



# Connecticut GUARDIAN

*The Yankee Courier on page 13*

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## Science fuels Connecticut National Guard readiness during COVID-19

**Tim Koster**  
Joint Force Headquarters Public Affairs

Since the beginning of the COVID-19 pandemic, the Connecticut Military Department has been at the forefront of the state's efforts to quell the outbreak of the virus. From receiving, organizing, and distributing equipment to constructing test kits and establishing mobile field hospitals, these Soldiers, Airmen, and Militia Members have worked tirelessly alongside various state agencies to ensure those on the front line have the materiel they need to succeed in their battle against this invisible enemy.

At the beginning of the outbreak, when very little was known about the virus or how it spread, temperature checks and health questionnaires became a requirement for entry at all Connecticut National Guard facilities. As time rolled on and the number of positive cases, hospitalizations, and virus-related deaths continued to climb throughout the state, the Guard's joint headquarters implemented a plan to split the organization into two duty locations for continuity of operations, telework was authorized, and units' monthly drill weekends were either canceled or held virtually.

Now, because of the combined efforts of the Guardsmen who were activated in response to COVID-19, the state's agencies, and the community's willingness to adhere to safety measures emplaced by the state's government, Connecticut has some of the lowest rates of infection, deaths, and hospitalizations due to the coronavirus in the nation.

But the threat isn't over.

With so many Guardsmen in the fight and the pandemic stretching into summer – the National Guard's annual training season – the state's military leadership knew a proactive stance was required against complacency and implement additional safety measures to ensure the protection of their troops, their families, and their communities.

To achieve this goal, the Connecticut National Guard's Task Force Surgeon, led by Lt. Col. Christopher Chabot, had an idea: give every Soldier and Airman going on annual training orders a COVID-19 test.



*Soldiers from the 1-102nd Infantry Regiment assemble COVID-19 test kits at the Governor William A. O'Neill Hartford State Armory, Hartford, Connecticut, July 27, 2020. The Connecticut National Guard assembled 107,000 COVID-19 test kits in five days. (U.S. Air National Guard photo by Staff Sgt. Steven Tucker)*

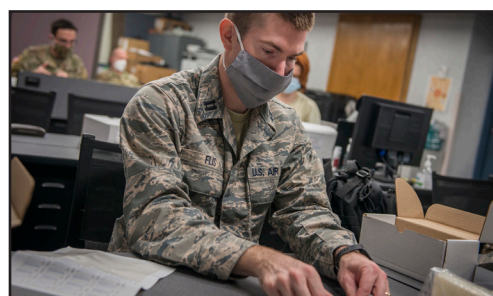
We looked at the data to see what we needed to do in order to safely go back to drill or AT, said Chabot, and testing each Guardsmen was a part of that.

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### Official Unit/ Leadership Pages

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860-524-4813.

**Guardsmen and Militia Members:** Contact  
your chain of command or unit admin.

*Any further questions or concerns about the  
Connecticut Guardian, contact the editor  
directly.*

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



# Science

Continued from page 1

“We’re doing two types of testing,” said Chabot. “Right when this started and we didn’t know the prevalence of COVID in the community ... we asked people to participate in an antibody test that was being conducted through Yale University and, through that program, we’ve done quantitative antibody testing on 1,300 Connecticut Guardsmen.”

As a diverse collection of people who hail from all regions of the state and different environmental backgrounds, the Connecticut National Guard is an ideal community for the antibody test. With samples from these Guardsmen, scientists can better study how the virus spreads, any potential risk factors for infection, and identify neutralizing antibodies that could be used to help determine immunity.

The second type of testing the Guard is conducting is what’s called “polymerase chain reaction tests” or PCR tests, which are the same kind of tests hospitals and testing sites use to determine whether or not someone is currently infected with the virus.

“The Soldier has a couple of options [if they test positive],” said Chabot. “They can go into quarantine isolation and be released for an alternate annual training and the unit, if they have concerns about close contact with the Soldier, can request additional testing but they’ll also be a part of the contact tracing program.”

Otherwise, if a Service Member tests positive but also had a positive result on the antibody test, a medical team will re-evaluate the situation to see if the PCR test gave a false result due to the increased antibody count. If this is the case, the Soldier or Airman will be released back to his or her unit to continue training.

To assist with contact tracing, a process to identify those infected with the virus, anyone they may have come in contact with, and help prevent additional spreading of the virus, the Connecticut National Guard established a team of medical personnel who completed specialized contact tracing training from Johns Hopkins University.

Once a service member tests positive for COVID-19, this team initiates a process to

identify those in the closest contact with the infected individual to determine whether or not additional testing may be required.

The entire process, from testing to assessing positive cases, has allowed commanders to make better decisions that impact the health and readiness of their troops. For the Connecticut National Guard, this is exceptionally important to not only protect their personnel still active in the fight against the coronavirus and their traditional guardsmen drilling on a monthly basis, but to maintain the personnel strength necessary to complete its federal mission. Over the next year, more than 1,000 Connecticut Guardsmen are scheduled to deploy in support of contingency operations around the world.

While many units adapt their training to incorporate social distancing and other force health protection measures, much of the training necessary to prepare mobilizing troops require a certain level of unavoidable close proximity and physical contact. However, with mandatory testing built into the beginning and conclusion of each unit’s block of annual training, the threat of exposure is minimized.

To date, current Department of Defense policy doesn’t require widespread testing of troops, but Connecticut isn’t alone in adding this additional proactive measure to better protect its troops. Chabot is in daily contact with leaders from other states in the region to discuss testing and some of the hardest hit states, such as New Jersey and Massachusetts, have also incorporated widespread testing into their standard operating procedures.

As the summer rolls on, the addition of testing Guardsmen has had positive results, said Chabot. Of the few service members who have tested positive for COVID-19, it was determined that the infection was caused from community transmission and not from within the ranks of the organization. So, by isolating these cases, overall infection rates among the Connecticut National Guard remain low and each Soldier and Airman is able to complete the training they need to remain prepared to answer the call of duty, either here at home or abroad.

## NGACT Invites you to attend the NGAUS 2020 Virtual National Conference

NGACT Members -

The 142d Annual NGAUS Conference was scheduled for August 28-31 in Boston. Due to concerns over the health and safety of attendees and participants with the Covid-19 pandemic, NGAUS agreed with the host state, Massachusetts, that the in-person conference be cancelled. NGAUS is now going to host a Virtual Conference 28-29 August.

### NGAUS’s intent statement:

“NGAUS is bringing the 142nd General Conference to you.”

“In a year like no other, the association will conduct a conference like never before — livestreamed from the National Guard Memorial in Washington, D.C., to your computer, tablet or mobile device. You will have a front-row seat to see and hear senior defense officials and to catch up with old friends.”

### Schedule:

Friday, 28 August 10:00 to 13:00: Resolutions Training and Committee Meetings

Committees meet to review and vote on resolutions that will become a part of the NGAUS agenda for the upcoming legislative cycle. (Closed meeting/invitation only)

First General Business Session

Friday, 14:00 to 15:30: Opening remarks and associa-

tion business.

Second General Business Session

Saturday, 12:00 to 17:00

Roll Call of States, keynote speaker and National Guard leadership.

Note: The roll call of states includes 30 second videos sent in by each state/ territory.

Exhibitors

The great tradeshow you have come to expect is still available. View all exhibitors through our digital platform, experience their products and services and meet with them one on one with just the click of a button.

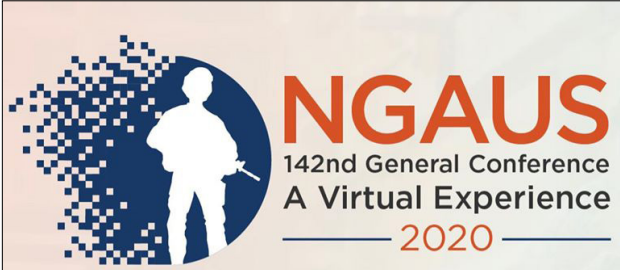
In breaking news - The NGACT Board has voted to pay for the registration of each NGACT member participating in this year’s virtual conference (up to a limit of 50 members).

Once you have registered, please contact Ed Barry, NGACT Executive Director at [ngactexecutivedirector@gmail.com](mailto:ngactexecutivedirector@gmail.com) and he will reimburse you via either check or VENMO transaction.

Registration Information:

Go to <https://www.ngaus.org/events/142nd-general-conference>

Click on the registration link, right below the picture of the laptop.



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142nd General Conference  
A Virtual Experience  
2020

**142nd General Conference, A Virtual Experience**

Registration is only \$18.78 and each paid registration receives a commemorative coin.

Questions can be directed to either Ed Barry (at the address above) or Tommy DeRing at [Philip.dering74@gmail.com](mailto:Philip.dering74@gmail.com).

NOTE: In order to attend the conference, you must have a current (or lifetime) NGAUS membership. The conference registration link allows you to renew your membership (if required) so you can attend the conference.



# Connecticut Yankees in Biblical Lands: The 242nd Engineer Detachment in Jordan

Sgt. Maj. John W. Lane  
242nd Engineer Detachment

Jordan - Under a bright desert sky, a digital ping announces the satellite survey system is ready. Satisfied with their preparations, Sgt. Reinaldo Reyes and Spc. Samuel Pimentel, two 12T Technical Engineers from the 242nd Engineer Detachment Construction Management Team kick up dust as they take off across the low scrub desert.

Their day is spent traversing the area on foot and by vehicle to complete a topological survey. It is a typical day of fieldwork for the unit, which mobilized to Jordan in February 2020, in support of Operation Spartan Shield. The unit's assignments have taken them across the length and breadth of the country, often crossing paths with the landmarks of biblical history.

For Reyes, a firefighter at the Clay Arsenal Firehouse for the City of Hartford, the deployment has renewed his interest in remaining a member of the Connecticut Army National Guard.

"I reenlisted here," said Sgt. Reyes. "It was a special moment for me and a smart decision. Being able to attend the Basic Leader Course while deployed and becoming a non-commissioned officer here in Jordan has been awesome. I also have been able to use my firefighter experience to serve as the assistant fire marshal for our base, something I never considered before we arrived."

For Pimentel, the deployment has been a unique experience and given him the opportunity to couple his military training and civilian education. "I went from graduating basic training and 12T advanced individual training directly into our mobilization on my first day reporting to the unit. I get to do my job as a 12T surveyor on a daily basis, and what we are doing here directly relates to my engineering program at Three Rivers Community College."

The workdays are long, added Pimentel, but his leadership has given him the opportunity to take online classes and continue his military education. "I am working on an independent study with my academic advisor at TRCC, so I am earning college credits and expect to attend BLC later this year," he said.

Sgt. 1st Class David Flint is the full-time readiness NCO for the 242nd CMT. He supervises the daily activities of the 12Ts, and manages horizontal construction projects for the unit.

"It is vastly different from what you typically think of as a deployed environment," said Flint. "It is good seeing more of an overall picture of what is going on in the Middle East. What the unit and these 12T soldiers have contributed will have lasting effects on the efforts of the United States in the region."

The 242nd CMT provides construction project management, real property administration, and engineering survey and design support across Jordan. According to Maj. Blake Robbins, Commander of the 242nd CMT, the strength of the unit stems from the unique combination of military and civilian experience each member of the unit brings to the team.

"I am fortunate to have a team with such diverse backgrounds and experience, it really makes us a strong team,"



The 242nd Engineer Detachment Construction Management Team flies the Connecticut flag over Joint Training Center in Jordan, where it is mobilized in support of construction management and surveying missions. The U.S. Army is in Jordan to partner with the Jordan Armed Forces and meet common security challenges in the Middle East. Jordan is not only one of U.S.'s closest allies in the region, but in the world. (Left to right) Sgt. Maj. John W. Lane, Sgt. 1st Class David Flint, Spc. Samuel Pimentel, Sgt. Reinaldo Reyes, Capt. Daniel McGill, Maj. Blake Robbins.

said Robbins. "My team has been able to accomplish so much in the few months we've been here".

The unit is currently executing a construction program with an estimated budget over \$5.2 million, and has many additional projects in the pipeline. They have already surveyed more than 1,000 acres and completed planning and designs for approximately 50 projects. "My team has start-

ed strong, we're staying strong, and we're going to finish strong," concluded Robbins.

The U.S. Army is in Jordan to partner with the Jordan Armed Forces to meet common security challenges in the Middle East. Jordan is not only one of U.S.'s closest allies in the region, but in the world.





The 242nd Engineer Detachment Construction Management Team holds the Connecticut flag in Jordan, where it is supporting construction management and surveying missions. The U.S. Army is in Jordan to partner with the Jordan Armed Forces and meet common security challenges in the Middle East. Jordan is not only one of U.S.'s closest allies in the region, but in the world. (Left to right) Sgt. Maj. John W. Lane, Maj. Blake Robbins, Spc. Samuel Pimentel, Sgt. Reinaldo Reyes, Sgt. 1st Class David Flint.



Sgt. Reinaldo Reyes (foreground) and Spc. Samuel Pimentel (background) conduct topographical surveying in Jordan. The 242nd Engineer Detachment Construction Management Team is mobilized to Jordan in support of construction management and surveying missions. The U.S. Army is in Jordan to partner with the Jordan Armed Forces and meet common security challenges in the Middle East. Jordan is not only one of U.S.'s closest allies in the region, but in the world.



Spc. Samuel Pimentel conducts topographical surveying in Jordan. The 242nd Engineer Detachment Construction Management Team is mobilized to Jordan in support of construction management and surveying missions. The U.S. Army is in Jordan to partner with the Jordan Armed Forces and meet common security challenges in the Middle East. Jordan is not only one of U.S.'s closest allies in the region, but in the world.





## WOCS: Assignment, Education, and Adaptability

**WOC Kyle J. Begin**  
**WOC Class 20-001**

The Warrant Officer Candidate School (WOCS) trains soldiers who have been pre-determined by their leadership to become Warrant Officers. WOCS candidates put in a lot of work just to be considered for this program, as outlined in their Pre-determination Packet. Warrant Officers are advisors, confident leaders, trainers, and technical experts in their fields. Under the leadership of Training, Advising, and Counseling (TAC) Officers, the WOCS program indoctrinates professionalism, honor, and an adherence to a rigid code of conduct. Army Warrant Officers are regarded as Subject Matter Experts (SMEs) and Soldiers of unwavering character.

The Connecticut Warrant Officer Regional Training Institute (RTI) is under the command of the 1st Battalion, 169th Regiment, at Camp Nett in Niantic. The 169th Regiment has a rich history with longstanding traditions. Its roots dates back to the 17th century which was first documented in the Revolutionary War. In 1997, the 169th Regiment restructured to incorporate the Officer Candidate School (OCS) and Warrant Officer Candidate School (WOCS). Today, the 169th Regiment RTI facility provides training for active-duty, Reserve, and National Guard components.

Amidst times of uncertainty and rising tensions revolving around institutional reform, the RTI remains steadfast in its mission to train the next generation of Warrant Officers. Along with the RTI, cadets and cadre of the National Guard and Army Reserve adapt to meet training requirements. Soldiers in this year's class make up part of the Connecticut, Rhode Island, and New Hampshire Army National Guard, and the Army Reserve. Due to

growing public safety concerns, the training schedule constantly shifted to the right and the potential for cancellation was real. The candidates of Class 20-001 remained hopeful. Just days out from the class report date, the schedule shifted again, but this time to the left. Class 20-001 reported one day prior to the official start date of class for COVID-19 testing and isolation.

Because of the RTI's commitment to the health and safety of students and cadre, the organization is regularly modifying the training program to incorporate social distancing practices and sanitizing procedures for a safe training environment. Workstations in the classroom are appropriately spaced out and personnel are required to wear cloth face coverings when working together. Candidates remained in quarantine until COVID-19 test results came back negative. While quarantined, the Warrant Officer Candidates unpacked, set up their rooms per the barracks standards, and studied their student handouts.

Day 1 of class consisted of introductions, administrative tasks, and course expectations. Fifteen soldiers from different life backgrounds, varying levels of experience, and occupational disciplines were thrown into an unknown environment. This year's class includes soldiers in the Army Band, Signal Corps, Aviation, and Cyber occupational disciplines. Expectations were high. As individuals, these candidates have demonstrated themselves to be the most knowledgeable and professional, but as a team it was yet to be seen.

WOCS stresses the importance of teamwork. Throughout the week TAC Officers overwhelmed candidates with abundant tasks which have strict time constraints. In order to be successful, candidates must work together, otherwise they will face advisement by



the TAC Officers in the form of written assignments, impromptu speeches, and corrective physical training. Quick decision-making is necessary to meet seemingly unrealistic deadlines. A wrong decision is not always a bad decision, but if it is justifiable and made together, it is a step in the right direction.

The RTI training program is designed for candidates to experience failure, because expectations are so high. Failure is where lessons are learned. Warrant Officer Candidates are judged on how they handle failure. When they fail, candidates are expected to be professional and maintain their military bearing. TAC Officers correct mistakes and provide constructive criticism so candidates can improve their leadership tactics and their decision-making skills.

Coinciding with regimented training, candidates participate in informal small group discussions. It is a forum for individuals to voice their perspective on current events and

how those events impact their profession and their values. Team building exercises at WOCS are interwoven and an intricate part of Warrant Officer development. Candidates learn how to communicate effectively among differing personalities; which is an inherent skill for the Army Warrant Officer.

The Camp Nett RTI Army Warrant Officer Candidate School sustains its mission to train the next generation of technical experts, known to the Army as Warrant Officers. The 1st Battalion, 169th Regiment, Regional Training Institute upholds the highest of standards formed over centuries of tradition. WOCS Class 20-001 preserves those traditions through progressive levels of education and assignment. They will advance their leadership skills, physical fitness readiness, and teamwork acumen throughout the remainder of the course. WOCS Class 20-001 is expected to graduate and pin WO1 (Warrant Officer One) this September.

# BENEFITS

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

- Free tuition to Connecticut State Colleges
- Monthly paycheck
- Student loan repayment (up to \$50K)
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- Paid training and job experience



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## Like father, like son; Behuniak family shares promotion ceremony

**Chief Warrant Officer 5 Edward Pelletier**  
**State Army Aviation Officer**

June was a great month for the Behuniak family and the CTARNG aviation program. CW5 Michael Behuniak, State Standardization Pilot, JFHQ-CT and his son CW3 Jonathan Behuniak, Aeromedical Evacuation Pilot, C 3-126th Avn were promoted in a ceremony at the Windsor Locks Readiness Center on June 16th. It was a very special event for the father/son team (who work side by side every day at the Army Aviation Support Facility), especially leading into the Father's Day weekend.

Presiding over the ceremony while donning masks in the WLRC atrium was COL Ray Chicoski, the State Army Aviation Officer, who briefed the group on the long standing aviation tradition in the Behuniak family. "The term "Guard Family" has deep meaning

for the Behuniak's. Their family represents a legacy of aviation and military service (past, present, and future). Colonel John Behuniak, was a US Air Force veteran and New York National Guardsman who served in Vietnam. Over the course of his 25 year career he flew multiple fixed wing aircraft, including the F-86 Sabre and C-130 Hercules. Mike and Jon, who themselves have multiple aircraft qualifications, thousands of hours of flight time and several deployments, continue to carry on the family tradition. Their service and sacrifice represent a lifelong commitment to the state and nation." When asked by COL Chicoski "Who's the better stick", Big Mike chuckled and JR without hesitation pointed to Dad.

Promotions are not based on past performance but on future potential and benefit to the organization. As senior aviation warrant officers and UH-60 Instructor Pilots they are technical experts, responsible for mentoring and training our next generation of aviators.

## Army National Guard to establish eight Divisions by aligning existing ARNG Division Headquarters with down-trace formations for training

**Staff Reporter**  
**National Guard Bureau Public Affairs**

ARLINGTON, Va. - The Army National Guard is turning back the clock reminiscent of World War I and World War II when it trained to deploy as a division-aligned force for large-scale combat operations. The Director of the Army National Guard, Lt. Gen. Daniel Hokanson, said the plan will align existing subordinate elements under the ARNG's eight division headquarters to increase readiness for large-scale combat operations and improve talent management.

According to Hokanson, the move directly supports the National Defense Strategy, which describes great-power competition and the need to be prepared for potential large-scale combat operations. "Future mobilizations and deployments in support of large-scale combat operations will require our formations to integrate with the Total Army and the Joint Force at every echelon," said Hokanson, who was recently confirmed by the U.S. Senate as the 29th chief of the National Guard Bureau.

The plan will increase the number of divisions in the Total Army from 10 to 18.

Hokanson said the change is also expected to enhance



the training experience for Soldiers during capstone exercises, which take place at Army training centers and are used to validate a unit's readiness and proficiency in its wartime mission.

"This alignment will not only help us improve readiness, it will greatly enhance talent management from company to division level," Hokanson said. "Through coordination between Adjutants General and Division Commanders,

our Soldiers will have opportunities for key leader development positions previously hampered by geography."

Hokanson also emphasized this alignment does not impact the 54 Adjutants General authorities or current force structure, and the alignment reflects the ARNG's continued commitment to meet its role in support of the total Army and the National Defense Strategy.



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

## Sexual Assault Response Coordinators

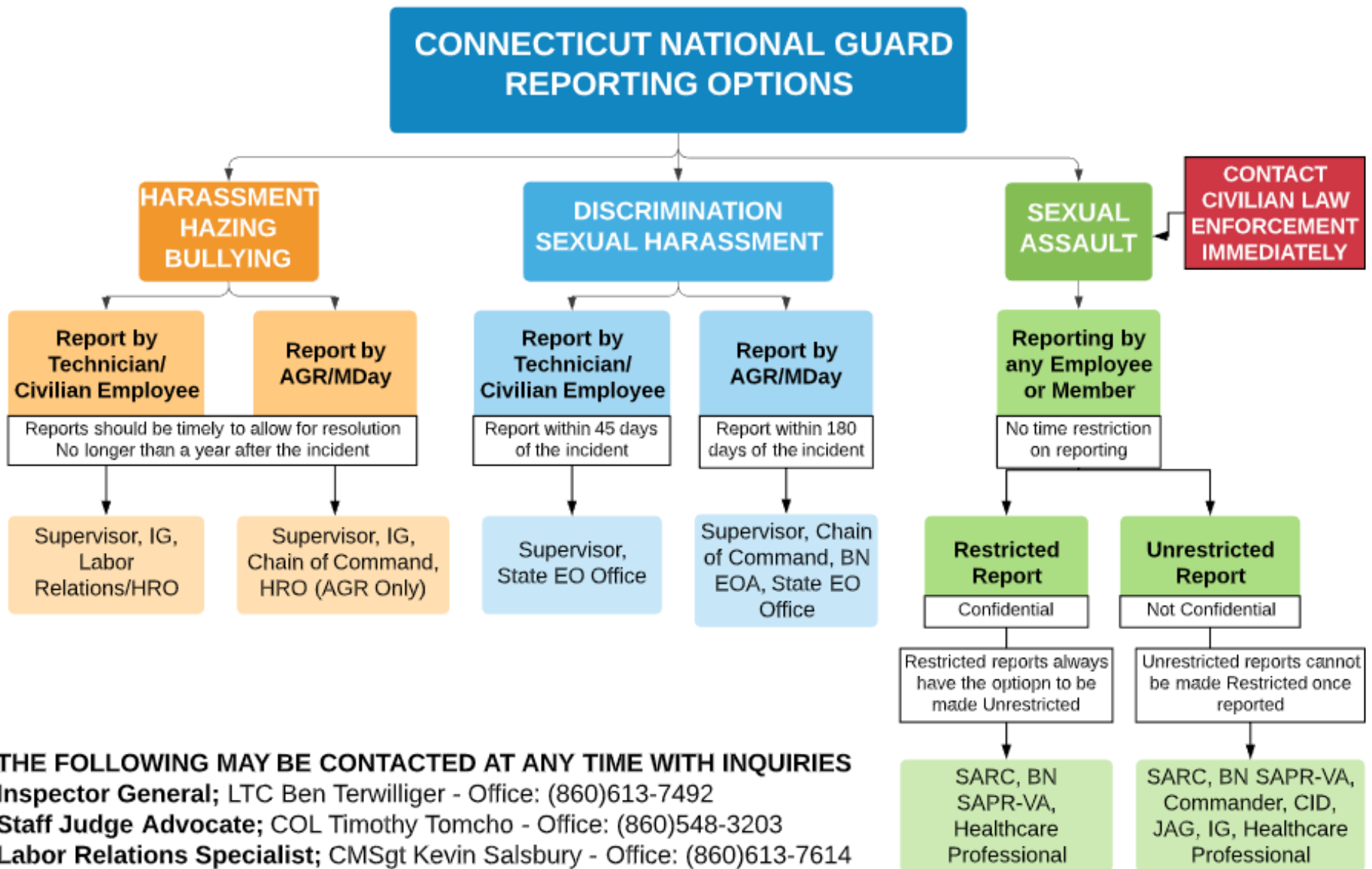
**CTARNG SARC** ..... 860.883.4798  
**103rd AW SARC (24hr)** ..... 860.895.3526

## Chaplain and Legal

**CT Chaplain** ..... 860.548.3240  
**CT Special Victim's Council** ..... 703.607.2263

## Medical

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



**THE FOLLOWING MAY BE CONTACTED AT ANY TIME WITH INQUIRIES**

**Inspector General;** LTC Ben Terwilliger - Office: (860)613-7492  
**Staff Judge Advocate;** COL Timothy Tomcho - Office: (860)548-3203  
**Labor Relations Specialist;** CMSgt Kevin Salsbury - Office: (860)613-7614  
**State Equal Opportunity Office;** Ms. Tasha Dow - Office: (860)613-7610  
**Sexual Assault Response Coordinator;** Mrs. Katherine Maines - Office: (860)613-7611; Cell: (860)883-4798  
**State Chaplain;** Lt Col Eric Wismar - Office: (860)548-3240; Cell: (860)883-5278



# ESGR

## As COVID-19 Mobilizations End, National Guard and Reserve Members Should Understand Their USERRA Rights and Responsibilities

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

Across Connecticut and around our nation, we've seen National Guard and Reserve men and women answer the call in the response to the COVID-19 pandemic. Many reported for missions right here at home utilizing their military training to provide vital support to their communities and states.

Bottom line up front: If you are or have served as part of a COVID-19 response you are entitled to job protections when returning to your civilian employment.

What your orders say matters!

As you prepare for your transition, here are some frequently asked questions you might find useful:

Does a member of the National Guard or Reserves called to duty in response to the COVID-19 emergency have employment and reemployment protections under the Uniformed Services Employment and Reemployment Rights Act (USERRA)?

- Yes, if called to duty under federal authority. National Guard or Reserve duty under federal authority (such as Title 10 or Title 32) is covered by USERRA.

- National Guard duty under state authority, commonly referred to as State Active Duty, is not covered under USERRA. However, members of the Connecticut National Guard serving on State Active Duty have similar employment protections under state law and should contact the Judge Advocate General's office in Hartford for assistance.

- Note that the authority under which orders are issued can change, even in the course of a service member's performance of service.

Can a service member be furloughed or laid off upon return from uniformed service?

- Yes, if it is reasonably certain that he or she would have been furloughed or laid off had he or she not been absent for uniformed service.

If you believe this is not the case with your employer, reach out to ESGR so we might advise you on how to proceed.

For more information, contact Connecticut ESGR Volunteer Support Technician Ben Beaudry at (860) 524-4970 or Benjamin.A.Beaudry.ctr@mail.mil. To speak with an ESGR Customer Service Center representative, call (800) 336-4590 and select Option "1."

## Fitness Improvement Program: Finding my physical and mental readiness

*Spc. Louis Baldracchi  
B Co. 1-102nd Infantry Regiment*

When I was initially told about the FIP program, it was described as an opportunity to pass my PT test and learn a few fitness skills as well. When I started the program in January 2020 I was introduced to more than "a few". I received an exceptional amount of resources for my physical readiness as well as my mental readiness.

The biggest thing that helped me out was the nutrition portion and the diet structuring section of the course. It's been 6 months since the program and I'm still using the same diet I built during FIP.

The instructors were another aspect of FIP that helped

out immensely. Staff Sgt. Young, Sgt. Slén, Staff Sgt. Valentin, Master Sgt. Gaul, Cpl. Lu and Capt. Michalak made everything easy to understand. One of the obstacles I faced was the type of workout I should do. I usually do hypertrophy and power but Staff Sgt. Young taught me that the PT test is focused on muscular endurance.

Since then I've changed my weekly workouts to include three muscular endurance ones. Another obstacle I faced was nutrition. Initially it was "how much to eat" because I didn't know exactly how many calories I needed.

Once I figured that out, Staff Sgt. Valentin and Sgt. Slén helped with the dieting and food choice part. Staff Sgt. Valentin told me she eats the same food every day which

makes dieting easier for her and so I decided to give that a try. Between the initial two weeks in January and the first follow up in February I dropped 20 lbs. and that motivated me to keep going after the program ended.

Personally, this course was fantastic for me. The instructors were phenomenal and gave me the tools needed to immensely improve myself on a physical and mental level. After going through FIP and seeing what it has to offer I know it has the ability to help anyone with fitness, nutrition, and mental well-being. I'm forever grateful for FIP and its instructors.

## 143rd Support Group gets new shoulder insignia

*Maj. Corey Holmes  
143rd Regional Support Group*

Middletown CT. Nearly 90 Soldiers received their new shoulder sleeve insignia, July 18th during a ceremony conducted by the 143rd Support Group (Regional), or RSG, at the MG Maurice Rose Armed Forces Readiness Center.

Major General Francis J. Evon, The Adjutant General, joined Brigadier General Karen A. Berry Assistant Adjutant General and Colonel Craig P. Nowak, Commander of the 143rd RSG to present the patches on a warm afternoon.

For many this ceremony marked a truly unique occasion as the organization donned the former shoulder sleeve insignia of the 43rd Infantry Division. First formed in 1920 the 43rd ID once commanded all Maneuver Forces hailing from New England. The 43rd was ordered into active federal service on 24 February 1941 and fought with distinction during "Island Campaigns" earning a Presidential Unit Citation in Luzon.

The ceremony also represented several historical



"firsts". This will be the first time the patch has been worn since the de-activation of the 43rd Infantry Brigade in 1997. With the 143rd RSG's upcoming mobilization this will be the first time the patch has been worn on foreign soil since 1954 when the 43rd ID was sent to Germany

during the Korean War. It will also be the first time the patch is worn as a former wartime service shoulder sleeve insignia.

The 143rd RSG is confident it will uphold the standards of its forerunners "Winged Victory"



**COVID**  
CORONAVIRUS  
DISEASE  
**19**

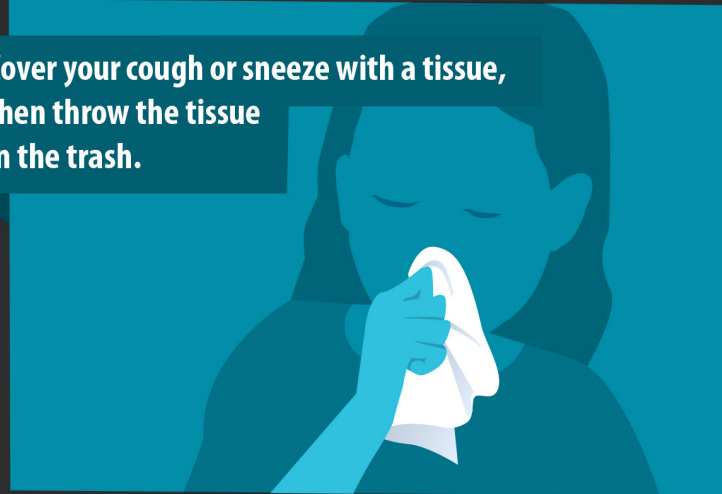
# STOP THE SPREAD OF GERMS

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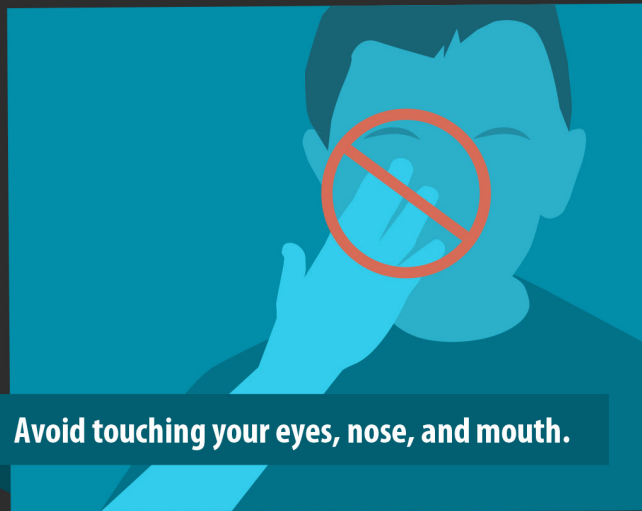
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



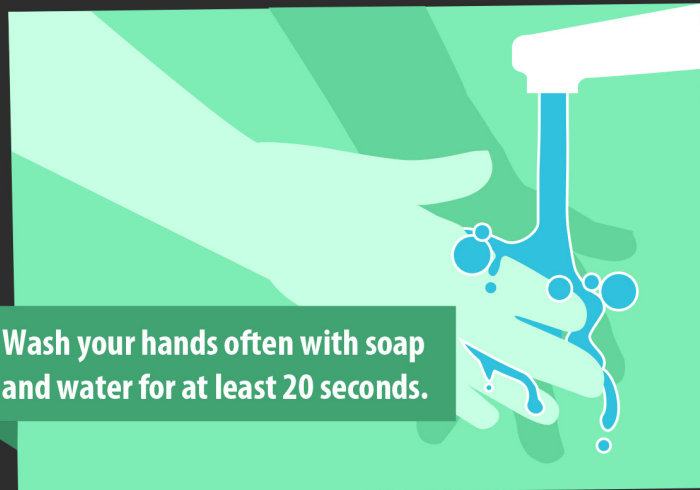
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



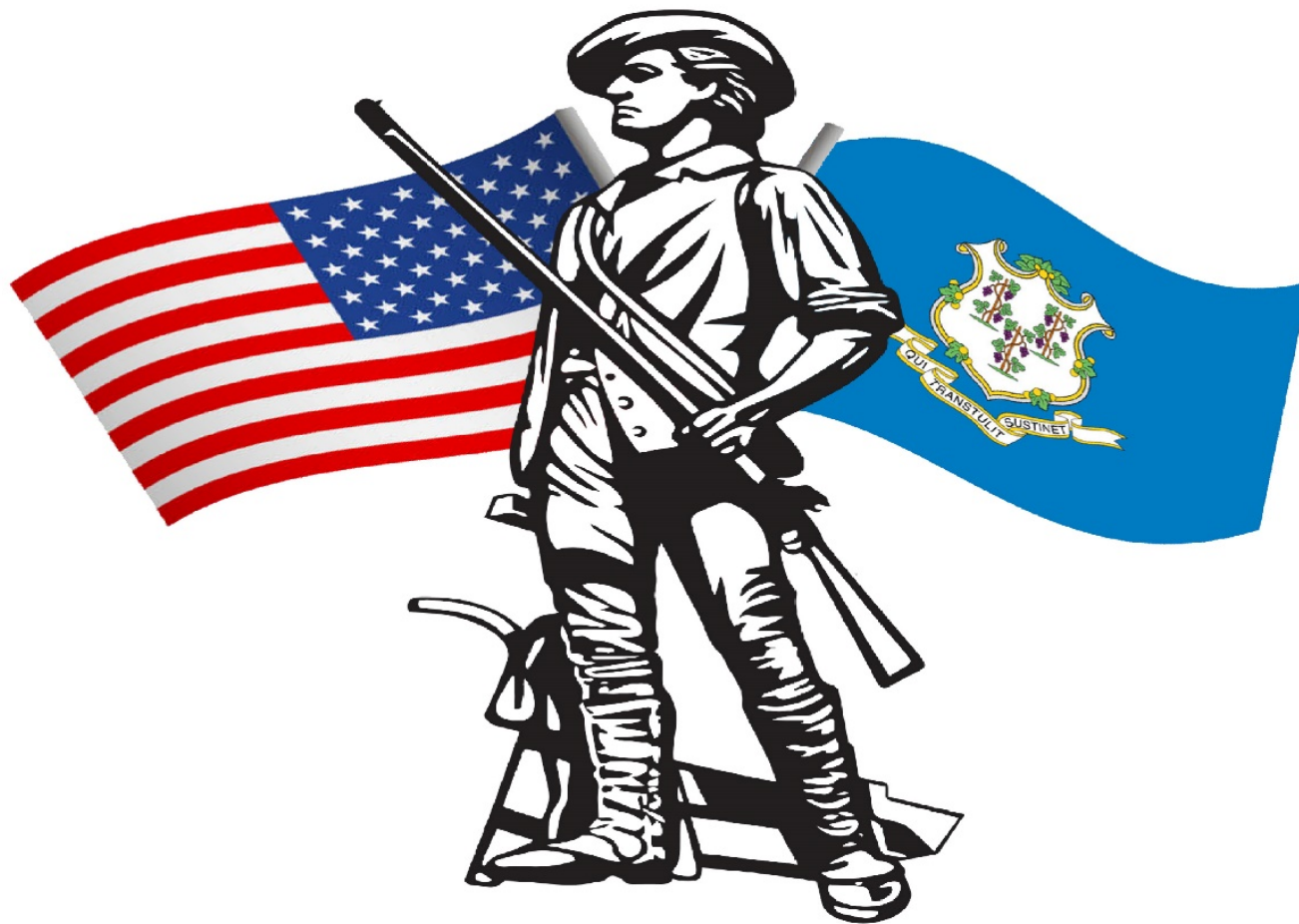
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# The YANKEE COURIER



VOL. 21 NO. 7

EAST GRANBY, CONNECTICUT

AUGUST 2020



## CTNG assembles 107,000 COVID-19 test kits in five days

*Staff Sgt. Steven Tucker  
103rd Airlift Wing Public Affairs*

HARTFORD, Conn. — Connecticut National Guard members have spearheaded efforts to expand the state's COVID-19 testing stockpile, assembling 107,000 test kits in five days last week.

Teams comprised mostly of soldiers from the 1-102nd Infantry Regiment and Headquarters Headquarters Company worked around the clock at the Governor William A. O'Neill State Armory to produce the kits, which will ensure that there are testing supplies available if there is another surge where testing supplies are difficult to obtain.

"We had set up eight shifts of staff and we expected 70,000 kits to be built, and they built 107,000 kits," said Maj. Monica Forrest, 103rd Airlift Wing public health officer. "We are now moving 18 containers of kits to the

Windsor Locks Readiness Center to free up space to do the exact same thing this week."

The assembly team is supporting two lines of effort: the stockpile project and an active inventory of 139,000 testing kits.

"These are the same staff who are filling orders for testing supplies in the state," said Forrest. "So they are actually managing an active inventory and delivering kits when needed in addition to building the stockpile effort."

The team's assembly of kits is key to ensuring immediate testing availability, said Forrest.

"The kit components come in separately, so someone has to put them together so they're available for immediate use," said Forrest. "We're really proud that we're providing this effort and making it so that all of the supplies that come in from the various sources, including FEMA and

the state lab, are assembled and ready."

Each kit contains a tube, swab, and biohazard bag for an individual patient. These kits are assembled into boxes of 150 before being loaded into the large tri-wall containers.

"We've been working long hours and it's been worth it," said Sgt. Robert Blakeslee, 1-102nd Infantry Regiment project noncommissioned officer in charge. "We've gotten into a really good rhythm."

Blakeslee and his soldiers have been supporting various COVID-19 response missions around the state since March, including building recovery centers at state universities and assembling these testing kits.

"Connecticut is our home," said Blakeslee. "To make an impact on the bigger picture and help make sure people are safe is a pretty good feeling."



# Engagement and Retention— Ensuring Your DSGs Have Meaning

*Capt. Jennifer Artiaco  
103rd Maintenance Operations Flight Commander*

A topic of significant importance that has gotten much of my attention since I took my first command a little over a year ago is the varying levels of engagement, fulfillment and meaning our Drill Status Guardsmen (DSG) experience within the Air National Guard (ANG). Understanding the aforementioned is crucial to retaining future generations of Guard Airmen and leaders. The culture and dynamics of the part-time force is ever changing, and our newest generation of Airmen are contending with unprecedented challenges in their lives outside the military. Compounding the issue, DSGs are bombarded with a myriad of military readiness requirements that compete with the time allowed for them to seamlessly integrate into the operational mission of our Wing. This has the potential to result in diminished feelings of job satisfaction and minimizes what our DSGs are able to contribute to the actual mission of the 103d Airlift Wing. In the coming year, four members of the 103d Maintenance Operations Flight will meet the end of their current enlistment. As I talked with each of them about their plans to remain in the military, it became evident that having a sense of purpose and fulfillment were key factors to retaining them. These members are smart, hardworking, tech-savvy individuals that we as leaders must do our very best to retain.

Today's ANG is a fully operational force that is engaged in delivering air power 365 days a year. This ops-tempo creates an environment where our full-time and part-time force can easily become detached from one another. Full-time members struggle with how to adequately prepare meaningful training while continuing to support the incredibly demanding day-to-day workload. Similar to merging onto a busy highway, our traditional guardsmen actively seek to successfully blend into the ops-tempo as well as achieve their required upgrade and ancillary training all in a manner which brings them a sense of purpose

and fulfillment. As leaders our role is to chart the path that clearly blends the needs of basic Airmen readiness with the desires of the Airmen to attain the technical skills necessary to allow them to fully assimilate into the operational mission. In my discussions with Airmen, it is the execution of our primary mission that is the reason they joined the Air National Guard and the overarching ideal that delivers meaning and purpose to their service. As such, I've come to realize DSGs struggle with the following question: "why am I here if the job and work is already done when I arrive?"

So how do we as leaders ensure our traditional military members are highly engaged and able to find meaning in their Air National Guard careers? I believe paving the path to purpose for our Airmen is primarily a product of explaining the why behind things they are tasked to do, then enabling them to find and develop their individual sense of purpose within that construct. Every Airman's why behind their decision to serve is unique to them. Understanding their sense of meaning and purpose is essential to helping them pave their own path to fulfillment in their ANG careers and is truly our primary role as leaders in our organization. It is only when we as leaders know those things that bring meaning and purpose to an individual's service that we can successfully assist in executing a comprehensive and unique plan that will provide each Airman the career satisfaction they hoped to achieve when they took the oath to serve this great nation. If we are successful in helping our Airmen pave their individual path toward purpose and meaning retaining the part-time members of our force, who are vital to the future success of our organization, will become a much easier undertaking.

Beyond the basic foundation of knowing your personnel and the reasons why they serve, we as leaders have to make or adapt policies that align with the best practices of competing industries and the benefits they provide. If we do not do this, retaining our most valuable Airmen becomes more difficult as we force them to weigh the value prop-

osition of continued part-time service against a perceived better quality of life beyond the military. Chief among these best practices is enhancing work/life balance to the maximum extent possible to meet both the needs of the mission and the member. As a fully operational reserve of the US Air Force, we operate every day of the week. Bridging the gap between the needs of the mission and the needs of our Airmen has the potential to be found in the understanding that our operational mission is occurring on a daily basis. As technology advances and higher demands are placed on individuals, many employees rejoice in the ability to flex their work environment and hours. If we are going to attract and retain the best talent available, giving Airmen the power to flex their part-time contributions to the in-garrison mission to naturally fit into their personal and professional lives will ultimately provide a better framework for Airmen to find the level of engagement and fulfillment they seek. This is indeed essential to the future success of our organization.

As leaders, we are charged with recruiting, training, equipping, and retaining the finest of our citizenry. I believe the cornerstone principle of successfully completing this challenge is engaging with our part-time force to ensure they are attaining fulfillment and meaning in their careers. Success towards engagement and retention for our service members is twofold. First it is hinged on helping Airmen pave their own path to meaning and purpose in the context of their individual service aligned with the organization's foundational mission. Second, it requires that leaders take an active approach to ensuring mission-specific tasks and work schedule flexibility are available and incorporated into our operations. Combined, these key ideas and strategies will provide our Airmen with the desired level of meaningful contribution to increase retention and successfully achieve the mission of the Connecticut Air National Guard, now and in the future.

## 103rd maintainers keep C-130s clean and ready

*Staff Sgt. Steven Tucker  
103rd Airlift Wing Public Affairs*

EAST GRANBY, Conn. — Just as our vehicles need a wash every so often, so do the 103rd Airlift Wing's C-130H Hercules aircraft.

Airmen from the 103rd Maintenance Group performed an aircraft wash on July 13-14, 2020 in Bradley Air National Guard Base's fuel cell and corrosion control facility.

Each aircraft receives a wash every six months to clean contaminants and prevent corrosion.

"We bring the plane in, we wash it, and then we lube all the components like the landing gear and parts of the wings," said Tech. Sgt. George Worthington, 103rd Aircraft Maintenance Squadron crew chief.

Some aircraft washes are more labor-intensive based on the environments the aircraft have been operating in, said Worthington.

"Exhaust gas will get on the flaps and around the engines, which is corrosive," said Worthington. "Some will come back from overseas and they're really dirty with sand."

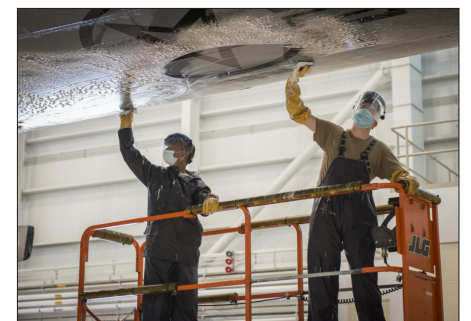
A team of eight to ten Airmen use non-corrosive soap to clean the aircraft before it is inspected for signs of damage or corrosion. The process is key to keeping the aircraft mission-ready and extending its life cycle, said Worthington.

For junior members like Airman 1st Class A.J. Raffles, 103rd Maintenance Squadron structural maintenance specialist, aircraft washes can translate into their regular tasks.

"It's a good way to learn the ins and outs of the aircraft and parts you wouldn't normally work with on a day-to-day basis," said Raffles. "It's a good way to learn the airframe for someone who doesn't have a lot of experience with it. Especially with my job in structural maintenance, I become more familiar with the components that are susceptible to damage and corrosion."

By keeping these aircraft clean and mission-ready, the Connecticut Air National Guard helps provide the nation with an operational and lethal force with rapid response capability. In doing so, the Air National Guard as a whole provides 30% of the U.S. Air Force's airlift capacity.

"I'm happy to be a part of the 103rd and to have a part in keeping these planes flying," said Raffles.





## Air Force invites hackers to re-imagine how space systems are secured

*Contributor*  
Secretary of the Air Force Public Affairs

The U.S. Department of the Air Force and Department of Defense are changing the way they approach building secure and resilient space systems by inviting the global security research community to hone their space domain hacking skills in an open and collaborative environment.

On Aug. 7 to 9, the Department of the Air Force and DOD's Defense Digital Service will premiere the Space Security Challenge 2020, a mixture of virtual workshops and prize challenges related to securing space systems, including a live capture-the-flag (CTF) style satellite hacking competition dubbed "Hack-A-Sat."

"We are excited about this year's Hack-a-Sat Challenge at DEF CON Safe Mode," said Dr. Will Roper, assistant secretary of the Air Force for acquisition, technology and logistics. "Space is an increasingly important contributor to global economies and security. Letting experts hack an orbiting satellite will teach us how to build more secure systems in the future."

Both departments are working in close coordination with DEF CON's Aerospace Village to virtually showcase the team's mission: build a diverse community committed to promoting and developing aerospace cybersecurity expertise and knowledge through positive collaboration.

The virtual workshops are intended to support and generate burgeoning interest across the aerospace security domain, while the CTF competition will challenge some of the world's most skilled hacking teams to test their skills at hacking a government satellite system.

More than 2,000 teams made up of more than 6,000 individuals earned points based on their accuracy and speed solving binary challenges during the jeopardy-style CTF Qualification Event in late May. Eight of the most talented teams have been invited to the Hack-A-Sat final event where they will be challenged to reverse engineer and operate

satellite systems in order to earn "flags," or binary codes. Additionally, there are several aerospace cyber security virtualized workshops and educational opportunities aimed to improve the security, safety and resilience of space systems through virtual "hands-on" learning. By enabling this type of collaboration, DDS and the Department of the Air Force intend to learn from the community and change how space systems are acquired, secured and integrated.

Spectators and researchers looking to immerse themselves in the Hack-A-Sat contest and learn more about the challenges of cybersecurity in space are invited to visit [hackasat.com](http://hackasat.com) to access the 3D Hackers' Den experience. A 3D Satellite Ops Center will broadcast live programming throughout the three-day event including a keynote show titled "Between Two Nerds" where Brett Goldstein, DDS director, and Roper will talk candidly about why securing this domain is imperative to maintain life as we know it. A live broadcast agenda can be found at [hackasat.com](http://hackasat.com).

Whether it's learning to attempt to send messages to a mock aircraft or mimicking the types of commands used to hack a mock satellite, workshop participants will learn about aviation and aerospace through play. Visit [dds.mil/defcon/](http://dds.mil/defcon/) to learn more about Bricks in the Air, the four bay avionics workshop designed with the LEGO Bricks' Technic series; CPX SimpleSat and DDSat-1, the satellite hacking workshop; and Nyan-Sat, the ground station hacking workshop developed in partnership with Red Balloon Security. On Aug. 6, the vibrant, web-based virtual reality environment goes live at [dds-virtual.com](http://dds-virtual.com). In order to play, participants only need a Twitch account. Not required — a verified email address or special VR equipment. The first 500 to complete one of the Bricks in the Air, CPX SimpleSat or DDSat-1 challenges will receive a free Bricks in the Air T-shirt.

The CTF competition and virtual workshops are meant to be educational and revelatory; the DoD does not condone hacking for malicious gain. In bringing together two often perceived at-odds communities — the DOD and hackers — the department aims to tackle the unforeseen security risks in aerospace systems, attract security research talent and influence a more resilient design and development process for future assets.

## Cyber Yankee exercise trains Connecticut Guard, local utilities in virtual threats

*Staff Sgt. Steven Tucker*  
103rd Airlift Wing Public Affairs

WINDSOR LOCKS, Conn. — Airmen and Soldiers from the Connecticut National Guard joined other Guardsmen from throughout New England, as well as state and federal partner agencies, for exercise Cyber Yankee, sharpening their readiness in one of today's most dynamic battlefields—cyberspace.

The exercise trains interoperability of military and civilian agencies to combat potential cyberattacks to critical infrastructure utilities.

"The purpose of this exercise is for the military to train to interact with a mission partner that is a critical asset for the state," said Capt. Frederick Bond, 103rd Air Control Squadron cyberspace operator and exercise Team 3 lead. "So for this exercise we're working with an actual municipal water company in Hartford."

Guardsmen on the exercise's "Blue Teams" worked together with utilities in real-time to combat simulated cyberattacks from the exercise's "Red Team," which operated from this year's exercise host state of New Hampshire. The

"Red Team" plays the role of the threat actors in the exercise scenario and stages "attacks" against the "Blue Teams" of Guardsmen throughout the New England states.

Cyber Guardsmen from organizations throughout the state, including the 103rd Air Control Squadron, 103rd Communications Flight, and 146th Rear Detachment, worked in several roles as part of a team at the Windsor Locks Readiness Center to identify and address these attacks.



*Tech. Sgt. Bryan Dauphinais, 103rd Communications Flight cyber transport journeyman, analyzes simulated cyberattacks during exercise Cyber Yankee at the Windsor Locks Readiness Center, Windsor Locks, Connecticut, July 30, 2020. (U.S. Air National Guard photo by Staff Sgt. Steven Tucker)*

"We received intel that potential threat actors may be using a certain capability to transfer files," said Senior Airman Stephen LaLuna, 103rd Communications Flight cyber systems operations specialist. "So as we see the traffic that's using it, that sets off a flag on our end to look deeper into that. If we determine it is malicious, we send it up the chain with our findings and recommendations to block it."

The Guard's cyber defense capabilities are another key asset in the state's homeland defense mission, said Bond.

"If a large-scale attack happened against a power company, water company, or any other critical department

around the state, we would be able to get activated and help them mitigate the threat," said Bond. "It's similar to when a storm comes and we help remove fallen trees or shovel snow from roofs to help get critical infrastructure going again."

The exercise provides valuable training in preparing for cyber attack scenarios, said LaLuna.

"Everything is constantly changing, so we need to be able to adapt with the world," said LaLuna. "This exercise is allowing us to learn how to identify these things as they're being built in the real world by threat actors."



# COVID-19: CT Guard, DPH inspect long-term care facilities

Tech. Sgt. Tamara Dabney  
103rd Airlift Wing Public Affairs

Members of the Connecticut Army and Air National Guard have teamed up with the Department of Public Health to inspect nursing homes and assisted living facilities throughout Connecticut during the COVID-19 pandemic.

Across the country, long-term care facilities have been hotspots for COVID-19 infections. The Guard and the DPH are surveying all long-term care facilities in Connecticut to ensure adherence to COVID-19 guidelines as directed by the Centers for Disease Control and Prevention. Support from the Guard has enabled the DPH to inspect a greater number of long-term care facilities more frequently. The collaboration is part of Connecticut's continued effort to combat the spread of the virus.

"These inspections are crucial," said Air Force Capt. Gregory Flis, a member of the 103rd Medical Group who manages the Guard's involvement in long-term care facility inspections. "I've said this to my soldiers and airmen that I've trained, from April to now. What we're doing very much matters to the health and safety of residents, health and safety of staff, and definitely the health and safety of the families and communities around the staff members, because if one part of our infection control chain is broken, it all falls apart."

In June, Connecticut was one of only two states (along with Rhode Island) to report a decrease in COVID-19 infections. As the number of new COVID-19 infections in long-term care facilities decreased across the state, Connecticut's unified command structure maintained a persistent response in preparation for a possible second wave of the virus. Flis, who works as a geriatric nurse practitioner outside of the Guard, stressed the importance of holding long-term care facility staff accountable for the safety of Connecticut's most vulnerable population.

"Being in healthcare, you're well aware of the disparities in health care in these types of facilities," said Flis. "Being able to get boots on the ground and see what these facilities are doing was an intrinsic goal for myself."

The inspections serve as both a preventative and corrective measure of safety during the pandemic. According to Senior Master Sgt. Melissa Kelly, a member of the 103rd Force Support Squadron who works alongside Flis to manage the logistics of the inspections, Guardsmen have completed more than 1000 missions in support of DPH between April and July. While on those missions, DPH inspectors have identified compliance issues in both nursing homes and assisted living facilities that have since been rectified.

"The airmen and the soldiers are an extra set of eyes to help the Department of Public Health representative," said Kelly. "They go out to the facilities, making sure that all of the people who work within the facility are following the new COVID-19 guidelines that have been put into place by the CDC. Sometimes we go back with the surveyors to investigate complaints and do infectious control."

The inspection teams document the number of residents and staff that have tested positive for COVID-19 and report the findings to state government officials. All long-term care facilities in Connecticut are inspected regularly.

The Guard's involvement in Connecticut's COVID-19 response has been far-reaching, with the Army and Air Guard deploying nearly 1000 troops since March. In addition to inspections, the Guard is providing Personal Protective Equipment and tracking PPE inventory at each long-term care facility. The effort is part of a push to distribute \$91 million of PPE to essential workers throughout the state.

"These nursing homes, at baseline, can have issues with their own inventories and so that was a big part of it," said Kelly. "We're making sure that they have their own equipment to protect the residents, to protect the staff and to protect the staff's families when they go home."

Master Sgt. Vitaliy Gorbachyk, a member of the 103rd Force Support Squadron who conducted 40 inspections, said the pandemic is unlike anything he has ever faced.

The experience was different, because the last time we faced a pandemic of this magnitude was 100 years ago, said Gorbachyk.

Despite a previous lack of familiarity with pandemic response, during the inspections Gorbachyk was able to apply relevant skills from his ServeSafe training for food safety, which he attained while in the Guard, to effectively support DPH.

"Part of our training is a ServeSafe certification to work in the DFAC [dining facility]," said Gorbachyk. "It [the training] goes through different pathogens, like cross contamination, and all this training definitely helped us during this mission to make sure every-



Air Force Capt. Gregory Flis (left) demonstrates how to wear a Tyvek suit in preparation for long-term care facility safety inspections, June 17, 2020, Hartford, Connecticut. The inspections, which were part of Connecticut's COVID-19 pandemic response, were conducted by teams of Connecticut National Guardsmen and DPH surveyors. (U.S. Air National Guard photo by Tech Sgt. Tamara R. Dabney)



Senior Master Sgt. Melissa Kelly of the 103rd Force Support Squadron manages logistics for long-term care facility safety inspections, June 17, 2020, Hartford, Connecticut. The inspections, which were part of Connecticut's COVID-19 pandemic response, were conducted by teams of Connecticut National Guardsmen and DPH surveyors. (U.S. Air National Guard photo by Tech Sgt. Tamara R. Dabney)

body's safe."

According to Kelly, the mission is expected to continue through August and possibly the fall, if deemed necessary by state officials. For now, she wants the family members of Connecticut long-term care facility residents to know that the Guard and the DPH are doing what they can to keep their relatives safe.

"To the family members, we're out there trying to really minimize the spread of this awful virus," said Kelly. "We hope that they can see their loved ones soon and that we can return to a safer environment. Keep being hopeful and communicate with your family as much as you can and know that we're doing what we can."



# You can define yourself with the words you speak.

Catherine Galasso-Vigorito  
Contributor

In the Gospel of John, it records Jesus' seven "I AM" statements. He defined Himself by His words, for the passages refer to the seven ways He meets the world's needs, Jesus said: "I AM bread of life" (John 6:35), "I AM light of the world" (8:12), "I AM the door" (10:7, 9), "I AM the good Shepherd" (10:11, 14), "I AM the resurrection" (11:25), "I AM the way, truth, and life" (14:6), and "I AM the true vine" (15:1).

What "I AM" statements are you speaking over your situations? What do you say about yourself when you utter, "I AM...?"

It's been said that whatever words follow "I AM," can determine your reality and shape your future.

Our words are filled with power. So, become more consciously aware of what you are saying. We all have days of challenges and frustrations. Things may be taking a long time to work themselves out. We might have faced rejections or setbacks. And, perhaps, we've been unfairly treated.

But during the difficult times of life, we must be extremely careful about how we think. Moreover, we have to be alert as to what we are saying about ourselves and our circumstances.

In the Bible, I read the statement: "Thou shalt also decree a thing and it shall be established unto thee and light shall shine upon your ways." (Job 22:28). This tells me that when we absolutely believe, and speak in positive terms, the desires of our heart, like a fountain bursting with water, will spring into being. Every time you think or say, "I am" or "I'm not," you're defining yourself. For whatever you say, you can begin to attract towards you. For the words that we speak are like a wand that can allow us to alter conditions one way...or the other way.

Remember, the words I AM, which you consistently use to define who you are and what you are capable of, are expressions for the highest aspect of yourself.

Therefore,

- Instead of saying, "I am incapable," speak favor to your future and utter, "I AM capable." Then, pursue your goals.
- In place of, "I am unworthy of happiness," express, "I AM happiness."
- Rather than speaking, "I am unlucky in love," replace it by stating, "I AM love."
- Substitute saying, "I am unlucky," with "I AM blessed," and blessings will follow you.

Regardless of what's going on around you right now, continually affirm that you're in good health, that you have love and harmony in your home and success in your future. Declare that your family and friends are blessed, and that your needs will be abundantly met. Believe and do not doubt.

The more times you say, "I AM [insert a positive adjective here]," the more you'll start to identify with that trait. Thus, go into a quiet place, sit down, close your eyes and for a few minutes each day affirm repeatedly phrases such as:

"I AM brave." "I AM strong." "I AM giving." "I AM talented." "I AM forgiven." "I AM loved."

"I AM kind." "I AM grateful." "I AM peace." "I AM Smart." "I AM victorious." "I AM joyful."

"I AM Valuable." "I AM creative" "I AM Safe." "I AM courageous." "I AM a child of God."

We are what and how we think about ourselves. And how we think about ourselves, is formed by the language we use. So, break destructive lifelong habits. Erase all thoughts of negativity and acknowledge 'the I AM positive statements' at every possible moment. Carry a vision of good things coming to pass, being filled with divine expectancy. I've heard it said, "All things are visualized in the unseen before they are revealed in the seen." For when we ponder upon the good, and speak optimistically, expecting positive results, it can bring such thoughts and words to manifestation.

A while ago, I heard a minister tell a story about a woman who had a dream. That evening, in her dream, an angel escorted her to heaven. There, she was taken to an exquisite mansion. When the woman walked into the foyer, she noticed that the house was filled with doors. To the right and to the left, there were doors everywhere.

Curiously, the woman asked the angel, "What are all those doors?" The angel replied, "Let's open them and find out."

First, they opened the door to their right, and inside there was 'a great idea' that would have more than replaced the job the woman had, years before, lost. "But," the angel uttered to the woman, "You said I AM a failure and then held on to negative thoughts, believing that nothing good would ever happen to you again."

Within the next door was 'a wonderful new friendship.' "However," the angel explained, "Because someone betrayed you long ago, you said I AM worthless, and became so bitter and discouraged, that you stopped expecting great things for your future."

The following door contained 'a golden opportunity.' "Yet," the angel described, "Due to past setbacks, you thought it was too late and said, I AM not talented enough to pursue and accomplish new dreams."

In her dream, the woman was so full of negative I AM statements and doubts and fears, that she missed out on forthcoming joys, blessings and opportunities, which were symbolized by the doors.

Dear readers; boldly go forth, and rise to previously unimagined heights. Your inner dialogue can create the outer reality. Hence, reach out to all God intends for you to receive. Dare to trust Him. Believe in your ability to succeed. And continually speak positive 'I AM' words of love, peace and victory over your life. "It is the Father's good pleasure to give you the kingdom." (Mathew 12:32). Nothing is impossible when we look to Him.

God has an extraordinary future waiting for you. I AM sure something great is going to happen today.

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# Service Member and Family Support Center Staff Directory



## William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 Open Monday-Friday

Director, Service Member and Family Support Center	<b>Kimberly Hoffman</b>	kimberly.j.hoffman.civ@mail.mil	(800) 858-2677
Deputy Director	<b>Melody Baber</b>	melodycheyenne.c.baber.civ@mail.mil	(860) 548-3276 (desk) (860) 883-2515 (cell)
Family Assistance Center Coordinator	<b>Andrea Lathrop</b>	andrea.e.lathrop.ctr@mail.mil	(860) 524-4938 (desk) (860) 883-6934 (cell)
Family Assistance Center Specialist	<b>Olga Castellanos</b>	olga.i.castellanos.ctr@mail.mil	(860) 493-2797 (desk) (860) 883-6949 (cell)
Family Assistance Center Specialist	<b>Vacant</b>		(860) 524-4897 (desk) ☐
Senior Family Readiness Support Assistant	<b>Linda Rolstone</b>	linda.b.rolstone.ctr@mail.mil	(860) 524-4963 (desk) (860) 680-2209 (cell)
Family Readiness Support Assistant	<b>Joy Tyler</b>	joy.a.tyler.ctr@mail.mil	(860) 548-3283 (desk)
ARNG Yellow Ribbon Program	<b>SPC Matthew Yotka</b>	matthew.t.yotka.mil@mail.mil	(860) 493-2796 (desk) (860) 500-3058 (cell)
Lead Child & Youth Program Coordinator	<b>Michelle McCarty</b>	michelle.m.mccarty4.ctr@mail.mil	(860) 548-3254 (desk) (860) 883-6953 (cell)
Survivor Outreach Services Coordinator	<b>Jason Perry</b>	jason.t.perry.ctr@mail.mil	(860) 548-3258 (desk)
Military OneSource Consultant	<b>Scott McLaughlin</b>	scott.mclaughlin@militaryonesource.com	(860) 493-2722 (desk) (860) 502-5416 (cell)
Personal Financial Counselor	<b>Reggie Harwell</b>	pfc.ct.ng@zeiders.com	(203) 233-8790 (cell)
State Support Chaplain	<b>Lt Col Eric Wismar</b>	eric.a.wismar.mil@mail.mil	(860) 548-3240 (desk)
Transition Assistance Advisor	<b>Fausto Parra</b>	fausto.g.parra.ctr@mail.mil	(860) 524-4908 (desk)
Employer Support for the Guard and Reserve	<b>Sean Brittell</b>	sean.r.brittell.ctr@mail.mil	(860) 548-3295 (desk)
Connecticut Military Relief Fund	<b>Russell Bonaccorso</b>	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
Citizen Soldier For Life Career Readiness Counselor - Hartford	<b>Peter Orschiedt</b>	porschiedt@patriotenterprisesllc.com	(860) 524-4894 (desk)
Citizen Soldier For Life Career Readiness Counselor - Middletown	<b>Donna Calvi</b>	dcalvi.csfl@gmail.com	(860) 613-7568 (desk)

## Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 Open Monday-Friday

Family Assistance Center Specialist	<b>Lisa Middlebrook</b>	lisa.n.middlebrook.ctr@mail.mil	(860) 292-4601 (desk) (860) 883-2704 (cell)
Family Assistance Center Specialist	<b>Steven Czelusniak</b>	steven.e.czelusniak.ctr@mail.mil	(860) 292-4602 (desk)

## Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810 Open Monday-Friday

Family Assistance Center Specialist	<b>Nancy Cummings</b>	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk) (860) 883-2746 (cell)
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## New London Armory: 249 Bayonet Street, New London, CT 06320 Open Monday-Friday

Family Assistance Center Specialist	<b>Michelle Powell</b>	michelle.powell12.ctr@mail.mil	(860) 772-1422 (desk) (860) 221-5540 (cell)
Citizen Soldier For Life Career Readiness Counselor	<b>Kara Fernandez</b>	karafernandez.csfl@gmail.com	(800) 858-2677

## 103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 Open Monday-Friday

Airman and Family Readiness Program Manager	<b>Kasey Timberlake</b>	kasey.b.timberlake.civ@mail.mil	(860) 292-2730 (desk) (860) 462-0379 (cell)
Family Assistance Center Specialist	<b>Lisa Middlebrook</b>	lisa.n.middlebrook.ctr@mail.mil	(860) 292-2595 (desk)
Yellow Ribbon Support Specialist	<b>Laura Cohen</b>	laura.b.cohen.ctr@mail.mil	(860) 292-2772 (desk)

## Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 Open Monday-Friday

Family Assistance Center Specialist	<b>Jay Jennett</b>	jay.s.jennett.ctr@mail.mil	(860) 739-1637 (desk) (860) 883-2720 (cell)
Personal Financial Counselor	<b>Rhona Heyl</b>	pfc3.ct.ng@zeiders.com	(860) 287-7552 (cell)

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