



Connecticut GUARDIAN

The Yankee Courier on page 22

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February, 2020

Amateur Boxing Returns to the Hartford Armory

By Tim Koster
Joint Force Headquarters Public Affairs

HARTFORD, Conn. – The Governor William A. O'Neill Armory, here, is no stranger to hosting sporting events on its drill shed floor: tennis legend John McEnroe won his first professional singles title during the United Technologies Classic in 1978 and the Trinity men's basketball team played its home games here during the 1947-48 season, just to name a couple.

This January, the armory saw the return of amateur boxing when the Western New England Golden Gloves chose to host its annual tournament here, bringing nearly 200 competitors representing 45 teams and boxing facilities throughout the Northeast.

"We were honored that tournament officials wanted to bring boxing back to the armory, and last year's event was a huge success," said Maj. Gen. Fran Evon, Connecticut Military Department Commissioner. "I look forward to another year of fierce and exciting competition between the area's finest up-and-coming talent."

Preliminary, quarterfinal, and semifinal rounds were held the first three weekends in January, with the finals taking place January 31st and February 1st.

This year, the Connecticut National Guard did more than just host the event, however. Specialist Christopher Lacour from the 1048th Transportation Company – and member of the A Side Boxing Club – saw success in the tournament as he fought his way to the Novice Division Championship.

Zachariah Febus, a former member of the 1048th, also advanced to the finals and has aspirations to become a professional boxer.

Other fighters may not be in the Guard themselves, but have a familial connection.

Stevie Coleman, a fighter in the Elite Novice Female Division, is the daughter and sister of veterans formerly assigned to the 102nd Infantry Battalion.

To learn more about the Western New England Golden Gloves, visit their website: www.wneboxing.com/home.html

Check back next month for updated coverage and the outcome of the finals.



Boxers prepare for their Western New England Golden Gloves fight at the Governor William A. O'Neill Armory in Hartford.



Major Gen. Francis Evon rings the bell to start a bout between two boxers during the Western New England Golden Gloves tournament at the Governor William A. O'Neill Armory.

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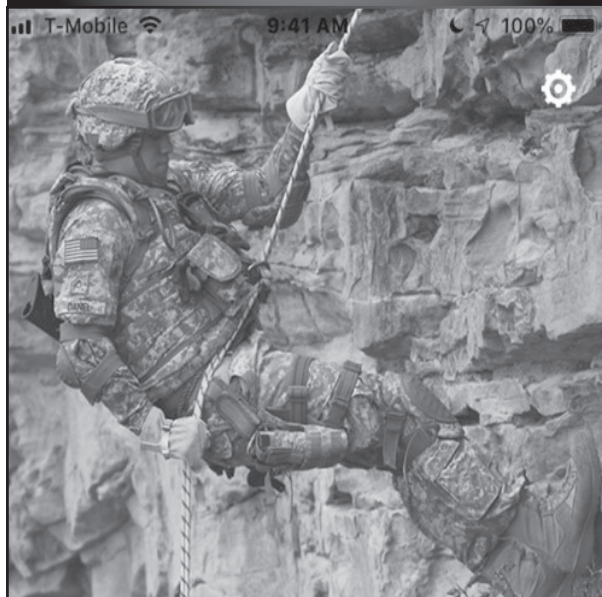


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Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

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A Message from the State CSM

Command Sgt. Maj. John Carragher
State Command Sergeant Major

Greetings, Team! This is my first message to you here for 2020. Happy New Year. I hope each of you had an enjoyable holiday season. I am looking forward to another great year!

I wanted to mention some significant accomplishments that were announced recently, both related to recruiting and retention. First, huge congratulations to SSG Calista J. Knight, 6th Recruiting and Retention Battalion, on being named the 2019 Army National Guard Recruiting and Retention NCO of the Year! In order to earn this prestigious title, SSG Knight had to achieve the highest percentage of accession mission of any of our recruiters, earning a place on the "Director's 54". She then moved on to compete in a formal board proceeding pitting her against the best of Region 1, which she absolutely crushed! She then moved on to compete against the best of the best from across the Nation. After a very close competition (as it should be), SSG Knight was named the winner and earned the title "Best" in the Army National Guard! Anytime a Soldier wins a national level competition, it is a really big deal! We could not be prouder!

The second accomplishment is also a national level accomplishment, but not for an individual, for a team. Our Recruit Sustainment Program was named the best program for a small state in the Army National Guard! Again, a huge win! As hard as our recruiters work to enlist quality young Americans into our Guard, if we are not successful in preparing them for initial entry training, getting them trained, and getting a trained warrior into the fight, it is all for naught. That effort takes an entire team, from the recruiter, to the RSP staff, to the RSP drill sergeants, to the unit leadership receiving that Soldier to succeed. Recognition as the "Best" in that mission is truly a team effort and directly impacts the lethality and readiness of the Army National Guard. Great job, Team!

Recent events around the world have highlighted the critical need for Operations Security (OPSEC). OPSEC is defined by Joint Publication 3-13 as:

OPSEC is a standardized process designed to meet operational needs by mitigating risks associated with specific vulnerabilities in order to deny adversaries critical information and observable indicators. OPSEC identifies critical information and actions attendant to friendly military operations to deny observables to adversary intelligence systems.

It is important to note that OPSEC is defined as a process. Each command identifies its critical information and takes action to ensure people and processes do not provide indicators of current or future operations that could be compiled to provide an adversary an advantage.

OPSEC vulnerabilities are often the most critical (and hardest to control) at the individual level. What should each of us do? The first thing to do is to make sure you know your organization's designated critical information. Next, make sure you understand the information environment you are operating in. Social media is perhaps the single greatest vulnerability to good OPSEC. Make it a personal rule not to post on military topics on your social media accounts. Turn off any GPS locating services on your phone. If you have an official social media presence, you must be extra vigilant in what you post. Know your left and right limits. If you have any doubt, don't post until you get it cleared by the Public Affairs Officer. Social media is a powerful tool for good, it can be just as powerful for our adversaries. Bad OPSEC practices can lead to mission failure and cost lives.

One of the things I look for across the organization is knowledge gaps. Recently, I have observed many of our service members are unsure of the reporting options for victims of sexual assault. It is important that every person know the options. Despite all our efforts, service members still become victims of sexual assaults.

The first concern for all when this violent act takes place is to get the victim the services they need. Everything else is secondary. Report types for military personnel are unrestricted and restricted. Regardless of the type of report a victim decides make, we will always get them help.

Unrestricted reporting is the military's preferred reporting method because it provides the widest latitude to help and protect victims of sexual assault. Through the unrestricted option, details of the incident are kept confidential and are only disclosed on a need to know basis. An unrestricted report triggers an investigation so that offenders may be held accountable and the safety of the victim is ensured. Unrestricted reports



can be made to anyone.

Restricted reporting offers the Service member the option to report a sexual assault without having to notify law enforcement and protecting the identity of the victim.

This option is only available if the report is made to a victim advocate, medical care facility, or sexual assault response coordinator (SARC). It is important to note that restricted reports may be change to unrestricted reports at the request of the victim but unrestricted reports cannot be changed to restricted reports.

Although there are multiple reporting options available to victims based on a personal decision of the victim, our goal is to provide the victim all the support and services they need. An even better solution is to foster an organizational culture where there are no victims. That is our charge as service members. We owe it to our brothers and sisters.

As we start to move into Spring, I urge every leader to take a close look at your training plan for the prime training months and upcoming collective events. Do you have everything you need? If you have not yet ordered what you need, the window is closing fast. Think about the things we often take for granted. Do you have enough batteries for your equipment for extended operations? Batteries are a great example. If you order them, they will probably come in. If you don't order them, I guarantee they won't.

I look forward to seeing you soon.

Quote of the month:

"We need to be able to fight outnumbered and win."

General Paul E. Funk, II
 Commanding General, U. S. Army, Training and Doctrine Command

Army Strong, but Always Go Guard!
 Winning Matters.
 CT-7



169th RTI stands up new medical training course

By Capt. Dave Pytlik
Joint Force Headquarters Public Affairs

A room full of Soldiers stand above simulated patients with gloves and protective equipment on; they handle the needles with care as they look for the best vein to go after then one-by-one they make their move. It's not the battlefield, nor is it a mass casualty event. It is the 169th Regional Training Institute's (RTI) new Comprehensive Medical Training (CMT) course, taught at Camp Nett in Niantic, Connecticut Jan. 15, 2020.

These students are working on their invasive procedures skills, in this case it's the practical exercise for intravenous cannulation or "sticking an IV". This is one of many blocks of instruction taught in the new course, to include training in emergency medical limited primary care, force health protection, invasive care skills, combat trauma assessment and evacuation.

CMT brings together students from many Guard States and the Army Reserves. Graduates complete 95 Continuing Education Units (CEUs), American Red Cross Basic Life Support, all required 68W and NREMT hands on skills to include the Combat Casualty Assessment (CCA) for skills validation. It provides all required continuing education to sustain a 68W Combat Medic for two years, provided they remember the most critical step- Logging into the National EMT Registry website and pressing the "Renew" button after the course data is uploaded by the school house. In that sense, Comprehensive Medical Training is meant to be "turn-key" for providing busy medics with everything they need to maintain their MOS.

Although there are multiple methods for medics to get their required training, this new course offers a simplified approach. As the program director, Sgt. 1st Class Robert Husted tells us "CMT isn't the only way to get it done, it depends on the individual and unit's situation. It's great for medics from units that don't have the time or ability to do the sustainment hours and skills at the unit level, yet some units may prefer to do the training at their level or use MSTC (Medical Simulation Training Center) sites. But this

course provides a unique opportunity for medics and their units to get the most current all-inclusive standardized training for 68Ws to date."

CMT first came to 2nd Battalion 169th RTI in October 2019 as a product of the newly reorganized US Army Medical Center of Excellence (formerly Army Medical Department Center & School). The first course was a "Train-the-Trainer" iteration to validate the cadre of 2nd Battalion in the program of instruction and was the first of 10 courses scheduled throughout Fiscal Year 2020. So far Connecticut has been scheduled to host the course through Fiscal Year 2022. It is a win for the State, not just bringing in students from around the country but also bringing full-time funding for four 68W non-commissioned officers to plan and teach the courses.

This is the fourth iteration so far and lessons are already being learned, Connecticut National Guard instructors are making an impact on the national curriculum. "We saw that the content wasn't organized as logically as it could have been," Husted said. "We really thought it would make more sense from the students' and instructors' perspective if lessons followed the steps of a Casualty Assessment, moving from massive bleeding to airway to respiration to circulation, and so on." These changes have been approved by the national proponent and are being considered on a grander scale for implementation.

If you are interested in attending CMT or sending one of your medics contact your Training NCO. The course is 15 days long and 2nd Battalion is currently taking applications for the following classes:

- Class 005, Report Date Feb. 2, 2020
- Class 006, Report Date Feb. 23, 2020
- Class 007, Report Date Mar. 21, 2020
- Class 008, Report Date Apr. 13, 2020
- Class 009, Report Date May 2, 2020
- Class 010, Report Date Sep. 13, 2020

Remember the deadline to recertify NREMT/68W MOS is March 31 every year, if you are due to re-certify in 2021 it's not too early to attend CMT class 008 through 010.



Specialist Chantalle Rioux, a student in the Comprehensive Medical Training Course at Camp Nett, here, checks the lines to a bag of saline during a practical exercise January 14, 2020. The course is designed to allow students to earn 95 Continuing Education Units towards maintaining their 68W (Combat Medic) Military Occupational Specialty. (U.S. Army photo by Tim Koster, Connecticut National Guard Joint Force Headquarters Public Affairs)



(TOP) Specialist Chantalle Rioux, a medic with the 248th Engineer Company, sticks an IV catheter into the arm of a simulated casualty during the Comprehensive Medical Training Course at Camp Nett, here, January 14, 2020. The CMT is a fifteen day course designed to allow students to earn Continuing Education Units necessary to maintain their Military Occupations Specialty. (U.S. Army photo by Tim Koster, Connecticut National Guard Joint Force Headquarters Public Affairs)



Staff Sgt. Lindsay Walsh, assigned to the Rhode Island National Guard Recruiting and Retention Battalion, uses a syringe to flush an infusion tube with saline on a simulated casualty's chest during a practical exercise of the Comprehensive Medical Training Course at Camp Nett, here, January 14, 2020. The fifteen day course is new to the Army and is open to all Army medical personnel, regardless of component. (U.S. Army photo by Tim Koster, Connecticut National Guard Joint Force Headquarters Public Affairs)

(LEFT) Sergeant 1st Class Dominick Diemunsch, a Connecticut National Guard combat medic with the 118th Medical Battalion, applies a chest seal to a simulated casualty during the Comprehensive Medical Training Course at Camp Nett, here, January 14, 2020. The CMT course is new to the Army, following the restructure of the U.S. Army Medical Center of Excellence, and is scheduled to be hosted in Connecticut through 2022. (U.S. Army photo by Tim Koster, Connecticut National Guard Joint Force Headquarters Public Affairs)



Upcoming Comprehensive Medical Training Courses:

- Class 007, Report Date Mar. 21, 2020
- Class 008, Report Date Apr. 13, 2020
- Class 009, Report Date May 2, 2020
- Class 010, Report Date Sep. 13, 2020

Check ATRRS for seat availability and registration

What's Your Warrior?

By Sgt. Jennifer Smith
C Co., 572nd BEB

Many people talk about how the Guard has endless possibilities, but we never expect that these opportunities could be offered to you. As a member of Charlie Company 572nd Brigade Engineer Battalion (BEB), I would not have imagined receiving an opportunity to be a part of "What's Your Warrior" Campaign that will impact the nation's future recruits.

Attending Advanced Leadership Course (ALC) in Tobyhanna, Pennsylvania, I expected to gain the knowledge and abilities that would not only further my leadership skills and career, but also further myself as a person. Graduating ALC is a major accomplishment for an E5 and sets my path for promotion opportunities; graduating was a success in itself. However, as I settled back into my technician job, I received an email from the Commandant of the School House. As the email was very vague, he mentioned that the Army Marketing Team was looking for a "high speed" Signal Soldier; the commandant had thought I was the perfect fit. He expressed to me that I would be a good candidate for this role, "based on my performance during the course, receiving honor graduate above my peers, my physical fitness regimen, and the impression I left."

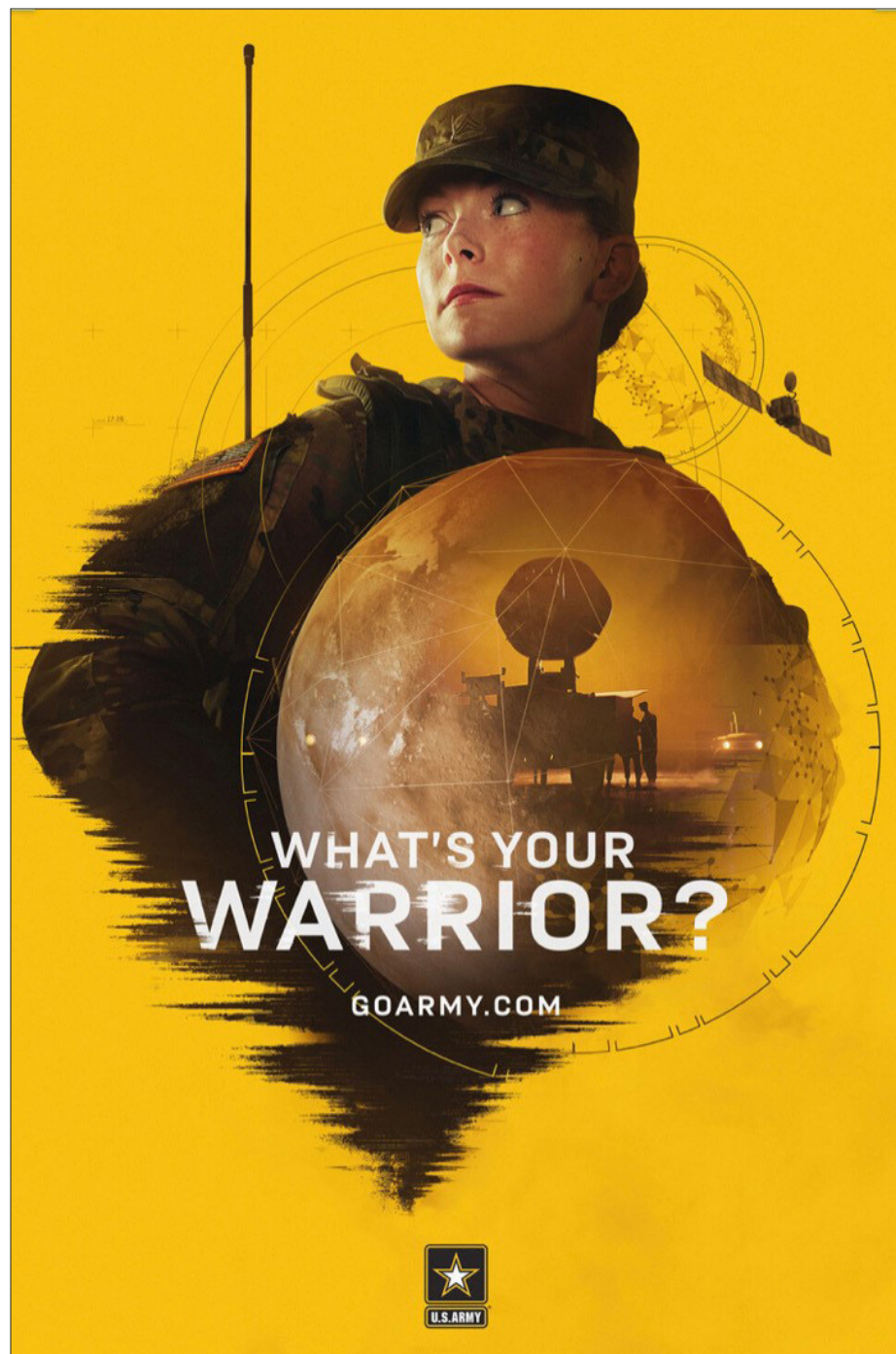
Not fully understanding what this opportunity entailed, I filled out the questionnaire that had questions relating to my role in the Connecticut Army National Guard (CTARNG), the impact the Army has made in my life before and after joining, and the motivation that led me to where I am today. After sending my questionnaire, it became a waiting game to see if I would have been selected out of all the qualified candidates that I would have been chosen.

After a few weeks had gone by I received an email stating I had been selected and it had been confirmed that I would be airing in the Army's campaign. Traveling to Atlanta, Georgia to film this commercial has been one of the best experiences since joining the Army. I received the opportunity to meet the other "Hero's" chosen for the campaign, several Public Affairs Officers from "Big Army" and the campaign's production team.

Until the commercial was aired it did not seem real, but once the Campaign was aired on national television it became very real. Soldiers and employees of the CTARNG still reach out to me expressing their feelings to see a CTARNG Soldier on television or Social Media. It shows the not only the Nation, but Connecticut Soldiers, that we can make a difference. I am still in awe of the opportunity I was presented with.

As the only ARNG Soldier in the commercial, I hope that everyone takes something away from my story. Throughout this experience I have learned that impressions do make an impact and regardless if it was a good or a bad one, people will remember you.

To learn more about the "What's Your Warrior" campaign, visit: <https://www.tradoc.army.mil/Publications-and-Resources/Article-Display/Article/2019551/us-armys-marketing-campaign-whats-your-warrior/>



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The History of Cpl. James Conroy

By Robert Cody
CTNG BG (Retired)

Most of us with ties to the CTARNG are familiar with the story of Stubby. He has become the subject of books and a movie for his role as the 102nd Infantry Regiment's mascot during World War I. He has been hailed as the first Military Working Dog and some would even say he was the first therapy dog. While Stubby has been in the spotlight for 100 years, little is known about the man who held his leash.

James Robert Conroy was born on February 27 1892, in New Britain, Connecticut. Like Stubby, Conroy was also an "orphan," as his father had died in 1899 and his mother had passed away four years earlier. Conroy enlisted in Connecticut National Guard on May 21, 1917. At first he was a member of Company E, 1st Infantry Regiment, then transferred to Headquarters, 102nd Regiment at Yale Field. While training for combat on the fields of Yale University in 1917, Private J. Robert Conroy found a puppy with a short tail. He named him "Stubby", and soon the dog became the mascot of the 102nd Infantry, 26th Yankee Division. When the division shipped out for France aboard the SS Minnesota, Private Conroy smuggled the little dog aboard hidden in his overcoat. He was promoted to Private First Class on April 5, 1918 and Corporal on September 30, 1918. With the 102nd Regiment, he participated in the campaigns of the Marne, Chateau-Thierry, St. Mihiel, and Meuse-Argonne. Records show that he was an investigator with Army Intelligence and received a Purple Heart after being wounded in action. Conroy was Honorably Discharged on October 31, 1918.

After the war, Corporal Conroy attended Law school at Georgetown University. While Conroy was at Georgetown, Stubby became a practicing "Hoya" serving several terms as mascot to the football team. Between halves, the dog would nudge a football around the field with his nose, to the delight of the crowd. The prestigious school's mascot remains a dog to this day. After Law School Conroy served as a secretary to Representative E. Hart Fenn of Connecticut in Washington, DC. Representative Fenn also served in the Connecticut National Guard. Conroy then went on to a career with the Federal Bureau of Investigation.

Stubby the War Dog died on March 16, 1926 at the age of ten in Conroy's arms and he never had another pet. After he died, a taxidermist preserved Stubby's hide over a plaster cast. Stubby the War Dog was on display at the headquarters of the American Red Cross and The Smithsonian Institution National Museum of American History, Armed Forces Collections, both in Washington, DC. For a short time, Conroy had possession of his beloved Stubby. When a fire broke out in his high rise apartment, the only thing he saved was Sergeant Stubby. Conroy died on April 25 1987 at the age of 95 in West Palm Beach, Florida. He is buried there at Holy Trinity Episcopal Church Columbarium.

Speaking at an Armistice Day celebration in New Britain last year, Curt Deane of Lyme, Connecticut said, "My grandfather never spoke about himself in the war, never. But he made it clear the war was horrific, and that he never would have made it through without Stubby." "What I think meant the most to my grandfather is that Stubby took some of the edge off."



Corporal James Conroy and Sgt. Stubby. (Photo courtesy of Robert Cody)

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

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Health & Fitness



Living a healthy lifestyle: physical fitness

Staff Sgt. Silas Holden
D Co., 1-169th Aviation

We've all heard it before, physical fitness training has benefits for mental health also, let's take a look at some factors supporting that statement. Regular exercise has profound effects on depression, anxiety, ADHD, and many more. Could it be that our elevated levels of depression and anxiety are highly related to the laziness we see in much of society today? Exercise also relieves stress, enhances sleep, and boosts memory and mood. Now will this happen in all those who work out, obviously not, some individuals have deeper causes to their mental health, but it can help.

A recent study done by the Harvard T.H. Chan School of Public Health found that running 15 minutes or walking one hour reduced the risk of depression by 26%. (Helpguide.org, June 2019). There are numerous ways that exercise fights depression. The brain is changed in many ways through physical activity. Neural growth, reduced inflammation, and activity pattern changes are just a few. Endorphins are also released which help to create good feelings and energized spirits.

For anxiety exercise can help to take your mind off of things that promote your anxiety. In today's fast paced, constant stress world it is important to take your mind off of things that make you tense or stressed. Anything that gets you moving can help, the key is to pay attention to what you are doing rather than zoning out. Go for a walk, get out and run, or just do an easy paced workout to take the focus off of that which stresses you out. Find healthy ways to release your energy rather than let it foster the anxiety you often feel.

Have you ever truly recognized what happens to your body when under stress? Headaches, tension in your muscles, chest tightness, back or neck pain, shoulder pain, the list goes on and on. And while having all of the physical symptoms listed here, the worry increases because you don't realize that stress is the cause of them all. Exercise

is a great way to break from these symptoms and let go of the life stressors that have detrimental effects on your health if left to continue on. The mind and the body are linked, so when the body feels better your mind will follow.

"Evidence suggests that by really focusing on your body and how it feels as you exercise, you can actually help your nervous system become "unstuck" and begin to move out of the immobilization stress response that characterizes PTSD and trauma." (Helpguide.org, June 2019) Some of the best relief for PTSD and trauma comes from getting outside and enjoying nature through hiking, kayaking, sailing, mountain biking, skiing, or golfing. These activities reset the brain and help to take away cycles of bad, damaging thoughts.

Start small and set aside some time each day to focus on working out, if you are overwhelmed at how you will fit working out into your schedule you will most likely fail at making it a habit. Fit your work out into your day at the point of most energy, if you have high energy when waking up work out in the morning, if you get anxious and energetic at night fit it into your evening schedule. The important part is to schedule and it and make it a habit.

In conclusion the benefits of exercise on mental health and wellness reach far and wide. Sharper memory and thinking, higher self-esteem, better sleep, more energy, better resilience are just a few more to list. And it doesn't take a huge amount of time to reap the rewards, just five 30 minute workouts per week can have drastic benefits to your overall mental acuity and health. The simple fact is that sitting around does nothing to help where you currently are, so get out and move. If your mental wellness requires professional help then absolutely reach out and get help, there are numerous resources available if getting to that point. But if you make some physical activity a priority in your schedule you will begin to see the benefits both physically and mentally. Until next month stay motivated, stay hydrated, and stay fit!

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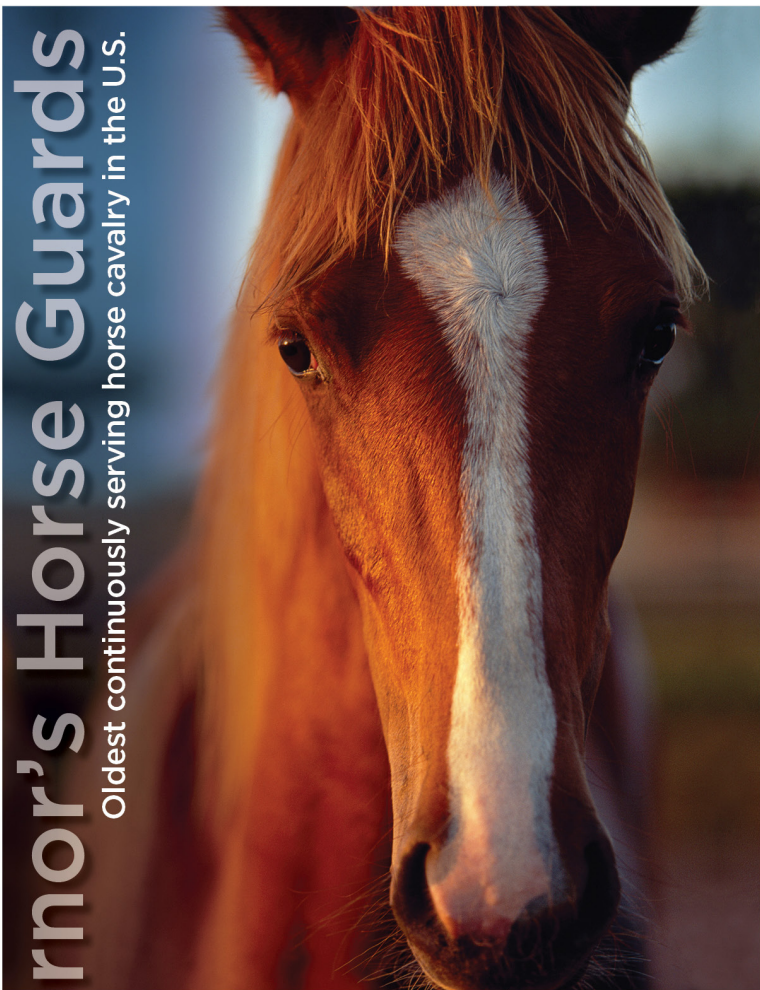
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Retiree Voice

The VA Fiduciary Program

John Godburn & The U.S. Department of Veterans Affairs
Executive Director. CT National Guard Foundation, Inc.

Are you a veteran who cannot manage your own financial affairs? Or perhaps you know a veteran or beneficiary who cannot. The VA Fiduciary Program may be just the benefit program you've been looking for, to provide the support needed for someone incapable of managing their financial affairs.

As described on the Veterans Affairs website, the "VA's Fiduciary Program was established to protect Veterans and other beneficiaries who, due to injury, disease, or due to age, are unable to manage their financial affairs." The VA can only determine an individual unable to manage his or her financial affairs after receipt of medical documentation, or if a court of competent jurisdiction has already made the determination.

Once the VA determines that a beneficiary is not able to manage their financial affairs, the VA will appoint a fiduciary. The fiduciary, who is usually chosen by the beneficiary, must undergo an investigation of his or her suitability to serve in this capacity. The investigation usually consists of a criminal background check, review of their credit report, a personal interview and recommendations of character references.

Only after a complete investigation, is the fiduciary appointed to manage the beneficiary's VA benefits. The fiduciary is responsible to the beneficiary and oversees the financial management of VA benefit payments. Generally, family members or friends serve as fiduciaries for beneficiaries. However, when family members or friends are not able (or available) to serve, the VA then looks for qualified individuals or organizations to serve as a fiduciary.

The program exists because Federal law requires the VA to protect the financial benefits of VA beneficiaries. This normally occurs when a beneficiary has been determined to be incompetent. But the word "incompetent" may have a negative connotation and imply that the person is not able to fully care for themselves. The focus therefore is on being able to support a beneficiary who has been found "incapable of managing his or her financial affairs".

The VA is made aware of the possibility of incompetency (those unable to manage their financial affairs) by:

- Receipt of medical evidence from an interested party (beneficiary, relative, friend).
- Medical evidence provided by VA records.
- Court documents confirming a legal disability (for Veterans it **must** be based on medical evidence).

Only beneficiaries who are dependents of a Veteran can be found to be incompetent for VA purposes, using probate court orders of guardianship and/or conservatorship.

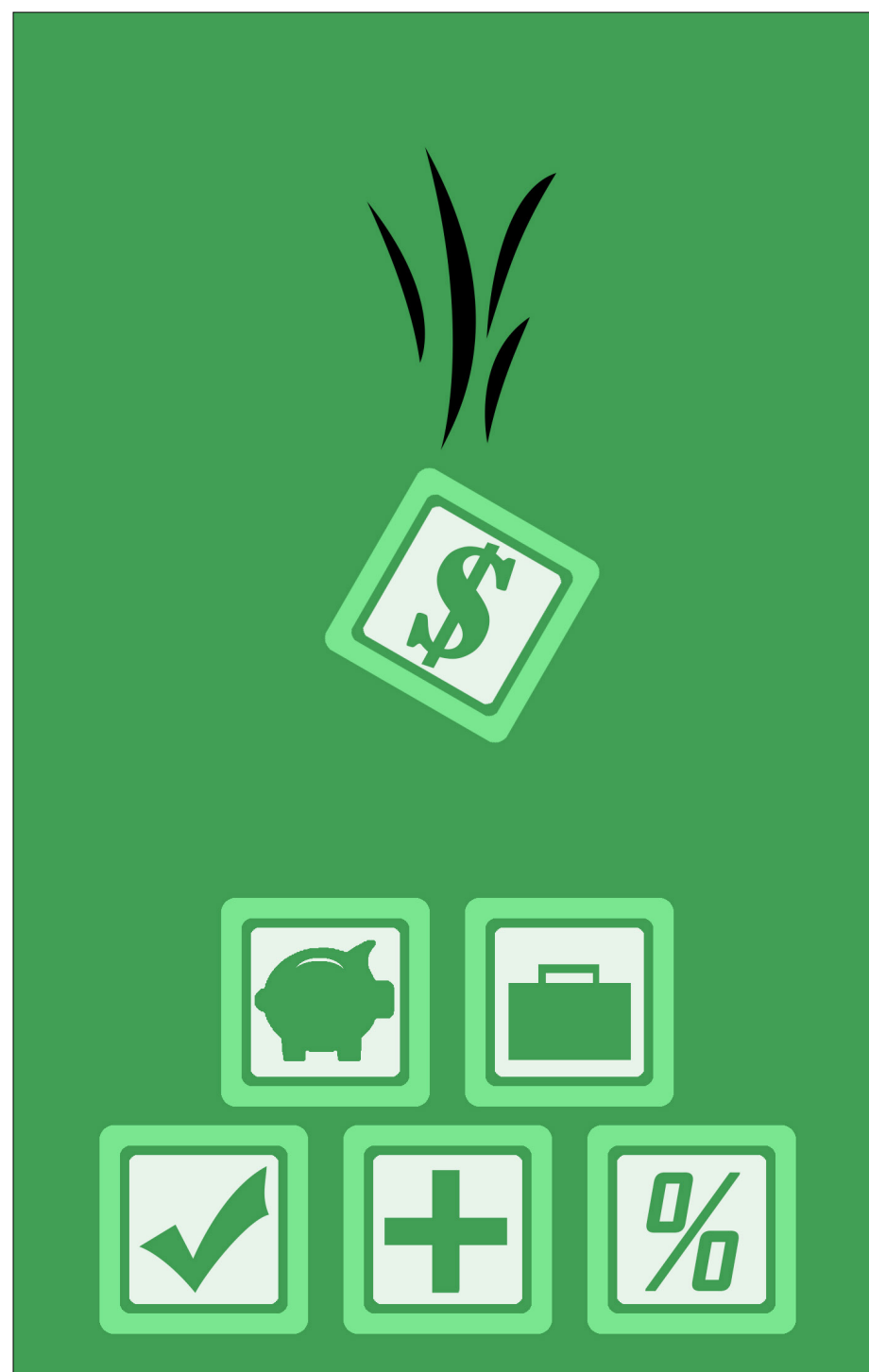
Field examiners meet with the VA beneficiaries to provide help. They can go to their homes to meet with them directly. This "outreach" lets the beneficiary know that someone is listening to them and working with their best interest in mind.

In most cases, this support is provided to those receiving a VA pension or VA compensation (service connected). The benefits are reviewed when it is determined by a medical authority, or is court directed, that the beneficiary needs help with their financial affairs.

The VA does not take over the role of the fiduciary or manage the beneficiary's finances. They work with the beneficiary to have the right person appointed – usually a spouse or other family member. But if none is available, the fiduciary can be court appointed, another interested party, or a professional fiduciary. Fiduciaries who are not family members can receive a fee of up to 4% of the VA benefits paid to the beneficiary.

The country is divided into six Fiduciary Hubs. New England is part of the Indianapolis Hub. They can be reached at (888)-407-0144 or IND.FIDHUB@va.gov. A VA representative from the Fiduciary Hub will process the selection, appointment and supervision of qualified fiduciaries. There will be follow-up reviews with continued oversight, consisting of:

- Periodic personal contact visits with the beneficiaries.
- Periodic reviews of the fiduciary.
- Annual accounting process and reviews with qualifying fiduciaries.



- Surety bonds to protect qualifying VA estates.
- Streamlined oversight process for qualifying beneficiaries.

This VA oversight is provided to ensure the beneficiary receives the financial benefits he or she is entitled to, and that it is not abused.

VA financial benefits are to be used only for the Veteran, beneficiary or Veteran's dependents for the purpose of food, clothing, shelter, personal hygiene, safety, security, health care and quality of life. The VA has a legal responsibility to ensure that the beneficiary receives these benefits when he or she is no longer able to manage their own financial affairs.

For more information about this program, go to the official VA website at www.benefits.va.gov/FIDUCIARY or contact your local VA Fiduciary Hub.

ESGR

ESGR Volunteer? A Great Way to Serve or Continue to Serve

By Thad Martin
Chair, Connecticut Employer Support of the Guard and Reserve

Former British Prime Minister Winston Churchill was fond of saying; “You make a living by what you get. You make a life by what you give” and nowhere is that more evident than in the efforts of the men and women who serve as Employer Support of the Guard and Reserve (ESGR) volunteers.

ESGR is supported by a network of more than 3,750 volunteers in 54 committees located across all 50 states, the District of Columbia, Guam-CNMI (Commonwealth of the Northern Mariana Islands), Puerto Rico, and the U.S. Virgin Islands.

In 2019 alone, ESGR volunteers donated a total of 205,904 hours to supporting members of the National Guard and Reserve and their civilian employers. ESGR volunteers also achieved positive resolutions in 1,137 Uniformed Services Employment and Reemployment Rights Act (USERRA) cases, resulting in a \$4.33 million cost avoidance to the federal government.

Those positive USERRA case resolutions, coupled with the volunteer hours, resulted in a total savings of \$9.57 million.

But volunteering with ESGR isn’t just about saving the government money, although that’s a critical byproduct. It’s about getting involved, in whatever capacity you choose, to improve the relationships our brave men and women have with their employers while they place themselves in harm’s way, leave their families and put their civilian careers on hold to preserve our way of life.

ESGR offers a wide variety of options and activities for its volunteers and there’s no minimum time commitment. Our volunteers come from all walks of life and career fields with some like myself choosing to give back after entering retirement. It’s important to note the desire to support those currently serving our nation far outweighs any need for prior military service.

We believe everyone has something to contribute and we try to match our volunteers

with a role that fits their skills and experience. ESGR subcommittees include:

- Employer Outreach, which helps develop and sustain relationships with employers to promote advocacy for service in the National Guard and Reserve;
- Ombudsman, which works with employers and service members to prevent, reduce or resolve misunderstandings regarding employment rights and responsibilities;
- Public Affairs, which engages military and civilian media organizations to promote public understanding of the ESGR mission; and
- Military Outreach, which informs and educates members of the National Guard and Reserve regarding their employment rights and responsibilities under USERRA.

Nationally, ESGR volunteers posted some impressive numbers in FY 2019, executing more than 3,800 events, engaging more than 111,000 employers and briefing more than 305,000 service members.

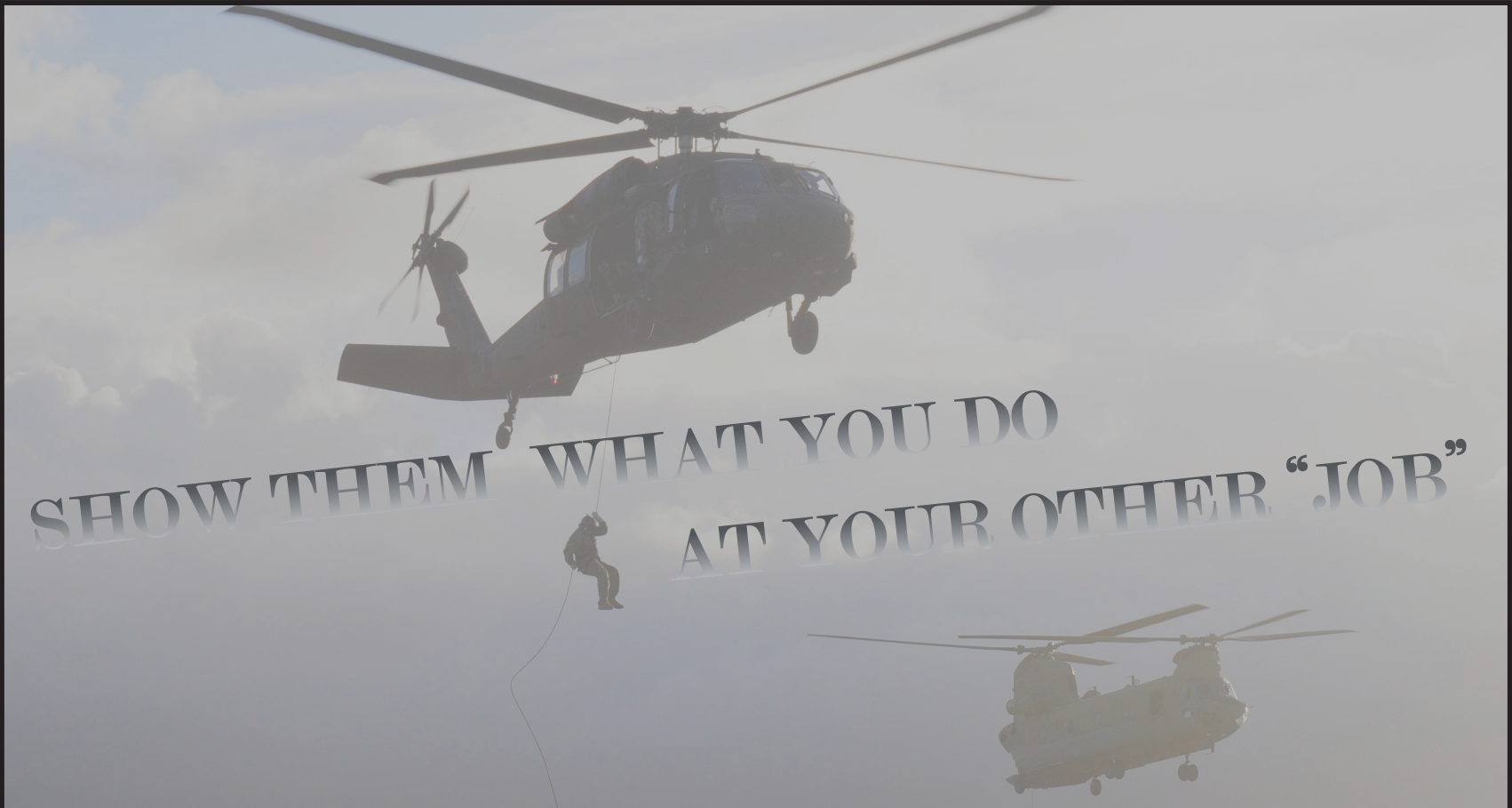
Time invested as an ESGR volunteer ultimately yields direct benefits to Connecticut’s service members. As the new Connecticut chair, I’ve made it one of our key goals to increase our volunteer force in 2020. The more participating volunteers we have, the better job we can do achieving our mission of developing and promoting supportive work environments for Reserve Component service members.

Whether it’s becoming a trained ombudsman to help resolve workplace conflicts related to military service or joining our Employer Outreach efforts by presenting Patriot Awards to deserving employers, the time you dedicate to the ESGR mission can’t be overvalued.

To learn more about what it takes to become a Connecticut ESGR volunteer, contact Volunteer Support Technician Ben Beaudry at (860) 524-4970 or Benjamin.A.Beaudry.ctr@mail.mil.



Connecticut ESGR Ombudsman Director Bill Vernile (second from left) presents a Patriot Award to attorney Jeffrey J. Oliveira of Martocchio & Oliveira, LLC (second from right).




SHOW THEM WHAT YOU DO
AT YOUR OTHER "JOB"

CONNECTICUT ESGR EMPLOYER DAY

Friday, 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

Feb. 1

National Freedom Day

Feb. 2

Groundhog Day

Feb 4.

USO Day

Feb. 14

Valentine's Day

Feb. 17

Presidents Day

Feb. 19

National Vet Girls Rock Day

Feb. 29

National Time Refund Day

OBSERVANCES

Black History Month



Freedom Pens are the write tool for deployed troops

By Maj. Michael Vaughan
169th Regional Training Institute

The Freedom Pens Project is an all-volunteer effort started by the members of the Sawmill Creek Woodworking Community, to provide custom, hand-crafted pens to American servicemen and women overseas. In 2006, I was fortunate enough to receive a handmade pen from students from Simsbury High School. In 2017, our Technology and Engineering Education teachers became involved in the Freedom Pen Project as well.

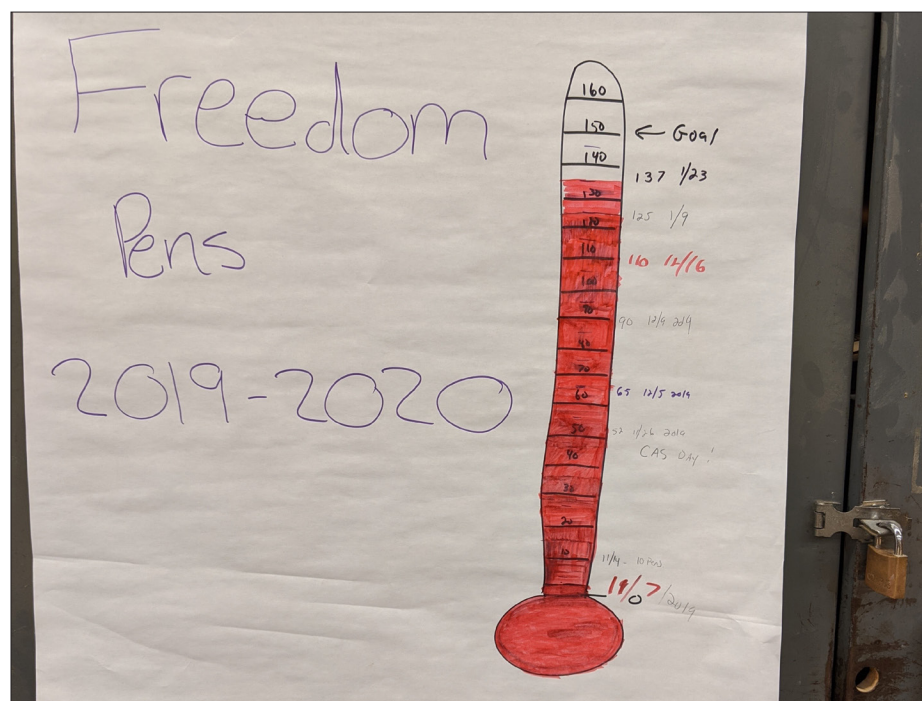
East Hartford High School's first supported unit was the 143 CSSB, a CT National Guard unit from Waterbury, CT. We only made a handful of pens, but it was a start. In the 2018-19 school year, Freedom Pens were sent to an Engineer Unit in Afghanistan. The spring and fall of 2019, the students made fifty pens to send to the 643rd MPs; these pens were delivered to them on Veterans' Day.

With two of us in the school having children in the same recently deployed unit, I challenged the kids. "Do you think we can make a pen for everyone in my daughter's unit by the end of the school year?" The results have been outstanding. 100% of the materials were donated. We started with a DonorsChoose.org fundraiser in September to get the materials, and fellow teachers donated supplies as well.

On November 7th, we started making pens from scratch. Students cut the wood to the proper size, drilled a center hole, and glued in the brass center that holds the mechanical parts. We needed to do a lot of preparation, as we were to host students on our Community Awareness Day and teach them how to carve a pen.

Most of the students making pens have been taught by other students. Our core group has taken it upon themselves to pass on what they have learned. After the pens are glued, they need to be cleaned, put on the lathe, and carved. After the desired shape is obtained, pens go through at least five levels of sanding and anywhere from two to fifteen levels of polishing. We started with basic wooden pens, and now our students' creativity and imagination have us mixing materials, such as plastics, resins, and woods of different colors. The "Franken-Pens," inspired by Frankenstein's Monster, are among the best, mixing absurd materials to make a working piece of art.

At the start of the project, we set a goal to make 150 pens by June 2020, deciding that enough pens for a standard Infantry company was a good number. Although we did not get started until November 7th, the students made 125 pens by January 9th ... and that number doesn't include the extra pens many of them made for holiday gifts. In just a little over two months, this dedicated crew created more pens than our school has made over the last two years. The students have put in over 180 total hours after school to make these 150 pens that should arrive to our unit for Valentine's Day 2020.



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

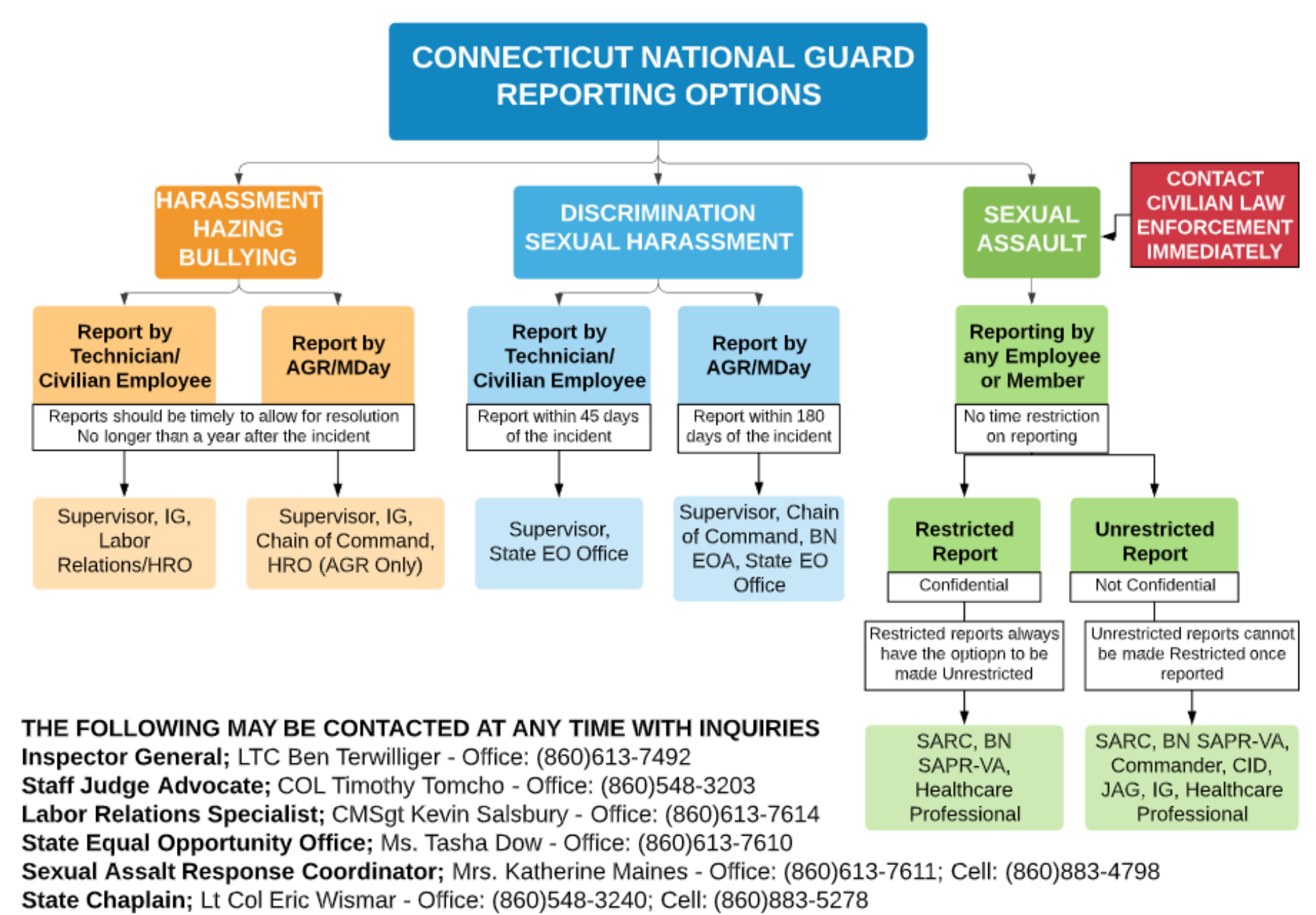
CT Chaplain 860.548.3240

CT Special Victims's Council 703.607.2263

Medical

Military Treatment Facility (Westover) 413.557.2623

Navy Health Clinic New London 860.694.4123



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: _____



During February, the Department of Defense pays tribute to the African American men and women who not only forever changed the course of history but also redefined the United States military. (Department of Defense Graphic Illustration)

Why is Black History Month celebrated?

By Staff Sgt. Natalie Diller
Headquarters and Headquarters Det. 1109th TASMG

We celebrate Black History Month to commemorate the extensive accomplishments, achievements, and contributions of African-Americans in the United States. In researching this topic, I found the following website, which provided me with invaluable information to learn about the reason we celebrate this in February: www.africanamericanhistorymonth.gov.

The website states that “in order to understand our nation’s history, it is vital to understand how this has shaped the African American experience. Fine these stories—from escaped slaves and abolitionists, to Soldier, intellectuals, and business entrepreneurs—preserved in our national parks and historical places”. I encourage everyone to visit this site and learn more about America’s history, and view the online collection that is amassed there.

Black History Month is a tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society. It first origi-

nated as part of an initiative by historian, publisher, writer, and educator, Dr. Carter G. Woodson, who launched “Negro History Week” in 1926. Woodson proclaimed that Negro History Week should always occur in the second week of February, between the birthdays of Abraham Lincoln, February 12th, and Frederick Douglass, February 14th.

In 1970, Kent State University first observed a Black History Month, and President Gerald Ford officially recognized it six years later as part of the American Bicentennial. Every president since 1976 has endorsed Black History Month and given it a specific theme around which educational materials are prepared. The theme for 2019 was “Black Migrations” which follows the continuous movement of African Americans from the American South to the industrialized North and beyond. The month of February is a month to be celebrated, and to show our society that all people are created equal. The brilliant African American poet, Langston Hughes wrote a poem that is a representation of the tumultuous times of the 1920s through the 1960s:

I, Too

I, too, sing America.

I am the darker brother.
They send me to eat in the kitchen
When company comes,
But I laugh,
And eat well,
And grow strong.

Tomorrow,
I’ll be at the table
When company comes.
Nobody’ll dare
Say to me,
“Eat in the kitchen,”
Then.

Besides,
They’ll see how beautiful I am
And be ashamed—

Do you have a story you want covered?

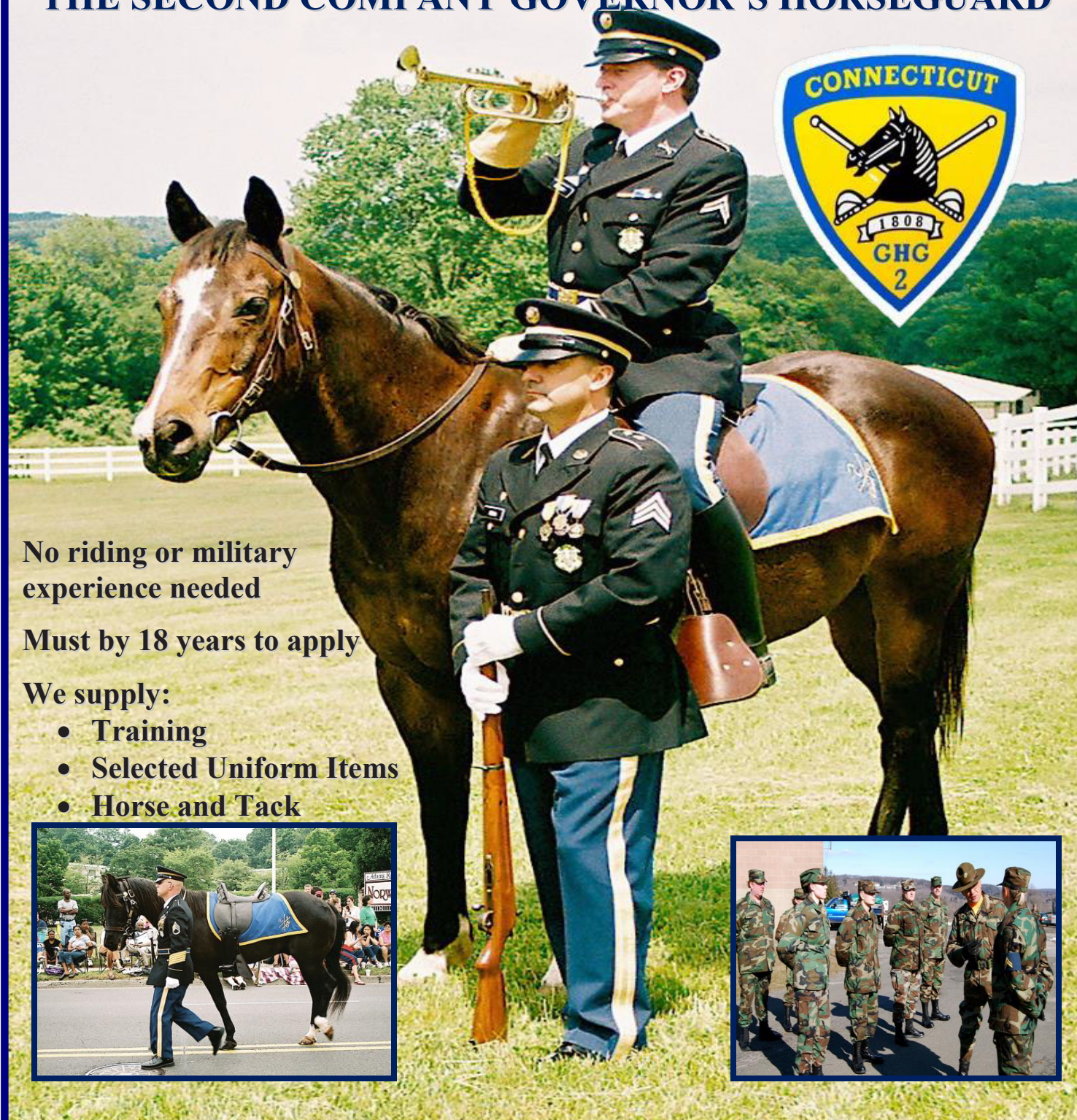
Contact the Public Affairs Office!

Capt. David Pytlik
Public Affairs Officer
david.c.pytlik.mil@mail.mil

Mr. Timothy Koster
Public Affairs Specialist
timothy.r.koster.civ@mail.mil

NEW MEMBERS WANTED NOW

FOR CAVALRY SERVICE IN THE SECOND COMPANY GOVERNOR'S HORSEGUARD





No riding or military experience needed

Must be 18 years to apply

We supply:

- Training
- Selected Uniform Items
- Horse and Tack

The Second Company Governor's Horse Guard (2GHG) located at 4 Wildlife Drive, Newtown, CT is an all-volunteer State Militia Unit serving the Governor and citizens of the State of Connecticut. Originally chartered in 1808, the 2GHG has a 200-plus-year history of dedicated service to the State of Connecticut.

The unit holds weekly cavalry drills, spring/summer, Thursdays, 7 to 10 pm; fall/winter, Sundays, 10 am to 2 pm. In addition, they participate in parades and special events throughout the year. 2GHG are actively looking for recruits for their upcoming Training class, and applications are being considered. No prior equine or military experience required, however, a passion for either or both is a must.

For information on joining the 2GHG, call 203-746-6080 or email 2GHG.CTMD@CT.gov with any questions.

Applications are accepted year-round so feel free to stop by one of their drills and see what they're all about!



How to stay safe when a winter storm threatens

Syndicated from ready.gov

Prepare NOW

- Know your area’s risk for winter storms. Extreme winter weather can leave communities without utilities or other services for long periods of time.
- Prepare your home to keep out the cold with insulation, caulking, and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.
- Pay attention to weather reports and warnings of freezing weather and winter storms. Sign up for your community’s warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.
- Gather supplies in case you need to stay home for several days without power. Keep in mind each person’s specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.
- Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.
- Learn the signs of, and basic treatments for, frostbite and hypothermia.

Survive DURING

- Stay off roads if at all possible. If trapped in your car, then stay inside.
- Limit your time outside. If you need to go outside, then wear layers of warm clothing. Watch for signs of frostbite and hypothermia.
- Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows. Never heat your home with a gas stovetop or oven.
- Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.
- Watch for signs of frostbite and hypothermia and begin treatment right away.
- Check on neighbors. Older adults and young children are more at risk in extreme cold.

RECOGNIZE AND RESPOND

- Frostbite causes loss of feeling and color around the face, fingers, and toes.
◦Signs: Numbness, white or grayish-yellow skin, firm or waxy skin
- Actions: Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.
- Hypothermia is an unusually low body temperature. A temperature below 95 degrees is an emergency. ◦Signs: Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, or drowsiness
- Actions: Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

Learn more about how to prepare for winter weather at www.ready.gov/winter-weather

WINTER IS COMING...

Are you prepared?

1

Know the risks of winter storms.

Extreme winter weather can leave communities without necessary services for extended periods.

2

Pay attention to weather reports.

The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio provide emergency alerts.

3

Gather supplies.

Keep in mind each person’s specific needs, including medication. Don’t forget the needs of pets. Have water, food, blankets, and extra batteries for radios and flashlights.

4

Stock your vehicle.

Snow shovel, ice scraper, jumper cables, flashlight
Warning Devices (vest, flares, emergency markers)
Blankets, water, food, any necessary medication
Cell phone charger

OCS



Colonel Charles Anderson, commander of the 169th Regional Training Institute, presents Sgt. 1st Class Jillian Leca, RTI's instructor of the year, with an Army Commendation Medal.

Officer Candidate Colin Ng OCS Class 65, 1-169 REGT (RTI)

CAMP NETT, Conn. – During the December drill weekend, Connecticut Officer Candidates continued training requirements to successfully complete Phase II of Officer Candidate School.

Between the November and December drills, Officer Candidates completed online peer evaluations of their classmates. Peer evaluations provide the unique opportunity for candidates to assess, grade and propose feedback to their peers. Many leadership qualities were assessed for each candidate, among them included communication, leading by example, decision making, and preparation. Over the drill weekend, each Officer Candidate received an individual counseling from OCS cadre to discuss both positive and constructive feedback given by their peers. This information is utilized in a duel capacity; to praise candidates on the work they have done and present areas of improvement for their future career.

One focus of this drill was for all Officer Candidates to complete the Occupational Physical Assessment Test (OPAT). The goal of the OPAT is to gauge a candidate's

physical fitness in relation to how physically demanding their future Military Occupational Specialty (MOS) will be. OPAT scores are broken down into three categories: moderate, significant and heavy. After completing the OPAT, all candidates successfully qualified in the heavy category. Throughout drill, regimental briefings were scheduled in order to cover relevant and required information for the RTI. Officer Candidates attended briefings that covered topics such as Equal Opportunity, Anti-Terrorism, Information Security and Resilience Training.

While drill was centered around mandatory annual briefings, Officer Candidates also received classroom instruction on a crucial Warrior Task: Communication. The material covered included learning communication terminology, practicing procedure words, and setting up and breaking down the Single Channel Ground & Airborne Radio System (SINCGARS). After receiving instruction, OCs were given scenarios to demonstrate their communication proficiency within a specified time limit. Based on the scenario, candidates were required to correctly assemble a radio, create either a 9-Line

MEDEVAC Request or a SALUTE report and successfully transmit the information.

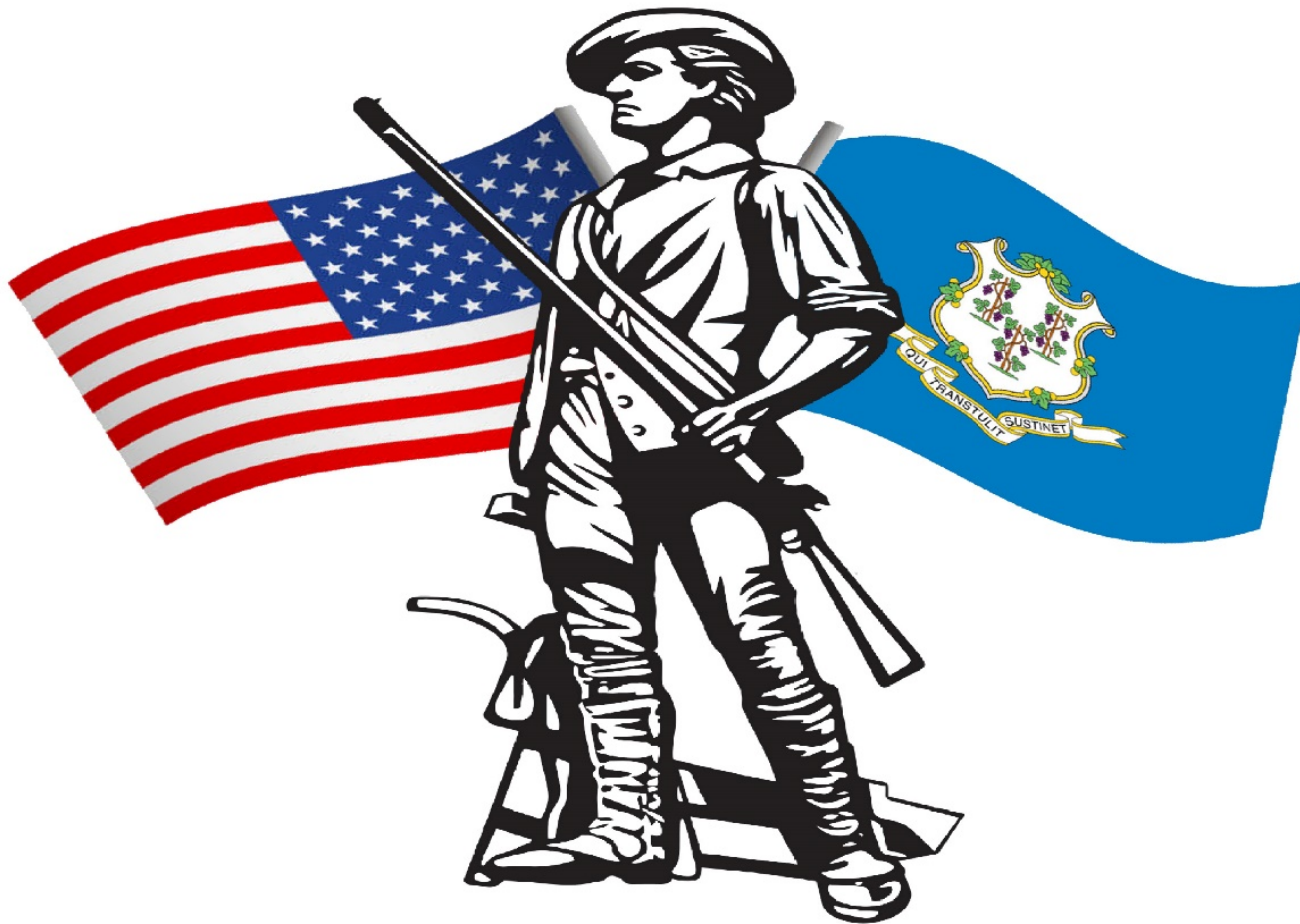
Before leaving drill, the 169th RTI held a final formation. Sergeant First Class Leca, an instructor for OCS, was presented with the honor of Instructor of the Year along with an Army Commendation Medal. SFC Leca has proven to be a valuable, dedicated mentor for OCS Class 65 and is extremely deserving of this award. Following, OC Ng and OC Smith were both recognized in front of the RTI and presented with challenge coins for providing exceptional moral support and encouragement during the 12-mile ruck march.

Officer Candidates continue to be motivated as they enter the new year. Almost halfway through OCS, Officer Candidates have passed many requirements to progress onto Phase III of OCS. As 2020 begins, the focus of OCS will shift from the introduction of new information to applying what has been taught when running STX lanes. After December drill, OC's continue to work collaboratively to successfully plan, fundraise, and execute a dining-out event.

CALL TO ACTION

MAKE EVERYDAY A MILITARY DAY

COME JOIN OUR WORKFORCE TODAY!



APPLY FOR CAREER OPPORTUNITIES BELOW

<https://ct.ng.mil/Careers/Pages/default.aspx/>

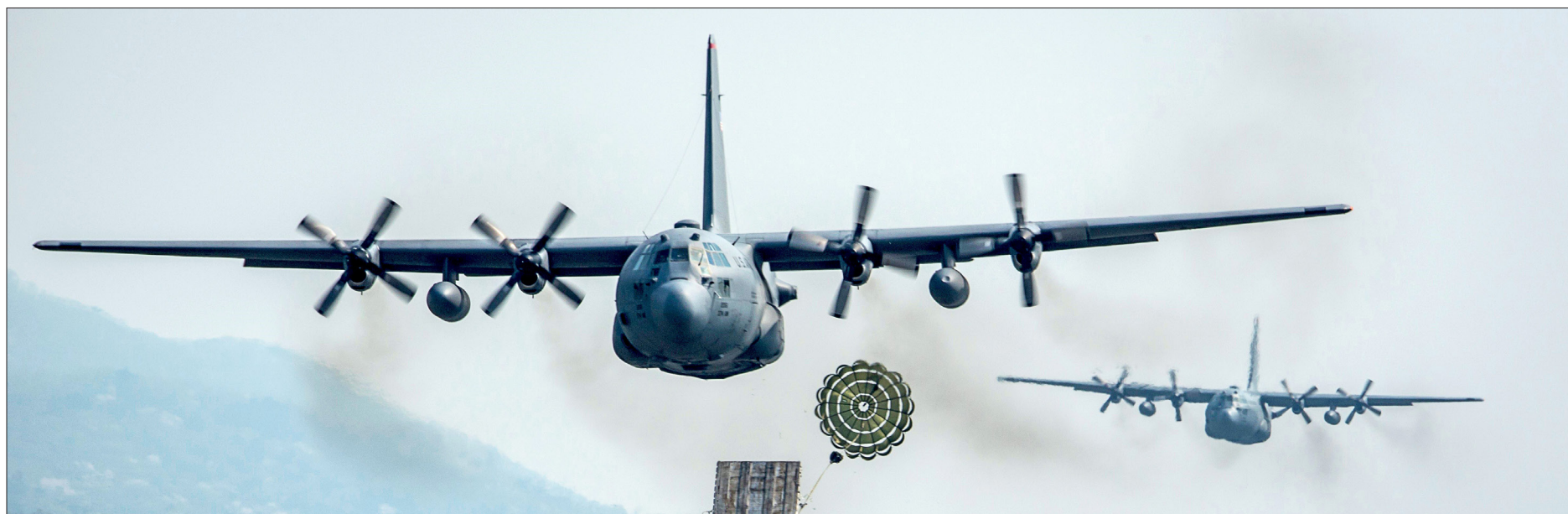
The YANKEE COURIER



VOL. 21 NO. 1

EAST GRANBY, CONNECTICUT

February, 2020



103rd and 143rd fly together

Tech Sgt. Tamata Dabney
103rd Airlift Wing

East Granby residents are familiar with the sight and sound of the two-ship C-130H formations that fly in and out of Bradley Air National Guard Base. However, they may have noticed something slightly different about one of the formations that flew in December.

On a particularly rare occasion, Bradley's 118th Airlift Squadron took a break from routine training and teamed up with the 143rd Airlift Squadron to fly "H" and "J" model C-130s together in a five-ship formation.

"For them to come and fly with us was very cool, because you have the different variations of the C-130," said Lt. Col. Mark Boyer, 118th Chief of Standardizations and Evaluations. "There is a lot more that goes into it than our normal two or three-ship that we fly."

Since the introduction of the first C-130 in 1954, the aircraft has come to be known as the workhorse of the military. C-130s are used worldwide to perform a variety of tasks, such as cargo drops, refueling and humanitarian aid. The C-130J Super Hercules, flown by the 143rd, is the newest model of the C-130. The unit, based in Quonset, Rhode Island, was the first to fly the C-130J in combat in 2004. Though the J-model is the only C-130 model currently being produced by Lockheed-Martin Aeronautics, some Air National Guard units, like the 103rd, still fly the H-model. Flying "H" and "J" model C-130s together in a formation presents a unique set of challenges due to the differences in the two aircraft.

"The biggest challenge is coordinating with the different air speeds and the different techniques that the airplanes use," said Boyer. "They also have different publications that they go by."

The C-130J features improvements over earlier models, including the capability to fly farther at a greater speed and take-off and land in a shorter distance. For comparison,

the C-130J can fly up to 417 miles per hour at 22,000 feet while the C-130H can fly up to 366 mph at 20,000 feet. Crew requirements for each aircraft also differ; the C-130H requires a minimum crew of five, with two pilots, a navigator, engineer and loadmaster. The C-130J needs only three crew members, two pilots and a loadmaster.

Flying a five-ship C-130 formation is advantageous because it allows for more cargo to be dropped in a smaller drop zone (DZ) as compared to a two-ship formation or one that utilizes larger cargo aircraft, such as the C-17.

"Mass [equipment or personnel] on the DZ is why you would do a five-ship instead of a two-ship," said Maj. Matthew Deardorff, 118th Airlift Squadron pilot. "You essentially get 150 percent more on a five-ship than a two-ship on the same size drop zone. A C-17 can carry a lot more than a C-130, but they'll need a longer DZ. If you have multiple C-130s, they can drop just as much, if not more than a C-17 on a smaller drop zone."

Perhaps one of the greatest benefits of the five-ship flight was the unique training opportunity that it provided for drill-status members of the 103rd Airlift Wing who perform military duties on a part-time basis. According to Deardorff, the training contributed to a greater breadth of experience for part-time members.

"There's a challenge to getting part-timers to maintain proficiency, so the training we do, like the five-ship, was a great opportunity for us because we don't get to do that very often," said Deardorff.

The primary goal of conducting joint training using two different aircraft models was to simulate real-world operations, which often take place in joint environments that require multiple units and systems to work together to accomplish a mission.

"If we were to go fight a different war, we would be expected to know how to fly in formation with them [C-130-Js] to achieve the goal," said Deardorff. "Interoperability with the J-model is probably the biggest takeaway that we got from the training. They have slightly different systems. Being able to work the two systems together, we can achieve a common goal, which that night, was to conduct formation air drops."

A word from the command chief

Chief Master Sgt. James Traficante
Command Chief, 103rd Airlift Wing

Happy New Year Flying Yankees! Welcome to a new year as well as a new decade. As we begin to come into our own as a fully functional C-130 unit, I would like to vector some of the mission focus on our unit's greatest asset, its people! Specifically, I want to talk about Professional Development.

Some may ask why they need to continue development after the basic Professional Military Education (PME). PME is a great foundation educating you in military history, customs, courtesies, some critical thinking and providing overall preparation for the next rank. These foundational skills are just the beginning of what you need to learn to climb the ranks and become a leader of Airmen.

The Professions of Arms is a far more complicated place than it once was, when the basic PME was satisfactory. Airmen are now expected to operate at a much higher level, balancing the rigors of increased technology with new weapon systems and the constant challenges of having the majority of your force part time. Today's enlisted leaders must be more intelligent and possess skills that were not required just a short time ago, but are now essential to succeed on modern battlefields. As a leader, or an aspiring leader, you owe it to the Airmen who look to you for direction to be the best you can be, and continued development will help with that.

The benefits of continued Professional Development range from confidence in your leadership capabilities, increased credibility, the ability to positively cope with difficult decisions, and of course, preparation for the next higher rank. With increased rank comes the responsibility of being a proficient leader, not only in your AFSC but in your capacity to lead, train and develop the airman under your charge. You must possess the ability to communicate effectively with superiors, peers and subordinates in all facets of communication, including mastering the skill of listening.

In addition to the three mandatory PME courses (Airmen Leadership School - NCO - SNCO Academies) there are a multitude of other online and in-residence opportunities of which you should take full advantage. I recommend you meet with your section supervisor or your squadron/group chief and discuss what is available. You can also view much of what is offered and become more familiar with many of the courses on the Air National Guard force development website, <https://www.ang.af.mil/Careers/Force-Development/>.

Remember the whole Airman Concept, training, education and experience all factor into your Continuum of Learning and are vital to your success. Expanding your

Please, do not forget, leadership is a gift and you must continuously strive to make yourself worthy of such a gift.

SHOW THEM WHAT YOU DO AT YOUR OTHER "JOB"



CONNECTICUT ESGR EMPLOYER DAY

Friday, 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

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sean.r.brittell.ctr@mail.mil



Lt. Col. John Saunders and Maj. Cheryl Mead, leadership for the recently deployed 103rd Operations and Maintenance Groups, along with Maj. Gen. Francis Evon, The Adjutant General of the Connecticut National Guard, U.S. Senator Richard Blumenthal, U.S. Representative Joe Courtney, and Connecticut Air National Guard leadership, present a Connecticut state flag to Lt. Gov. Susan Bysiewicz during a Freedom Salute ceremony at Bradley Air National Guard Base, East Granby, Conn. Jan. 4, 2020. The flag flew over Syria during a combat mission on a Connecticut Air National Guard C-130 Hercules aircraft. (Photo by Tim Koster, Connecticut National Guard Joint Force Headquarters Public Affairs)

Connecticut Air National Guard honors deployers at homecoming ceremony

By Staff Sgt. Steven Tucker
103rd Airlift Wing

EAST GRANBY, Conn. – Airmen from the 103rd Operations and Maintenance Groups stood in formation under the backdrop of an American flag hanging from the ceiling of Hangar 1 at Bradley Air National Guard Base, Jan. 4, 2020. Families, wingmen, and local officials gathered to officially welcome home and honor the achievements of these Airmen, who returned from deployment to Kuwait in November 2019.

“To our Airmen: welcome home, mission accomplished, job well done, and thank you for your service to our great state, our nation, and our profession of arms,” said Maj. Gen. Francis Evon, The Adjutant General of the Connecticut National Guard.

Connecticut’s deployed Airmen supported Operation Freedom’s Sentinel and Operation Inherent Resolve during their four months in theater, flying 1,991 C-130H tactical airlift missions that transported a total of 18,277 passengers and 5,636 tons of cargo throughout the U.S. Central Command Area of Responsibility.

“We’re there to support the combatant commander

with his logistical needs, whatever they may be,” said Lt. Col. Neal Byrne, 103rd Maintenance Squadron commander and C-130 pilot. “We did that in our last deployment in 2017 and again in 2019 quite successfully.”

Local officials expressed their appreciation for the 103rd’s efforts.

“We are so grateful and proud of you, and we want you to know that the citizens of Connecticut have great respect and profound gratitude for your service to our state and our country,” said the Honorable Susan Bysiewicz, Lieutenant Governor for the state of Connecticut.

The 103rd’s achievements were also recognized by senior Air Force leaders, the Operations and Maintenance Groups earning the Air Mobility Command’s Meritorious Unit Award for their work during the deployment.

“We are truly in the presence of real professionals,” said Congressman Joe Courtney, U.S. Representative for Connecticut’s 2nd Congressional District. “Every person in the state of Connecticut should recognize the great accomplishments the 103rd achieved, and how blessed we are to have such highly-trained, highly-motivated volunteers that are doing such great work for our country.”

Much of the 103rd’s success during this deployment

is a credit to the camaraderie between the unit’s Airmen, said Byrne.

“The team comes closer together and things that we thought were not possible to accomplish somehow get accomplished,” said Byrne. “That’s a team effort—that comes from people coming together and executing outside their comfort zone to great effect. It happens every time we deploy and it’s amazing to watch.”



Connecticut Lt. Gov. Susan Bysiewicz presents the Air Force Achievement Medal to Senior Airman Thomas Norton, from the 103rd Airlift Wing, during a Freedom Salute Ceremony at Bradley Air National Guard Base, East Granby, Conn. Jan. 4, 2020.



103rd Airlift Wing units work together during deployment exercise

By Capt. Jennifer Pierce
103rd Airlift Wing

The 103rd Airlift Wing held a deployment exercise at Bradley Air National Guard Base's newest building, the small air terminal Jan. 5, 2020. Airmen from the Logistics Readiness Squadron, Force Support Squadron, and Security Forces worked together to ensure the process was efficient and met all requirements.

Staff Sgt. Angela Ospina, 103rd Force Support Squadron Personnel Deployment Function (PDF)NCOIC, was responsible for establishing the PDF line and maintaining personnel accountability. The PDF line we stand up is the first step in the deployment process, said Ospina. We go through everyone's electronic folder and hand-carried items to make sure they have all required documents and that everything is up to date.

After processing through the PDF line, deploying Airmen were directed to the passenger manifest station where the 103rd Logistics Readiness Squadron's role came into play.

"Once the Airmen have checked in, they process through the x-ray machine and the walk-through magnetometers; the x-ray machine scans their luggage and the magnetometer scans their person," said Staff Sgt. Dan Meskell, 103rd Logistics Readiness Squadron Terminal Services NCOIC. "They are then handed off to our baggage build up crew who take the luggage, brings it out to our warehouse, and builds it up on a pallet. Then they wait to board the plane."

This process is just like when you go to the airport and go through TSA, said Meskell.

During this process, Meskell is ensuring that all passengers are properly screened, vetted, and that passengers have proper documentation, are authorized travel, authorized to carry weapons, and manifested correctly.

This exercise is mainly focused on seeing where we can improve, how we can make this process more efficient, said Maj. Vincenzo Gallo, 103rd Distribution Flight OIC. "There are several moving pieces," said Gallo. "From the PDF line, to personnel processing, cargo inspection, loading the plane with passengers and pallets, and ensuring security requirements are maintained, seeing everyone work together while we all iron out the kinks assures us that we are right on track."



Staff Sergeant Sean Ofiara loads a pallet Jan. 5, 2020, in the Small Air Terminal at Bradley Air National Guard Base, East Granby, Conn. The 103rd Airlift conducted a base-wide exercise to prepare Airmen for deployment. (U.S. Air National Guard photo by Airman 1st Class Chanhda Ly)



Master Sgt. Ian McMahon (top), 103rd Security Forces Squadron flight chief and combatives instructor, grapples with Tech. Sgt. Brian Davies, 103rd Security Forces Squadron, during an informal jiu-jitsu session at Bradley Air National Guard Base, East Granby, Conn. Jan. 23, 2020. The two are part of a group of Security Forces members that meets throughout the month during their physical training time to practice jiu-jitsu, building camaraderie between the members while utilizing combatives skills and outside experience in the martial art.

103rd SFS builds resilience through jiu-jitsu

By Staff Sgt. Steven Tucker
103rd Airlift Wing

EAST GRANBY, Conn. — A red mat hits the floor and a large area that typically serves as Bradley Air National Guard Base's emergency management classroom becomes a makeshift gym for Airmen of the 103rd Security Forces Squadron.

The group of defenders meets throughout month during their physical training time to practice jiu-jitsu. This outlet helps build camaraderie between the members while utilizing combatives skills and outside experience in the martial art.

"A lot of these guys do jiu-jitsu in their off time," said Master Sgt. Ian McMahon, 103rd Security Forces Squadron flight chief and combatives instructor. "I've been doing it for quite a while, so they asked if I could come in once in a while and get the group together for a good workout that's applicable to our job."

McMahon serves as the informal instructor for the group and brings in additional experience as a U.S. Army

Combatives Level 1 and Level 2 instructor, jiu-jitsu instructor, and Connecticut Department of Correction behavior management instructor. The key with this group, though, is to have fun while learning, said McMahon.

"I always joke around and say it's pretty primal—just a bunch of people getting together and roughhousing, but with strategy," said McMahon. "Besides the workout, the stress relief of getting on the mat and fighting with your friends is a blast."

Bringing people together is especially important to McMahon.

"I've been here for 18 years—this is my family," said McMahon. "I love these guys and I love doing jiu-jitsu, so it's a great way for us to have fun and leave any stress we have on the mat."

In McMahon's experience in the martial art, he has seen it become a source of mental strength for participants.

"I've seen skilled guys who are 145 pounds go against guys who are 245, 300 pounds, and with the jiu-jitsu

knowledge they take them down no problem," said McMahon. "So it's a huge confidence booster for guys and girls and it's a lot of fun in an informal environment."

McMahon's group is tight-knit but keeps an open door.

"It's usually the same group of guys, but we do open it up for anyone that wants to drop in, as long as they have a good attitude and respect everyone here," said McMahon. "Usually it's only an hour that we meet, but at least it's something."

McMahon hopes to bring about resilience benefits for his group similar to those he's seen in his outside experience.

"I've seen a lot of people at my gym that have had outside issues or problems," said McMahon. "They come in there and there's nothing else on their mind. The focus is on jiu-jitsu and you don't think about whatever else you have going on, just the training. There are so many benefits beyond the physical aspects."

Fueling the fleet: 103rd Fuels Airmen keep Flying Yankees mission-ready

By Staff Sgt. Steven Tucker
103rd Airlift Wing

EAST GRANBY, Conn. – The Flying Yankees of the 103rd Airlift Wing have accumulated numerous achievements in their relatively short time as a C-130H tactical airlift unit, most recently earning Air Mobility Command’s Meritorious Unit Award during their 2019 deployment to Kuwait. Critical to the unit’s success is the 103rd Logistics Readiness Squadron fuels flight, whose support ensures aircrews get the local training they need to accomplish their mission.

“Our mission is to support aircraft with jet fuel and liquid oxygen,” said Master Sgt. Nicola Nardi, 103rd Logistics Readiness Squadron fuels operations noncommissioned officer in charge. “We sample the fuel to make sure it meets specifications required by the Air Force. Clean and dry fuel is our goal.”

Fuels Airmen perform numerous tests to ensure quality and safety before the fuel is loaded onto the aircraft.

“Tanks and trucks get tested daily to make sure there’s no water contamination,” said Nardi. “Fuel and water separate for a reason, so we don’t want that in the aircraft. We also do various testing in the lab including particles, flashpoint, and fuel system icing inhibitors.”

Once the fuel is successfully tested, it’s then ready to transfer to the aircraft. Fueling a C-130, however, isn’t your typical trip to the pump.

“It could be from 2,000 to 3,000 gallons depending on their cargo, how far they’re flying, passengers on board—all of that comes into play,” said Nardi.

Fuels members work side by side with 103rd Aircraft Maintenance Squadron crew chiefs during refueling, which has led to a positive working relationship between the organizations.

“They assist us, we assist them and we’re patient because we know they have their operational checks to do on the aircraft,” said Nardi. “It’s critical we refuel or defuel depending on what helps them prepare the aircraft for flight.”



Master Sgt. Nicola Nardi, 103rd Logistics Readiness Squadron fuels operations noncommissioned officer in charge, refuels a C-130H Hercules assigned to the 103rd Airlift Wing at Bradley Air National Guard Base, East Granby, Conn. Jan. 4, 2020. Fuels Airmen support aircraft with jet fuel and liquid oxygen and test the fuel to ensure it meets Air Force specifications.



Staff Sgt. Max Feinstein (left), 103rd Aircraft Maintenance Squadron crew chief, and Master Sgt. Nicola Nardi, 103rd Logistics Readiness Squadron fuels operations noncommissioned officer in charge, prepare to refuel a C-130H Hercules assigned to the 103rd Airlift Wing at Bradley Air National Guard Base, East Granby, Conn. Jan. 4, 2020. Fuels Airmen support aircraft with jet fuel and liquid oxygen and test the fuel to ensure it meets Air Force specifications.

An integral part of the fuels flight’s support capabilities is their group of traditional Guardsmen.

“On drill weekends it’s important they understand what our mission is and that they come in here and know exactly what to do because of their training,” said Nardi. “By doing that, they take the burden off of us full-timers so we can conduct training while they’re out servicing the aircraft. It’s great to give them the opportunity to get them involved as much as possible instead of being stagnant in the shop.”

Staff Sgt. Alexander Zorn, 103rd Logistics Readiness Squadron fuels journeyman, says he enjoys making a difference in the organization as a Guardsman.

“Some of the best experiences I’ve had were just performing my job and realizing that without fuels, the planes aren’t leaving the ground,” said Zorn. “When I see the planes fly overhead, it’s a good feeling knowing that I play a role in the mission being carried out.”

Being a part of this organization also gives members a chance to broaden their horizons, said Zorn.

“I’ve had the opportunity to go on a couple different trips, including to Hawaii for some additional training,” said Zorn. “It was really rewarding to see how different bases operate and to get to fuel different aircraft.”

The number of traditional Guardsmen in the fuels flight has increased significantly since the wing’s C-130 mission conversion, said Nardi.

“It’s a bonus for us,” said Nardi. “The training takes time, but the camaraderie between our Airmen is really good. They have to work together as a team since we have a two-person policy for our tasks, and I think that helps build bonds.”

This dynamic has led to a positive experience for Zorn during his time with the unit.

“It’s great to be involved in many different tasks, whether it’s going outside and getting your hands dirty fueling the aircraft or taking accountability of the fuel and making sure it’s pure with all the different lab tests we do,” said Zorn. “It’s a great experience being able to serve your country and community.”

Who is packing your parachute?

Catherine Galazzo-Vigorito
Contributor

"Let each of you look not only to your own interests, but also to the interests of others." (Philippians 2:4).

Recently, I heard a short story about a Vietnam veteran named, Charles Plumb. Plumb was a U.S. Navy jet pilot. He flew 74 consecutive, successful combat missions. However, on his 75th combat mission, a surface-to-air missile hit, and his plane exploded.

Plumb was ejected. The only thing that could save him was his parachute. As he descended, he prayed the parachute would open. Thankfully, the parachute did, and he made it to the ground alive.

But Plumb was then captured. Thereafter, imprisoned in an eight-by-eight-foot cell, he spent six long years in a communist prison.

It was a long and weary journey. Yet, he survived the ordeal. And after being sent home, sometime later, Plumb and his wife were sitting at a booth in a local restaurant having a meal. While there, a man at the next table sprang to his feet and approached their booth, "You're Plumb!" he exclaimed.

The man shook his head confidently and said slowly, "You flew jet fighters in Vietnam. You launched from the aircraft carrier Kitty Hawk. Then, you parachuted into enemy territory and spent six years as a prisoner of war."

Absolutely dumbfounded, Plumb's voice became faint as he asked, "How did you know all that about me?" The man grinned and replied, "Because I packed your parachute."

Plumb was speechless. He gasped in surprise, as the man stated, "I guess it worked!" Plumb knew that without the parachute, it would have been impossible to survive.

That evening, Plumb couldn't sleep. The night was impenetrably dark, for he began to wonder:

"How many times did I pass the man whose job would eventually save my life because I was a fighter pilot and he was just a sailor?"

"How many times did I walk through the long, narrow room below sea level on the aircraft carrier, where the men sat at tables packing the parachutes?"

"How many times must I have walked past this man without even saying, 'Hi,'

'Good morning,' 'Good job' or 'I appreciate what you do?'

It was purported that Plumb thought of the "many

hours the sailor must have spent on a long wooden table in the bowels of the ship. He carefully weaved the shrouds and folded the silks of each chute. The sailor held in his hands, each time, the fate of someone he did not know."

Now, as a keynote speaker, Plumb took the lessons he had learned to inspire people to look at everyday challenges in a new light. He starts his lectures by asking his audience, "Who's packing your parachute?" Hearing this story had me wondering, "How many times do we pass by the people who help us the most?" Do we acknowledge those who are there when we need them?

And, in a sense, 'pack our parachutes for us?

Let's take a few minutes to think about how these special people have made a difference in our lives and thank them for what they do. Let us remind them what a positive influence they have been for us and for others. In your home, remind your spouse, your children and your dear friends how grateful you are for them. Be attentive. Daily let them know with words and deeds what they mean to you.

At the office, tell your co-workers, "You are doing a great job!" Take time to wish others a "good day." Through the years, I have met many company owners, in charge of thousands of people, who believe foremost in treating people, with respect and kindness. I've spoken to presidents of large corporations whose number one priority was making the people who worked in the company fulfilled and happy. "I want this to be the best place to work,"

one company president told me when I asked him what his goals were for his organization. Another CEO said, "I make it a point to say hello and to acknowledge every person who works for me, to listen to his or her suggestions and to allow them to voice their concerns." For these wise individuals know an important truth, that productivity is a by-product of how you treat people.

So never miss an opportunity to encourage someone. Try to bring out the best in others. Bolster a person's self-esteem by pointing out certain attributes or things they do well and then commend them for it. Point out people's strengths. Give sincere compliments. And foster



can-do attitudes by telling them, "I believe in you," "You're a hard worker," "I'm proud of your accomplishments," "You have what it takes to succeed," and "Put your faith in God to lead the way." While running errands, smile and offer a few kind words to those you meet.

One afternoon, while grocery shopping, a lady who I had never seen before approached me and said, "I just want to thank you." I looked at her curiously and questioned, "What?" The lady declared again, "I just want to thank you." Smiling, I asked, "For what?" With her eyes wide with compassion she said, "For being so nice to

a very dear friend of mine. I can see you are truly what you're writing about in your columns."

Often, it's the little things that we do that can go a long way: Send a handwritten 'thank you' note expressing appreciation to the people who have positively influenced your life. Make a phone call, send a text message, or mail an uplifting greeting card to let a person know you are thinking of them. And be ready to comfort hurting people, say a prayer for them and put forth encouragement to those in need. For we all need to hear faith-filled words of reassurance to keep us moving forward.

Today, tomorrow and this week, recognize the people who 'pack your parachute' and tell them how much you appreciate them. Mark Twain once said, "I could live two weeks on a good compliment." Look for those 'parachute packers.' Let them know now how much you care. It will mean so much to them to know that they are valued and loved.

Each day, be a 'parachute packer' for others. God sees your great efforts and will bless you, as you bless others.

Catherine Galazzo-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. Galazzo-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 Galazzo, 2017

Air Guard hosts Mental Health First Aid training

Meagan Macgregor
Alcohol and Drug Control Officer

On 15 January 2020 the Air National Guard had the opportunity to host a training called, Mental Health First Aid. Mental Health First Aid is a training designed to teach you how to respond to and assist someone who is experiencing a mental health or substance use-related crisis. During the course you will learn how to recognize risk factors and warning signs related to someone in crisis as well as strategies for how to help that person. Mental Health First Aid covers a large range of topics to include; Depression and mood disorders, Anxiety disorders, Trauma, Psychosis and Substance

Use disorders.

During the Metal Health First Aid training you will learn how to create an action plan that includes the following steps... ALGEE

A - Assess for risk of suicide or harm

L - Listen nonjudgmentally

G - Give reassurance and information

E - Encourage appropriate professional help

E - Encourage self-help and other support strategies

If you or anyone you know are interested in learning more about Mental Health First Aid or taking the course, please contact the R3SP office at 860-524-4962.

NBA’s Meyes Leonard helps Connecticut Airman develop fitness lifestyle

Staff Sgt. Steven Tucker
103rd Airlift Wing

EAST GRANBY, Conn. — Senior Airman John Senn, 103rd Maintenance Squadron aerospace ground equipment maintainer, was looking to make a positive lifestyle change, but was having trouble taking the first step.

“For me it was the worst shape I’ve been in,” said Senn. “I was pretty up there in weight, and whenever you’re not healthy physically, you’re really not healthy mentally because it can make you feel horrible about yourself.”

By chance, Senn crossed paths with Meyers Leonard, Miami Heat power forward, in June 2019 while online gaming, a hobby the two share.

“He was just playing with random people and I got into his lobby,” Senn said. “We ended up both having fun and continued playing together. From then on we kept in touch on Instagram, exchanged numbers and started playing all the time.”

A casual conversation between the two became the start of the lifestyle change for Senn

“One day I just said ‘I have to lose some weight’ and he said ‘What are you waiting for?’ and from there he just kind of took me under his wing,” said Senn.

Leonard told Senn that their upbringings in life were similar and that he saw himself in Senn. Senn recalled seeing a video of Leonard and his brother years before they had met.

“When I was thinking about enlisting back in 2013, his brother had just got back from a tour in Afghanistan and hadn’t seen him play college basketball yet,” said Senn. “It was just one of those military homecoming videos that hit you different than you

expect. Something about it motivated me; I wanted to be able to make an impact in the military.”

Now as friends six years later, Leonard was helping Senn re-channel that motivation. “He just knew I needed that extra push, and I definitely did,” said Senn.

Leonard helped give Senn the tools he would need to be successful.

“He set me up with a workout plan, a diet plan, Nike gear, a lot of stuff,” said Senn. “He would text me and ask ‘Are you at the gym?’ just to check up on me.”

Senn, who had lost 35 pounds as of December, described the feeling of his first progress check after beginning his new routine.

“After one week I weighed in 10 pounds lighter,” said Senn. “I got a FaceTime call and expected him to be pumped up, but he just said, ‘See that? That’s what a little discipline will do for you.’”

Senn and Leonard keep in frequent contact for weekly weigh-ins and for meet-ups when the Heat have games in the area. Their friendship, though, isn’t founded on Leonard’s NBA status.

“I never talked basketball with him until a month or two after we met,” said Senn. “His profile on social media says ‘Basketball is what I do, it’s not who I am.’ He’s not just a basketball player, he’s a person.”

What started as an unlikely meeting of two people from seemingly different worlds has led to a lasting friendship and shift in mentality for Senn.

“I wasn’t the happiest, I was feeling overweight, and I just wanted to get back to where I felt way better about myself and looked better than ever,” said Senn. “So I’ve just had to keep going for it.”





Vacation discounts for military families with the MWR's American Forces Travel

Provided by Scott McLaughlin
Military OneSource

There's a new online leisure travel booking website created for members of the U.S. military community: American Forces Travel. American Forces Travel is designed to be a one-stop travel booking site. A joint service initiative, it offers military discounts and helps fund other current and future MWR programs.

Find discounts for hotels, rental cars, flights, and cruises with American Forces Travel

American Forces Travel lets service members and their families book their leisure travel and vacations

completely online, and at a discount, through its service provider, Priceline Group, Inc. Potential bookings include:

- Flights inside and outside the U.S.
- Hotels all around the world
- Rental cars
- Cruises and vacation packages
- Tickets for concerts, sporting and theater events

Military travelers using American Forces Travel are experiencing significant savings. By booking through

American Forces Travel, users get up to:

- 60% off hotel rooms
- 80% savings on cruise packages
- \$10-18 per-day discounts on car rentals

In general, military community members booking through American Forces Travel enjoy lower booking

fees, have a best price guarantee and get deals on prepaid car rental rates. Priceline will not charge for bookings or cancellations. While Priceline is waiving all Priceline fees, suppliers may have their own fees, terms and conditions.

Support MWR programs through American Forces Travel

Beyond offering travel discounts, American Forces Travel can help members of the

military community

find many relaxing, fun ways to recharge and stay mission ready. That's because anything booked through American Forces Travel earns a commission that goes directly to MWR programs around the world, at no cost to you. That money helps pay for services you already use, like outdoor recreation, pools, parks and workshops on your installation.

American Forces Travel eligibility

- Anyone who can use MWR programs and services can use American Forces Travel:
- All active-duty service members from every service branch
- All National Guard and Reserve Component members
- All retired military including those in the National Guard and reserves who are retirement eligible
- All Medal of Honor recipients and 100% disabled veterans
- All Department of Defense civilians serving outside the United States, including appropriated fund and nonappropriated fund employees
- (Department of Defense civilians serving inside the United States should have access by the end of the calendar year)
- American Red Cross and United Service Organizations-paid personnel currently serving outside the United States
- All eligible family members who have Department of Defense identification cards.

To verify eligibility, the website will check the Defense Enrollment Eligibility Reporting System. Once you

are approved, you can book your next vacation to anywhere in the world, while supporting the MWR

programs on your installation. Consider American Forces Travel when arranging your leisure travel.

American Forces Travel is the only official MWR leisure travel site and it is supported under contract by Priceline.com.



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.



Service Member and Family Support Center Staff Directory



<i>William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105</i>		<i>Open Monday-Friday</i>	
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)
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Senior Family Readiness Support Assistant	Linda Rolstone	linda.b.rolstone.ctr@mail.mil	(860) 524-4963 (desk) (860) 680-2209 (cell)
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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)
<i>Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096</i>		<i>Open Monday-Friday</i>	
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)
<i>Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810</i>		<i>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</i>		<i>Open Monday-Friday</i>	
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
<i>103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026</i>		<i>Open Monday-Friday</i>	
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)
<i>Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357</i>		<i>Open Monday-Friday</i>	
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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