurricanes, and earthquakes.
- Sign up for alerts and warnings. Download the FEMA app to get real-time alerts, safety tips and locate open shelters.

- Save for a rainy day! Start and grow your emergency fund.
- Financially prepare for the New Year. Find out how with the Emergency Financial First Aid Kit.
- Spend within your means. Use a personal budgeting worksheet to help plan for holiday expenses and beyond.
- Build up your savings. Put a small amount in your account the first of every month beginning January 1.

Don't forget, while some emergency situations can happen anywhere at anytime, some are more prone to happen during certain times of year or in particular regions. So, prioritizing readiness can be an important first step.

Winter in New England, for example, can be harsh. Making sure you have enough money saved for heating costs, having enough food, water, and medication in case the power goes out, or having a backup power source can make a huge difference.

On the other hand, forward thinking is also important for your overall preparedness. Take some time to jot down scenarios you may face over the next year.

Start with situations with a high probability - such as inclement weather or necessary home repairs. This list should be things you've faced regularly in the past or you know could be a potential issue in the near future.

Once you've exhausted that list, start thinking about less likely, but more catastrophic, events like a fire, burst pipes, or an injury that prevents you from going back to work. These may be worst case scenarios but having a plan will help mitigate any loss or make recovery easier to handle.

Being prepared is a great resolution to make this New Year and more often than not only requires a small time commitment to get everything in order. Signing up for alerts or tucking away a few dollars every paycheck doesn't take long but will give you the gift of peace of mind.

Are you ready to be more prepared? Learn more about

The graphic features the FEMA logo and the 'Ready' logo with a checkmark. Below the logos are two buttons: 'PREPARE NOW' in a green box and 'LEARN HOW' in a black box. The background is green. In the center is a collage of emergency supplies including a red fire extinguisher, a blue water bottle, a box of crackers, a can of tomato soup, a first aid kit, and a calculator. At the bottom, white text reads: 'Be prepared for a power outage by having enough food, water, & meds to last for at least 72 hours.'

what steps you can take to be ready for any emergency by visiting ready.org or contact the Connecticut National Guard's Emergency Management Program.

CTNG hosts local fire department at Stones Ranch

Maj. David Lord
HHC 192nd Engineer Battalion

The town of Flanders Fire Department was welcomed into the CTARNG Firehouse, home of the 246/256 Engineer Detachment (Firefighters) during the road closure of Route 1.

Flanders Fire Department utilized the National Guard Facility to staff an Engine and service truck 24 hours a day for the two week duration of construction. During this time Flanders personnel responded to a dozen emergencies where their response time would have been greatly compromised.

The 246/256 Engineers look forward to future opportunities to serve the community while continuing to foster relationships with civilian first responders.

Special mention to CPL Sherwood, SPC Heath, SPC Giudice, SPC Finnegan and SPC Thomsen for their dedication to this mission.



During the Flanders Mission the 246/256 Engineers conducted business as usual, to include a promotion ceremony for SGT Anderson amongst Civilian and Military apparatus.

The YANKEE COURIER



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President Donald Trump signs S.1790, the National Defense Authorization Act for Fiscal Year 2020 as senior leaders look on, Friday, Dec. 20, 2019 At Joint Base Andrews. The act authorizes a budget that supports the U.S. armed forces and postures the Air Force to meet the requirements of the National Defense Strategy. (U.S. Air Force photo by Airman 1st Class Spencer Slocum)

With the stroke of a pen, U.S. Space Force becomes a reality

By Secretary of the Air Force Public Affairs

JOINT BASE ANDREWS, Md. (AFNS) -- President Trump signed into law Dec. 20 the sprawling, \$738 billion defense bill, making history by creating the Space Force as a stand-alone, sixth branch of the U.S. military and guaranteeing for the first time 12 weeks of paid parental leave for federal workers.

"Today [also] marks another landmark achievement as we officially inaugurate the newest branch of the military [United States Space Force], this is a very big and important moment," said President Donald J. Trump.

The Space Force and parental leave were two of the most high-profile elements of the 2020 National Defense Authorization Act (NDAA), a law running 1,976 pages that serves as comprehensive, annual blueprint for military spending and policy priorities and operating standards. The law touches almost every corner of the military and beyond since it is one of the rare pieces of legislation that regularly passes Congress and is signed into law.

In addition to Space Force and paid parental leave, the law calls for a 3.1 percent

pay raise for active-duty personnel; it prohibits Turkey from participating in the F-35 program as long as it continues to possess a Russian-made missile system. It prescribes active-duty strength for all the services while also carrying provisions to improve military housing and health care, purchasing 60 F-35s for the Air Force and thousands of other directives and recommendations.

Trump mentioned a number of the law's signature items in a 20-minute address in a hangar at Andrews before signing the legislation into law. He was surrounded by hundreds of military personnel, members of Congress and senior leaders from the Pentagon including the Joint Chiefs as well as Air Force Secretary Barbara M. Barrett and Chief of Staff Gen. David L. Goldfein. Air Force Gen. Jay Raymond, who was named the first Chief of Space Operations, was also present.

Trump, who first mentioned the Space Force idea in March 2018 and for whom bringing it to reality was a personal priority, offered a rationale for the first new branch

See SPACE FORCE Page 21

A look back at the past year and into 2020

By Col. Roy Walton
Vice Commander, 103rd Airlift Wing

Happy New Year to everyone and welcome to the January drill! I hope that it finds everyone having experienced a great holiday season!

As I look back on my January columns from the past it always seems we have something coming at us after a year of killing it in some challenge that we were facing; whether it was our first AEF deployment with the C-130s, Full Spectrum Readiness, or changing the face of the Wing with millions in construction.

Well, here it is January 2020, and needless to say we have plenty on our plate this year. We have four drills in the first 10 weeks of the year as we get ready for our AMC Large Scale Exercise to validate our readiness in a contested environment, and then only three drills until we receive our AMC Capstone Inspection in August.

We will excel as we always do when faced with a challenge because that's what we do as Flying Yankees. It is not lost on leadership how much we ask of you all and we look forward to having these inspections in our rear-view mirror and taking some time to recognize you and your families for all that you do in the fall of 2020.

In 2019, we prepared our aircraft and personnel for our aviation package deployment where we flew 1,991 sorties moving 18,277 passengers and 5,636 tons of cargo in some of the most contested areas in theater.

Our new front gate is looking great and should be available by late spring once the Department of Transportation installs the traffic lights and the intersection is aligned.

The Security Forces' new facility is well under way and we have the demolition of the old Blue Hangar and building a new running track in the near future.

We took time to reconnect with our Warrior Within event and talk to each other about the stressors we all face and ways to take care of one another.

We met all the challenges that 2019 had for us and are well prepared to show we are the best C-130 unit to AMC with our two inspections.

I have full confidence that we will once again knock it out of the park in 2020. Again, I want to thank you for your service as a Flying Yankee, serving our state and country since 1923.

I wish you all a very happy and healthy New Year!



SFS Airman named Senior NCO of the year

By Senior Airman Sadie Hewes
103rd Airlift Wing

Senior Master Sgt. James Reynolds, Flight Sergeant assigned to the 103rd Security Forces Squadron, was recently named the Air National Guard Security Forces Senior Non-Commissioned Officer of the year, as well awarded locally the title of 103rd Airlift Wing SNCO of the year for 2019.

Reynolds directed and planned Bradley's first trip to the Patriot North Exercise in Wisconsin. Patriot North is a multi-unit exercise involving state and local authorities, and both Army and Air National Guard Units. The purpose of the exercise is to train responders in disaster relief.

Although these awards were awarded to Reynolds, he insisted it was the camaraderie and hard work of his unit member that got him there.

"This award isn't just from my work," Reynolds said. "This is for the whole squadron. We put in the effort and stand out on the trips we take."

Reynolds said he is proud of the award because it shows the 103rd SFS is moving in the right direction, and they're building on their success with more good things to come.





Graphic by Katie Lange, DMA Social Media

Social Media Guidance for the New Year

By Cpt. Jennifer Pierce
103rd Air Lift Wing Public Affairs

Entering a new year provides a great opportunity to take some time to reflect and reassess. Our actions, regardless of how great or small, will always have consequences. Posting on social media is one small way we as Airmen can promote positivity or cause detriment to the Connecticut Air National Guard and the Air Force.

You are encouraged to use social media to share your experiences as an Airman. I encourage you to contact the 103rd Public Affairs office (via phone at 860-292-2460, or email via our website contact form) to see if we can share your story, or you can publish information on your social media accounts. Whether you're sharing information with just your close friends and family or sharing it with the world in an online video or a blog, you're informing people on what it's like to be a part of the Connecticut Air National Guard and the world's greatest Air Force.

Your stories might inspire someone to join the Connecticut Air National Guard, support the Connecticut Air National Guard, comfort a parent or spouse, and improve morale or correct inaccurate information. Air National Guard families may want to use social media to keep in touch with deployed Airmen, network with other military families and share stories on social media. People can feel comfortable about using social media and letting their Airmen use social media. It's one of the many tools available to communicate information, and it has a value-added capability of promoting interaction.

In general, the Air Force views social media sites positively and respects your rights as Americans to use them to express yourself. However, by the nature of your profession, you are always on the record and must represent our core values. Air Force Instruction 1-1 Air Force Standards chapter 2 includes information on how Airmen should conduct themselves on social networking websites. Here are a few things to remember when communicating online via social media as an Airman:

- You are personally responsible for what you say and post on social networking services and any other medium. Consider how a post can be interpreted by the public. Be cautious about crossing the line between funny and distasteful. If you have doubts about whether you should post something, err on the side of caution. If the post in question concerns the Connecticut Air National Guard or the Air Force, discuss the proposed post with your supervisor or ask public affairs.
- Maintain appropriate communication and conduct with officer and enlisted personnel, peers, superiors and subordinates (to include civilian superiors and subordinates).

OPSEC is another factor to consider when posting on social media. Information release that could substantially hinder the effective performance of military operations and exercises should never be posted. These include standard operating procedures; tactics, techniques, and procedures (TTPs); information on intelligence, surveillance, and reconnaissance capabilities; command and control and IT architectures and configurations; mobilization, "bed down" or unit movement data and schedules; specificity about unit readiness and unit shortfalls; operation schedules; logistics support require-

ments, including host nation support; and detailed maps or installation photography.

Your family members should also be aware of what they are posting to social media. Family members are integral to the success of the Connecticut Air National Guard. Without their support, you wouldn't be able to accomplish the great work you do every day. The stories they share on social media can help maintain Airmen morale and educate the public about the Connecticut Air National Guard. Family members are encouraged to use social media to talk about the Air Force and keep in contact with the Airmen in their life.

However, they should also use social media safely and effectively. It's important for you and your families to identify and safeguard critical information about military operations. They should be cautious about sharing personal information or communicating with people over social media. Posting too much information could jeopardize the security of Airmen and missions. If you wouldn't want to see the information on the news, they should not post it to the Web.

Social content shared by you and your families is a major target for those looking to gain access to sensitive information in order to impersonate, blackmail or intimidate. While there is a definite benefit to using social media, your family members should be wary of the details they provide. Here are some items your families should keep in mind when posting:

- Don't post the exact whereabouts and activities of deployed Airmen.
- Be general about the dates and locations concerning an Airman's trip arrival and departure.
- Don't make your vacation dates public on social networks. Criminals may track your activities and know exactly when to break into your home while you're on vacation.
- Don't publicly post exactly how long your Airman will be gone on a trip or deployment.
- Be careful about publicly posting children's photos, names, schools, ages and schedules.
- Consider the image you portray on social media. Think before you share information that could jeopardize you and your Airman's career or reputation.
- Let children know they should seek help for cyber-bullying.

Also, let your families know to follow the Connecticut Air National Guard accounts (listed below), for the latest information on the great work you do every day. They can help support the 103rd Airlift Wing's mission by sharing our social media content and experiences with their followers and friends.

Thank you for all you do and have a happy and safe new year!

- 103rd Airlift Wing website: <https://www.103aw.af.mil/>
- 103rd Airlift Wing Facebook: <http://www.103aw.af.mil/>
- 103rd Airlift Wing Public Affairs office: (860) 292-2460;

www.103aw.af.mil/Contact-Us/

SPACE FORCE

Continued from Page 18

of the military since 1947.

“There are grave threats to our national security,” said Trump. “American superiority in space is absolutely vital. The Space Force will help us deter aggression and control the ultimate high ground.”

He was echoed by Secretary of Defense Mark Esper who said, “We are at the dawn of a new era for our Nation’s Armed Forces. The establishment of the U.S. Space Force is an historic event and a strategic imperative for our Nation. Space has become so important to our way of life, our economy and our national security that we must be prepared as a Nation to protect it from hostile actions,” said Secretary of Defense, Mark T. Esper. “Our Military Services have created the world’s best space capabilities. Now is the time for the U.S. Space Force to lead our Nation in preparing for emerging threats in an evolving space environment. This new service will help ensure we are postured to deter aggression, defend our national interests and outpace potential adversaries.”

For many in the Air Force-heavy crowd at Andrews, the Space Force and the historic moment were particularly meaningful.

Barrett, for example, has made creating Space Force her highest priority since be-

coming Air Force secretary in October.

Now is the time for a separate service totally focused on organizing, training and equipping for space, she said. While once a wide open “domain” reserved only for the United States and Russia, space today has become far more congested and crowded with other nations and commercial interests actively operating in space. At the same time space has also become a crucial factor in protecting national security and supporting activities of everyday life ranging from cell phone service, GPS, banking and the ability to easily and instantly transmit data anywhere in the world.

As such, the United States says space must be protected and preserved and that the United States’ superiority in space maintained. “The U.S. Space Force will help the DoD meet the challenges of the future security environment,” a Department of Defense statement says. “Space is integral to national security and our way of life, and this service will posture us to compete, deter, and win in an era of great power competition.”

By creating a new, separate service with a dedicated purpose, the United States will maintain space superiority, even as space becomes more crowded and contested. The new defense law also directs that the Space Force “shall provide the freedom of operation in, from, and to space, while providing prompt and sustained space operations.”

2020: the year of taking care of yourself



Happy New Year!!!

It's 2020, yup, for real, 2020!!!

Does anyone else think it's almost unimaginable that we are in the year 2020? It feels a bit surreal to me. I remember thinking it was wild when we were going to party like it was 1999. Nonetheless, we are here, 2020! The New Year can bring a time for reflection and creates a space that can inspire us to look forward with anticipation and excitement about what is yet to come. So, I ask you, what is your vision for 2020? How do you see yourself and what is going on in the world around you? Perhaps you want to make a resolution or set an intention for yourself. Maybe you haven't even thought about it yet. I want to encourage you to take some time for yourself and really think about the possibilities for you in this New Year. We have been hearing buzzwords like “self-care” and “resilience” over and over again, and for good reason. These concepts are very important, but, what do they mean to you?

I read a quote recently which stated, “create your vision, set your goals, then execute.” While that seemed pretty straightforward, it made me think, how exactly am I going to do this? For the last few years some friends and I have gotten together on New Year's Day to create vision boards. A vision board is a collection of images, pictures, words and affirmations that can be used as a tool to help clarify and maintain focus on your goals. If this sounds like something that might be interesting to you please join me and Kasey Timberlake from the Airmen and Family Readiness Center for the vision board workshop which will kick-off our Wellness Wednesdays for 2020.

The workshop will be held 8 Jan. 2019, 1400 in the DFAC. I am looking forward to seeing you there. Happy New Year!

LINDSEY M. ROHNER, MSW, LCSW

Director of Psychological Health, 103rd Airlift Wing

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CONNECTICUT NATIONAL GUARD HELPLINE



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

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

1-855-800-0120

Military OneSource

Department of Defense Launches 'MySTeP' to Support Spouses Through Their Military Journey

The Department of Defense recently launched the Military Spouse Transition Program, or MySTeP, an online tool to support spouses throughout their military journey, especially leading up to the transition to civilian life. MySTeP is available 24 hours a day, seven days a week from anywhere in the world, with mobile-optimized content to meet the unique needs of military spouses.

MySTeP is the official transition preparation resource for spouses from the Department of Defense and is offered through Military OneSource and the Spouse Education and Career Opportunities program.

"The Department of Defense recognizes military spouses can provide stability and support to the whole family when they feel prepared for the separation from military life," says C. Eddy Mentzer, Associate Director in the Department of Defense's Office of Family Readiness Policy. "The Military Spouse Transition Program offers spouses key resources, tools and education that they can access at any time, and from anywhere, to build

their knowledge and take command of their transition."

Research on military life shows that transition out of the service can be a stressful time for service members and spouses. Almost three-quarters of military spouses report being worried about transition or say that transition is difficult because they feel overwhelmed and unprepared. MySTeP helps them prepare by providing online guidance to the resources, benefits and tools available to military spouses.

Hosted on the MySECO website, the self-directed program includes videos, downloadable resources and specific links. This content has been created by a team of experts that include military spouses. To access MySTeP, go to the MySECO website and click on the 'Transition' tab.

MySTeP is designed to help military spouses at each step of the journey, from the beginning to the end of their family's military experience. The MySTeP tool reflects the three stages of the military spouse experience:

"Stepping In" is aimed at military spouses who are still learning what tools, programs and benefits are available through the military. These include education, financial, career, health and parenting resources.

"Stepping Through" is for spouses who are ready to expand on their knowledge and grow their personal and professional networks. It dives deeper into the resources and programs available to help spouses meet their personal, educational and career goals.

"Stepping Beyond" is for spouses whose service member is actively preparing for transition to civilian life. It helps military families make an informed transition plan, with information about benefits, health care, finances and transition training.

Spouses can also obtain personalized support from Military OneSource consultants available through online chat or by calling a SECO career coach at 800-342-9647.

Military OneSource Launches New Specialty Consultation for Transitioning Veterans

Military OneSource launched the new Transitioning Veterans specialty consultation, designed specifically for service members navigating their military-to-civilian transition.

To alleviate stress and support successful transitions, the consultation is designed to help meet the needs of service members during the time of transition. Our consultants will assist participants in identifying goals, preparing for the civilian workforce, exploring education opportunities, and navigating benefits and resources from the Department of Defense and Department of Veterans Affairs.

With individualized support from a trained consultant, the Transitioning Veterans specialty consultation is a complement to the Transition Assistance Program. Consultants help guide participants through the transitioning process, answering questions and connecting them to key resources and information.

"Whether a service member is separating after a single term or service, or retiring after 20 or more years, transitioning from the military can be as overwhelming as it is exciting for service members," said Lee Kelley, director of Military Community Support Programs within military community and family policy. "Military OneSource is pleased to provide service members with personalized support during this pivotal chapter in their lives through Transitioning Veterans."

Service members can participate in a series of 45-minute sessions with a professionally trained consultant via phone or video. The consultation is available for active duty, Guard and reserve within 365 days before or after separation or retirement. Learn more about the Transitioning Veterans specialty consultation here.

Military OneSource is a Department of Defense program that provides information and comprehensive non-medical counseling support to service members and their families on every aspect of military life including deployment, finances, reunion, relationships, grief, spouse employment and education, disaster preparedness, parenting and childcare. Specialty consultations are also offered on a wide range of issues. Access Military OneSource online or by phone at 800-342-9647.

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Connecticut National Guard Foundation, Inc

The Connecticut National Guard Foundation, Inc announces its 2020 scholarship program. This year the Foundation will award a total of seven scholarships.

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

Additional Information:

1. Complete application packets for the CTNGFI scholarships must be postmarked no later than 15 April 2020
2. The selection committee will choose students based on achievement and citizenship
3. You must be enrolled in, or planning to enroll in a regionally or nationally accredited degree or technical program
4. Mail application form (CTNGFI Scholarship Only) and completed package to:

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

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

Connecticut National Guard Soldiers receive full-time benefits for their part-time service, these include:

- Free tuition to Connecticut State Colleges
- Monthly paycheck
- Student loan repayment (up to \$50K)
- Affordable insurance - health, dental, life
- Montgomery G.I. Bill
- Federal Tuition Assistance
- Enlistment bonuses available if qualified
- Retirement benefits and Thrift Savings Plan
- Paid training and job experience



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Service Member and Family Support Center Staff Directory



William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105		Open Monday-Friday	
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(800) 858-2677
Deputy Director	Melody Baber	melodycheyenne.c.baber.civ@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) (860) 883-6949 (cell)
Family Assistance Center Specialist	Vacant		(860) 524-4897 (desk) ☐
Senior Family Readiness Support Assistant	Linda Rolstone	linda.b.rolstone.ctr@mail.mil	(860) 524-4963 (desk) (860) 680-2209 (cell)
Family Readiness Support Assistant	Joy Tyler	joy.a.tyler.ctr@mail.mil	(860) 548-3283 (desk)
ARNG Yellow Ribbon Program	SPC Matthew Yotka	matthew.t.yotka.mil@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 Services Coordinator	Jason Perry	jason.t.perry.ctr@mail.mil	(860) 548-3258 (desk)
Military OneSource Consultant	Scott McLaughlin	scott.mclaughlin@militaryonesource.com	(860) 493-2722 (desk) (860) 502-5416 (cell)
Personal Financial Counselor	Reggie Harwell	pfc.ct.ng@zeiders.com	(203) 233-8790 (cell)
State Support Chaplain	Lt Col Eric Wismar	eric.a.wismar.mil@mail.mil	(860) 548-3240 (desk)
Transition Assistance Advisor	Fausto Parra	fausto.g.parra.ctr@mail.mil	(860) 524-4908 (desk)
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 - Middletown	Donna Calvi	dcalvi.csfl@gmail.com	(860) 613-7568 (desk)
Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096		Open Monday-Friday	
Family Assistance Center Specialist	Lisa Middlebrook	lisa.n.middlebrook.ctr@mail.mil	(860) 292-4601 (desk) (860) 883-2704 (cell)
Family Assistance Center Specialist	Steven Czelusniak	steven.e.czelusniak.ctr@mail.mil	(860) 292-4602 (desk)
Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810		Open Monday-Friday	
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk) (860) 883-2746 (cell)
New London Armory: 249 Bayonet Street, New London, CT 06320		Open Monday-Friday	
Family Assistance Center Specialist	Michelle Powell	michelle.powell12.ctr@mail.mil	(860) 772-1422 (desk) (860) 221-5540 (cell)
Citizen Soldier For Life Career Readiness Counselor	Kara Fernandez	karafernandez.csfl@gmail.com	(800) 858-2677
103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026		Open Monday-Friday	
Airman and Family Readiness Program Manager	Kasey Timberlake	kasey.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)
Yellow Ribbon Support Specialist	Laura Cohen	laura.b.cohen.ctr@mail.mil	(860) 292-2772 (desk)
Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357		Open Monday-Friday	
Family Assistance Center Specialist	Jay Jennett	jay.s.jennett.ctr@mail.mil	(860) 739-1637 (desk) (860) 883-2720 (cell)
Personal Financial Counselor	Rhona Heyl	pfc3.ct.ng@zeiders.com	(860) 287-7552 (cell)

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