



Connecticut GUARDIAN

The Yankee Courier on page 14

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Credential, certification program available to Army Guard

Tech. Sgt. Erich B. Smith
National Guard Bureau

ARLINGTON, Va. – Beginning in January, Army National Guard Soldiers will be eligible to take part in an Army-wide program allowing them to obtain civilian, industry-specific credentials and certifications.

Through the Credentialing Assistance Program, Soldiers can receive additional training or take exams to earn credentials such as Lean Six Sigma, certified logistics technician and a commercial driver license as well as certifications in more than 1,600 other programs.

Army Guard members stand to benefit tremendously from the program, said Kenneth Hardy, chief of the Army National Guard's education branch.

"We are embedded in the community [with] two-thirds of our force working in civilian occupations," he said, referring to traditional Army Guard members.

Having those credentials, he added, can mean the difference for Soldiers when trying to advance their civilian careers.

"It can be that distinguisher when you are going for a job application or promotion, [or] competing next to other candidates," Hardy said.

The program can be just as valuable for full-time Army Guard members who may be nearing retirement, he said.

"It preps the Soldiers for civilian life by making those skills recognizable on the civilian side when they transition," Hardy said. However, Soldiers can only pursue credentials that reflect their rank and military education, he said.

For example, Army Guard members who complete courses such as the Advanced Leaders Course or the Captains Career Course have different options in selecting credentialing programs than junior members.

Regardless of rank, Soldiers are able to pursue programs outside their military jobs – a feature that is especially beneficial for those whose military job doesn't have a civilian equivalent.

"There is simply not a credentialed system for those who cock a cannon," said Hardy.

The program can also benefit Soldiers who may wish to transition to a new military career field.

"[This program] opens it up for Soldiers to have lots of opportunities while they are serving, and lots of opportunities when they get out," said Hardy.

Hardy said Army Guard members should be mindful of funding limitations when taking on credentialing programs.

Soldiers can use both tuition and credentialing assistance concurrently as long as they don't exceed a \$4,000 cap per fiscal year. There are other limitations as well.

"Tuition assistance pays for tuition only," he said. [Credentialing assistance] pays for tuition fees, books, supplies, and tests – everything associated with getting that credential," he said.

Hardy added that even for Guard members who have a college degree, a credentialed designation next to their



Self-Directed Credentialing Assistance has been added to the Army Credentialing Program. The voluntary program allows Soldiers to pursue civilian credentials, licenses, and certifications to enhance skills in an area outside their military occupational specialty or branch. All eligible officers, warrant officers, noncommissioned officers, and enlisted soldiers can take advantage of CA. (Photo by Master Sgt. Brian Hamilton)

name can help them achieve greater success.

"With credentials, it's a little bit of a game-changer," he said. "[When] you put initials next to your name, you show who you are, what you know and what you can bring to the table."

Soldiers interested in the program should contact their local education service office to schedule a credential assistance counseling session.

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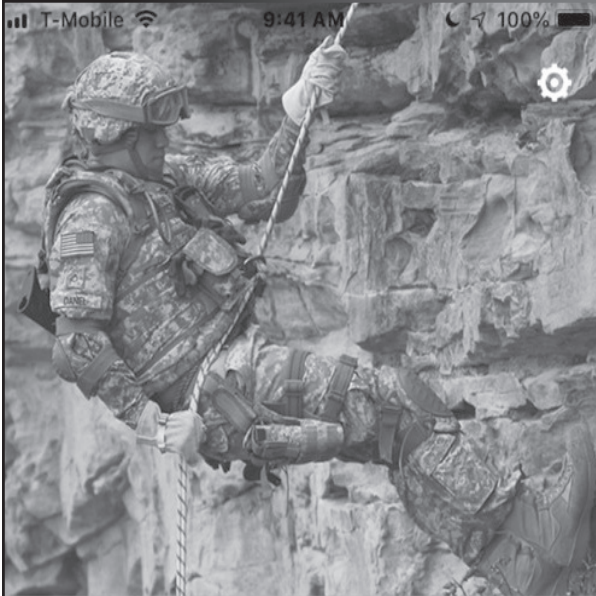


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State of the Guard: ACE and ACFT

Command Sgt. Maj. John S. Carragher
State Command Sergeant Major

Greetings, Team! It has been a while since I had the opportunity to write a column. It has been a busy couple of months, combined with the ongoing issues getting the Guardian printed. Hopefully we will get back on track.

It is hard to believe my last article was back in June. So much has happened since then I hardly know where to start. Uncharacteristically for me, I will start out with the bad news.

Over the last couple of months we have lost three of our family to suicide. I will not dwell on the individual cases because details do not really matter. What matters is the actions we take to keep it from happening again. If I had an easy answer to this problem, I would be a very rich man. I don't know what causes a person to get to that place. What I do know is there are close to 5,000 Airmen and Soldiers in our organization that will do anything to help our brothers or sisters in crisis. What actions can we take to leverage the immense power our sheer numbers can bring to bear? I think we can break it down into two broad areas: what the individual can do and what the organization can do.

Each and every one of us has to know that they are not alone. Regardless of the situation you may find yourself in, chances are one of us has faced something similar in the past or knows someone who has. You are not the first and will likely not be the last to face a particular challenge. Guess what? We made it through it, you can

too! All you have to do is ask and help will come. I am under no illusion it is easy to ask for help. Facing difficult situations head on is not easy. Nor is it easy to face the consequences of what may come next. Unfortunately, the tough situations do not come with easy solutions and do not just "get better" over time. They do, however, come with solutions. Seek out the solutions and the people that can help you figure out the solutions.

Collectively, we need to remain vigilant looking out for each other. We need to be aware of changes in behavior that may indicate a person in crisis. We need to be fearless and ask the hard questions: Are you okay? Are you considering hurting yourself? We need to be prepared to take decisive action when something does not look right. I would rather be embarrassed for asking the hard question or taking action than being remorseful for not acting.

Leaders at all levels need to be approachable. People need to feel confident leaders will get them the help they need. Do not misunderstand me. As leaders, we all have the responsibility to uphold good order and discipline and maintain standards. We also have a responsibility to help people FIRST. There will be plenty of time later to deal with the consequences. Priority # 1 is to help the person shine a light on the dark place they are in and emerge from the other side. We can work through the rest of the issues later.

I want to give everyone a quick update on the Army Combat Fitness Test (ACFT). As I am sure everyone

knows, the ACFT is coming to an Armory near you. On 1 October 2019 the Army officially moved into the Initial Operating Capability for the ACFT. What does that mean? It means most of us will be taking their final record Army Physical Fitness Test (APFT) in the 1st quarter of training year 2020. We will then take at least one ACFT (not for record) during the rest of the training year. The ACFT is scheduled to become the test of record for the Army on 1 October 2020.

In September we brought about 200 leaders from across the Guard to Camp Nett for a leader's symposium. One of the events was a hands-on demonstration of the ACFT. The purpose was not to conduct the test, rather to give leaders the opportunity to perform each of the events. The results of the demonstration were leaders who are more confident talking about the test and understanding the impacts to our Soldiers. It is almost universal for everyone that actually takes the test to realize it is not really that difficult. Will we have to change the way we train? Yes. Will there be events we need to train harder? Yes. Is it an impossible task? No!

We will continue to press forward with ACFT implementation. One of the biggest concerns I hear is the lack of equipment. The specific equipment linked to the ACFT is not required to train. I urge you to get a copy of the TRADOC ACFT Handbook. It has all the exercises you need to get after each of the events. We are working hard to identify a distribution plan for the equipment we are receiving and to resources testing sites around the State. We will have at least three testing sites available to our units. Additionally, each facility will receive several sets of equipment for their Soldiers to train with and practice each of the events.

It is hard to believe the holiday season is almost upon us. As with any family, some of us are better off than others. If you or one of your Soldiers/Airmen are having financial difficulties, compounded by the holidays, please reach out to our Family Program. It is 100% anonymous and they do wonderful things to make it a little easier. Conversely, if you are in a position to help support the program by "adopting" a family, I urge you to consider doing so.

As always I look forward to getting out to see all of the great things Connecticut's Home Team is doing in support of community, State, and Nation. I am in awe of you each and every day.

Quotes of the Month:

"To begin to take responsibility for the profession is to begin to ask yourself 'What have I done to earn the trust of those for whom I am responsible today?' Trust is undeniably the most profound leadership imperative, and it must be earned and then earned again."

General (Ret.) Martin E. Dempsey
18th Chairman of the Joint Chiefs of Staff

"Winning Matters."

General James C. McConville
40th Chief of Staff

Army Strong, but Always Go Guard!



U.S. Army Staff Sgt. Amanda Rose, Master Fitness Trainer, District of Columbia Army National Guard demonstrates the Army Combat Fitness Test (ACFT) sprint, drag, and carry event to military and civilian National Guard inspectors general (IG), during the 2019 National Guard Bureau Inspectors General Conference, Arlington, Virginia, Aug. 1, 2019. One conference training topic included the upcoming Army Combat Fitness Test (ACFT). Soldiers from the ACFT Mobile Training Team discussed the new test and provided demonstrations of the individual events which can help IGs better understand the test before its implementation. (Air National Guard photo by Air Force Master Sgt. David Eichaker/released)



U.S.S. Saratoga (Archive Photo)

President Trump signs H.R. 299 into law

2 LT Marion Lynott
Contributor

On June 25, 2019, President Trump signed into law H.R. 299, The Blue Water Navy Vietnam Veterans Act of 2019. This bill allows Blue Water Navy veterans to receive Veterans Administration (VA) disability benefits for illnesses linked to exposure to Agent Orange during their Vietnam War service.

Veterans who served on open sea ships off the shore of Vietnam during the Vietnam War are referred to as “Blue Water Navy Veterans.”

According to the Agent Orange Act of 1991, veterans who served in Vietnam between 1962 and 1975 are presumed to have been exposed to Agent Orange if diagnosed with a medical condition associated with the herbicide. Presumptive diseases of herbicide exposure include certain cancers, Parkinson’s disease, and diabetes. The Agent Orange Act of 1991 only applied to veterans who served on land and in Vietnam’s inland waterways. H.R. 299 now extends those benefits to any military personnel who served on any vessel during the Vietnam War that came within 12 nautical miles off the coasts of Vietnam.

H.R. 299 further expands coverage and includes the provision that every veteran exposed to herbicides like Agent Orange should receive the same presumptive benefits. A provision of H.R. 299 states, “A veteran who, during active military, naval, or air service, served offshore of the Republic of Vietnam during the period beginning on January 9, 1962, and ending on May 7, 1975,” will now be eligible for disability compensation for presumptive conditions of herbicide exposure. This now allows veterans who fall into that category and whose claims have been denied or held in a pending status, to now gain access to VA medical care for conditions on the presumptive list.

The VA has announced that it will begin deciding Agent Orange exposure claims for Blue Water Navy veterans, beginning January 1, 2020. Some estimates put the number of veterans exposed to Agent Orange as a result of their service in Vietnam as high as 900,000. It is believed that H.R. 299 legislation will now extend disability benefits to about 90,000 veterans.

Veterans whose previous claims for Agent Orange related conditions were denied,

may now reapply under this new law. Veterans with life-threatening illnesses and those over the age of 85, will have claims priority, but no claims will be decided before January 1, 2020.

Survivors of veterans who served off Vietnam’s coast also can apply for benefits. Surviving spouses, dependent children and dependent parents of veterans who were exposed to Agent Orange and died as a result of diseases related to Agent Orange exposure, may be eligible for survivors’ benefits.

A VA news release lists the following as Agent Orange presumptive conditions:

- AL amyloidosis
- Chloracne or similar acneform diseases
- Chronic B-cell leukemias
- Diabetes mellitus Type 2
- Hodgkin lymphoma, formerly known as Hodgkin’s disease
- Ischemic heart disease
- Multiple myeloma
- Non-Hodgkin lymphoma, formerly known as Non-Hodgkin’s lymphoma
- Parkinson’s disease
- Peripheral neuropathy, early-onset
- Porphyria cutanea tarda
- Prostate cancer
- Respiratory cancers (lung, bronchus, larynx, or trachea)
- Soft-tissue sarcoma (other than osteosarcoma, chondrosarcoma, Kaposi’s sarcoma, or mesothelioma).

For those veterans or dependents who think they may be eligible for benefits under this new law, the VA can help you determine Agent Orange exposure or qualifying service in Vietnam, but only after you file a claim for compensation benefits. Claims can be filed on-line at the VA website, www.va.gov or by contacting the closest VA benefits office.



Support Our Annual Veteran's Holiday Drive

Help us help Our Hero's, as we continue our support of local Veteran organizations:
The Soldier On group from the VA Hospital in Leeds, MA and
The Veterans Home in Rocky Hill, CT.

As in years past, we are looking for general items to donate to these men and women to include:

Winter clothes, outerwear and boots
Bed linens and comforter sets (twin)
Robes and slippers
Underwear, socks, shirts and pants

Basic toiletries
Digital radios and alarm clocks
Local pro/college team gear
Books (reading or puzzle/activity) & movies

Collection Dates are from October 24th thru December 13th

NEW ITEMS ONLY FOR DONATIONS

(No food items)

Thank you,

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Health & Fitness

Vaping related lung illness on the rise

Alexandra Shea
Evans Army Community Hospital

National news headlines about the rise in e-cigarette and vaping related lung illnesses have been dominating newspapers, TV and radio recently. It has also been reported that AAFES will no longer sell vaping products.

The number of cases and deaths related to vaping lung illness has climbed even higher with more than 500 reported cases according to the Center for Disease Control and Prevention, up from 380 cases, and eight deaths from vaping.

"Currently the CDC is collecting the data and case definitions of the lung illness," said Col. Paul Kwon, chief of the Preventive Medicine Department at U.S. Army Medical Department Activity-Fort Jackson. "The CDC does not yet know the specific cause of these illnesses. The investigation has not identified any specific e-cigarette, vaping product or substances that is linked to all the cases."

Kwon and the CDC both said the reported cases of the lung illness were reported by those who had used THC vaping products, the high-producing chemical in marijuana, and e-cigarettes containing nicotine.

While regular cigarettes contain more than 7,000 chemicals, vaping liquids can contain less harmful chemicals but do still contain harmful chemicals such as nickel, lead, tin, ultrafine particles, chemicals linked to cancer such as diacetyl and other volatile organic compounds that are delivered in higher doses to the user.

Any number of these chemicals or metals have been associated with the lung illness lipoid pneumonia. This type of pneumonia is caused when lipids (a fatty acid) enter the lungs and cause the lung's air sacks to become inflamed.

"Lipoid pneumonia associated with the inhalation of lipids in aerosols generated by e-cigarettes has been reported," Kwon said. "Based on available information, the illness is likely caused by an unknown chemical exposure but no single product or substance is conclusively linked to the illness."

Symptoms of lung illness due to vaping or e-cigarettes include cough, shortness of breath, chest pain, nausea, vomiting, diarrhea, fatigue, fever and abdominal pain. "Some patients have reported that their symptoms developed over a few days while others reported their symptoms developed over several weeks," Kwon said.

According to the CDC "e-cigarettes are the most commonly used tobacco product among youth." While news headlines can lead some to believe that the lung illnesses associated with vaping seems to only affect youths, it is incorrect. These illnesses have affected adults as well. The last reported death on Sept. 20, 2019 was an adult male in his mid-40s.

Some adults have used vaping as a way to quit smoking regular cigarettes. The CDC said e-cigarettes may help non-pregnant adult smokers to quit smoking as long as it is a complete substitute for all cigarettes and other smoked tobacco products but "that doesn't mean e-ciga-

rettes are safe."

Kwon and the CDC recommend the following to reduce the chances of suffering lung illness from using vaping products:

- If you are an adult who used e-cigarettes containing nicotine to quit cigarette smoking, do not return to smoking cigarettes.
- If you have recently used an e-cigarette or vaping product and you have symptoms like those reported in this outbreak, see a healthcare provider.
- Anyone who uses an e-cigarette or vaping product should not buy these products (e-cigarettes or other vaping products with THC or other cannabinoids) off the street and should not modify or add any substances to these products not intended by the manufacturer.
- Youth and young adults should not use e-cigarette products.
- Women who are pregnant should not use e-cigarette products.
- Adults who do not currently use tobacco products should not start using e-cigarette products.

If you are concerned about your health after using an e-cigarette product, contact your local health care provider or the Moncrief Army Health Clinic at (800) 444-5445 or the local poison control center at (800) 222-1222.

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Red: Low-performance fuel

FLU PREVENTION TIPS

Getting the flu vaccine every year is the **best way to protect yourself** and the ones you love from the flu.

The most common symptoms of the flu include, fever, cough, runny nose, body aches, headache, chills and fatigue. These symptoms typically begin two days after exposure to the virus and most last less than a week.



Governor's Horse and Foot Guards

Connecticut Militia meets the Mounties

2nd Lt. Brigitte Soucy
First Company Governor's Horse Guards

When news that the Royal Canadian Mounted Police were coming to the Eastern States Exposition (aka "The Big E") in West Springfield, MA, Troopers at the First Company Governor's Horse Guards (1GHG) in Avon, CT became very excited. This was going to be the first time in twelve years that "The Mounties" were returning to New England.

As one of Canada's most recognized icons, the RCMP were scheduled to perform their famous and traditional Musical Ride September 27-29. There was no denial: we wanted to be part of their visit to witness their skilled horsemanship firsthand. The timing was ideal because we were already planning to reintroduce a similar program for our public Open House events.

Members of the RCMP Musical Ride team are Police Officers (Constables) with at least two years active police work before volunteering for specialized riding training in Ottawa, Canada. Like us, most applicants have no prior riding experience at the outset. However, during their time in the unit (typically 2-3 years) they are dedicated to caring for their mount full-time. Their intensive training includes riding for at least 3 hours per day, 5 days per week.

Riders are international ambassadors of goodwill, promoting the RCMP's Image as they travel extensively across Canada and the world. They help to raise generous funds for charities and non-profit organizations in each town where they perform.

As America's oldest continuously operating cavalry unit comprised of 100% volunteer members, we share many traditions but knew we could learn so much from them. Taking the initial suggestion from Private Felicia

Moran, Captain Julie Scull called Sergeant Jeremy Dawson, coordinator and outside liaison for the RCMP Musical Ride. SGT Dawson was friendly and expressed his genuine appreciation for us reaching out to them. In turn, we invited the The Second Company Governors Horse Guards of Connecticut to join us for an exciting "meet and greet" opportunity to hear how the RCMP trains its riders and horses.

On Sunday September 29, thirteen of CT's Troopers were fortunate to meet our northern neighbors in a designated row of busy stalls to exchange handshakes and smiles while discussing training, traveling, tack, uniform, horse breeding, donations and so much more. We were invited to watch a private practice session before the formal public performance later that evening.

After a short break, the RCMP riders re-entered the arena in their distinctive red serge dress uniforms to perform intricate formations with astounding precision and control while carrying red and white flags on lances. These 28 riders and gleaming black horses astonished us as they executed coordinated patterns, mostly at a trot or canter, all perfectly choreographed to music.

After the performance, we posed for some final treasured photos, even with a rare mounted opportunity, before exchanging goodbyes and expressing our appre-



Troopers and their mounts stand at attention waiting for command from SGT Jeremy Dawson.

ciation for such generous visit. We were touched and amazed by their level of professionalism, forthrightness, humility. The biggest lesson we took home is their personable connection and genuine care for their carefully bred horses. We talked about future possibilities to meet again but in the interim, September 29, 2019 will be etched in our memories for years to come. Like we say at the cavalry: To the horses! And to the Mounties!

For more info on the Musical ride, visit: rcmp-grc.gc.ca/en/musical-ride

Second Company Governors Horse Guard Held their Annual Open House

2nd Lt. Marion Lynott
Second Company Governor's Horse Guard

The Second Company Governor's Horse Guard held their annual Open House this September and the weather cooperated to help draw out a large crowd. Over 700 people attended the event which was considered a success, with everyone enjoying the demonstrations and activities around the grounds.

The event began with the firing of a canon, followed by the singing of The National Anthem and God Bless America by two of the Horse Guard Troopers.

Riding demonstrations was performed by Master of Horse David Loda from Golds Dragon who entertained the crowd with his galloping horse Huckleberry. While riding Huckleberry over a jump he skillfully sliced an eggplant with his saber.

Rebecca Hathaway worked her horse training skills with one of the Horse Guard horses, followed by one of her own horses.

Troopers and horses of the 2GHG performed their Musical Ride and demonstrated a sample of their drill maneuvers.

Outside the ring there was lots of action taking place, with unique vendors, a silent auction, animal adoption, face painting, children's games and a 5-1 adventure bounce house.

"Our History and Recruiting table gathered lots of interest from the public, which is one of the main reasons we have our Open House annually. It helps to educate people



Members of the Second Company Governor's Horse Guard Performing their Musical Ride Demonstration (Photo by 2nd Lt. Marion Lynott)

on who we are and how we got here, as well as give them an opportunity to hear more about joining the troop"

EMPLOYER SUPPORT OF THE GUARD AND RESERVE TIPS FOR GUARD AND RESERVE SERVICE MEMBERS

Many employment challenges can be avoided by being candid with your employer about your obligations as a member of one of the Reserve Components. Don't take your employer's support for granted!

Here are some tips on how to keep your supervisor informed:

Talk to Your Employer: Tell your employer about your military assignment and skills you have gained in the military. Many people hold military jobs that relate directly to their civilian careers.

Federal Law: Know your rights and responsibilities as outlined by Federal law in the Uniformed Services Employment and Reemployment Rights Act (USERRA). The law guarantees the right to take time off from work to meet your military responsibilities. If you, your supervisor and your personnel office are familiar with USERRA, potential misunderstandings can be minimized. ESGR is a free resource that can help you understand your rights and responsibilities under USERRA, and assist your employer with USERRA compliance.

Annual Training and Drill Schedules: Keep your supervisor informed about your Guard or Reserve duties. The earlier you provide your supervisor with drill schedules, annual training plans and any extra time-off requirements, the more smoothly things will go. Remember you must give your employer advance notice of any military service whenever possible; it is recommended that this be done in writing. Giving employers the maximum lead-time enables them to plan for your absence.

Non-Training Active Duty: Many Reserve Component members perform tours of active duty that are not for training. This can range from short active duty tours and support exercises to years of active duty. Under USERRA, prior notice of military duty must be given to your employer. Military duty in this category is generally subject to a cumulative 5-year time limit under USERRA. After being absent for five years you may no longer have reemployment rights with your employer.

Emergency/Contingency Duty: As a Reserve Component member, if you are activated involuntarily for war or a national emergency, your period of service will not count against the cumulative 5-year limit established under USERRA. In most cases, voluntary duty is also exempt from the 5-year limit if it is in direct support of a contingency operation.

Scheduling: If you miss work while performing military service, your employer is not obligated to reschedule you to make up the time lost. However, if employees who miss work for non-military reasons are afforded opportunities to make up the time lost, you must be treated in the same manner. Further, you cannot be required to find replacement workers for shifts you miss during the performance of military service.



Pride, Accomplishment, and Dignity

1st Lt. Jeff Clark
Second Company Governor's Foot Guard

This past spring the Governor's Foot Guards and Governor's Horse Guards were given the opportunity to step out of our traditional comfort zones. The units were tasked to learn how to deploy a Connecticut Department of Public Health 25 bed Mobil Field Hospital, complete with flooring, HVAC, and electric. This task is a radical 180 degrees from our traditional roles. It took us way out of our comfort zones, and it was quite an adventure. Here's what happened.

This past spring for one weekend a month in March, April, and May, then 5 days in June, the militia units (Governor's First Co. Foot Guard, Second Co. Governor's Foot Guard, and the First Co. Governor's Horse Guard) received the training at Camp Hartell's New England Disaster Training Center. Here, with support from CTMD, a cadre of leaders and trainers from the NEDTC, and instructors from the Connecticut Department of Correction's C.E.R.T. all embarked on perhaps a seemingly impossible task, training militia soldiers on a Public Health mission. It has been many years since the militias have been formally trained to serve our citizens in time of need and crisis, I have served for 19 years, and I haven't seen anything like this; yes, we train for ceremonial events weekly, but this was 'out of the box new to us.' The goal was to "transport and deploy a 25 bed Mobile Field Hospital, complete with flooring, electrical, and HVAC; then take it down and re-pack it for future deployment."

These are big tents. The tents came in two giant sections that connect into one, flooring, and 6 smaller annex tents. The most interesting thing about the set-up was how the tents are raised. Two giant bladders about 35 feet long were rolled out on the flooring. Then each section of tent was rolled out on top of and over the giant inflatable bladders and spread out over the bladders. The bladders (like two miniature zeppelins) were then inflated with air, thus raising the tent. When the bladders were maxed out in size, the sides of the tents were staked down, and the bladders were deflated. The internal sup-

port skeleton remained erect, keeping the tent up.

One good asset was the vast experience of the troops involved that was applicable to the task at hand. Mechanics, truck drivers, and personnel with building experience were highly valued for the MFH set-up process, and instinctively took on leadership roles. For example, starting a Department of Public Health towed generator after a few years of inactivity was a challenge. Our personnel with the mechanical experience made quick work of that task. Those with professional driving experience handled the Dept. of Public Health trucks that were also sitting idle for years. They evaluated the needs of the transport trucks, and got them up and running. As Team IV leader, I had an awesome team. Problems were confronted, assessed, and solutions were applied that mitigated and eliminated the problems. Once our section was squared up, we moved onto other teams to assist them. People like me without the hands on work/life experience for this type of work cooperated and assisted with the needs of those with the practical knowledge. ORGANIZATION and PLANNING, along with FLEXIBILITY was key. Flexibility, because we all know sometimes you have to make stuff up as you go along, the book doesn't cover everything. Whatever equipment that was on the team's manifest had to be on that truck and trailer in order for the whole operation to be successful.

"The mobile field hospital was an excellent opportunity for the Governor's Guard Units to show that they can all work together as a strong team for the service to the state in the case of a called upon emergency. We were given this task, a task with some difficulties, but we improvised and solved many of the challenges by utilizing our varying work and life experiences that we all brought to each task, making our skill sets very unique and valuable for this kind of application. It was really great to see this mobile field hospital's construction technique to be skillfully understood through the eyes of many backgrounds. In the unfortunate event in which setup of this hospital may be needed, we feel comfortable being ready to deploy it safely and efficiently, and we take it as a matter of great pride to serve and help the citizens of Con-

necticut." Corporal Nate Kyder, Second Co. Governor's Foot Guard.

The entire training experience was something the militias have not done in the past twenty years, and then some. The militia troops stepped out of their comfort zones of parades, color details and ceremonial duties and stepped into a non-traditional role of being a small part of a larger mission when called upon, assisting the citizens of Connecticut. This is a major change to reflect the needs of 21st century life in our world today. SST. Mike Hedman, armorer of the Second Company Governor's Foot Guard said, "It was a good training experience being able to show off our talents and be able to assist NEDTC and the State of Connecticut in-case of a natural or man-made disaster."

There was also some inward looking upon some participants. Some of us were re-directed on the need to maintain better physical fitness, I know I was. (Yes, I detoxed from all non-natural sugars, junk foods, processed foods, and even started an exercise routine due to the physical demands of this assignment.) The purely physical demands of laying a floor and securing that floor is vastly different than marching around on a drill shed floor practicing facing movements, or practicing Von Steuben musket drill. Also, weather was a big determining factor with militia training. Typically, parades are canceled due to inclement weather. As we were told on day one, "military operations are not canceled due to weather." Starting this training in mid-March, we were exposed to wind, rain, cold, and changeable daily weather. By June, the heat kicked in, and we were exposed to heat and humidity, and high winds. This exposed some areas of need among the militias, such as proper requisition of cold weather gear, gloves, headgear, and coats. In fairness the MFH training came as a pleasant surprise, and we were not exactly totally ready. Militia units typically buy colonial uniforms, leggings, black powder, and muskets, not cold weather gear. Now our respective QM units are tasked with expanding the requisitioning of

Continued, see **Pride Page 11**



Troopers of the First Co. Governor's Horse Guard employing "Tactical Patience" as the bladder finishes raising the tent structure. It only rises so fast. (Photo credit MAJ. Richard Greenalch, Second Co. Governor's Foot Guard)



Inflatable bladder to raise the tents, and lower the tents. Also appearing in this photo is the portable floor. (Photo credit Major Richard Greenalch, Second CO. Governor's Foot Guard)

Service Member & Child Dinner Dance

*November 16, 2019
Southington Armory
590 Woodruff Street
5:00-8:00 PM
(Dinner begins at 5:30 PM)*



CRAFT Activity

Family Ticket (up to 4 members) \$22
Family Ticket (up to 6 members) \$27
Individual Tickets \$7
(Ages 2 and below are free)

Questions please call: 1-800-858-2677

Registration required through link below:

<https://sm-dinner-dance-2019.eventbrite.com>

Password: SMCD19

Dress Code: Semi-Formal, dress uniforms encouraged but not required.



Door Prizes



Pride, continue from page 9

outerwear for such tasks and missions. The units can be called out by the Governor at any time of the year. Since natural disasters and public health emergencies do not send out advanced notice of when they will occur, we need to supply troops properly for service at any time, and in all weather conditions.

This seemingly simple task accomplished a great deal, a major step by militia evolution. By accepting this task, the militia units stepped out of their traditional roles as a purely ceremonial units, those being parades, and official ceremonial seasonal events we are known for. We then took up the challenge to enter a new calling of service to our citizens in times of trouble, in time of need, and in time of danger. Your militia units are ready to help. Corporal Catriana Hersey of the First Co. Governor's Horse Guard, a task-engaged soldier said, "The purpose of the MFH is to provide disaster relief, hospital over-flow beds, or a triage hospital. As a civilian EMT, I can see the need for constant training and resources for disaster preparedness. Training on the MFH has given my team the experience and team cohesiveness to provide this to Connecticut."

Pride, Accomplishment, and Dignity. This was the result I observed at the end of the training. I think every militia soldier who participated felt this. I could sense the pride, the see the accomplishment, the feel dignity in the militia soldiers.

MAJ. Richard K. Greenalch, Jr., the Commandant of the Second Company Governor's Foot Guard summed it up best, "The Mobile Field Hospital Training this spring was a great example of the Organized Militia's dedication and service to the citizens of the State of Connecticut. Foot Guardians and Horse Guardians all working together to successfully complete our designated mission. I am very proud of all those who participated."

Looking forward, what's next? Bring it on!

A perfect score



A perfect score of 30 was achieved by PFC. Peter Leonardo of the Second Company Governor's Foot Guard during Annual Training at the East Haven Range back on 6 August 2019. The weapon used was the XM-17 Sig. Here presenting the award is Major Richard Greenalch, (Commandant) and CPT. Joel Hurliman (Executive Officer) of the Second Company Governor's Foot Guard. When asked about his achievement, PFC Leonardo responded, "I've never won anything in my life, this is great." We wish PFC Peter Leonardo and his family the best this upcoming year, and good practicing this coming year. (See you then Ray.) (photo by 1st Lt. Jeff Clark, Civil Affairs Officer, Second Company Governor's Foot Guard)

CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Demarco Dimbo | Benjamin Farrell
Jared He | James Iarusso
Matthew Kilfeather | Kenneth Pastor
Encarnacion Pimentel | Francis Rodriguez
Alonna Smith

To Private 1st Class

Jeremy Adams | Suarez Adams
Genesis Allen | Feliz Carrion
Lucas Diaz | Darius Dozier
Michael Haggerty | Patrick Henri
Brian McCabe | Angel Mejiasdiaz
Torres Miranda | Mony Na
Haille Roach | Trevor Sanders
Cuevas Santiago | Javier Serrano
Tiona Stewart

To Specialist

Cailin Barnes | Timothy Bristow
John Copela | Dmetri Hunter
Timothy Keating | Yasell Mercadormirabel
Gonzalez Montano | Jquan Pagan
David Pierce | Christina Reyes
Cardell Samuels | Luis Santosparedes
Douglas Taylor | Angel Torres
Keri Trigo

To Sergeant

Devar Beckford | Shawn Bethune
Quintyia Buttram | Andrzej Fedoryszak
Leticia Fernandez | Joseph Leonard
Lucas Risley | Evan Roy
Michael Thompson | Johnny Velez

To Sergeant 1st Class

Kenya Carnegie | Joseph Colavito
Kristopher Dziewaltowski | Silas Holden

To Master Sergeant

Glen Nelson | Andres Quinterotrazona

To Sergeant Major

Amber Selko

To First Lieutenant

Colin Gurry | Juan Regalado

To Major

Sean Brackett | Amanda Griffiths
Michael Moravecek

To Lieutenant Colonel

Justin Anderson | Edward Kelley

To Colonel

Thomas Dennis

AIR FORCE

To Master Sergeant

Michael Jacoby | James McKinney

To Captain

Gregory Flis

To Major

Michael Mungavin

CONGRATULATIONS TO ALL!



Armistice Day parade, Omaha, Nebraska - 1938. Photograph by John Vachon. Library of Congress control number: 2017717709

A brief history of Veteran's Day

Robert Cody
Brigadier General (CT-Ret)

On November 11, 1919, President Wilson proclaims the first Armistice Day with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..." A year earlier, World War I, then normally referred to simply as The Great War (no one could imagine any war being greater!), ended with the implementation of an armistice, a temporary cessation of hostilities between the Allies and Germany at the eleventh hour of the eleventh day of November, 1918. The guns went silent after four years of fighting that cost 8.5 million military casualties. An American medical officer, Stanhope Bayne-Jones, suddenly could hear water dripping off a bush next to him. "It seemed mysterious, queer, unbelievable," he later recalled. The final peace treaty, the infamous Treaty of Versailles, was signed on June 28th, 1919.

On October 20, 1921 Congress passes legislation approving the establishment of a Tomb of the Unknown Soldier in Arlington National Cemetery. November 11 is chosen for the date of the ceremony. Congress also declares November 11, 1921 a legal Federal holiday to honor all those who participated in the war. This meant that all Federal and

District of Columbia employees had the day off. Congress could not dictate what the states did, although most followed suit.

On June 1, 1954 President Eisenhower signs legislation changing the name of the legal holiday from Armistice Day to Veteran's Day. In 1968, Congress passes the Monday Holiday Law which established the fourth Monday in October as the new date for the observance of Veteran's Day. The law is to take effect in 1971. Most states observe the Monday holiday for a few years, but popular sentiment forced many to revert back to November 11. In 1975 legislation passed to return the Federal observance of Veteran's Day to November 11. Unlike Memorial Day, Veterans Day pays tribute to all American veterans—living or dead—but especially gives thanks to living veterans who served their country honorably during war or peacetime. Great Britain, France, Australia and Canada also commemorate the veterans of World War I and World War II on or near November 11th: Canada has Remembrance Day, while Britain has Remembrance Sunday (the second Sunday of November).

For more information, visit the US Army Center for Military History website at <http://www.history.army.mil/>

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.

The Military Reserves Exchange Programme (MREP)

Maj. Victoria Montgomery
208 (Liverpool) Field Hospital

The Military Reserves Exchange Programme (MREP) is an annual exercise allowing Tri-service Reserve personnel to deploy to the USA and learn the working practices and cultures of an allied nation, in order to improve inter-operability between the countries. The exchange is hosted by a representative from the UK reserve forces who then, in turn, is hosted by the same US reservist who visited the UK.

Captain Mike Moravec, from the US National Guard 142nd Area Support Med Company Commander from Connecticut 118th Medical Battalion, was the first part of the exchange, attending 208 Liverpool Field Hospital ACT from 30 May to the 16 June 2019. Capt Moravec holds a doctorate in psychology and has worked for the state of Connecticut's department of mental health and addition services for 11 years. His current role is a supervising psychologist in the state forensic psychiatric hospital. He joined the Connecticut Army National Guard as a behavioural health officer in 2011, having previously served as an enlisted soldier in the Army Reserve serving in both Iraq and Afghanistan. Captain Moravec joined his hosts at RHQ, Liverpool after being treated to the British classic of fish, chips and mushy peas which was thoroughly enjoyed and a gentle start to the exchange. During his MREP deployment Capt Moravec had a packed itinerary including attending the opening of the "Code's Retreat" at Altcar Training Camp; the new vet-

eran's pods where injured service personal and families can take a break to aid and support recuperation. Following this, Capt Moravec travelled with his host unit to Strensall to train at AMSTC, where a low level hospital exercise was conducted in line with their build up to deployability. On the second week, the unit and its valued guest switched focus to adventurous training to develop leadership, fitness and team building. Capt Moravec thoroughly enjoyed working with the British Reservist, participating in all activities. This also included aiding Maj Montgomery in conducting a unique teambuilding activity acting a guide, support and judge of the event. Cultural visits are part of this programme and this was taken in the form of day visits to Liverpool which included visiting the European championship cup and a little of the Beatles tour; additionally whilst close to historic York a visit there was a must. During the AT phase opportunity to visit Betws-y-Coed and Conwy were also seized opportunities.

The British Nursing Officer selected for the MREP was Maj Vikki Montgomery from 208 Field Hospital. Maj Montgomery joined 208 Field Hospital in 2001 deployed twice to Iraq and is the current detachment commander for B in Ellesmere Port. Major Montgomery works as a Nursing officer in the Army Reserve and as an Advanced Nursing Practitioner for their critical care outreach in Glan Clwyd Hospital Betsi Cadwaladr University Health Board, North Wales. Maj Montgomery travelled to West Virginia to join her counterpart Captain Mike Moravec from 17 July until the 3 August 2019. During the de-

ployment with the 118th/142nd, who were providing live medical cover to the 24th World Scout Jamboree (WSJ) in Summit Bechtel, Major Montgomery was able to access the same training opportunities as the National Guard; attending safeguarding lectures, corroborative exercises with the civilian clinical and non-clinical elements of the WSJ and working alongside the medics and commanders of the multiple military units in attendance. Undertakings included a large scale mass casualty exercise during the build-up, working in the field hospital and medical centres, joining the EMS medical element in rapid response to medical emergencies and command briefs. Due to the remoteness of the location of the WSJ, cultural visits were geographically difficult, however the hosts ensured complete involvement into their everyday working life and facilitated

opportunities such as flying down the 1KM zip line at over 50mph, shooting on the shot gun and pistol ranges and a visit to Glenn Jean Central Administration facility.

Both Officers involved in the exchange have both thoroughly enjoyed the experiences and stated that the learning opportunities were endless. The opportunity to engage and work with other Allied forces was an overwhelming success. Friendship, understanding and mutual appreciation was high on their list of benefits. They remarked how similar each other's units were whilst the differences were perhaps something that could improve their own practices.



The YANKEE COURIER



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EAST GRANBY, CONNECTICUT

November, 2019

Medic Rodeo: 103rd Medics build teamwork, receive new Air Force training

Staff Sgt. Steven Tucker
103rd Airlift Wing Public Affairs

A team of Airmen from the 103rd Medical Group joined 18 other Air Force medical teams from around the world for the 12th annual Medic Rodeo at Cannon Air Force Base and Melrose Air Force Range, N.M. Sept. 17-20, 2019.

The rodeo, hosted by the 27th Special Operations Medical Group, is a competition scored using the aerospace medical technician protocol skills sheet. Teams responded to simulated combat, home-station emergency scenarios and received the Air Force's new Tactical Combat Casualty Care training.

"The training is a new replacement for the current Self Aid Buddy Care, and we'll all be transitioning to it very soon," said Senior Master Sgt. Michael Machost, 103rd Medical Group aerospace medical technician functional manager. "As for our team, it was our first exposure to the training."

The event was also a valuable learning opportunity for Airman 1st Class Andrew Batchelor, one of the group's newest aerospace medical technicians.

"Being fresh out of school, it was very beneficial to get this hands on experience," said Batchelor. "It's different than what we typically do here on a regular basis, but it makes us better in that role because we get to look at different situations and gain new perspectives."

One of these Airmen to get a new perspective was Senior Airman Kayla Walsh, 103rd Medical Group health services technician who had no prior medic-specific experience before the rodeo.

"As a non-medic it was a great learning experience for me; before this I wouldn't have had any idea how to handle an emergency medical situation," said Walsh. "My teammates didn't leave me out because I'm a non-medic – they included me and pushed me to do my best as part of the team. I know a lot more than I did before and I'm glad I went."

Being in this environment gives the team an opportunity to work together for the betterment of a patient and share ideas regardless of rank, said Machost.

"We respect rank, but when you're working with patients it's a team atmosphere," said Machost. "You could have a junior enlisted Airman that has better knowledge of the situation, so it's all about 'what can we do together to help this patient get better?'"

"That's what I think being in the military is all about – figuring things out and using your experience to forward the mission, and I think that's what we did," said Batchelor. "There was definitely a learning curve but with all of our different experience, we were able to bounce ideas off each other."

The 103rd was one of two Guard units selected to participate in the training; a team from the 143rd Medical Group of the Rhode Island Air National Guard also attended. The Flying Yankees hope to make the Medic Rodeo a regularly-attended event to continually improve the skill set of their aerospace medical technicians, said Machost.

"I'll definitely push for our medical group to sign up every year that we can get there," Machost said. "As a coach I was able to evaluate our team's performance in that moment, but also bring that experience back to make our medics better in the Connecticut Air National Guard and provide the best care possible when we get called into the community."



Master Sgt. Darrel Hanrahan and Staff Sgt. David Weiler, 103rd Medical Group aerospace medical technicians, apply Tactical Combat Casualty Care to a patient after a simulated Humvee explosion during the Medic Rodeo at Cannon Air Force Base and Melrose Air Force Range, N.M. Sept. 17-20, 2019. The event, hosted by the 27th Special Operations Medical Group, features 19 Air Force medical technician teams from around the world and trains skills in both deployed and home station scenarios. (U.S. Air National Guard photo)



Staff Sgt. David Weiler, Master Sgt. Darrel Hanrahan, 103rd Medical Group aerospace medical technicians, Senior Airman Kayla Walsh, 103rd Medical Group health services technician, Airman 1st Class Andrew Batchelor, 103rd Medical Group aerospace medical technician, and Senior Master Sgt. Michael Machost, 103rd Medical Group aerospace medical technician functional manager, pose for a picture at EMS day during the Medic Rodeo at Cannon Air Force Base and Melrose Air Force Range, N.M. Sept. 17-20, 2019. The event, hosted by the 27th Special Operations Medical Group, features 19 Air Force medical technician teams from around the world and trains skills in both deployed and home station scenarios.

Status of the Force: Readiness

Col. William Neri
103rd Mission Support Group Commander

Over the last few years, readiness and the ability to operate in a contested environment has become a major area of focus for the Air Force. Years of operating in support of the Global War on Terror have greatly enhanced many skills, while some have taken a back seat while supporting current contingency operations. As a result, the Total Force (Air Force, Air National Guard, and Air Force Reserve) was introduced to new requirements under the umbrella of Full Spectrum Readiness (FSR). This drove a change in our training focus; new exercises and events were scheduled to work towards meeting these FSR requirements. We started with a Phase II exercise during our February 2019 UTA and Phase I during the deployment of our aviation package this summer. These events were structured as a building block approach to meeting FSR requirements, while also preparing the wing for our Air Mobility Command (AMC) Inspector General (IG) On-Site Visit (OSV) in March of 2020. We partnered with the Georgia Air National Guard's 165th Airlift Wing, for the March exercise with the intent to travel to Georgia in March and use their facilities during a joint OSV.

Last month, however, the schedule changed and the 165th will now receive their OSV in early 2021, while the 103rd Airlift Wing will receive the OSV in March

2020 at Bradley Air National Guard Base. Both Phase I and Phase II exercises will be conducted to support the AMC IG and OSV. Over the November 2019 UTA, the Wing will execute a Phase II exercise to prepare for March. A wing-wide recall will be initiated and on Saturday, all players will report to the wing for in-processing and a "right start" brief to set the stage for the day's events. We will also conduct exercises in December, January and February as we lead up the OSV in March. Much of this will seem like the Operational Readiness Inspections (ORI's) of old, but in reality the "grade" we receive is how well our Wing Inspection Team is able to evaluate, inspect, and validate that this wing can support the various mission sets we are tasked to support. It's important for all exercise participants to show the appropriate sense of urgency and focus during these events. With the dedication and expertise consistently displayed by the Flying Yankees, I have no doubt we'll



Col. William Neri, 103rd Support Group Commander

be successful.

The last piece of this readiness puzzle will follow shortly after the OSV. In August of 2020, the AMC IG will conduct a Capstone inspection of our plans and programs, ensuring our compliance with the varied guidance we operate under. Much of this happens behind the scenes, but an AMC team will arrive in August to review our compliance in person. Once this is complete, we will move on to our next challenge of real world deployments.

Readiness is the word for the next year, starting in November when the focus turns to a home station OSV in March. The Phase II will exercise our ability to operate in a contested environment; the Phase I will test our ability to generate aircraft and prepare and deploy personnel and equipment in support of worldwide operations. This is our new normal. In the end we will show that we remain a world-class Airlift Wing, always ready and always there to serve the people of Connecticut and our Nation.

103rd Airlift Wing hosts blood drive

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

Ingrained in the Air National Guard's domestic operations mission is a dedication to serving local communities. This dedication was on full display during an American Red Cross blood drive hosted by the 103rd Airlift Wing at Bradley Air National Guard Base, Conn.

Tech. Sgt. Anthony Cirulli of the 103rd Communications Flight knew that there was an urgent need for blood donors in Connecticut and wondered if the 103rd, like many other organizations, could help meet the need by hosting a blood drive; so, he went online to the American Red Cross website and submitted a request to host a blood drive at Bradley.

"I got the idea, because down the block there's another organization that I saw put on these blood drives from time-to-time and I thought it would be a good idea for us to have one," said Cirulli.

With the help of Master Sgt. Ryan Brown and local Red Cross representatives, Cirulli's workplace was temporarily converted into a blood donation station, less than two months after he submitted the online request.

According to the American Red Cross official website, every two seconds someone in the United States needs a blood transfusion. The donated blood is used for surgeries, cancer treatments, injuries and various other ailments. An individual who is injured in a car accident could need up to 100 pints of blood to survive. With such a critical need for blood, 103rd Vice Wing Commander Roy Walton is glad that 103rd Airmen are helping people by donating blood.

"We've done these [blood drives] in the past and it's been a long time since we've done it, so I was really happy to see that we're starting this up again," said Walton. "This is a chance for us to help the community and help ourselves."

Brown and Cirulli set a goal to gather enough donors to collect 30 pints of blood. They exceeded their goal and collected 44 pints of blood, which could potentially help save the lives of 132 people. Through their efforts, Cirulli hopes to raise awareness that



Master Sgt. Jessica Roy of the 103rd Airlift Wing, Connecticut Air National Guard, prepares to donate blood, September 26, 2019 at Bradley Air National Guard Base, East Granby, Conn. Members of the 103rd donated 44 pints of blood during the drive. (U.S. Air National Guard photo by Tech. Sgt. Tamara R. Dabney)

many people are in dire need of blood.

"They're in dire need of blood donors," said Cirulli. "A lot of it can be used for pediatrics, because that's where they need it right now, more than ever. We want to get the word out about how important this is and how much it's needed."

People who are interested in donating blood or hosting an American Red Cross blood drive can visit www.redcross.org.



NOMINATE YOUR OUTSTANDING EMPLOYER OCT. 1-DEC. 31, 2019

www.FreedomAward.mil



The **Secretary of Defense Employer Support Freedom Award** is the highest recognition given by the U.S. Government to employers for their support of their employees who serve in the Guard and Reserve. The award was created to publicly recognize employers who provide exceptional support to their **Guard and Reserve employees**.



Nominations must come from a Guard or Reserve member who is employed by the organization they are nominating, or from a family member.

Indeed Signs DoD Statement of Support

Connecticut ESGR Team

Indeed, a global job site, recently pledged its support for its past and present Reserve Component employees by signing an Employer Support of the Guard and Reserve (ESGR) Statement of Support.

Nearly 40% of the U.S. military force resides in the Reserve Component, which is comprised of the National Guard and Reserve.

As part of the event, Indeed hosted a special breakfast ceremony with Connecticut ESGR at its Stamford office that featured Indeed senior leaders Maggie Hulce and Paul Wolfe, National ESGR Chief of Volunteer Support Jeff Graber, Major General Francis J. Evon, adjutant general of the Connecticut National Guard, representatives from Connecticut's congressional delegation, city leaders and Indeed Stamford employees.

"At Indeed, we are committed to building a diverse and inclusive organization. We believe different viewpoints and experiences, including those of military backgrounds, bring different capabilities, which help us strengthen our decision-making and products, and fuel our growth," said Maggie Hulce, Indeed SVP & Executive Sponsor of the company's Veterans & Allies Inclusion Resource Group.

"We are honored to sign this employer Statement of Support, and excited to build our relationship with ESGR for years to come - to grow our commitment to serving employees, future hires and the broader military community in their job search journey."

During the signing ceremony, ESGR also recognized three Indeed employees and recent Patriot Award recipients - Adrian Sangeorzan, Anders Vonderheyde and Mike Cardillo. Indeed Client Success Manager Jake Crocco, who is also an Army National Guard officer, nominated his three colleagues for this award, recognizing the support provided to him and others serving in the Reserve Component.

Indeed joins a cadre of state and federal agencies and thousands of America's employers in demonstrating support for the nation's armed forces. By signing the Statement of Support, Indeed is sending a clear message to its



Connecticut National Guard Adjutant General MG Francis J. Evon speaks during the recent ESGR Statement of Support signing event held at Indeed's Stamford location.

employees that while they are serving their country, they do not have to worry about their civilian jobs.

The Statement of Support affirms that Indeed joins other employers in pledging:

- To fully recognize, honor and comply with the Uniformed Services Employment and Reemployment Rights Act (USERRA).
- To provide managers and supervisors with the tools they need to effectively manage employees who serve in the Guard and Reserve.
- To appreciate the values, leadership and unique skills service members bring to the workforce and will encourage opportunities to hire Guardsmen,

Reservists and veterans.

- To continually recognize and support our country's service members and their families, in peace, in crises and in war.

ESGR is a Department of Defense program that develops and promotes supportive work environments for Service members in the Reserve Components through outreach, recognition, and educational opportunities that increase awareness of applicable laws. It also provides assistance in resolving conflicts between service members and their employers. For more information, call (800) 336-4590 or visit www.ESGR.mil.



1LT Jake Crocco, a former member of the 1/102nd Infantry Regiment, Connecticut Army National Guard, discusses how Indeed supports his military service.



Indeed SVP/Head of Global Human Resources Paul Wolfe signs the ESGR Statement of Support on behalf of the organization.

Gov. Lamont visits troops who assisted with B-17 crash recovery



Connecticut Governor Ned Lamont and State Adjutant General Francis J. Evon talk with Command Chief Master Sgt. James Traficante during a visit to Bradley Air National Guard Base, Oct. 30, 2019. Traficante was on board the B-17 Flying Fortress that crashed at Bradley International Airport Oct. 2, 2019 (photos by Mr. Timothy R. Koster, Connecticut National Guard Joint Force Headquarters).



Connecticut Governor Ned talks with first responders stationed at Bradley Air National Guard base, Oct. 30, 2019. Lamont visited the Air Base to personally thank the men and women involved with rescue efforts during the B-17 Flying Fortress crash at Bradley International Airport Oct. 2, 2019



Connecticut Governor Ned Lamont talks with the press following a visit to first responders stationed at Bradley Air National Guard base, Oct. 30, 2019. Lamont visited the Air Base to personally thank the men and women involved with rescue efforts during the B-17 Flying Fortress crash at Bradley International Airport Oct. 2, 2019.

58 Airmen receive CCAF degrees

Senior Airman Sadie Hewes
103rd Airlift Wing

EAST GRANBY, Conn. -- When people think of the military, they may not automatically think of continuing education. They are more likely to focus on the more physical aspects of the military before thinking of the brains behind the operation. For Airmen at the 103rd Airlift Wing, however, continuing education is equally important as physical training and career expertise.

In 2019, Bradley is celebrating 58 new graduates of the Community College of the Air Force. The CCAF is a continuing education program offered to all guard, active, and reserve Air Force personnel that offers Associate of Applied Science degrees. In fact, it is the world's largest community college program, graduating more than 22,000 Airmen annually.

The CCAF program was founded in 1971 when the USAF sought to gain college accreditation for Air Force Specialty Career training. Six years later, the U.S. Commissioner of Education granted the CCAF the ability to grant official college degrees. Today, all Airmen are encouraged to obtain their CCAF degree in a field related to their AFSC, and government and military officials are working to open admission to the CCAF to all military branches.

Two of Bradley's graduating class this year include Master Sgt. Theresa Righi, Financial Management Technician assigned to the 103rd Comptroller Squadron, and Staff Sgt. Zachary Crawford, Security Forces Craftsman assigned to the 103rd Security Forces Squadron.

"Getting my CCAF degree has pushed me toward getting my Bachelor's Degree," Righi said. "It made me focus more on my studies, and it got me thinking that I need my Bachelors."

Righi graduated the CCAF with her Associate's Degree in Financial Management, and is currently studying Psychology at Post University.

Righi said she believes she can use her CCAF degree to be a better leader. Both Financial Management and Psychology have classes in management, so she has been able to tie what may seem as two opposite educational fields together.

She also believes that having her CCAF degree will make her a better mentor to younger Airmen.

"I want to use my education to focus on working with other people and giving back," Righi said. "Even just knowing the process you have to go through to get your CCAF degree will help me help my Airmen."

While Righi was studying to master Financial Management, Crawford was working to obtain his CCAF degree in Criminal Justice.

Crawford began his education in his home state of Illinois at McKendree University in Springfield. He graduated in 2009 with his bachelor's degree in criminal justice, and then found his way to Bradley Air National Guard Base while looking for a career in his field.

For Crawford, having his CCAF degree meant having a leg up on his competition both inside and outside of the Air National Guard. He believes that both his experience



Staff Sgt. Zachary Crawford, poses for photo September 7, 2019, in the 103rd SFS classroom after interview. Crawford obtained his degree in criminal justice and plans to continue his career in law enforcement with the 103rd AW.

in the SFS and his education in criminal justice is equally important when it comes to rank progression and qualifying for his dream job.

"If I decided to go for a job in the DEA or FBI, or become an analyst, they would see that not only do I have my bachelor's degree, but I have another degree that makes me more competitive," Crawford said.

Crawford takes great pride in his recent accomplishment, and knows his squadron leaders are proud of him and the four other SFS graduates of Bradley's 2019 class.

Criminal Justice and Financial Management are only two of 71 different degree programs offered to Airmen by the CCAF. Congratulations to the enlisted personnel who graduated from Bradley's 2019 CCAF class!

Graduates

- Staff Sgt. Alecia M. Aldrich
- Master Sgt. Paul J. Barstis
- Capt. Michael W. Bartas
- Tech Sgt. Jason A. Beaudry
- Tech Sgt. Sara B. Beaudry
- Staff Sgt. Jordan T. Bouchard
- Staff Sgt. Tyler J. Brandt
- Master Sgt. Nicholas N. Calsetta
- Staff Sgt. Kaitlin R. Cardello
- Tech. Sgt. Rolando Collazo, Jr.
- Staff Sgt. Adam R. Collomy
- Staff Sgt. Zachary P. Crawford
- Master Sgt. Daniel J. Defranco
- Master Sgt. Andrew S. Disilvestro, Jr.
- Senior Master Sgt. Tony C. Dultz
- Staff Sgt. David W. DuMouchel
- Tech. Sgt. Gabriel Y. Garcia
- Master Sgt. Carey E. Gaul
- Senior Master Sgt. Dennis Goggin
- Senior Master Sgt. Jennifer M. Gonzalez Smith
- Staff Sgt. Dylan W. Irish
- Staff Sgt. Emily J. Koenig
- Tech. Sgt. John W. Lane, III
- Master Sgt. Sarah R. LaTeano
- Tech. Sgt. Daniel A. Leone
- Chief Master Sgt. Donald M. Liddell, Jr.
- Staff Sgt. Juan C. Lopez
- Master Sgt. Jonathan D. Luginbuhl
- Master Sgt. Matthew D. Merrow
- Tech. Sgt. Lee J. Morrison
- Tech. Sgt. Michael G. Newson
- Staff Sgt. Brian J. Pagoni
- Tech. Sgt. Matthew D. Pelletier
- Senior Master Sgt. Stephen M. Pierce
- Senior Master Sgt. Jeffrey M. Pooler
- Master Sgt. Theresa Righi
- Tech. Sgt. Edwin G. Rivera
- 2nd Lt. Erin D. (RICO) Rivera
- Senior Airman Adam J. Roach
- Master Sgt. Scott T. Robertson
- Senior Master Sgt. Lizette S. Rovaldi
- Master Sgt. Mitchell Floyd (MEG) Smardz
- Master Sgt. Ryan P. Starkey
- Master Sgt. David M. Surprenant, Jr.
- Master Sgt. Justin C. Taylor
- Tech. Sgt. Steven M. Teixeira
- Staff Sgt. Evan P. Theroux
- Tech. Sgt. Jonathan D. Varnet
- Tech. Sgt. Dustin R. Wonoski
- Master Sgt. Jason L. Wynkoop

Every day that passes will be better than the last

Catherine Galasso-Vigoritto
Contributor

With so many holidays around the corner, it is the perfect time to do some extra decorating. So one rainy afternoon, my youngest daughter and I visited an arts-and-crafts store. My daughter loves to do craft projects; and as we looked around the store, she asked me, "Mom, what do you want me to make for you?" Since my daughter enjoys painting, I suggested, "Why don't we pick up a 10-by-10 canvas board and some new paints; and you can paint a picture to hang in our living room?" My daughter smiled with glee; and when we got home she started immediately on her wall décor project.

A few days later, my daughter proudly handed me a beautifully wrapped gift. I beamed and said, "Thank you, honey." And I hugged her. Since the gift bag was small and lightweight, I contemplated to myself, "I guess she didn't make the large wall decor to spruce up the living room space."

Carefully, I unwrapped the gift; however, in spite of my thoughts, to my surprise, it was four smaller, lovely painted pictures. Creatively, she cut the canvas boards into four small sizes. Then, she created a uniform picture on each tiny canvas. It was a different design than I had envisioned. But the pictures were colorfully painted, beautiful and perfect, nonetheless.

In reality, I received what I asked for, yet it was not in the package or the design that I thought it would come in. Often, life can be like that. God will give you the desires of your heart, but they won't always show up the way you think they should. Yet, like the wall art from my creative daughter, they will be perfect, nonetheless.

God works in mysterious ways that we don't fully comprehend. Therefore, let us trust in Him. God sees what you are going through. No matter how small or large your needs may be, no matter what you have been through in the past, don't get discouraged, God is there for you. There are hundreds of possibilities before you. For, soon, you are going to see God's favor in your life. Your day of victory is on its way. God is getting ready to open up new doors of opportunity that will be filled with His abundance.

- Have you suffered a defeat? Persevere. Try again. Change your approach from doubt to faith, and positive things can begin to happen. Unexpectedly, you could be offered an amazing opportunity that brings new dreams to fruition. As God is "able to do above all that we can ask or even think." (Ephesians 3:20).
- Does all appear to be lost? Be on the lookout for someone to intercede. Out of the blue, people will turn up in the most unlikely places and help you, changing the course of your future. So, "Be truly glad. There is wonderful joy ahead!" (1 Peter 1:6).
- Are you going through a tough time right now? Rather than focusing on the difficulty, during the day, utter, "God is directing my steps," "I will prevail over this circumstance," and "I will fulfill God's best plan for my life." God knows how to arrange the situations and people that you need to get your life back on track. For "all things work together for good to those who love Him and are called according to His purpose." (Romans 8:28).

Years ago, I remember baking in the kitchen with my grandmother. She used to make cakes from scratch. One of my favorite recipes was her vanilla pound cake. In a large bowl, my grandmother would add ingredients such as; pure sugar, flour, sweet butter, fresh eggs, baking powder, a pinch of salt, vanilla and almond extract. Since she didn't have a mixer, she'd stir it by hand.

Then, when everything was blended together, my grandmother put the mixture in a greased pan. She would place it in the 325-degree, preheated oven for about 40 minutes; and when the toothpick came out clean, the cake was done. When it was cool, she'd sprinkle the delectable cake with powdered sugar.

Now, here's the key, if my grandmother didn't add even one ingredient, the cake may have turned out poorly. She needed all of the ingredients to make the perfect, delicious cake.

In the same way, God is using your past experiences, as my grandmother used her perfectly measured ingredients, to create something special in your life and in the lives of others.

Therefore, do not be shaken if you hit an obstacle or stumbling block.

Continue to be obedient to God and progress onward with the present and the future. God doesn't look for people with just the best credentials. He looks for those who are willing to trust and serve Him. In the Bible, Ruth, a Moabite woman, seemed to have lost everything with the death of her husband. At a time when it would have been easy for her to just give up on life, Ruth was loyal. She showed steadfast love and was committed to doing the right thing. Ruth remained faithful to God amidst changing circumstances that were beyond her control. And before long, Ruth's tears of sorrow became tears of gratitude, as she found her new beginning in the love of a man named, Boaz. Soon, they joyously welcomed a healthy son. And every day that passed was better than the last.

As God was with Ruth, He is with you; restoring and reviving, and "making all things new." (Revelation 21:5). Don't despair. God is a God of another chance. He is a way-maker, and right now He is at work making a way for you.


The door to your future is open. You must never give up on life. Miracles are just waiting to happen. Your breakthrough is near. And your hopes and dreams are within reach. So do not be afraid to live your best life possible, to pursue your passions, to be who you are...the unique, extraordinary individual that you were created to be. God has victory in store for you. And the possibilities of a new life are beyond what you can even imagine.

An abundance of love, joy and more blessings await. And every day that passes will be better than the last.

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



Catherine Galasso-Vigoritto



CONNECTICUT NATIONAL GUARD HELPLINE

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

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

HELPLINE - 1-855-800-0120

Military OneSource

Mission Ready: Natural Disaster Planning

Kelly Bojan
Military OneSource

In our first month in New Orleans, a thunderstorm dumped eight inches of rain on us in a period of just a few hours. We had no idea how quickly this city can flood until we were told by our military friends and locals. Were it not for them, I would not even have known to move my car to higher ground. I am so very thankful for that tip – it literally saved my car! That same week, we found ourselves in the path of Tropical Storm Barry, which could have been a Category 1 hurricane. As military families, we move all over the world, and we need to be prepared should disaster strike.

Hurricanes, tornados, wildfires, earthquakes, floods... none of us are immune to the forces of nature. While it is much more pleasurable to plan for a fun vacation, planning for these types of emergencies is essential and can bring peace of mind to you and your family. As part of the military community, we have the added benefit of learning how to navigate these situations, not only

through resources like Military OneSource, but also by leaning on and learning from each other.

The most critical step in dealing with this topic is to talk about it with your family and come up with a plan. Clothing, supplies, documents, pets, children, evacuation routes, meeting places...the list can go on and on. It may seem daunting at first, but researching, creating your plan and organizing for an emergency is the best way to prepare.

Your military installation will also have an emergency management plan. The purpose of this plan is to make sure the installation and its residents are safe after an emergency. Again, these plans will depend on where you are in the world and what disasters may occur there, so it is best to familiarize yourself with each installation's emergency management plan. It is also a good idea to familiarize yourself with the emergency family assistance center at your military installation and find out what services they provide.

In the aftermath of a disaster, safety always comes

first. Find a safe and secure place for you and your family and check in with your command. Once you are ready to assess and move into action, know that there are many resources available depending on your needs. It is a good idea to keep a list of phone numbers and/or web addresses for the different agencies that can help you and your family.

No matter where you live, be mission-ready for emergencies and disasters:

- Make a plan and discuss it with your family.
- Be familiar with helpful resources.
- Reach out to your military community for help and to help others.
- Remember to review your plan and alter it as needed with every PCS.

While we cannot stop the forces of nature, we can be prepared for what may come.



Military OneSource: Financial Counseling





Need help creating a road map for your money with a financial plan?

Don't understand what savings options are available to you?

Wondering who you can talk to about your credit or debt?

Financial counseling is confidential and free for active-duty, National Guard and reserve service members, their families and survivors. Access it easily in person, by phone or via secure video conference.

Highlights:

Start creating your financial plan with the help of a Military OneSource financial counselor. Counselors can help with topics like:

- ✓ Managing a budget
- ✓ Consolidating debt
- ✓ Planning for major purchases like a house or car
- ✓ Saving and investing



Call. 800-342-9647

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Scan QR code or call 800-342-9647.





MILITARY ONE SOURCE



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Keep exploring - go to MilitaryOneSource.mil and search "MWR Digital Library" to find all of the tremendous resources waiting for you.

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