



Connecticut GUARDIAN

The Yankee Courier on page 22

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Soldiers participating in training at Hartford Hospital's Center for Education, Simulation, and Innovation practice applying a neck brace to a simulated casualty February 8th. (Photo by Capt. Dave Pytlik)

Medics improve skills at CESI, earn CEUs

Capt. Dave Pytlik
Joint Force Headquarters Public Affairs

On February 8th and 9th, the 141st Medical Company (Ground Ambulance) conducted high-fidelity medical simulation training at Hartford Hospital's Center for Education, Simulation, and Innovation (CESI). This annual block of instruction awards 68W Combat Medics with the ever-important Continuing Education Units to maintain their Military Occupational Skill as well as knowledge in clinical skills that are difficult to replicate in normal Army training environments.

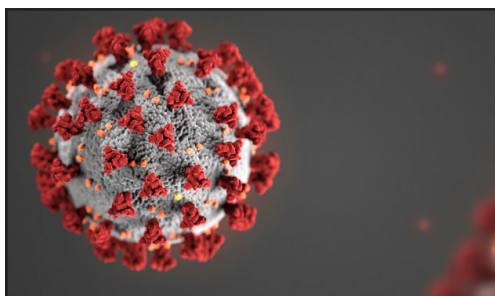
Both the 141st and 142nd Medical Companies make annual pilgrimages to the facil-

ity to complete training on scenarios that medics are required to understand in order to maintain their certification but will rarely encounter in the military. Child birth, which covers the required biannual requirement for obstetrics and gynecology (OB/GYN) and non-trauma events, such as diabetic emergencies, that are rare in military-aged populations are a couple examples of the training themes they participated in.

What makes this training so valuable is, in part, the cutting-edge medical simulators that can emulate things like lung sounds, sweat, and pupil dilation but also that CESI pro-

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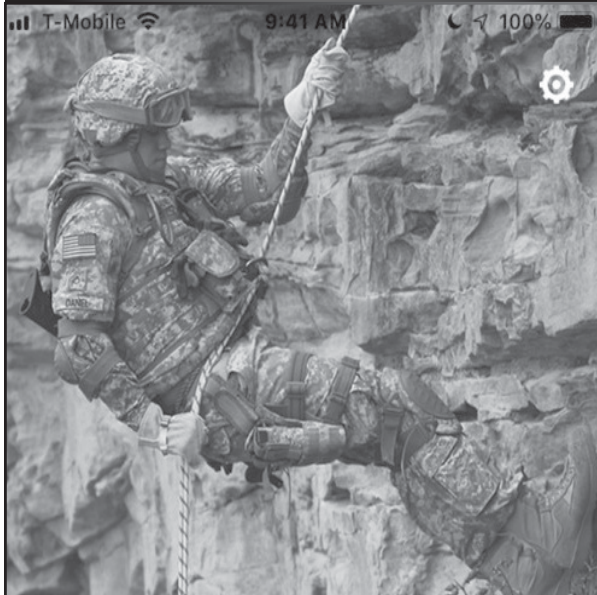


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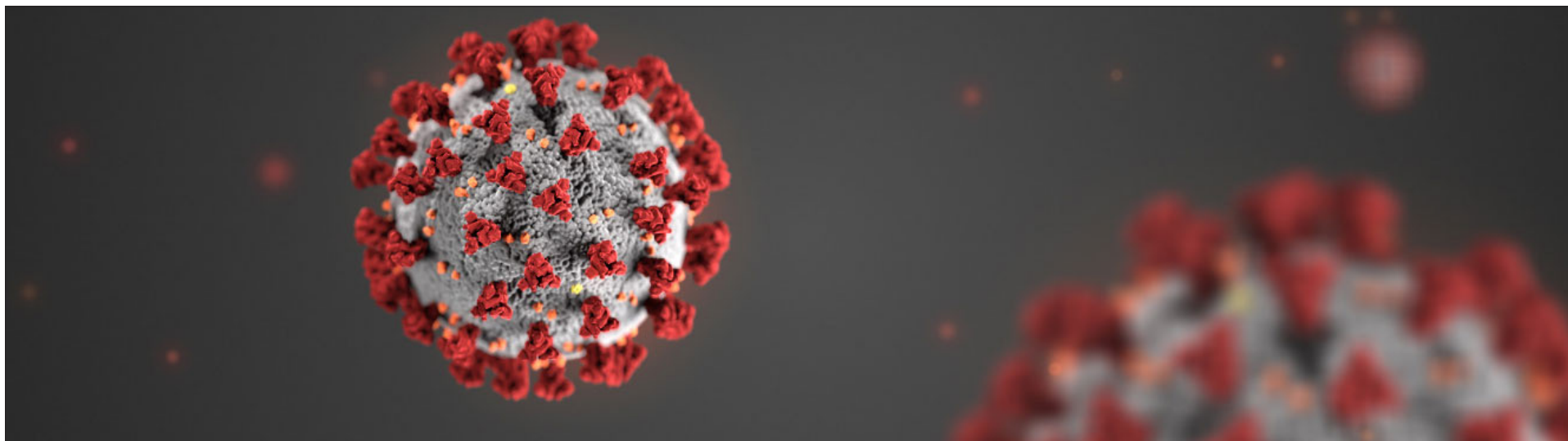
First Company Governors Horse Guard

Second Company Governors Horse Guard

First Company Governors Foot Guard

Second Company Governors Foot Guard

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What you can do to prevent the spread of COVID-19

Tim Koster
Joint Force Headquarters Public Affairs

At the time this article was written, there have been ninety-six confirmed cases of the coronavirus, also known as COVID-19, and two deaths in the state of Connecticut. This virus has spread quickly and experts in the federal government predict the pandemic could last until August.

However, despite all the news circulating about the severity of this virus, government officials – both at the state and federal levels – are working around the clock to mitigate this crisis as much as possible.

According to the World Health Organization's website, the first case of COVID-19 can be traced back to an animal market in Wuhan, China in December, 2019. Coronaviruses originate in animals such as camels and bats but can, under the right circumstances, mutate and transmit to humans. This situation has been seen twice before with both the SERS and MERS viruses, both are strains of coronavirus which saw large-scale outbreaks in 2003 and 2015, respectively.

At the federal level, both the Department of Defense and Center for Disease Control have stepped up their efforts to create preventative and responsive measures for the virus.

According to a DoD news article, released March 2, 2020, defense leaders have been meeting for the past six weeks to brainstorm every possible scenario this virus could cause, both for service members deployed down range and state side, as well as their families.

"(U.S. Northern Command) remains the global integrator for all DOD efforts and entities," Defense Secretary Mark T. Esper said. "My number one priority remains to protect our forces and their families; second is to safeguard our mission capabilities and third [is] to support the interagency whole-of-government's approach. We will continue to take all necessary precautions to ensure that our people are safe and able to continue their very important mission."

Army Gen. Mark A. Milley, the chairman of the Joint Chiefs of Staff, also said that military research facilities are working "feverishly" to try and come up with a vaccine for the virus.

Symptoms for COVID-19 include: a fever, cough, and shortness of breath. Reported illnesses have ranged from mild symptoms to severe illness and death. And like most respiratory illnesses, the people who are most at risk for severe reactions are the very young, elderly, and those with compromised immune systems.

The Connecticut Public Laboratory in Rocky Hill has been certified to test for COVID-19. The state was initially provided 800 kits from the CDC to test for the virus and at the time of publishing this article, have only used two – both of which resulted in a negative test. If needed in the future, the state is fully confident that it can ramp up capacity and get sufficient testing supplies to meet any potential need.

Although there is still much to learn about COVID-19 and its behavior, the CDC has issued the following guidance to help mitigate a person's likeliness of catching the illness:

Practice good personal health habits and plan for home-based actions

Practice everyday preventive actions now. Remind everyone in your household of the

importance of practicing everyday preventive actions that can help prevent the spread of respiratory illnesses:

- Avoid close contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue.
- Clean frequently touched surfaces and objects daily (e.g., tables, countertops, light switches, doorknobs, and cabinet handles) using a regular household detergent and water.
 - If surfaces are dirty, they should be cleaned using a detergent and water prior to disinfection. For disinfection, a list of products with Environmental Protection Agency (EPA)-approved emerging viral pathogens claims, maintained by the American Chemistry Council Center for Biocide Chemistries (CBC), is available at Novel Coronavirus (COVID-19) Fighting Products icon. Always follow the manufacturer's instructions for all cleaning and disinfection products.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Always wash your hands with soap and water if your hands are visibly dirty.

Choose a room in your home that can be used to separate sick household members from those who are healthy. Identify a separate bathroom for the sick person to use, if possible. Plan to clean these rooms, as needed, when someone is sick. Learn how to care for someone with COVID-19 at home.

Create a household plan of action

Talk with the people who need to be included in your plan. Meet with household members, other relatives, and friends to discuss what to do if a COVID-19 outbreak occurs in your community and what the needs of each person will be.

Plan ways to care for those who might be at greater risk for serious complications. There is limited information about who may be at risk for severe complications from COVID-19 illness. From the data that are available for COVID-19 patients, and from data for related coronaviruses such as SARS-CoV and MERS-CoV, it is possible that older adults and persons who have underlying chronic medical conditions may be at risk for more serious complications. Early data suggest older people are more likely to have serious COVID-19 illness. If you or your household members are at increased risk for COVID-19 complications, please consult with your health care provider for more information about monitoring your health for symptoms suggestive of COVID-19. CDC will recommend actions to help keep people at high risk for complications healthy if a COVID-19 outbreak occurs in your community.

Get to know your neighbors. Talk with your neighbors about emergency planning. If your neighborhood has a website or social media page, consider joining it to maintain

CTNG Soldier sets sights on professional boxing career

Tim Koster
Joint Force Headquarters Public Affairs

From an outsider's perspective, the sport of boxing can appear like a chaotic and violent dance between two athletes. But for those in the ring, the sport transcends the few moments of sparring and is better defined by the camaraderie and fellowship shared among their fellow boxers.

This sentiment was evident during the annual Golden Gloves boxing tournament, hosted at the Governor William A. O'Neill Armory in Hartford, Connecticut. The event, which spans four weekends throughout the month of January, brings together amateur boxers from around New England to compete for the opportunity to advance to a higher level of competition.

"The thing about boxing is that it's a test of wills, I think that's the best part," said Christopher Lacour, a competitor in the 201 lb. Elite Novice class. "It's a constant challenge in and outside the ring. Every day is a challenge in the gym, trying to better yourself. I like showing my skills inside the ring."

For some, the joy of competing and putting everything on the line for three two-minute rounds – the chance to say "I did that" – is enough. For others, like Lacour, a Motor Transport Operator with the Connecticut National Guard's 1048th Transportation Company (Medium), this tournament is just the next step in chasing his dream of becoming a professional boxer.

His interest in the sport started early, though it was a casual obsession. He'd watch fights on television, shadow box whenever he had the chance, and take time during his workout at his local gym to use the heavy bags. But that casual interest changed in 2016 when he joined A Side Boxing Club in Stratford, Connecticut. It was here he met his coach, Kevin Schmidt, who saw potential in Lacour to be a great boxer.

"He's very talented," said Schmidt, a Woodbridge, Conn. Native. "He's very skilled and fast for a heavy-weight with good hands; he's a good combination puncher and uses a lot of head movement ... the transformation since day one, from when he started at the gym to where he is now, is just unbelievable. He's come so far, so fast."

It was this abundance of natural talent that made Schmidt and other members of the gym start calling Lacour "Lights Out", in reference to former professional boxer James "Lights Out" Toney – who was known for his quick hands, punching power, and resiliency.

Schmidt has been coaching boxing for seven years, a passion he's had since his teenage years. Throughout that time, he's worked with several boxers but the relationship he's built with Lacour is unlike many others.

In 2016, Schmidt decided to open his own gym to coach and train boxers. Like every budding entrepreneurial endeavor, he needed clients if he was going to see his dream become a lasting reality. So, he started handing out flyers to local businesses to try and entice locals to join.

"It's a funny story," said Lacour. "I told my coworker I was interested in joining a boxing gym a week or two prior and he happened to leave a flyer inside my job, and I've never seen a flyer in there before, so I called immediately."

"[Lacour] started when I first opened the door to the club," said Schmidt. "I'm the owner, he's the original member that walked in the door; I think the first weekend I



Christopher Lacour, a motor transportation operator with the Connecticut National Guard's 1048th Transportation Company (Medium) poses for a photo with his coach, Kevin Schmidt, during the Western New England Golden Gloves Tournament held at the Governor William A. O'Neill Armory in Hartford, Conn. Lacour, a fighter in the 201 lb. Elite Novice Class is hoping to one day be a professional boxer.

opened, he walked in ... he's the heart and soul of A Side."

That was the start of Lacour's journey, a story that started four years ago and continues to evolve, just like him. He entered the A Side Gym with little more than a dream, but it was through his hard work and dedication to the sport that he's gained the skills, and trust of his coach, to enter the Golden Gloves tournament to represent his gym.

Despite having only competed in two boxing matches prior to joining the tournament, he managed to overcome his opponents in the quarter and semi-final rounds to earn a spot in the finals.

While every coach and boxer wants to hoist the trophy overhead at the end of the night, as they prepared for the bout, they knew winning their final fight of the tournament would hold a special level of accomplishment for this young duo: to prove to everyone that they're the real deal.

"In this sport, there is a certain aspect of credit you need and proof to what you've been doing and this will certify our journey and what we've done," said Schmidt. "No matter what you do in life, there's people that say 'you can't win; you can't do it; you'll never make it;' ... it'll mean a lot of us to prove to those people that with dedication, hard work, and focus, you can accomplish anything you want if you put your heart and soul into it and that's what we've done for four years."

The format to the tournament was slightly different from what you'd see at a professional match. Each fight lasted a maximum of three rounds and the fighters were broken up into classes based on their weight, age, and the number of fights they've previously participated in. Regardless of class, each fight was judged based on three statistics: sportsmanship, aggressiveness, and defense.

According to Maj. Mike Vaughan, a volunteer for West-

ern New England Boxing, safety is the number one priority during the bouts. As such, each fighter is required to wear approved personal protection equipment, including mouth guards, sparring headgear, and approved boxing gloves.

If a fighter was knocked down or the referee stopped the fight, for any reason, the fighter is given a standing eight-count, after which, the fight will either resume or end depending on the referee's judgement of the fighter's ability to continue.

As the twelfth bout on the finals fight card, Lacour had a long wait before getting in the ring. From the balcony of the armory's drill shed – used as a holding area for the fighters – he worked with his coaches to stretch and remain loose as well as talking strategy.

The fights started at 7:30, but it wasn't until nearly 10:30 that his name was called. His bout was against Julian Smith from Thomaston, Conn. At first sight, Smith had a clear height advantage against Lacour and it became evident through the fight that he also had a clear advantage with arm length, as well.

However, many of those in attendance were quick to comment about how talented Lacour was despite those disadvantages and agreed that he easily won the first round. Unfortunately, despite holding his own throughout the bout, he ended up falling to Smith via a split-decision.

Although it was a tough loss, the look on both Schmidt and Lacour's faces after the fight made one thing clear: they were proud of all they've accomplished in a relatively short period of time. With the loss, this chapter of Lacour's story came to a close, but it's far from over.

"He has a promising future if – and I know he will – he stays dedicated to the mission that we're on," said Schmidt.

CESI

Continued From Page 1

vides emergency room professionals such as doctors, nurses, and physicians’ assistants that work in the field. These professionals instruct the Soldiers on emerging threats and occurrences that they see in their emergency rooms as well as the latest techniques and procedures in the field.

Unit level medical training normally focuses on major trauma events such as explosions, vehicle accidents, and gunshot wounds that often produce multiple casualties. CESI training weekends allow medics to encounter, diagnose, and treat other emergencies. Such training is valuable but can become repetitive if Soldiers attend each year; this year, the unit training staff and the facility cadre decided to switch some things up. For perspective, Spc. Matthew Berry said this was the third time he has trained at the hospital with the Guard.

“The first and second year were pretty similar but this year we had new twists to throw people off,” said Berry. “Not a single station was the same.”

The 68W community in the Connecticut Army National Guard is a broad and diverse population, with a wide range of experience levels. There are many college students who are studying for non-medical degrees, Soldiers who do not work in the medical industry, those who are working as EMTs or paramedics, and those who are furthering their education in the medical field. Training at facilities like CESI helps close the divide between those who work in the medical industry on the outside and those who don’t.

In talking with medics from the 141st it became apparent that many of the Soldiers aren’t just getting medical training in the Guard, they are using the benefits earned here to further their medical education in the civilian world. Four members of the 65 Soldier Company and at least one other from the 142nd are attending the Capitol Community College Paramedic program. When asked what may have led that many Soldiers to follow the same path, first into the Connecticut National Guard and then into that particular program Spc. Berry said, “I can only speak for myself but I started at 14 at volunteer fire and EMS, I always wanted to be a paramedic and I always wanted to be in the military as a flight medic, the Guard was my way to get there.”



A Soldier participating in training at Hartford Hospital's Center for Education, Simulation, and Innovation, applies an IV to a simulated patient. The training is designed to help the Soldiers practice skills that may be outside their standard workload in the military but are required to maintain their Military Occupational Specialty.



Soldiers participating in training at Hartford Hospital's Center for Education, Simulation, and Innovation, attend to a simulated casualty February 9, 2020.



Soldiers participating in training at Hartford Hospital's Center for Education, Simulation, and Innovation, prepare syringes to be used on simulated patients. The training is designed to help the Soldiers practice skills that may be outside their standard workload in the military but are required to maintain their Military Occupational Specialty.

The Life and Service of Brig. Gen. (Chaplain) Thaddeus Malanowski

Brig Gen (CT-Ret) Robert Cody

Last month, the City of Stamford said goodbye to one of its greatest native sons, if not the most modest. Monsignor Thaddeus "Ted" Malanowski was a Roman Catholic Priest and a soldier. He was born on November 30, 1922 in Stamford, one of 14 children and was named after the famous Polish General and American patriot Thaddeus Kosciuszko. He graduated from Saint Bernard's Seminary in Rochester, New York and was ordained a priest in 1947.

Father Malanowski was assigned to Saint Mary's Parish in Middletown, CT. There, the priest he was replacing had served as an Army Chaplain during World War II. This priest convinced Father Malanowski to join the Connecticut National Guard. He did, was appointed a First Lieutenant and was assigned as the Chaplain of the 118th Medical Battalion in Hartford. However, not long after he joined the National Guard, the Korean War broke out and the 43rd Division was immediately federalized and prepared for battle.

It was during Annual Training at Camp Drum in 1950 that the entire 43rd Infantry Division was federalized. Shortly before the deployment, orders were changed and the division was sent to Munich, Germany. First Lieutenant Malanowski was transferred to the 172nd Infantry Regiment, a Vermont National Guard unit.

Prior to deploying, the entire division was sent to Camp Pickett, Virginia. During one set of maneuvers at Camp A. P. Hill, some of the soldiers in the 172nd Regiment asked Chaplain Malanowski if he could get them some beer. He used the purple chaplain's flag on his jeep to get past the MP's manning the checkpoints and completed his Morale and Welfare mission for his soldiers.

Father Malanowski enjoyed being an Army Chaplain so much that he applied for and received an Active Duty appointment. He began serving as Assistant Post Chaplain at Fort Benning, Georgia and in 1956, was assigned to the 3rd Armored Division at Fort Knox. Here, the young priest first met the young "King of Rock and Roll", Private First Class Elvis Presley. Malanowski's next assignment was to the 8th Army Support Command in Korea from 1964 to 1965 to serve as their chaplain.

On January 22, 1974, he was nominated by President Richard Nixon to be the new Deputy Chief of Army Chaplains with the rank of Brigadier General - the first Catholic Chaplain to make Flag rank.

Monsignor Malanowski retired from the US Army in 1978. But, his story does not end here. Over the next 26 years Monsignor Malanowski worked in Haiti helping to build chapels and health clinics - with much of the funding coming from his Army retirement checks. Back in Stamford, Monsignor Malinowski served as the chaplain for the Knights of Columbus, Catholic War Veterans and the Veterans of Foreign Wars.

Brigadier General (Chaplain) Thaddeus Malanowski died on January 23, 2020 at the age of 97 after a lifetime of "Sacrifice for God and Country", which happens to be the title of his autobiography.

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.



Photograph of Pvt. Elvis Presley and Chaplain Malanowski from his autobiography, "Sacrifice for God and Country".

Do you have a story you want covered?
Contact the Public Affairs Office!

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The Story of Women's History Month

Defense Equal Opportunity Management Institute

Women's History Month honors and celebrates the struggles and achievements of American women throughout the history of the United States. During World War II, General Dwight D. Eisenhower, then commander of U.S. forces in Europe, declared, "They (women) have met every test and task assigned to them ... their contributions in efficiency, skill, spirit, and determination are immeasurable."

Women played an immeasurable role during World War II, serving bravely and with distinction from the initial attack on Pearl Harbor to the last days of the Pacific campaign. As husbands and fathers, sons and brothers shipped out to fight in Europe and the Pacific, millions of women marched into factories, offices, and military bases to work in roles traditionally reserved for men in peacetime. The following are a few examples of the exemplary contributions and commitments women made to the war effort.

This month, the DoD pays tribute to the women who pushed gender-defined barriers. They fought for what they believed in, paving the way for the women who came after them, changing the course of history, and redefining the United States military.

WASPs

One of the roles women played in the war was provided

by the Women's Air Force Service Pilots (WASPs) who were the first women to fly American military aircraft. They ferried planes from factories to bases, transported cargo, and trained male pilots how to strafe targets. They accumulated more than 60 million miles in flight distances. More than 1,000 WASPs served, and 38 of them lost their lives during the war. The WASPs were considered civil service employees and without official military status. They were granted no military honors or benefits, and it wasn't until 1977 that the WASPs received full military status. On March 10, 2010, at a ceremony in the Capitol, the WASPs received the Congressional Gold Medal, the highest honor Congress can award civilians.

"Angels of Bataan"

One of World War II's greatest untold stories began on April 8, 1942, when Lt. Gen. Jonathan Wainwright, the commander of the U.S. Army in the Philippines at the time, ordered the evacuation of military and civilian nurses to the island of Corregidor. A month later Corregidor fell, and 77 U.S. Army and Navy nurses were captured by the Japanese, becoming the largest group of female prisoners of war. Removed to Santo Tomas Internment Camp in Manila, these women ran the camp hospital that ministered to soldiers, nurses, and captive civilians. In January 1945, Allied forces retook the Philippine Islands. While

thousands of men had died during the course of the Philippines campaign, all 77 nurses made it through alive and cared for their patients until the liberation. As the first American women to see combat, they paved the way for today's female soldiers and sailors.

Journalistic Opportunities During the War

For female journalists, WWII offered an unanticipated opportunity. Talented and determined, women fought for—and won—the right to secure a place for themselves in the newsroom and on the battlefield. These women documented history with their groundbreaking work and bravery as journalists, photographers, and correspondents during the war.

War correspondent May Craig best summed up their achievements in a 1944 speech at the Women's National Press Club, "The war has given women a chance to show what they can do in the news world, and they have done well."

By war's end, at least 127 American women had secured official military accreditation as war correspondents. Other women journalists remained on the home front to document the ways in which the country changed dramatically under wartime conditions.

Health & Fitness

An Interview with A Best Warrior Candidate

Sgt 1st Class Silas Holden
D Co. 1-169 AVN (GSAB)

Well folks, spring is approaching and with it comes the Best Warrior Competition. With this competition comes some motivated competitors who are at their prime in fitness and physical capabilities. Over the years the Connecticut Army National Guard has produced some highly motivated and professional Soldiers for the Best Warrior Competition at all levels. I decided this month I would interview SPC Rebecca Bugnacki who is competing in the Best Warrior Competition for the title of Connecticut ARNG Soldier of the Year. SPC Bugnacki is a great ambassador of fitness as she can often be found spending her free time in the gym or hiking and staying active.

Provide a brief background on your service career and accomplishments

I joined the Army in October 2013 as an Aviation Operations Specialist, spending most of my enlistment with 3/82 GSAB at Fort Bragg, NC. From 2014-2015 I was deployed to Afghanistan with the 3/82. In late 2016, I PCS'ed to South Korea and was stationed at K16, Seoul Air Base, in Seongnam, S. Korea with 2-2 Assault Helicopter Battalion prior to ETSing out of the Active Army.

When I left Active Duty in October 2017, I returned home to Connecticut and worked in the operations sector for Norwegian Airlines. I soon realized how much I missed the military, so I enlisted with the CTARNG in January 2018 and took a full-time Aviation Operations Specialist Technician position with the 1109th TASMG, Groton, CT. I was recently transferred as an M-Day soldier to HHC 1/169 AVN, Windsor Locks, CT.

A few of my awards include 2 Army Commendation Medals, 5 Army Achievement Medals, and 2 Afghanistan Campaign Medals. I have taken 1st place in 2nd Combat Aviation Brigade's Toughest Talon Challenge, 2nd place in 2-2 AHB's Individual Warrior Challenge, and was recognized by CSM Vimoto of ISAF Joint Command for excellence during Operation Enduring Freedom.

Briefly explain your fitness regimen

I work out twice per day. My first workout will start no later than 0600, but I don't have a strict plan that I follow for those workouts. Sometimes the only thing I'll do is stretch, and some days I just really want to work on a specific compound lift.

My morning workout is the one I enjoy the most, as I really just go into the gym and do whatever feels best. My afternoon workout is fairly strict, and I always go in with a plan. Generally, I work out 5 days per week. I will sometimes exercise 6 days, but I always make sure to have one full rest day. I also change my training split up every few months to avoid boredom and plateaus.

Briefly explain your nutrition regimen

When it comes to weight loss, weight gain, or maintaining weight, people often try to complicate nutrition, but it's honestly very simple. Unless you have specific food sensitivities or health related issues, focus on calories in versus calories out. I don't eat fast food, I don't drink soda, and I simply pay attention to nutrition labels. I live by the 80/20 rule, 80 percent of my food is clean and whole, 20 percent is food that is a want rather than a need.

I consume mostly nutrient-dense food, but I don't stress about having a few slices of pizza here and there. Health and fitness aren't something you can do temporarily, so finding a nutrition plan that doesn't stress you out will help make it sustainable. And don't forget water! I drink about a gallon a day.

What are some keys to finding the motivation and time to continually improve upon and maintain your fitness level?

Unfortunately, you won't always be motivated to exercise. We all live busy lives, and making the time to work on your health and fitness needs to become part of your routine. Self-discipline and making your goals a priority is huge. Start a planner, schedule times for exercise, and make realistic weekly goals. Most importantly, make it fun. Not everyone enjoys long distance running, or lifting heavy weights. Find something you truly enjoy doing. This will help you turn fitness into a lifestyle, and also be motivated to do so.



What do you find to be most important in keeping up your physical readiness as a Soldier?

Consistency. Consistency develops routines, builds momentum, and leads to habits.

Have you had any struggles in the past with fitness and if so how did you overcome them?

About a year and a half ago, I suffered from a hip labral tear. It set me back drastically in regards to fitness while I spent about 6 months focusing on physical therapy. I did not get surgery, so it is still something I have to keep up with. I've learned just how important stretching and warm-ups are for injury prevention. I now spend at least 15-20 minutes a day stretching.

You are competing this year in the Best Warrior Competition, have you tailored your training to prepare for this?

I have always enjoyed a mix of strength training and bodybuilding. I focus on compounds lifts and progressive overload, but also spend some time on accessory movements to target specific muscle groups. While strength will be important for the Best Warrior Competition, I've had to shift my focus to functional fitness and endurance. My current training split looks like this:

- **Monday** – 4 - 8 mile ruck march
- **Tuesday** – 1 hour upper body strength, 20-30 min kickboxing. My upper body day will include bench press, shoulder press, lat pull downs, landmine rows, and pull-ups. Kickboxing is an amazing cardio workout. I will go 3 minutes with 1 minute rest for a full 20 minutes, or 3 minutes with 2 minute rest for a full 30 minutes.
- **Wednesday** – 1 hour lower body, sandbag sprints. I focus on all variations of squats, deadlifts, and hip thrusts. While normally I would make weight a priority, since I am focusing on endurance, I am keeping weight a little lighter than usual and keeping a higher rep range (between 12-16). I practice cardio-acceleration, meaning I do intervals of cardio between resistance training sets (usually jump rope or jump squats on lower body days) for 30-60 seconds. I will then have a 30



second period of full rest before my next weight set. While great for endurance, cardio-acceleration also helps with delayed onset muscle soreness (DOMS). I end this day with short sprints with a sandbag. You can also use a weighted rucksack or vest.

- **Thursday** – Full body. My favorite thing to do on a full body day is throw some 10 pound plates on a standard 45 pound barbell and hit some barbell complexes. A barbell complex is something you see often in CrossFit, though I don't follow any CrossFit regimen. It's simply a circuit where you perform several different exercises back to back without putting down the barbell.
- **Friday** – Core, Cardio. I enjoy working on core with a TRX suspension system doing crunches, planks, pikes, and body saws. For cardio on Fridays, I like getting outside so I'll usually do a bunch of walking lunges and sprints.
- **Saturday** – Light walk/ hike with the dog. While I do rest on the weekends, that doesn't mean I just lounge on the couch all day. I'll go for a light jog with the dog or take her on a hike somewhere.
- **Sunday** – Rest

What advice do you have for the Soldiers who struggle to maintain their physical readiness? And what steps could they take to overcome the “one weekend a month” mentality of the National Guard?

The first and only thing you can do is start. Wake up 10 minutes early and knock out some pushups. Go on a hike. Find someone in your unit who exercises regularly and ask to join them once or twice a week. Your physical readiness is your responsibility in the National Guard. For me, the gym isn't just a place to improve myself physically, it's calming to get in there in the morning before most people are awake and have some time to myself. In the afternoon, it's my way of clearing my head and letting out any frustrations from the day. However you look at it, setting that small portion of your day aside to work on yourself is important in more ways than one. I have never once regretted a workout, but I have always regretted missing one. Laziness is a habit and habits can be broken!

Thank you SPC Bugnacki for taking the time to answer these interview questions right in the middle of your training for the Best Warrior Competition. I hope that readers can take some of the motivation and knowledge that came through in the answers and help their own regimen toward fitness. As stated, the most important thing is to simply start! Next month I will be interviewing SSG John Young, the CT ACFT Coordinator. With the



ACFT approaching fast I will ask some questions to help prepare us for the changing of the guard in Army Fitness. No matter what one's individual thoughts are on fitness, it is an integral part of your Army National Guard career and performance. Our number one priority is to remain a lethal fighting force no matter what your duty position. Until next month stay motivated, stay hydrated, and stay fit!



CT ARNG welcomes a new Inspector General Team

Benjamin Terwilliger
CTARNG Inspector General

The Connecticut Army National Guard welcomes a new Inspector General team. Each member has been individually screened and selected to train, inspect, assist, and investigate on the behalf of Major Gen. Francis Evon, and to:

- Provide candid, objective and uninhibited analysis and advice.
- Emphasize integrity, ethics, and discipline.
- Promote readiness, efficiency, and effectiveness.
- Exercise fairness, impartiality, and timeliness in performance of assigned duties and responsibilities.

For more than 200 years, Inspectors General have inspected, audited, investigated, trained, and performed those duties necessary to support the U.S. military in achieving its mission. The modern serves as the eyes, ears, voice, and conscience of the Army across the spectrum of operations.

The CT ARNG IG Mission is to conduct thorough, objective, and impartial inspections, assessments, and investigations. Provide assistance and training. Advise and assist CTARNG leaders to maintain Army values, readiness, and effectiveness in the promotion of well-being, good order, and discipline.

Lieutenant Col. Ben Terwilliger comes to us from Fort Hood, Texas to serve as our Title

10 Command Inspector General. Our State Active Guard and Reserve (AGR) members of the team are Sgt. 1st Class Michael Cardozo, who transferred from the Civil Support Team to assume responsibilities as Assistance Inspector General, and Maj. Eric Roy, who was sworn in after relinquishing command of A Co at the Regional Training Institute. All three service members are graduates of The Inspector General's School (TIGS) at Fort Belvoir, Maryland. Staff Sgt. Daniel Park serves as the CTARNG-IG Administrative Assistant.

Reporting issues to the IG

The IG asks everyone to first give their chain of command a chance to solve problems, but recognize that to contact the IG without fear of reprisal is the right of any Soldier, Airman, civilian or family member. Anyone who witnesses what he or she believes to be a violation of ethical standards and/or the law, including but not limited to fraud, waste, or abuse of authority, potential leaks of classified information, or potential acts of terrorism, should report such conduct through his or her chain of command, the CTARNG Inspector General, or directly to the Inspector General of the Department of Defense.

Contact info

The CT ARNG IG offices are located in the Armed Forces Reserve Center Suite 111
375 Smith St, Middletown CT 06457

CT ARNG IG: ng.ct.ctarng.list.ig@mail.mil or call 860-613-7490

SEXUAL ASSAULT.
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Sexual Assault Response Coordinators

CTARNG SARC 860.883.4798

103rd AW SARC (24hr) 860.895.3526

Chaplain and Legal

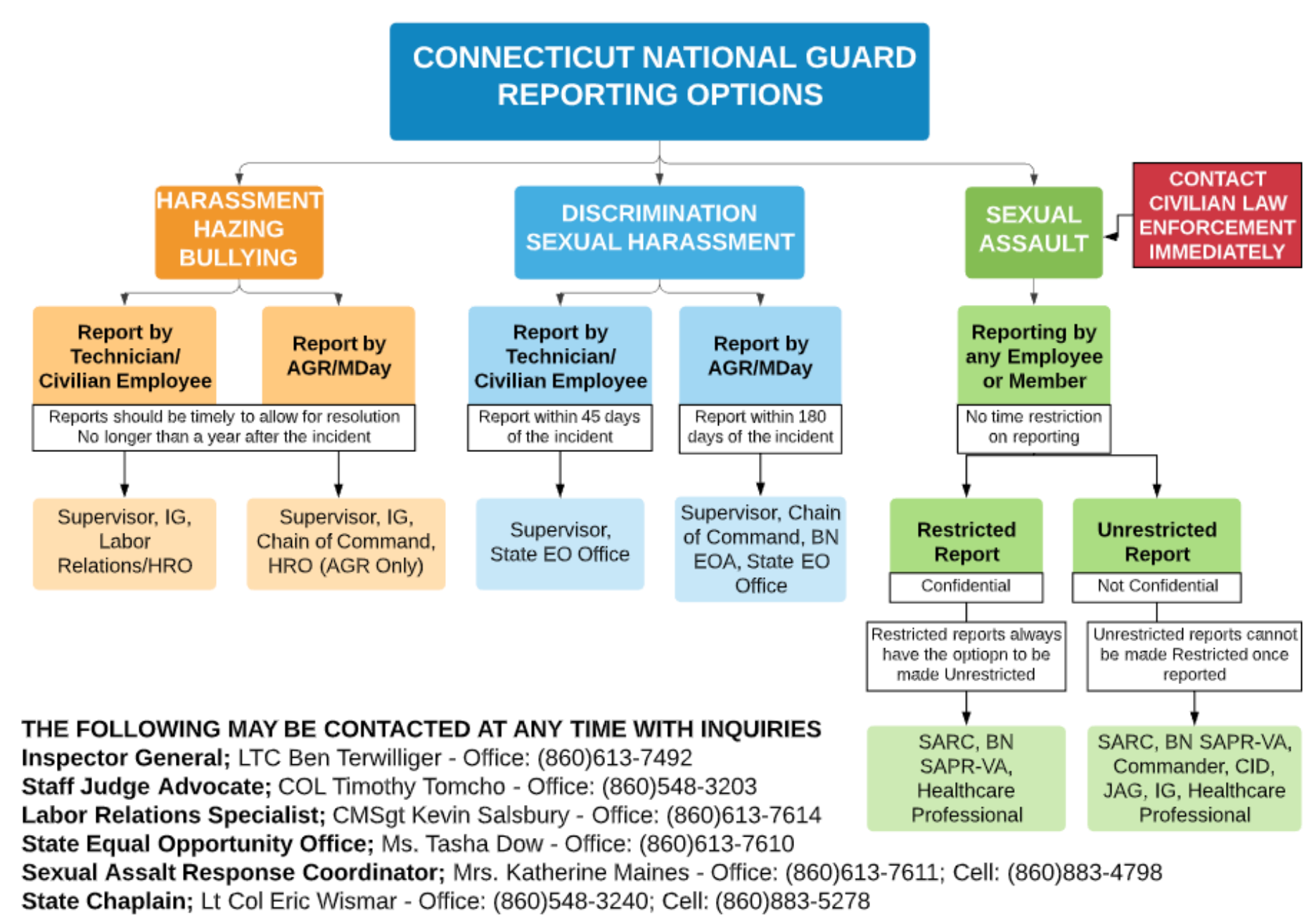
CT Chaplain 860.548.3240

CT Special Victims's Council 703.607.2263

Medical

Military Treatment Facility (Westover) 413.557.2623

Navy Health Clinic New London 860.694.4123



COVID-19

Continued From Page 3

access to neighbors, information, and resources.

Identify aid organizations in your community. Create a list of local organizations that you and your household can contact in the event you need access to information, health care services, support, and resources. Consider including organizations that provide mental health or counseling services, food, and other supplies.

Create an emergency contact list. Ensure your household has a current list of emergency contacts for family, friends, neighbors, carpool drivers, health care providers, teachers, employers, the local public health department, and other community resources.

Be prepared if your child's school or childcare facility is temporarily dismissed

Learn about the emergency operations plan at your child's school or childcare facility. During a COVID-19 outbreak in your community, local public health officials may recommend temporary school dismissals to help slow the spread of illness. School authorities also may decide to dismiss a school if too many students or staff are absent. Understand the plan for continuing education and social services (such as student meal programs) during school dismissals. If your child attends a college or university, encourage them to learn about the school's plan for a COVID-19 outbreak.

Plan for potential changes at your workplace

Learn about your employer's emergency operations plan. Discuss sick-leave policies and telework options for workers who are sick or who need to stay home to care for sick household members.

Additionally, the World Health Organization suggests the following personal health

tips:

Maintain Social Distancing. Keep at least 3 feet between yourself and anyone who is coughing or sneezing.

Avoid touching eyes, nose and mouth. Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and can make you sick.

Practice respiratory hygiene. Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

Stay informed and follow advice given by your healthcare provider. Stay informed on the latest developments about COVID-19. Follow advice given by your healthcare provider, your national and local public health authority or your employer on how to protect yourself and others from COVID-19.

The COVID-19 situation is constantly evolving and both the CDC and WHO are pushing out the most relevant information as quickly as possible. If you, or someone you know, is falling ill with the symptoms of the coronavirus, the most important thing you can do is get that person to their primary care provider, who will be able to administer tests for COVID-19 if the tests for more likely illnesses, such as influenza, come back negative.

For more information about COVID-19 and to stay up-to-date with the latest developments, visit the CDC and WHO websites: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html> and <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>.

Combining Efforts to Build Readiness

Officer Candidate Valdes Rival

This drill took extensive preparation and external coordination to execute. Our fellow Officer Candidates from New York traveled by CH-47 from Camp Smith, NY to Camp Nett, CT and joined the Connecticut Officer Candidates for the weekend. This was the first opportunity New York and Connecticut Candidates were able to reunite since Phase I. The Candidates from both states combined their efforts to compose an operations order despite working primarily remotely and through messaging apps, emails, and telephone calls. Technology played a significant factor in planning this training. Connecticut Officer Candidates introduced New York Officer Candidates to our standard operating procedure of using iPads as a learning tool.

My favorite classes from this weekend were tactical movements and Tactical Combat Casualty Care. The cadres went beyond just teaching the information; they helped us make critical connections to implementing the classroom lessons to practical exercises outside of the classroom. In small squads and fireteams, we conducted various tactical movements using the parade field. We rotated leadership to challenge all Candidates to lead small elements and build confidence with leading Soldiers in combat.

The Tactical Combat Casualty Care classes were complex, but many of the Officer candidates had prior experience due to combat medic or EMS backgrounds. These Candidates shared some personal and professional stories that were applicable to the lesson. While the lectures were important, the practical scenarios we trained on truly enabled all Candidates to learn and see the importance of this topic. Each small group had to perform several tasks



An OCS instructor watches candidates as they conduct training.

depending on the phase of care they were in, such as calling for a medical evacuation, performing care under fire, or applying self-aid.

The hands-on experience mixed with the peer evaluations helped out tremendously. This weekend emphasized that preparation and communication are key to success.

We learned how to utilize various methods to engage your soldiers through training on this complex topic of combat casualty care.

Our weekend ended Sunday afternoon with a Change of Command ceremony. Maj. Eric Roy officially transferred command of our OCS company to Capt. Ryan McLane.

Retiree Voice



Social Security Scams: What you need to know

Sgt. 1st Class Stephanie Cyr (ret.)

Social Security scams are at an all time high. Most come in the forms of emails, robocalls and regular phone calls. Sometimes it may be done under the pretense of helping you fill out insurance forms or disability application. The caller may pretend to be a legitimate company that just needs a “little more information”. Whatever form the scam takes, the primary goal is to steal your identity and use your personal information for fraud. These scams have become a large enough problem that the Social Security Administration and consumer groups like AARP, have issued warnings and publications on the scams. This article will describe the scams and how to protect one’s Social Security number personal information from being scammed.

Here are ways to determine if the call, email or robocall is a scam. Be wary if you are not expecting a communication, especially from Social Security. The communication says there is a problem with your Social Security number or account. The call or email may threaten by saying the Social Security number is going to be suspended or they have received notice that your number have been fraudulently used and they need clarification. Some calls have said if immediate restitution is not made in a short period of time, local law enforcement will be coming with an arrest warrant. The caller may also threaten immediate legal actions. The caller may also tell the intended victim that their personal information including Social Security number are needed to qualify or get them new benefit or higher payments.

The communication may demand immediately payment under threat of lawsuit or arrest. Payment is requested in the form of gift cards, pre-paid debit cards, internet currency, wire transfer or cash.

In early January 2020, Inspector General of Social Security, Gail S. Ennis issued a warning that telephone scammers may send fake documents by email to convince potential victims to comply with their demands. These emails may have attached letters and

documents that appear to have originated with SSA or SS IOG (Office of the Inspector General).

Social Security, in some situations may call you, but it will never threaten you, suspend your Social Security number, or demand immediate payment from you. If there is a situation where a payment is required, Social Security will never ask or require payment in the form of gift cards, cash, pre-paid debit cards or wire transfers. Social Security will never ask for gift card numbers over the phone or to wire or mail cash.

Individuals may occasionally be contacted by Social Security Administration employees by telephone for customer related reasons. Very rarely, in situations already known to the call recipient, an SSA employee will request confirmation of personal information over the phone. The SSA representative will provide a telephone number and extension.

Here’s how can you protect yourself. When answering an unknown phone number, say nothing until the caller talks. Hang up if you think the call is suspicious call. Do not give out any personal information including Social Security number. Never send money. Report the scam to Social Security at [OIG.SSA.GOV](https://www.oig.ssa.gov).

Delete suspicious emails without opening. If the email looks authentic but is unsolicited or doesn’t seem right, do not open it. The easiest way to determine if it’s legitimate by right-clicking on the sender’s email, or in the case of Gmail, hover your mouse over the sender and they email will show. If it’s not a common domain or address not associated with the sender, delete it. For example, if an SSA email doesn’t end with [ssa.gov](https://www.ssa.gov), but instead [ssa.com](https://www.ssa.com), it’s a fake.

CNBC news reported in December 2019 the Social Security Administration is the number one government target by imposters as reported by the Federal Trade Commission. In the first six months of 2019, there were 73,000 reports filed about Social Security fraud, with individual losses totaling \$17 million dollars. If a scam communication is received, don’t become a victim. Report it.

ESGR

ESGR Ombudsman Service Helps Avoid, Resolve Employment Conflict

Thad Martin,
Chair, Connecticut Committee for Employer Support of the Guard and Reserve (ESGR)

Recently, the U.S. Department of Justice filed a lawsuit against a well-known national retailer on behalf of a Navy Reserve member, alleging it violated the Uniformed Services Employment and Reemployment Rights Act (USERRA) by refusing to hire her due to upcoming military training requirements.

In another case, a government agency ruled an employer violated USERRA and must pay an Army National Guard NCO 14 years' worth of salary and benefits for firing him in 2000 for what the employer claimed was "excessive use of military leave."

These may be extreme examples but they illustrate what can happen when a conflict between civilian employment and military service isn't dealt with and resolved as quickly as possible.

USERRA protects the job rights of individuals who voluntarily or involuntarily leave employment positions to perform service in the National Guard and Reserve and in other uniformed services, including certain types of service in the National Disaster Medical System and the Commissioned Corps of the Public Health Service.

Service members and employers can get USERRA-related information or request ombudsman assistance by calling the ESGR Customer Service Center at (800) 336-4590 (select option 1) between 8 a.m. and 6 p.m. ET.

Often, an issue prompts the service center to assign the case to an ESGR ombudsman

at the state committee level, who works with employers and service members to prevent, reduce or resolve misunderstandings regarding employment rights and responsibilities under USERRA.

Conflicts sometimes arise because service members and employers aren't aware of their USERRA responsibilities, so an ombudsman's most important job is to educate all parties. ESGR provides both initial and advanced ombudsman training to ensure every volunteer is a USERRA subject matter expert.

One thing an ombudsman is not is an advocate for the service member. An ombudsman's job is to assist members of the National Guard and Reserve in resolving disputes with their civilian employers related to their military service through neutral and impartial mediation.

In Connecticut, our ombudsman team is led by Ombudsman Director Bill Vernile, who has done a great job not only in resolving cases, but making sure all cases are handled in a timely manner.

To date, within the current fiscal year 2020, Connecticut ombudsman resolved 100% of their cases within 14 days, averaging about 3.4 days per case. Those are impressive numbers and reflect the professionalism and determination of our volunteers.

Bill leads a dedicated team of ombudsman, but he can always use more help. It takes a special kind of person to make a good ombudsman, but if you're interested in learning more about the program, please contact Volunteer Support Technician Ben Beaudry at (860) 524-4970 or Benjamin.A.Beaudry.ctr@mail.mil.



SHOW THEM WHAT YOU DO
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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

Successful Employment Program for Veterans Accepting Applications.

Tom Long
SVP Communications, The WorkPlace

Platform to Employment graduates Get Hired! In 2019 the state of Connecticut appropriated funds for a Platform to Employment Veterans (P2E Veterans) pilot program to support veterans gain sustainable employment. Through P2E Veterans individuals can find the support and services needed to get back to work. P2E Veterans helps those that have been separated from employment and exhausted unemployment benefits get back to work by addressing their specific challenges.

P2E Veterans is an empowering solution and available at no cost. P2E Veterans energizes individuals, fosters self-sufficiency and focuses on performance improvements with measurable outcomes. The program helps veterans discover their true potential while providing employers flexible and highly trained workers who can think critically, act independently and work in teams.

The program is based on the nationally successful Platform to Employment program which has been operating since 2011. Platform to Employment is designed to break the cycle of joblessness for long-term unemployed individuals and this P2E Veterans pilot will demonstrate it can be adapted to support veterans in job search. The original program has shown great results with more than 80% of participants returning to work at an average annual wage of over \$50,000.

"Veterans bring diverse experiences, a variety of skills, and their military training to the civilian workplace and they deserve every chance to succeed in the workforce" said Joseph Carbone, president and CEO, The WorkPlace which operates P2E Veterans. "The WorkPlace is committed to making that vision a reality through programs like P2E Veterans that provide job search supports to our veterans."

The program offers a dedicated staff to transform job search skills. P2E Veterans provides a committed support system and network of professionals with the same goal; helping people get back to work. A key element of success is supplying employers a risk-free opportunity to evaluate and consider hiring a veteran during an eight-week work

"Veterans bring diverse experiences, a variety of skills, and their military training to the civilian workplace and they deserve every chance to succeed in the workforce"

experience funded by the program.

Veterans start with a five-week preparatory program that addresses the social, emotional, and skill deficiencies caused by long-term separation from employment. Veterans are then matched with open positions at local companies on an eight-week, trial basis with their salaries funded by P2E Veterans. This is a paid opportunity for veterans to demonstrate they can do the job while employers evaluate their work. P2E Veterans is offered to any Connecticut veteran with programs beginning in Bridgeport,

Platform to Employment®

»» A WorkPlace Opportunity.

Helping Veterans Find Career Opportunities

- Transform your job search skills
- Work with a dedicated career coach and employment specialist serving military veterans
- Secure employment











NOW RECRUITING

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info@platformtoemployment.com

www.PlatformToEmployment.com

No cost to attend. Apply online today!

Platform to Employment for Veterans is a WorkPlace Opportunity. It is an equal opportunity program and auxiliary aids and services are available upon request to individuals with disabilities.

Connecticut.

Helping Veterans find and obtain employment, as well as advance their civilian careers is a high priority for the state. This new program expands services that help Con-

necticut veterans and is now accepting applications. Veterans interested in applying for Platform to Employment Veterans should visit platformtoemployment.com or call Tim DeMarco at (203) 610-8532.

The Periodic Health Assessment (PHA) Dental DD FORM 2813 Active Duty Reserve Forces Dental Examination

Staff Sgt. Desiree Cohen
Unit

The Periodic Health Assessment (PHA) is a screening tool used by the armed forces to evaluate the individual medical readiness of their Service members. One of the components of the PHA that the Soldier must complete annually is a dental exam.

To expedite the dental exam process the army allows soldiers to go to their civilian dentist to have a DD FORM 2813 Active Duty Reserve Forces Dental Examination filled out. The forms will be reviewed for accuracy and completion. If the forms are complete then the Soldiers will be excused from going through the dental exam. Soldiers may still need to get a panoramic x-ray depending on the date of their last x-ray or their dental status. DD FORM 2813 Active Duty Reserve Forces Dental Examination will be accepted only if the form is dated within a sixty day window from the exam with their civilian dentist and the Periodic Health Assessment screening date.

To begin filling out the DD Form 2813, you must bring the form to your civilian dentist who will provide an examination.

1. Prior to the examination, it is efficient to provide your personal information in boxes 1 through 5; your name, social security number, branch of service, unit, and unit address.
2. The rest of the form needs to be filled out by a dentist.
3. In box 6, the dentist must rate the candidate's dental condition with a dental rating of Class I, Class II, or Class III. A Class I indicates that no treatment is necessary. A Class II rating indicates that there are some oral conditions. The individual may need a cleaning or may have some other condition, like a simple filling, which won't result in a dental emergency within 12 months. A Class III status indicates that the soldier possesses one or more oral conditions that will ultimately result in a dental emergency within 12 months.
4. If the dentist determines that a dental emergency will arise within 12 months, he or she must indicate what dental conditions exist.

5. The dentist should further describe the dental conditions if any are present that would cause a dental emergency within 12 months.
6. If x-rays were conducted on the applicant, the dentist must indicate the date they were taken.
7. The dentist will then provide their name and contact information in boxes 7 through 11.
8. Once the dentist signs off on the DD Form 2813, the form is ready for submission to the Department of Defense at the address provided on the top of the form.

The soldier is given a dental readiness class based on the results of the DD 2813 dental form. There are four readiness classes in total.

- Class I is given to soldiers with perfect oral hygiene who are not expected to require dental treatment or re-evaluation for the next 12 months.
- Class II is given to soldiers who have oral conditions that, if not treated or followed up, have the potential but are not expected to result in a dental emergency. These soldiers might have some history of periodontal disease but are currently in stable condition.
- Class III is given to soldiers whose dental health is in poor condition or soldiers who have some oral conditions that are expected to result in dental emergencies within 12 months if not treated. In case of any confusion in choosing between the second and third dental readiness class, the doctor must choose the more severe of the two.
- Class IV is given to any soldiers that have had no oral examination in the last 13 months.

If a soldier brings in a DD FORM 2813 Active Duty Reserve Forces Dental Examination filled out by the dentist and is given a Class III status, the Soldier will need to go through the dental portion of the Periodic Health Assessment (PHA). The Military dentists will review the results from the exam and will provide Soldiers with options for remedying the class three condition.

What is Traumatic Servicemember Group Life Insurance?

Capt. Mark Soltau
Joint Force Headquarters, HHD Executive Officer

The Traumatic Servicemember Group Life Insurance program provides coverage and payment to service members who are severely injured (on or off duty) as the result of a traumatic event and suffer a loss that qualifies for payment under TSGLI. TSGLI is designed to help traumatically injured service members and their families with financial burdens associated with recovering from a severe injury.

TSGLI payments range from \$25,000 to \$100,000 based on the qualifying loss suffered. Effective December 1, 2005, all service members who are insured under SGLI and experience a traumatic event that results in a traumatic injury which is listed as a qualifying loss are eligible to receive a TSGLI payment. TSGLI is not payable to Spouses and Children covered under Family Servicemember Group Life Insurance.

A traumatic event is considered as the application of external force, violence, chemical, biological, or radiological weapons, accidental ingestion of a contaminated substance, or exposure to the elements that causes damage to the servicemember's body. A traumatic injury is the physical damage to the servicemember's body that results from a traumatic event. The servicemember can only file one TSGLI claim per traumatic event, regardless of the number of traumatic injuries incurred in a given event.



The Army works to process claims as quickly as possible, depending on the type of claim. Incomplete forms, missing medical documentation, can result in a longer processing time for the claim.

It is important for the servicemember to ensure that all forms are completed and all appropriate medical documentation is included. The average processing and adjudication time for a claim is approximately 90 working/business days for initial claims and first appeals.

If the claim is approved, the amount awarded is determined using pre-approved criteria established by Congress

and the Department of Defense. Recipients will be paid via Electronic Funds Transfer (EFT). Payment may also be made to a Prudential Alliance Account from which the Service member will be able to withdraw funds. Payments will always go to the Soldier, unless the Soldier is declared legally incompetent. In that case, the Soldier's guardian or attorney will receive payments under a durable power of attorney.

Point of contact for TSGLI is: Capt. Mark Soltau (203) 568-1705; hewan.m.soltau.mil@mail.mil.



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.

Are you ready for the Army Combat Fitness Test?



3 Repetition Maximum Deadlift



Standing Power Throw



Hand Release Push Up - Arm Extension



Sprint - Drag - Carry



Leg Tuck



Two-Mile Run

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



A Soldier assigned to the 1-102nd Infantry Regiment delivers a block of instruction to members of a local JROTC program.

1-102D JROTC Recruiting Program

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

Recruiting is a main task in keeping the Army manned and lasting for generations to come. It's also one of the hardest tasks any Commander has. Trying to connect with younger generations and also reaching out to the community to get civilians involved in the military has become a harder mission to accomplish over the past few years. Lt. Col. Frank Tantillo, commander of the 1-102nd Infantry Regiment, has found a way to connect with younger people and engage his units with the community they serve.

Lieutenant Col. Tantillo implemented a plan for every unit in his battalion to link up with a Junior Reserve Officers' Training Corps program at participating schools. Working in concert with the local Recruiter, unit representatives, and JROTC Commanders, the program has been showing immediate positive responses. Each unit under the 1-102nd has been assigned a school to work with by engaging in a learning environment covering a wide array of subjects from military history and tactics to leadership and job interview skills.

Once a month, each unit meets with their respective schools and spends a few hours to the whole day teaching and enhancing the JROTC Commander's curriculum. Headquarters and Headquarters Company has been working with Hill House High School in New Haven since October 2019. In that time, they have worked on Drill and Ceremony, Leadership, and mock job interviews and tips. H Co, 186th Brigade Support Battalion

has been working with Crosby High School in Waterbury, sharing military vehicles they use as well as teaching classes on basic military operations and the importance of each job to help every mission succeed.

These interactions are not just a tool for recruiting, but helping to enrich students who have a desire to see what the Connecticut Army National Guard can provide for them now and in their future. Students are getting a firsthand experience on equipment, military lifestyle, practices, and life skills to help in any situation. The partnership also allows the Soldier to help, grade and participate in the Army Physical Fitness Test and teaching the upcoming Army Combat Fitness Test. An annual event will be the culmination of all the hard work over the past few months.

The JROTC Raider games will be held in Veterans Park behind New Britain High School. New Britain High School, Hill House High School, Crosby High School, Bloomfield High School, Westhill High School and some Rhode Island schools will all participate in several events to battle for the championship. These events include stations for first aid, rope bridges, a homemade obstacle course and a 5K run.

The partnership is in its initial phase, however the bonds and lessons that are generating from the mentorship and interaction will have a positive long-lasting effect not only on the Soldiers' participating but on the young Cadets, who could become tomorrow's leaders.



Wearing a black head cover, Army Chief Warrant Officer 4 Raquel Patrick, a member of Cultural Support Team-2, speaks with an Afghan child, Nov. 24, 2015. Female CST-2 members were deployed to Afghanistan with the primary duty of working with civilian women there. (Photo Credit: Air Force photo)

Women, peace, security initiative promotes empowerment

Jim Garamone
Defense.gov

The Women, Peace and Security Initiative drives home a point that American military planners instinctively know: empowering women is the key to a more peaceful world.

Lisa W. Hershman, the Defense Department's acting chief management officer and the Pentagon's third-highest civilian leader, is leading the Women, Peace and Security Initiative in the department.

Hershman worked in industry and knows the value gained via gender diversity, not only from developing strategies, but also in carrying them out. The same thing can happen in the security world, she said.

Creating a peaceful world in which all can rise to their potential is the dream of all people, she said during an interview, and including women in the security realm increases the odds of that happening. "We always want to prevent conflict, if possible," she said. "Some of the statistics we've seen are enlightening. When ... women participate in the peacekeeping process, ... the agreement is 35 percent more likely to last at least 15 years. That's a compelling statistic."

On a tactical level, the Army actively recruited women for service in Afghanistan in 2011, before the combat exclusion policy was lifted. Still, women could be attached to all units -- including infantry and Special Forces teams. The women searched and questioned Afghan women, and they protected Afghan women during combat operations in their villages. The soldiers also would glean intelligence that could save Afghan and American lives.

"We also have some research examining all the peace agreements in the post-Cold War period," Hershman said. "It found that participation of civil society groups in general, including women's organizations, made a peace agreement 64 percent less likely to fail."

Hershman's main mission as acting chief management officer is to push reform in the

department. She said she has been struck by the similarities between reform and the Women, Peace and Security initiative. Both are transformative, she noted. Both entail thinking about change and thinking about things differently.

Both require "shifting thinking and behaviors," she said. "Both require leadership to begin the process of changing culture. There are parallel paths, because both require reacting to change." From a process standpoint, she added, the similarities are amazing.

The ideas, attitudes, needs, requirements of women -- who, after all, are a bit more than 50% of the human race -- must be considered across the range of security perspective. Research proves this. Hershman noted that a visible presence of female peacekeepers has been shown to empower women and girls in host communities and can raise women's participation rates in local police and military forces.

"In Liberia, observers attributed an increase in women's participation in the national security sector -- from 6 to 17% over nine years -- to the example set by the all-female police units deployed as part of the U.N. peacekeeping mission," she said.

DOD has moved out smartly on the initiative, and its efforts are influencing other agencies in government to embrace this, Hershman said. She commended Undersecretary of Defense for Policy John Rood and Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, for their efforts in the initiative, saying both have been pushing implementation for two years.

Moving forward, it is important to continue the push, Hershman said. She will work with others to ensure the initiative is institutionalized and considered in all aspects of defense. Tactical personnel need to know about how women are treated in the nations they operate in. Senior leaders need to understand how to get women involved in peacekeeping or peace enforcement operations. From planning through execution, she said, what women think must be considered at all echelons of the military.

13 Tax Tips Made for Military Life

Military OneSource

As a service member, the tax implications of combat pay, deployment or multiple moves can be daunting. Military OneSource MilTax services – designed specifically for the MilLife – can make tax time easier– and help maximize your tax refund.

With MilTax, service members have quick access to consultants who are experts in the tax code and how it applies to military life, as well as easy and secure preparation and free tax filing software. All MilTax services are 100% free with no hidden surprises, so take advantage of MilTax to save money and time this tax season.

Before filing, organize paperwork and establish a specific place for all incoming tax documents, like W-2 forms, as they arrive in the new year. You may need to track down others. You'll also need Social Security numbers, birth dates and other information for everyone included in the return.

Take another look at that Leave and Earnings Statement withholding. Taxpayers will want to check to see if their 2019 federal income tax withholding will unexpectedly fall short of their tax liability for the year.

They can check this by using the Tax Withholding Estimator on IRS.gov. Not sure of all the documentation you'll need? Contact a MilTax consultant for free help on which

documents you'll need to file for your specific situation

Stuck? Questions? Unsure of the next step? Let MilTax take the stress out of tax season. Military OneSource's tax consultants can answer your questions, and our free tax preparation and e-filing software makes filing your returns fast and simple.

Call 800-342-9647 or live chat 24/7 to schedule an appointment with a MilTax consultant to get answers to your tax questions.

The standard deduction for married filing jointly is \$24,400 for tax year 2019. For single taxpayers and married individuals filing separately, the standard deduction is \$12,200 for 2019, and for heads of households, the standard deduction is \$18,350 in 2019.

The IRS allows you to take certain tax credits on your tax returns, including:

The Lifetime Learning Credit is for qualified tuition and related expenses paid for eligible students enrolled in an eligible educational institution. The LLC can help pay for undergraduate, graduate and professional degree courses – including courses to acquire or improve job skills. There is no limit on the number of years you can claim the credit. It is worth up to \$2,000 per tax return and applies to 20% of the first \$10,000 of a taxpayer's out-of-pocket expenses.

The Earned Income Credit up to \$6,557 for taxpayers filing jointly who have three or more qualifying children; check out income and credit amounts.

The Child Tax Credit expanded to \$2,000 per qualifying child and is refundable up to \$1,400, subject to phase outs. The bill also includes a temporary \$500 nonrefundable credit for other qualifying dependents.

The maximum credit allowed for adoptions is the amount of qualified adoption expenses up to \$14,080 in 2019. This credit is nonrefundable, which means it's limited to your tax liability for the year. However, any credit

in excess of your tax liability may be carried forward for up to 5 years.

While the IRS allows taxpayers who itemize to deduct a range of expenses, alimony payments are no longer deductible starting in tax year 2019; the recipient does not have to report alimony as income any more either.

Meanwhile, one exclusion common among military families is the foreign earned income exclusion, which is up to \$105,900 for tax year 2019.

For more information about these or other credits, deductions or exclusions, contact a MilTax consultant about your specific situation.

Active-duty service members have always been able to keep one state as their state of legal residency for tax purposes – typically their home of record – even when they move frequently on military orders. A state of legal residence is also considered their 'domicile' or 'resident' state.

Since 2009, when the Military Spouse Residency Relief act was signed, military spouses may keep their state of residency to that of the service member, regardless of which state they currently reside.

When you're deployed, your service wants you to focus on your mission, not your tax forms. The IRS automatically extends tax deadlines for U.S. Armed Forces personnel deployed to a combat zone or in support of operations in a qualified hazardous duty area.

The deadline for filing returns, making payments or taking any other action with the IRS is also extended for at least 180 days after the last day of qualifying combat zone service or the last day of any continuous qualified hospitalization for injury from service in the combat zone.

Many military families buy a home knowing they may have to sell it when their next PCS comes around.

It's important to know about capital gains tax ahead of time.

If you make a profit from the sale of your main home, you may qualify to exclude up to \$250,000 of that gain from your income, or up to \$500,000 of that gain if you file a joint return with your spouse. This is called the Sale of Primary Home Capital Gain Exclusion.

To be eligible for this exclusion, most people must have owned the home for at least two years and lived in that home for at least two of the last five years. However, service members who have moved due to PCS, before being able to meet these requirements, may still qualify for an exclusion. In those cases, they may not be taxed with the total capital gain for the sale of home.

Changes to the Affordable Care Act may affect your tax return in 2019. The most notable change is that the individual mandate has gone away. This means that you will no longer pay a penalty if you did not have health insurance in 2019.

If you have property in an area determined by the president to be eligible for federal assistance – such as a region devastated by a hurricane or forest fire eligible for assistance from FEMA – you can claim unreimbursed expenses from casualty losses on your federal tax return.

If you are eligible to claim a loss on your tax filing, use IRS Form 4684, 'Casualties and Thefts.' Refer to IRS Publication 547 ('Casualties, Disasters, and Thefts') and Publication 584 ('Casualty, Disaster, and Theft Loss

Workbook') for more detailed information.

Additional resources can be found on the IRS website, and MilTax consultants can help you sort out your specific tax situation for free.

If you receive a corrected W-2, or W-2C and have not filed a tax return for the year covered by the form, then file an amended tax return for the year the corrected W-2 covers. If you have not yet filed a return for the year covered by the W-2C, use the W-2C when filing your initial return.

If something doesn't look right on your W-2:

Call the Military Pay customer care center at 888-332-7411 to request a corrected W-2.

Use AskDFAS; clickable icons are located on the myPay and DFAS homepages. FAQs are available for information and the application allows members to submit a secure message to the appropriate DFAS military pay office.

Reservists whose reserve-related duties take them more than 100 miles away from home, each way, can deduct their unreimbursed travel expenses on Form 2106, even if they do not itemize their deductions.

They can also deduct the purchase and upkeep costs of uniforms that they can't wear while off duty, minus any allowance they receive for these costs.

Taxpayers can request a free transcript of tax returns covering the past three years. The Get Transcript tool on IRS.gov is the fastest way to get a transcript.

If you have any questions about special tax situations for National Guard or reservists, contact a MilTax consultant for a free consultation.

An IRA or 401(k)-type plan might mean saving for retirement and cutting taxes at the same time. Service members who contribute to a plan, such as the Thrift Savings Plan, may also be able to claim the Retirement Savings Contributions Credit.

IRAs are different from 401(k)s and TSPs. By the end of the year, a single person can make an IRA contribution of \$6,000, or \$7,000 if you are age 50 or older, or your taxable compensation for the year was less than this dollar limit. If you file a joint return and have taxable compensation, you and your spouse can both contribute to your own separate IRAs. You can contribute up to \$6,000 to a spousal IRA in 2019 or \$7,000 if you are 50 or older.

In a 401(k), you can contribute the maximum of \$19,000. If you are 50 or older, you can make an additional catch-up contribution for as much as \$6,000, for a total of up to \$25,000. The TSP maximum amount you can contribute is \$19,000.

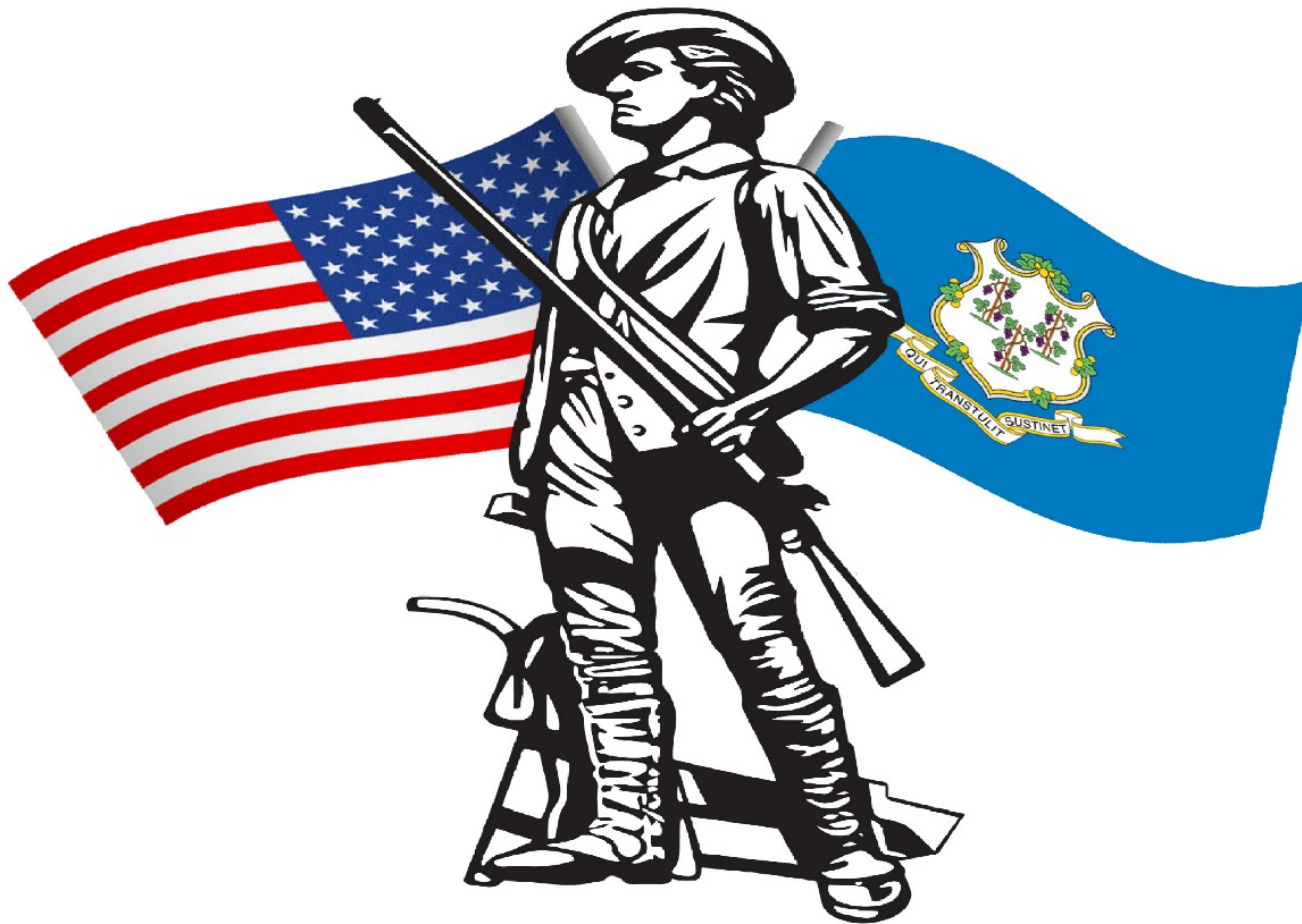
There are two kinds of IRAs – traditional and Roth. The Roth is pre-taxed and can be withdrawn after the age of 59½ without penalty. The traditional is taxed at the time of withdrawal and will be penalized if you are not 59½. You can deduct your contributions if you qualify with a Traditional IRA, but Roth IRA contributions are not deductible.

Taxes are complicated. Remember that our 100% free MilTax services – both our expert military tax consultants and e-filing tax preparation software – stand ready to make tax season easy for you. Call 800-342-9647 for 24/7 help. OCONUS/International? Click here for calling options. Or live chat to schedule a consultation with a MilTax consultant or a financial counselor.

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103rd LRS Airmen keep wheels turning on mission readiness

Staff Sgt. Steven Tucker
103rd Airlift Wing Public Affairs

EAST GRANBY, Conn. — As the Air National Guard serves as an operational component in an increasingly connected total force, Airmen in the 103rd Logistics Readiness Squadron's traffic management and ground transportation sections play a key role in ensuring the readiness of organizations across Bradley Air National Guard Base.

"We receive, process, package and ship all the cargo going off base," said Airman Basic Starr Figueroa, 103rd Logistics Readiness Squadron traffic management specialist. "We also receive all the cargo coming into the base, process it into the system and deliver it to where it needs to go."

Proper delivery of cargo has a ripple effect on mission readiness for the 103rd and other wings.

"We ship a lot of aircraft parts, so it's important that bases receive those parts to fix their aircraft and carry out their mission," said Figueroa.

New Airmen like Figueroa quickly develop many hands-on skills.

"My favorite part is being able to do things that I don't normally do on the outside," said Figueroa. "For instance, cutting wood and constructing shipping containers as well as driving forklifts and other types of vehicles."

Traffic management Airmen construct shipping containers to Air Force specifications to ship items not transported in an average cardboard box, such as airplane wheels, said Figueroa.

Once the cargo is prepared, ground transportation specialists ensure safe delivery of items to the proper recipient. These Airmen are also able to transport much larger pieces of equipment.

"For vehicle inspections, we go through the checklist to ensure that the vehicle is in safe working order," said Carrero. "You inspect all the fluids, belts, lights, air pressure, and other essential items so you're not putting yourself or others at risk."

"Just recently we had to pick up a scissor lift from a different Guard unit and bring it here in support of air-



Airman Basic Starr Figueroa, 103rd Logistics Readiness Squadron traffic management specialist, operates an arm saw at Bradley Air National Guard Base, East Granby, Conn. Feb. 8, 2020. Traffic management specialists construct custom shipping containers to Air Force specifications for safe delivery of certain pieces of equipment, including C-130H wheels. (U.S. Air National Guard photo by Staff Sgt. Steven Tucker)

craft maintenance," said Tech. Sgt. Alexis Carrero, 103rd Logistics Readiness Squadron ground transportation specialist. "We were able to deliver that equipment ourselves because we have people qualified to drive the tractor-trailer needed for transport."

As functional experts on many types of government vehicles, including tractor-trailers and buses, ground transportation Airmen ensure vehicle readiness and train other members who need certifications.

"For vehicle inspections, we go through the checklist to ensure that the vehicle is in safe working order," said Carrero. "You inspect all the fluids, belts, lights, air pressure,

and other essential items so you're not putting yourself or others at risk."

Carrero takes pride in being a part of the overall mission at the 103rd Airlift Wing.

"I think it's rewarding because like I mentioned before, we didn't just pick up a scissor lift," said Carrero. "We picked it up because they needed to perform maintenance on the aircraft and didn't have the proper equipment to do so. So our part is important in the big picture."

Commander's Column

Lt. Col. Jahn Saunders
103rd Airlift Wing Commander

Here we are on the cusp of our first major inspection since coming out of our C-130 conversion. From 2018 on, when focus shifted to Full Spectrum Readiness (FSR), the pace has been fierce and unrelenting. Combined with the instability of fleet uncertainty, continuing resolutions, and a deployment for the Operations and Maintenance Groups, amongst others, we have asked much from our Airmen. In every instance, however, the Flying Yankees of the 103rd Airlift Wing have come through.

As Col. Gwinn mentions in his Strategic Plan memorandum, “the age and experience of our population has been reduced dramatically due to a large generation of Airmen reaching retirement age and the newest generation moving on before reaching 20 years. This combination, as well as the halting of ORI’s, has led to a very inexperienced population of Airmen.”

Many in the wing have not experienced the Operational Readiness Inspections of the past, and if you are one of those, I urge you to talk to the “old hats” who will probably give you similar advice to what I have given. That is to go into it with a positive attitude and remain professional at all times. Take this inspection seriously, do your best to be in the mindset you are actually overseas, do the job well, and we will be successful; however, we will have more to prepare for.

After this week, we will take on our next challenge, the CAPSTONE inspection in August. In fact, preparations and submissions are already underway. Although it is still winter and an inspection at the end of summer seems far away, the reality is there are only three drill weekends left between now and then after this week. The CAPSTONE is different from the one this week, but the tactic for success is the same: have a positive attitude, be professional at all times, do your job well and we will be successful; however, we will have more to prepare for.

After the conclusion of CAPSTONE, many on this base will be close to entering a deployment window. It is a lot to ask of you and I thank you all for doing what you do with a positive attitude and great professionalism. As we transition into a new “normal” of high ops tempo in the never-ending pursuit of increased readiness, I am confident we can achieve early victories with two inspections and a deployment, but as Winston Churchill said about a victory early in WWII, “this is not the end. It is not even the beginning of the end. But it is, perhaps, the end of the beginning.” Good luck this week and I will see you on the other side.



Connecticut Airmen learn MHFA, support resilience

Tech Sgt. Tamara Dabney
103rd Airlift Wing Public Affairs

“If you can remember, if it’s not too painful to think about, your darkest, most difficult days...how did you pull through?”

Chief Master Sgt. of the Air Force Kaleth O. Wright raised this question during a podcast discussion in November 2019. By the end of that year, 137 members of the U.S. Air Force had died by suicide. The toll represented a 33 percent increase in suicides over the previous year and a growing mental health crisis in the Air Force.

Members of the Air Force, across the active duty, Guard and Reserve, have been tasked with developing initiatives to support mental fitness and increase resilience. The Connecticut Air National Guard recently hosted a Mental Health First Aid Certification Course in coordination with the Healthy Minds Alliance of Health360, Inc. Mental Health First Aid (MHFA) is a public education program that teaches participants how to recognize and respond to mental health crises.

“The training focuses on anxiety, depression, psychosis and substance use,” said Senior Master Sgt. Jennifer Gonzalez-Smith, 103rd Airlift Wing Human Resource Advisor

and Sexual Assault Victim Advocate. “It provides people with a tool to help in a mental health emergency.”

Knowing how to immediately assist someone who is experiencing a mental breakdown could prevent that person from doing harm to themselves or others. Just as the American Heart Association trains people to perform life-saving CPR for cardiac emergencies, the Connecticut Air National Guard aims to equip Airmen with potentially life-saving MHFA skills.

“We like to think of it as CPR for your brain,” said Gonzalez-Smith.

A diverse group of Airmen with various backgrounds and levels of experience took part in the training. Lt. Col. Eric Wismar, a training participant who serves as a Chaplain for the Connecticut National Guard Joint Force Headquarters and the 103rd Airlift Wing, has provided counseling services to military members for more than 17 years. He said that earning an MHFA certification enhanced his job skills and could help Air Force leaders in other fields be more comfortable when confronted with mental health crises.

“This was outstanding training,” said Wismar. “Some things, for us healthcare providers, were a refresher, but many things were new to me. I think it’s good, because it

gives leaders and those who were in attendance the tools to identify different mental illnesses or substance abuse possibilities. If a person has them [mental health issues], you learn how to approach them and how to feel comfortable in terms of assessing the situation and thinking about what the next step might be.”

Numerous studies have suggested that the stigma associated with mental illness could act as a major barrier that prevents some military members from utilizing mental health services. Gonzalez-Smith thinks that educating Airmen about mental illness through MHFA training could help reduce stigma.

“I think anytime you can decrease the stigma of mental health, it’s a good opportunity, so I thought it would be a good opportunity for the Connecticut Air National Guard to learn some new skills that all Airmen could use,” said Gonzalez-Smith.

The ultimate goal of Air Force mental health initiatives is to promote resilience among Airmen, which supports readiness and a more lethal force. Equipping Airmen with the skills to help one another get through their most difficult times is one step that the Connecticut Air National Guard is taking to achieve this goal.

Vehicle maintainers keep 103rd AW moving

Staff Sgt. Steven Tucker
103rd Airlift Wing Public Affairs

EAST GRANBY, Conn. – This isn't your typical vehicle service garage.

Inside the vehicle maintenance facility at Bradley Air National Guard Base, 103rd Logistics Readiness Squadron Airmen work diligently on government vehicles from various organizations, including security forces and aerospace ground equipment.

In a specially designed bay, the section receives an aircraft de-icer for maintenance. Outside the facility, a fire truck specialized for airport firefighting awaits final inspection before returning to the base fire department.

Bradley has a diverse fleet of vehicles and the base's team of vehicle maintenance specialists ensure all of them are ready to go.

"We are responsible for making sure all the vehicles on base are taken care of and up and running," said Senior Airman Thomas Bourgault, 103rd Logistics Readiness Squadron vehicle maintenance journeyman. "We service mission support vehicles such as refueling trucks, fire trucks, security forces trucks, pretty much everything."

Every year, more than 100 vehicles will come in for maintenance.

"On a given drill weekend, we usually do regular maintenance—oil changes, repairing wheel bearings—but on occasion we do have jobs that are a bit bigger," said Bourgault.

These tasks impact the 103rd Airlift Wing's overall mission.

"We have to make sure that refueling trucks are available so cargo can get where it needs to go," said Bourgault. "We have a hand in pretty much everything here as far as the vehicles different squadrons use."

For Bourgault, the positive work environment makes a difference in tackling the responsibility of maintaining the fleet.

"We have a good team over here," said Bourgault. "If we have 10 to 15 trucks that have to go in and out on a given weekend, it's great that we're able to come together and make that work. I look forward to it when I come in on drill weekends."

This environment has positively impacted one of the section's newest members, Airman 1st Class Tacito Castillo.

"Taking the things I learned in tech school and applying them hands-on with the vehicles here has been a very uplifting experience to say the least," said Castillo. "For me it's been a great learning experience at every step to understand things that I may not have known before, and now putting those things into practice."

Castillo has applied what he's learned outside the workplace.

"I've been able to use the skills I've learned here to fix my own car at home and help some of my friends as well," said Castillo. "Sometimes I learn things from working on those vehicles as well that I can share when I come in here."

Now in his second year with the vehicle maintenance section, Castillo has gained perspective on his role.

"We make sure we do our part here to make sure the fleet in its entirety is running," said Castillo. "It's a constant process and we continue to do that every day."



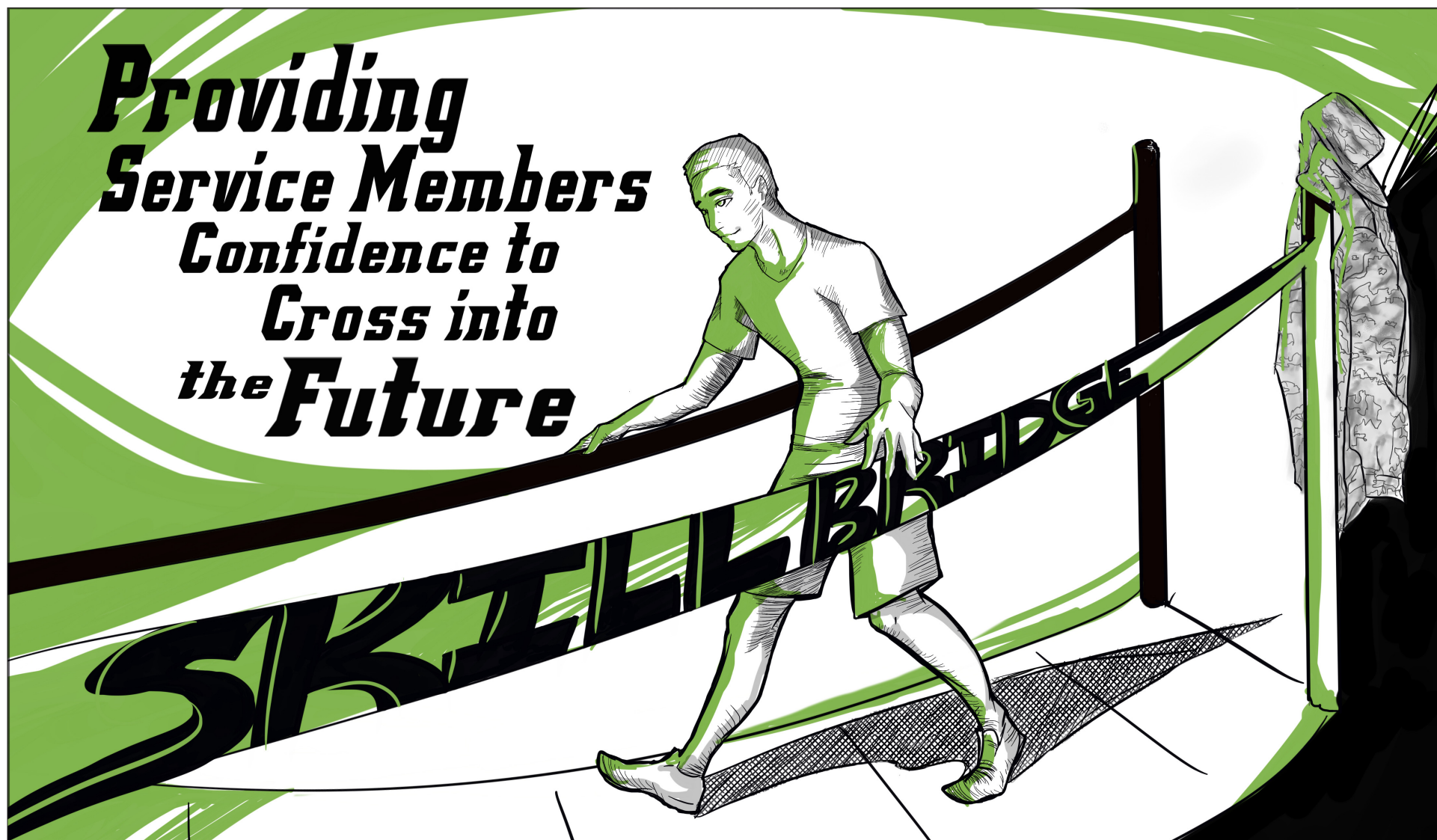
Senior Airman Thomas Bourgault, 103rd Logistics Readiness Squadron vehicle maintenance journeyman, checks under the hood of a pickup truck at Bradley Air National Guard Base, East Granby, Conn. Nov. 3, 2019. Vehicle maintenance specialists perform scheduled maintenance and necessary repairs to Bradley's entire fleet of vehicles, ensuring readiness of organizations throughout the installation, including aircraft maintenance and fire and emergency services. (U.S. Air National Guard photo by Senior Airman Sadie Hewes)



Senior Airman Thomas Bourgault, 103rd Logistics Readiness Squadron vehicle maintenance journeyman, checks the oil on a pickup truck at Bradley Air National Guard Base, East Granby, Conn. Feb. 8, 2020. Vehicle maintenance specialists perform scheduled maintenance and necessary repairs to Bradley's entire fleet of vehicles, ensuring readiness of organizations throughout the installation, including aircraft maintenance and fire and emergency services. (U.S. Air National Guard photo by Staff Sgt. Steven Tucker)



Airman 1st Class Tacito Castillo, 103rd Logistics Readiness Squadron vehicle maintenance specialist, repairs a truck at Bradley Air National Guard Base, East Granby, Conn. Nov. 3, 2019. Vehicle maintenance specialists perform scheduled maintenance and necessary repairs to Bradley's entire fleet of vehicles, ensuring readiness of organizations throughout the installation, including aircraft maintenance and fire and emergency services. (U.S. Air National Guard photo by Senior Airman Sadie Hewes)



Skillbridge is an opportunity for service members to gain civilian work experience through specific industry training, apprenticeships, on-the-job training or internships during the last 180 days of service before transitioning into the civilian workforce. (U.S. Air Force graphic by Haley Janes)

Skillbridge helps service members transition to civilian workforce

Holly Logan-Arrington
Robins Air Force Base Public Affairs

ROBINS AIR FORCE BASE, Ga. (AFNS) -- Skillbridge helps make the future less uncertain for service members separating from the military.

The program is an opportunity for service members to gain valuable civilian work experience through specific industry training, apprenticeships, on-the-job training or internships during the last 180 days of service.

Skillbridge connects service members with industry partners in real-world job experiences, said Angela Daniels, Robins Air Force Base Education and Training Office training management specialist and Skillbridge program counselor and program manager.

"Skillbridge is an excellent opportunity as service members plan for life after the military," Daniels said. "Skillbridge matches civilian opportunities to member's job training and work experience at the end of their military duty. Members can enhance their marketability and post-separation career prospects by participating in a Skillbridge opportunity."

Enlisted and officer ranks may apply, as long as they have 180 days of service or fewer remaining prior to date of separation with an honorable discharge, including gen-

eral discharge under honorable conditions. Additionally, members must have at least 180 continuous days of active service, obtained approval from their unit commander and agree that participation in Skillbridge can be terminated at any time if mission requirements dictate.

Members must complete a counseling session with a Skillbridge counselor and speak to their respective commander for approval to participate in the Skillbridge program.

Next, the service member should contact the company he or she would like to complete Skillbridge with and submit the vetting checklist, retirement order, if applicable, along with a detailed training plan and complete official Skillbridge application once given the go-ahead via Air Force Virtual Education Center.

The Skillbridge counselor then considers the application for approval and emails the military member's commander for consideration for approval.

If the military member is participating in the Skillbridge program outside of the 50-mile radius, then the application is submitted to the member's major command for a Permissive Temporary Duty assignment. Upon approval, the military member will receive a PTDY letter.

Daniels said most programs are less than four months,

which allows members not only to receive their industry-related training and set themselves up for immediate entry into a new career – typically with the industry partner – but also to have time to use terminal leave, so long as it does not total more than 180 days combined.

Daniels said Skillbridge is a great opportunity for our service members to explore new job skills or expand on current military skills.

"Participating in Skillbridge can ease the stress around military separation," Daniels said. "Members gain critical work experience and training opportunities that are directly connected to a post-service career."

Daniels said often members experience a direct-hire from Skillbridge participation, with no period of unemployment and learn if the company is a good fit for them before they separate from the military.

While the program isn't mandatory, the Defense Department encourages service members to participate in Skillbridge and other career skills opportunities.

For more information, service members may visit the Skillbridge DoD website: <https://dodskillbridge.usalearning.gov/index.htm>

From BRAC to beddown: 103rd CE gets it done

Capt. Jennifer Pierce
103rd Airlift Wing Public Affairs

Bradley Air National Guard Base has been in a perpetual state of transition during the past 15 years. In 2005, the Base Realignment and Closure (BRAC) commission considered Bradley Air National Guard Base for closure, however, it was ultimately decided to keep the base open with the caveat of reassigning the A-10 Thunderbolt aircraft out of Connecticut. The A-10s, which have been the flying mission for the Connecticut Air National Guard since 1979, were reallocated to different states. Focus for the Flying Yankees shifted to creating a centralized intermediate repair facility (CIRF) to repair the A-10's T-34 engines and the addition of a command and control mission within the newly formed Air and Space Operations Group.

Scott Pearsall, currently a civilian engineer technician, has been with the 103rd Civil Engineer Squadron throughout this process.

"Lt. Col. James Works, who was the 103rd Civil Engineer commander at the time, and I started on the CIRF project," said Pearsall. "CE had to start from scratch. We felt we had to prove ourselves to the Guard Bureau that we could execute the project. We worked very hard with the existing engine shop to design the CIRF process."

The key is to any CE project is working with the customer, said Pearsall.

"We had to figure out what the CIRF requirements were," Pearsall said. "We read all the Air National Guard directives and met with programmers and project managers from NGB who helped us start this process. Failure was not an option, we had to get this done."

The CIRF was built as two additions to the current engine shop in building 23. A 15,000 square foot addition on the east side of the building was designed for the overhaul of T-34 engines shipped in to Bradley from other bases. A 7,700 square foot addition on west side of the building housed administrative offices. The construction of the CIRF was completed in 2009.

"It was state of the art and there were a lot of positives as far as Bradley's capability," said Pearsall.

During the construction of the CIRF, then Adjutant General of the Connecticut National Guard, Maj. Gen. Thaddeus Martin, was working hard to ensure the Connecticut Air National Guard retained a flying mission. The flying mission Martin secured was with the new C-27J Spartan tactical airlifter. The C-27J aircraft was so new, the aircraft were still on an assembly line in Italy. The newly designated 103rd Airlift Wing was then assigned the C-21 Cougar aircraft as a bridge mission until the C-27Js were built and delivered sometime in late 2013.

The newly acquired flying mission meant renovations for the main hangar. The execution of this plan included a 20,400 square foot complete renovation of the west side of the hangar. Construction on the hangar began in December 2010.

At the same time, the 103rd Civil Engineer Squadron was already underway building the command and control facilities for the 103rd Air and Space Operations Group (AOG). Construction for this \$7 million project had begun in the summer of 2010. The AOG project involved turning the former squadron operations group building and portions of another building into a functional air operations



Small air terminal at Bradley Air Force Base

group facility; the former squadron operations building was renovated to support the day-to-day operations of the AOG mission and the second building was designed to facilitate the communications support element for the AOG.

"These involved very sophisticated requirements," said Pearsall. "We had to build a SCIF [sensitive compartmented information facility] that had to be certified."

From design of the AOG facilities to stand-up, the project took approximately two-and-a-half years. The civil engineer squadron's ability to use existing facilities resulted in quick headway and significant cost savings.

While main hangar renovations were nearing completion, the 103rd Airlift Wing received news the Air Force was cutting the C-27J program, once again leaving the unit without a flying mission. Martin fought anew to ensure Connecticut maintained a flying mission.

"We were asked if we had the capability of bedding down a C-130 with the existing main hangar," said Pearsall. "We measured the aircraft, tail and wing clearance and found we could."

With an existing hangar that could beddown the C-130 Hercules aircraft, the 103rd Airlift Wing appeared a good fit for the new tactical airlift flying mission. Eight C-130H aircraft were designated for assignment to the wing.

"CE's next big challenge was to overhaul the main hangar to facilitate the C-130 and phase maintenance for the aircraft," said Pearsall. "This included a bridge crane, fall protection, relocating high expansion foam generators and all of the shops. It was an amazing effort by many people."

"It takes a team to make sure when you have a complete design it encompasses all the requirements," said Pearsall. "As civil engineers, we have an obligation to make sure the unit has what they need to support the mission which

requires involving the customer. We also have a requirement to not waste tax payer dollars. This base and a lot of great people have operated as a team and have got a lot of things done."

The next C-130 related project 103rd civil engineers took on was building a new fuel cell, the current building 25. C-130 fuel cell maintenance requires extensive safety protocols; fumes from the fuel bladder have to be properly evacuated. Construction on the 29,600 square foot facility, which includes a corrosion control facility, was completed in 2017 and now allows aircraft fuel systems specialists to safely perform fuel cell maintenance on the C-130.

"CE has really been going fast and furious since BRAC," said Pearsall. "In addition to all of these other projects, we've completed the small air terminal. This building gives [the 103rd Logistics Readiness Squadron] capabilities for cargo build up and passenger processing. Security Forces will be moving into their newly renovated building in late 2020, and the main gate to the base should be fully operational by this fall."

Pearsall doesn't see CE's tempo slowing down anytime soon.

"The CIRF was the beginning of an interesting journey for the base. From designing the CIRF to now, the civil engineers here really started learning very fast, it was baptism by fire," he said. "I truly believe the key to success [of the 103rd Civil Engineer Squadron] comes down to good communications and coordination across the board. This is why Bradley has been able to execute so many different projects and get things done. Being BRAC'd kicked CE into overdrive, and we are going to keep that momentum going."



Fuel Cell 2 at Bradley Air Force Base



Bradley Air Force Base Hanger with C-130H

Col. Melinda Sutton: HIPAA and your privacy

Courtesy Story
102nd Intelligence Wing

HIPAA is often confused as HIPPA. It is not Health Insurance Privacy Protection Act, it is actually the Health Information Portability and Accountability Act. Established in 1996, HIPAA is a federal law with guidelines to protect patient's confidential medical information. More specifically the HIPAA rules contain privacy, security, and breach notification requirements that apply to individually identifiable health information that is created, received, maintained, or transmitted by health care providers who engage in certain electronic transactions, health transactions, health plans, health care clearinghouses, and their business associates. In other words, health care entities are supposed to protect your personal health information. If there is a breach, there is a time frame in which they must make a notification. This serves to protect patients from unnecessary and potentially damaging release of information without their permission. It is also intended to protect a patient from the possibility of fraud or identity theft.

While HIPAA covers both security and privacy of protected health information (PHI), the concept of privacy refers to the right of the individual to control the use or disclosure of his or her personal information. Security involves IT protocols and physical barriers to safeguard health data.

The Privacy Act of 1974 was amended on 14 January 2019 (5 U.S.C. 552a-PDF; 5 U.S.C. 552a-HTML). The Privacy Act protects records that can be retrieved by personal identifiers such as name and social security number. You have a right to access to an accounting of disclosures of these types of records maintained about you. With certain exemptions such as a subpoena for a legal matter, the Privacy Act prohibits disclosure of records that can be retrieved as previously stated without your prior consent. The Privacy Act is binding to federal agencies and records under federal control.

Regarding health information privacy, there are special provisions for an individual's personal representative such when a person may be incapacitated or deceased. Minors

present a special case in that usually a parent if the personal representative. A licensed health care professional can exercise professional judgement to deny parental access. This is usually in the instance of abuse or neglect.

A violation of the Privacy Act can also be considered an invasion of privacy. It happens when there is intentional physical or perhaps electronic intrusion into someone's personal matters or concerns. Depending on the nature and extent of the violation, it can be punishable by law.

By now you may be wondering how this affects you as a military member. Your commander can direct an evaluation or make an inquiry about your health. This can occur if there has been unusual behavior, a decline in performance, or an increase in administrative or disciplinary actions. A commander can issue a directive for a medical or psychological evaluation. There is also Military Command Exception. HIPAA permits PHI of military members to be disclosed to command authorities for authorized activities which include fitness for duty determination, fitness for a specific assignment, or activities for the mission in general. With regard to mental health and/or substance abuse, when a member voluntarily seeks help, the providers are not required to notify their commanders. Also, it is feasible that command authorities may require notification of medical appointments, as well as, missed appointments for members under their command. Additional information can be found at <https://health.mil/Military-Health-Topics/Privacy-and-Civil-Liberties/HIPAA-Compliance-within-the-MHS/Military-Command-Exception>

The 102nd Medical Group members take pride in their duty and do not want to do anything that violates your privacy and/or that of your health information. Please be advised that the 102nd MDG is not a military treatment facility; therefore, it is not subject to HIPAA. The Privacy Act does apply. No information is to be released without following the established Privacy Act. Please inform us if you believe your information or that of another has been compromised so that the matter is promptly addressed.

When A Son or Daughter Deploys

Courtesy Story
Military OneSource

Parents can experience a wide range of emotions regarding their son or daughter's service in the National Guard, from pride in their accomplishments to fear for their safety. It's common to feel anxious, but supporting your son or daughter is the best way you can express your love and concern for their well-being. Below are some strategies to help you be the best parent you can be to your service member.

1. Be Prepared

If your son or daughter is deploying, be sure to:

- o Attend Yellow Ribbon Reintegration Events and learn about local support resources
- o Get your son or daughter's mailing address (be sure you have their unit name as well)
- o Know their Social Security number in case you need to find them in an emergency through the American Red Cross
- o Find out if they'll have email access or phone access and whether you can expect to hear from them
- o Find out from your son or daughter's base command what modes of communication the unit will maintain during the deployment (i.e., newsletters, support groups, phone trees, etc.)
- o If possible, ask them to describe their assignment so you can feel secure in the knowledge of what

your son or daughter is experiencing

- o Get to know your state/territory Family Readiness Group
- 2. Stay in touch
 - Correspondence and other means of communication can help you as much as your son or daughter during their deployment.
 - Send letters and care packages including*
 - o Photograph
 - o Mementos and/or crafts created by their children
 - o Toiletries, snacks or other comforting items from home
 - o Stories and anecdotes of special events and everyday activities
 - o Protective packing material for fragile items

*For information on restricted items, check the restrictions list at the U.S. Postal Service.

- o Number your letters, as your son or daughter may receive them out of order due to their unit's operational requirements
- o Leave time for care packages to arrive
- o Connect with your son or daughter through Facebook or Twitter
- o Send emails and find out in advance when you can expect to receive replies

3. Find support

Military OneSource provides many ways to connect to

support, including finding local support contacts through Military INSTALLATIONS and sharing with other family members. Other ways to find support include:

- o Talking to your state/territory Director of Psychological Health
- o Connecting with other military families through your unit's phone tree
- o Establishing a support group of your family members, friends and community members
- o Exploring your community's National Guard support organizations

Join your service member's family readiness group to stay connected to the unit and local resources.

4. Welcome your son or daughter home - gently

You're allowed to be excited when your service member returns from deployment, but it's important to give your son or daughter sufficient space to reintegrate into their civilian life. Welcome him or her home by:

- o Collaborating with your son or daughter's spouse and children to prepare for their homecoming
- o Allowing them to set their own schedule
- o Being sensitive to their needs to talk or not talk about their deployment
- o Noticing if there are signs of mental or emotional distress
- o Being a good listener and responding to their need for support and encouragement



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Call 800-342-9647 or visit <http://www.MilitaryOneSource.mil> to schedule your financial counseling session.

Barrett, Goldfein, Raymond outline Air Force priorities to House lawmakers while acknowledging difficult budget choices

Charles Pope
Secretary of the Air Force Public Affairs

The three most senior leaders of the Department of the Air Force told the House Armed Services Committee March 4 that the service is moving aggressively to build and incorporate the newly created Space Force and modernizing the full force to meet new and emerging threats.

At the same time, Department of the Air Force Secretary Barbara M. Barrett, Air Force Chief of Staff Gen. David L. Goldfein, and Chief of Space Operations Gen. John W. Raymond acknowledged that achieving that goal within a tight budget for fiscal year 2021 demands “tough but necessary trades.”

“The National Defense Strategy calls on the Department of the Air Force, as a critical component of the joint force, to deter and, if needed, defeat these threats,” Barrett said, referring to Russia, China, the changing nature of space, and the unpredictable international security environment. “This fiscal year ‘21 budget request sets the course for the Department to accomplish these aims.”

Goldfein echoed that assessment but added an important nuance. “In a flat budget environment,” he said the Air Force must successfully connect “all platforms, sensors and weapons in a battlefield network” and “must find internal savings to pay for new capabilities.”

The Air Force is making significant progress on the first, Goldfein said, noting a field exercise of a capability known as Advanced Battle Management System conducted in December that allows all platforms from all services to connect and move the joint force closer to connecting “all shooters to all sensors.” A second test is scheduled next month.

When fully refined and operational, this battle network will allow warfighters to collect, analyze and transmit vast amounts of data from air, land, sea, space and cyber to all services and commanders.

On the second, Goldfein told lawmakers that he, along with other senior Air Force officials, has identified \$21 billion in spending that can be shifted to underwrite modernization. Some of those funds come from retiring a collection of older planes. The list includes 13 KC-135 Stratotankers, 16 KC-10 Extenders, 24 C-130H Hercules, 17 B-1 Lancers and 24 RQ-4 Global Hawk Block 20/30 aircraft, among others.

Despite the tradeoffs, Goldfein told lawmakers that the \$169 billion proposed budget provides funding that allows the Air Force to meet the security mandates of the National Defense Strategy and to “build an Air Force that can compete, deter and win with our joint teammates against a nuclear peer in an era of great power competition.”

“This budget,” he said, “is designed to achieve this objective.”

The messages delivered by Barrett and Goldfein to the House committee were nearly identical to ones they carried the day before to the Senate Armed Services Committee. Unlike the Senate appearance, however, Raymond took part in Wednesday’s hearing.

Fueled by \$15.4 billion for the Space Force that is part of the \$169 billion Air Force proposal, Raymond said it is targeted to fund “a very strong pivot towards space superiority and the foundational space situational awareness, command and control, and training infrastructure capabilities that underpin space superiority.”

Since the newest service was created Dec. 20, 2019, as the sixth independent branch of the military, Raymond said the focus, and many of the decisions, has been to build a “Space Force that is lean, agile and mission focused” and “unconstrained by past constructs and thinking.”

“When fully established, we may not look like the services you’ve become accustomed to, but we will be equally proficient at providing space forces ready and willing to protect U.S. and allied interests in space while providing unequalled capability to the joint force,” he told members of the committee.

Yet only minutes earlier, the committee’s chairman, Rep. Adam Smith, D-Wash., said he was “ambivalent” about the need to establish a Space Force.



Air Force Secretary Barbara M. Barrett testifies before the House Armed Services Committee in Washington, D.C., March 4, 2020. Barrett talked about the fiscal year 2021 National Defense Authorization Budget request for the Department of the Air Force. (U.S. Air Force photo by Wayne Clark)

“Space is central to everything we do. It is the center of our command and control structure ... it deserves special attention. I get that; I understand that. The concern is, is it just another bureaucracy?” Smith asked.

“Gen. Raymond that is your challenge; to make sure it works in an efficient and effective way and it isn’t just another bureaucracy,” Smith said.

Raymond emphasized that the Space Force would be “lean, agile and mission focused.”

“We have an opportunity to build this service to enhance the lethality of our joint force while optimizing our ability to dominate in space,” Raymond said.

Smith also expressed doubt about another central tenet of the Air Force’s modernization – increasing the number of squadrons to 386. Given budget realities, Smith said, “you’re highly unlikely to get to 386.”

Goldfein explained that the decision to field 386 operational squadrons came in response to a specific question from Congress and as a result of rigorous – and repeated – analysis to determine the force structure required to support the National Defense Strategy.

“This is not gold plated,” Goldfein told the committee, noting that the Air Force had 412 operational squadrons available to confront “a middle weight, non-nuclear threat” during the Gulf War in 1991.

Like the Senate session the day before, the general tenor of the House hearing was cordial, with only polite prodding on topics such as plans to retire a number of the oldest legacy A-10 Thunderbolt II, the production and the cost of sustaining of the F-35 Lightning II and the plan for ensuring problems with the KC-46 Pegasus are resolved.

There were also assorted questions on plans by the Air Force to reduce the number of suicides, to ensuring there are enough pilots and the potential for weather to affect operations.

Like the Senate hearing Tuesday, the session Wednesday in the House was only the first step in a lengthy process that will yield legislation providing a blueprint written by Congress of the spending, security and policy priorities for the entire United States military.

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Service Member and Family Support Center Staff Directory



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