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104th Sets Sail for Southwest Asia

SGT. 1ST CLASS BENJAMIN SIMON
JFHQ PUBLIC AFFAIRS

The 2nd Battalion, 104th Aviation Regiment, CTARNG departed from the Windsor Locks Readiness Center in preparation for their deployment to Southwest Asia, Sept. 5. The 104th most recently deployed to Afghanistan in 2013. Sgt. Lindsay Errico, a Chinook Crew Chief in the 104th said she is excited about being able to do her military job overseas, after five years in the Connecticut National Guard.

“This is my first deployment. I’m really looking forward to this experience. We are going to be able to become closer as a team and work together to complete our missions,” she said.

Errico, a Colchester resident, said she will miss her hometown and family. “I’m going to really miss my mom,” she said. “But I know that our deployment will fly by.”

Sgt. Jose Lara, a Chinook Door Gunner with the 104th, transferred into the unit for the coming deployment. The Waterbury resident said that he loves his job as a door gunner. “I will get to have new experiences in a new country. I’m excited,” he said. Following their sendoff ceremony, hundreds of family members, friends and fellow service members watched as the 104th CH-47 Chinook helicopters flew over the Windsor Locks Readiness Center, and off into the horizon.

“I’m really going to miss my mom, dad and girlfriend,” Sgt. Lara said, prior to boarding and departing. “But this



Family and friends of Connecticut Army National Guardsmen stand outside the Army Aviation Support Hangar to bid farewell to approximately 50 members of the 104th Aviation Regiment, September 5, 2019 in Windsor Locks, Conn. The 104th operates and maintains CH-47 Chinook twin-engine, tandem rotor, heavy-lift helicopters and, during their deployment, will be tasked with supporting ongoing missions in support of Operation Freedom Sentinel. (U.S. Army photo by Sgt. 1st Class Benjamin Simon, JFHQ Public Affairs)

is why I joined.”

The unit, of approximately 50 members, flew to Fort Hood in Texas to complete their pre-mobilization training. The 104th operates and maintains CH-47 Chinook twin-

engine, tandem rotor, heavy-lift helicopters and, during their deployment, will be tasked with supporting ongoing missions in support of Operation Freedom Sentinel.

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1-102 Brings the Fight to JRTC

SGT. 1ST CLASS BENJAMIN SIMON
JFHQ, PUBLIC AFFAIRS

The 1st Battalion, 102nd Infantry Regiment, 86th Infantry Brigade Combat Team (IBCT), completed a Joint Readiness Training Center (JRTC) rotation in May at Fort Polk, La. This was the third JRTC rotation in ten years for the 86th IBCT, which also includes the Connecticut National Guard's C Company, 572 Brigade Engineer Battalion and H Company, 186th Brigade Support Battalion.

1-102 Battalion Command Sgt. Major, Daniel Morgan said the battalion excelled at taking initiative and maintaining a sense of urgency under sustained pressure during the rotation.

"The OC (Observer Coach) said we showed ferociousness, drive, grit and that our growth during the cycle was exponential. I'm extremely proud of our Soldiers," he said.

Training scenarios at JRTC are adjusted based on the missions of the visiting units and are augmented to best represent the tactics, techniques and procedures (TTPs) of potential worldwide threats.

"The global battlefield has changed," Morgan said. We've transitioned from a counterinsurgency force to a near-peer fighting force."

"The near peer enemy has a vote in how things go on the battlefield," added Sgt. Maj. Ricky Washington, 1-102 Battalion Operations Sgt. Major. "JRTC training helps Soldiers to see some of the variables that can effect operations: enemy tactics, weather, daylight, poor communications. This training gives our young leaders confidence and empowers them to perform at a high level," he said. "This JRTC rotation also helped our Soldiers understand the importance of protecting assets: M249 (Light Machine Gun) mortars, vehicles. If you



1st Battalion, 102nd Infantry Regiment Soldiers enter and clear a building during a live fire exercise at JRTC at Fort Polk, May 14, 2019. 1-102 Battalion Command Sgt. Major, Daniel Morgan said he is proud of the drive, grit and growth his Soldiers' exhibited at JRTC. (Photo courtesy of Fort Polk Public Affairs Office).



Spc. Stephan Thompson (front) and Spc. Kyle Richardson assigned to C Co. 1st Battalion, 102nd Infantry Regiment, defend their fighting position during live fire training at JRTC at Fort Polk, May 14, 2019. JRTC training scenarios are constantly adjusted to best represent the tactics, techniques and procedures (TTP's) of potential worldwide threats. (Photo courtesy of Fort Polk Public Affairs Office). Public Affairs)

lose your assets, you lose the battle," said Washington.

The May JRTC rotation was the third for the 1-102 Battalion Commander, Lt. Col. Frank Tantillo. He said the brigade was tested during its JRTC rotation and faced a training scenario enemy (Task Force Geronimo) that was highly skilled and driven.

"During this JRTC rotation, we saw an enemy that was our peer, not near peer. At no time did we have air dominance, and we were faced with a serious armor and aviation threat," said Tantillo. "Our Soldiers rose to the occasion. They conducted foot movement across the entire maneuver space and were supported throughout the exercise by our brigade FSC (Forward Support Company)," he said.

Morgan said the battalion adapted and adjusted to conditions on the ground and brought the fight to Task Force Geronimo during their rotation's STX (Situational Training Exercise).

"We did not allow the enemy freedom of movement. Our Soldiers had grit. We never stopped attacking. We started on day one and didn't stop until we left. Our Soldiers knew that they could not fail, because the enemy would not fail," he said.

The 1-102nd awarded "Hero of the Battle," awards to Soldiers in the battalion's companies who exhibited exceptional leadership and initiative in their actions during the brigade's JRTC rotation:

B Company Soldier, Spc. Caleb Casciani was the 'hero

of the battle' for both his company and the battalion. Other awardees: Company: Spc. Joshua Caban; C Company: Staff Sgt. Christopher Bafort; D Company: Spc. Colby Miller. HHC Company: Sgt. Melissa Bilgen; H Company: Sgt. Andolena Michael; C Company, 572 BEB SIGCO: Sgt. Daniel Sousa and Spc. William Corcoran.

"I'm extremely proud of all of our battalion's dedicated Soldiers. They took time away from their families and civilian careers to execute this training," said Tantillo.

"This was my third time at JRTC, and first as battalion commander. In this rotation, our Soldiers brought the fight to the Task Force Geronimo!"

JRTC at Fort Polk, is one of three combat training centers in the U.S. and falls under the US. Army's Combat Training Center Program.

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President's Rifle Match

JOINT FORCE HEADQUARTERS

Since the age of 14, Staff Sgt. John Coggshall, Assistant Small Arms Marksmanship Instructor with Joint Force Headquarters, has been competing for the President's Rifle Trophy. There have only been two instances in 20 years when he has not competed, 2006 and 2010, when he was deployed.

The President's Rifle Match consisted of competitors from all over the country who competed to be in the President's 100; each year, out of as many as 1000 of competitors, only 100 finalists get the opportunity to compete for the trophy.

This year's trophy will have Coggshall's name engraved on it. After competing for so long, both as a civilian and representing the National Guard, this is the first year that Coggshall has won the President's Rifle Trophy. This year's competitors had the added challenge of around 17 mph wind to correct for.

"I try to shoot as often as I can in local and regional matches to get comfortable with the pressure," Coggshall said as he shared his training and how he prepares himself for competitions.

In the weeks leading up to the President's Match,



Staff Sgt. John Coggshall, aims down his sights and prepares to fire during the President's Rifle Match at Camp Perry in Port Clinton, Ohio on July 29. This is the first time Coggshall has won the competition since securing a spot on the President's Hundred in 2003. (Photo courtesy Army Staff Sgt. John Coggshall, Assistant Small Arms Marksmanship Instructor with Joint Force Headquarters.)



Staff Sgt. John Coggshall poses with the Presidential seal just after winning the President's Rifle Match at Camp Perry in Port Clinton, Ohio on July 29. John Coggshall has been competing for the President's Rifle Match since 1999 at age 14. (Photo courtesy Army Staff Sgt. John Coggshall, Assistant Small Arms Marksmanship Instructor with Joint Force Headquarters.)

Coggshall shot in Florida for two weeks, six weekends in the New England area, and one week in Pennsylvania, Virginia, and Ohio.

"Winning represents a lot of hard work and dedication over the 20 years I've been competing at the national level," Coggshall said.

Competitors fire 10 shots in each of the three rounds from different positions and with different time constraints. The first round is from 200 yards from a standing position with a 10-minute time limit. The second round is from 300 yards, prone position, with a time limit of 70 seconds. The third round is from 600 yards, in the prone position, with a time limit of 10 minutes. The top 20 competitors fire directly in front of spectators and those who did not make it to the final.

"Finishing ahead of competitors from the Army and Marine Corps, who shoot competitively for a living, is also a great feeling," said Coggshall.

Coggshall has a great support system with his family that cheers him on while he's away from home for weeks at a time, his friends on the range, and the National Guard Rifle Team. They are all there for him through the wins and the tough losses.

As a union electrician, Coggshall's work is very accommodating when it comes to the competitions and

with him being in the National Guard. They understand the commitment.

"Marksmanship competitions are not a secret club," Coggshall said. "You don't need to know a secret handshake to get in." The competitions are open for anyone who shows interest.

If there is any interest in going to these competitions or learning how to become an advanced level marksman, Coggshall encourages soldiers to reach out to their chain of command and show interest in the events.

With the first shot being fired in 1878, the President's Rifle Match was put into the National Match program when the Nationals were established in 1903. The competition was modeled after the Queen's Prize Match. The winner receives a letter of congratulations from the President of the United States.

The winner of the President's Rifle Match also wins the President's Rifle Trophy with his or her name engraved on it. The trophy goes on display at Camp Perry in Port Clinton, Ohio. The winner also receives the President's Rifle tab to wear on their uniform with the pride and honor of being one of the few to wear it.

New Chaplain Flies In

**CPL. JUSTIN STANNARD,
130TH PAD**

U.S. Air Force Lt. Col. Eric Wismar, full-time Support Chaplain for the Connecticut National Guard, has had many family members in religious services, stemming back to 1565. Wismar knew he wanted a life in religious services and he wanted to continue the family tradition. When posed with the question of whether to join the military or continue with religion, he did both.

Wismar recently left his role as the traditional-status chaplain for the 103rd Airlift Wing in Windsor Locks, Conn. to take on the full-time position in Hartford.

“Not only can I check in on the 103rd, but now I get to support the Army side,” Wismar said.

Wismar is very eager to get to know service members at both the Air National Guard and the Army National Guard.

“One of my priorities in the first couple months is to get out and visit all the different areas,” Wismar said. “I want to see everybody and meet them.”

Wismar is very happy to be able to have both feet in the National Guard with the Air Force and his new position on the Army side. He said he wants to be able to link the two and be able to strengthen the bond between both.

He said the responsibility of the chaplain is tending to



Pictured, U.S. Air Force Lt. Col. Eric Wismar. Wismar accepted a position as the full-time Support Chaplain for the Connecticut National Guard. (Photo by Cpl. Justin Stannard, 103th Public Affairs Detachment)

the spiritual and moral well-being of service members. He said chaplains are an important part of units, because they offer a spiritual service and outlets for service members. They also deploy with their units.

“We’re called to go fight and win at a moment’s notice,” Wismar said. “My job, on the chaplain side, is to give everyone the support they need to be ready.”

Wismar said the chaplains adhere to strict confidentiality rules in order to help in every way they can, and can also provide guidance to commanders about whether service members are suitable to go on missions.

“I’m basically everyone’s wingman or battle buddy,” Wismar said. “One of the things I like most about this job is being able to be present and help in any situation... especially if service members are going through difficult times.”

Wismar said he was very excited when he was selected for his new position and said that the transition has been seamless since he started in July.

The Connecticut National Guard is thrilled that Wismar’s family tradition, dating to 1565, has led him to his new position.

Wismar said he has big shoes to fill in stepping into his new role and is prepared for the challenge of helping service members stay spiritual and morally and mentally fit. He said his office door in the Hartford Armory is always open to service members, and that he can be reached by contacting the Hartford Armory.

Connecticut Leaders Train to Develop Mindsets

**SGT. 1ST CLASS BENJAMIN SIMON,
JFHQ PUBLIC AFFAIRS**

Connecticut National Guard Airmen, Soldiers and Military Department employees attended a Leadership Development Seminar at Camp Nett at Niantic, Sept. 6. The day’s professional development program was designed to increase the leadership capabilities of CTNG



Maj. Gen. Fran Evon, Adjutant General and commander of the Connecticut National Guard speaks to Connecticut National Guard Airmen, Soldiers and Military Department employees at a Leadership Development Seminar at Camp Nett at Niantic, Sept. 6. Evon encouraged the attendees to strive to become stronger and more effective leaders in 2019. (Photo by Sgt. 1st Class Benjamin Simon, JFHQ Public Affairs).



Former CEO, and author, Dr. Jeffrey Magee, was the keynote speaker at a CT National Guard Leadership Development Seminar, held at Camp Nett at Niantic, Sept. 6. Magee emphasized the importance recognizing and maintaining trajectories that lead to success. (Photo by Sgt. 1st Class Benjamin Simon, JFHQ Public Affairs)

leaders by expanding their levels of self-awareness, capacities for creative and critical thinking, and abilities to create strategies and opportunities for success.

Former CEO, and author, Dr. Jeffrey Magee, was introduced by Maj. Gen. Fran Evon, Adjutant General and commander of the Connecticut National Guard, as the program’s keynote speaker. Through an interactive workshop, Magee discussed the importance of hard work, dedication, effective leadership/subordinate management, and bridging the gap between avenues of success and failure.

“Incredibly successful leaders push through boundaries and work hard to become efficient and effective,” Magee said. “And organizations only become successful when they have successful leaders.”

Magee pushed the CT National Guard participants to ‘think outside-of-the-box,’ and he encouraged them to think of success and failure as two distinct trajectories. “The thing that successful people do that others fail to do is this: they know that they are on a failing trajectory and they jump off that trajectory. They don’t wait until they hit the wall at the end.”

“Change your trajectory,” he said.



Dr. Jeffrey Magee speaks to a CT National Guard Soldier, Sept. 6, at Camp Nett at Niantic during a leadership development seminar. Magee, the seminar’s keynote speaker, shared his past failures and successes with the event’s attendees. (Photo by Sgt. 1st Class Benjamin Simon, JFHQ Public Affairs)

The Capitán Miranda visits Connecticut in Shipshape and Bristol Fashion

SGT. 1ST CLASS BENJAMIN SIMON
JFHQ, PUBLIC AFFAIRS

The weather and waves agreed with the Uruguayan Navy's training vessel *Capitán Miranda* as it docked at City Pier in New London, Aug. 16. The 210-foot, three-mast schooner docked in Connecticut to help commemorate 20 years of partnership between the Connecticut National Guard and Uruguay. The crewmembers of the *Capitán Miranda*, who are not scheduled to return to their country until November, were delighted about their visit to the nutmeg state.

While the *Capitán Miranda* sat in port, awaiting the arrival of Connecticut servicemembers and guests, Aug. 16, Uruguay Navy Ensign, Martina Elizalde, prepared for her evening assignment. The recent graduate of the Uruguayan Naval Academy was to greet the ship's guests, Connecticut servicemembers and local dignitaries, before they boarded the ship for a ceremony, festivities and friendly discussions.

"I wanted to be on the *Capitán Miranda* to learn how to be a good leader and also to travel," Elizalde said. The *Capitán Miranda* is a very important vessel, and it's an honor to be assigned to it and to visit other nations."

2nd Lt Adrian Mello, Medical Doctor aboard the *Capitán Miranda*, said he was also enjoying being docked in Connecticut but missed his home in Uruguay.

"Like lots of military members know, sometimes it's easier to be away from home and sometimes it's not," Mello said. "I joined the Navy to expand my medical practice. Not many doctors are able to practice medicine at sea. I love the comradery of being on a ship. I love getting to visit new places. And, as a doctor, I get to always help people," he said.

The majority of the *Capitán Miranda*'s crew consists of recent graduates of the Uruguayan Naval Academy,



The Uruguayan Navy's training vessel Capitán Miranda was docked at City Pier in New London, Aug. 16. The 210-foot, three-mast schooner was built in Spain in 1930. The tall ship Uruguayan Navy training vessel visited Connecticut to help commemorate 20 years of partnership between the Connecticut National Guard and Uruguay (Photo by Benjamin Simon, JFHQ Public Affairs)

and one of the ship's primary functions is to train the graduates and help prepare them for a life in the Uruguayan armed forces. Ensign, Nicolas Marenga, a recent Naval Academy graduate is preparing for a career in the Uruguayan Coast Guard.

"I joined because I like to help people. Our coast guard is very active and very busy. I'm looking forward to returning home and starting in my career field," he said.

Senior Petty Officer, Hector Senna has served in the Uruguayan Navy for 29 years. He said that as an enlisted person, he has an important role on the *Capitán Miranda*.

"Our job is to help train our new Uruguayan military officers. For many of them, this is their first assignment. The enlisted crew are the backbone of the *Capitán Miranda*'s and it's our responsibility to mentor the crew's new members so that they can

do their jobs to help the ship complete its missions."

When her tour aboard the *Capitán Miranda* comes to an end next year, Ensign Elizalde, is set to embark on a path that is unique to her peers.

"I'm joining our Army's Infantry," she said. The infantry is the core of our nation's military, and I want to add to it what I've learned from my Naval experiences. I've wanted to serve my country for as long as I can remember and being an infantry officer will be a dream come true."

The *Capitán Miranda* crew of 80, departed New London for the remainder of their voyage, August 19. They were a bit better trained and, perhaps elated about being a few days closer to returning to Uruguay. As the waves agreed with their arrival, they also agreed with their departure.

Ensign Juaquin Casera said he wished that the crew had more time in Connecticut. "Our partnership with Connecticut has made us stronger officers," he said. I liked getting to know the people I met here. I hope to visit again soon," he said.

Dozens of State Partnership Program events have taken place since the partnership between Uruguay and the Connecticut National Guard commenced 20 years ago. The *Capitán Miranda* also visited Connecticut in 2000.



Capitán Miranda crewmembers, Sergio Benitez and Ruen Tejada stand watch aboard their ship, Aug. 16 in New London. Both men said they enjoyed their voyage, but look forward to returning home to Uruguay in November. (Photo by Benjamin Simon, JFHQ Public Affairs)



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Former commander of 130th PAD inducted into OCS Hall of Fame

SUBMITTED BY COL. (RET.) CHARLES A. CAMPBELL

Col. (Ret.) Charles A. Campbell, a former resident of Middletown, CT who now resides in Lanham, Md. was selected by the Connecticut Army National Guard's Heritage Committee and inducted into the Connecticut National Guard's Officer Candidate School (OCS) Hall of Fame on August 17, 2019 at Camp Nett, Niantic, CT. The induction ceremony hosted by the 169th Regional Training Institute (RTI) at Camp Nett marked the first time that a former commander of the 130th Public Affairs Detachment (PAD) Connecticut Army National Guard (CTARNG) was inducted into the OCS Hall of Fame.

As the 130th PAD commander from 1986 to 1988 he and his team achieved several key milestones. The first being leading the recruiting effort and propelling the unit to the top of the CTARNG Recruiting Honor Roll which greatly assisted in an overseas training milestone. In an overseas training and support mission to Central America the 130th PAD became the first PAD to simultaneously deploy to three countries conducting operations in Honduras (covering farm to market road), Bolivia (covering river boat and drug interdiction) and in Panama (covering Operation Southern Watch) due to most team members qualifying in two military occupational skills (MOSs). The last key milestone was telling the CTARNG story and raising the profile of the state by being published in national print media like the National Guard Magazine, Army Trainer and Army Logician.

With over 38-years of military service (active, guard



Col. (Ret.) Charles A. Campbell, a former resident of Middletown, Conn., was inducted into the Connecticut National Guard's OCS Hall of Fame on August 17, 2019 (Photo Courtesy of Charles A. Campbell)

and reserve), Campbell rose through the enlisted ranks from private in the United States Marine Corps (USMC) to staff sergeant in less than four years. Upon transfer from the USMC Reserve to the CTARNG in 1976, Campbell attended the Connecticut Military Academy (CMA) OCS and was commissioned a second lieutenant graduating in 1977 as the Honor Graduate and winner of Erickson Trophy for highest academic average. Immediately after graduation Campbell was asked to take on an additional duty as a TAC (Teach, Advise, Counsel) Officer at the CMA OCS while serving in his assigned position of platoon leader, company A/2/102 Infantry, 43rd Infantry Brigade, 26th Yankee Division, CTARNG.

Other positions Campbell held under the 43rd Infantry Brigade included Detachment Commander, Detachment 1, Company B, 26th Supply and Transportation Battalion; Maintenance Control Officer and Executive Officer, Company C, 726th Maintenance Battalion; Commander, Company C, 726th Maintenance Battalion; and S-1, S-4, and Communications-Electronics Officer, Headquarters 169th Infantry Regiment.

Under the CTARNG Headquarters and Headquarters Detachment (HHD) State Area Command he served as S-4, Connecticut Aviation Classification Repair Activity Depot (AVCRAD); Maintenance Management Officer; Equal Opportunity Operations Officer; and Ground Safety Officer. With his transfer to the District of Columbia Army National Guard (DCARNG) District Area Command in 1988 he served in key positions such as Commander, 140th Transportation Battalion, Troop Command; S-3, Troop Command (Brigade Level); and Executive Officer, Troop Command (Brigade Level).

Transferring to the Army Reserve in 1996 Campbell was assigned key positions such as Deputy Chief of Public Affairs, New York Branch, Office of the Chief Public Affairs, Washington, DC; Commander, 300th Area Support Group, Fort Lee, VA; Chief, Operations Planning Team, 352nd Civil Affairs Command (Airborne), Riverdale, MD; and Assistant Chief of Staff G4, 352nd Civil Affairs Command (Airborne), Fort Meade, MD. Campbell was mobilized twice while assigned with the 352nd serving in Afghanistan as the Chief Law



Col. (Ret.) Charles A. Campbell, a former resident of Middletown, Conn., was selected by the Connecticut Army National Guard's Heritage Committee and inducted into the Connecticut National Guard's OCS Hall of Fame on August 17, 2019 at Camp Nett, Niantic, Conn. (Photo Courtesy of Charles A. Campbell)

Enforcement Cell/Director Police Sector Reform Combined Forces Command – Afghanistan (CFC-A) helping to build the Afghan National Police. The second mobilization had him serving in Iraq as the Chief Prime Minister's National Operations Center/Prime Minister's Situation Room, Multi National Force – Iraq, Strategic Operations (C3) assisting in establishing a National Operations Center to monitor and manage Iraq military and police operations.

In Campbell's civilian career he retired from the Department of Energy (DOE) in Germantown, MD as a safety and occupational health manager who inspected nuclear and non-nuclear facilities along with the nation-wide DOE National Laboratories. Campbell currently holds a part-time position as Chief of Staff for Metropolitan Protective Services, Inc. in Lanham, MD. His civilian education include a Masters degree in 1987 from Central Connecticut State University in New Britain, CT majoring in Organizational Management and another Masters degree in 2003 from the U.S. Army War College in Carlisle, PA majoring in Strategic Studies. He earned a Bachelors degree in 1983 from Eastern Connecticut State University in Willimantic, CT majoring in Public Policy and Government and in 1977 he earned Associate degree from Middlesex Community College in Middletown, CT. He held the highest certifications in his technical area as a Certified Safety Professional (CSP), Certified Safety Manager (CSM), and Certified Safety Technician (CST). He also obtained certificates in Environmental, Health and Safety



Col. (Ret.) Charles A. Campbell, a former resident of Middletown, Conn., and his wife, Mary, pose for a photo, August 17, 2019 at Camp Nett, Niantic, Conn. Campbell was inducted into the Connecticut National Guard's OCS Hall of Fame. (Photo Courtesy of Charles A. Campbell)

Law along with Environmental Issues from the United States Department of Agriculture (USDA) Graduate School. (He was first graduate from USDA Graduate School to receive certificate in Environmental Issues.) Campbell completed the USDA Senior Executive Service (SES) Candidate Program in 2000 and the Harvard University John F. Kennedy School of Government Senior Executive Fellows (SEF) Program in 2001.

Some of his military education includes the Infantry Officer Basic and Advanced Courses, Ordnance Officer Basic and Advanced Courses, Engineer Officer Basic Course, Quartermaster Officer Basic Course, Adjutant General Officer Basic Course, Defense Public Affairs Officer Course, Department of Defense Equal Opportunity Management Institute, Armor School Junior Officer Maintenance Course and Senior Officer Logistics Course, Transportation School Senior Officer Qualification Course, Military Police School Advanced Military Police Course, Command and General Staff College, National Defense University National Defense Course, U.S. Army War College Defense Strategy Course, Fitness School Master Fitness Trainer Course, Joint Special Operations University Middle East Orientation Course and Joint Civil-Military Operations Course and U.S. Army War College.

With combat tours in Afghanistan, Iraq and Vietnam during his 38 years Campbell has earned over 40 decorations, badges, medals and ribbons to include Legion of Merit, two Bronze Star Medals, four Meritorious Service Medals, two Army Commendation Medals, two Army Achievement Medals, Combat Action Ribbon (USMC), Combat Action Badge (Army), Connecticut National Guard Long Service Medal with 10 Year Device and two awards of the Connecticut National Guard Emergency Service Ribbon.

'Campbell said, "My military and civilian career was successful due to help and assistance from the great officers and enlisted personnel of the armed

forces, dedicated civilians in the workplace, listening and assessment skills and intestinal fortitude"! He also said, "Since he was second lieutenant most of his military and civilian meetings start with the most junior enlisted or civilian and work up to the most senior personnel so you capture good ideas from junior personnel who may feel pressure from senior military or civilian personnel to hold back during the middle or end of a meeting."

In defining success and achievement Campbell said, "You can't always measure success or achievement by formal recognition of a letter, decoration, medal or award and I gave you two examples. The first being in the summer

of 1977 in my first formation as a Platoon Leader for Company A/2/102 Infantry, 43rd Infantry Brigade, 26th Yankee Division, CTARNG I stood with my Platoon Sergeant Pete Bouyea and one other soldier. I was missing 40 other soldiers for my infantry platoon of 43! With engagement with Bouyea, soldiers, parents and civilian employers, in less than a year we had

a full complement of 43 soldiers reporting for Annual Training in 1978! That achievement in 1977-1978 cast in me the importance of the soldier, family and civilian employer which is so essential to the Guard and Reserve forces. My second example is that I was lucky to be in Afghanistan, Iraq and Vietnam and never have anyone under my charge give the ultimate sacrifice!"

He resides with his spouse, Mary, in Mitchellville, MD and travels to CT for activities such as the American Legion Post 206 (Middletown, CT) meetings or functions and the Middlesex County Chamber of Commerce Support the Troops and Honor the Veterans Member Breakfast Meetings.

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Col. (Ret.) Charles A. Campbell, a former resident of Middletown, Conn., and members of the American Legion Post 206 (Middletown, CT) pose for a photo, August 17, 2019 at Camp Nett, Niantic, Conn. Campbell was inducted into the Connecticut National Guard's OCS Hall of Fame. (Photo Courtesy of Charles A. Campbell)

G 104th AVN History to be seen for Generations

COMMAND SGT. MAJ. ANTHONY V. SAVINO
1-169 GSAB

Recently, the Pennsylvania Army National Guard hosted a picture signing of the infamous "Yankee-26 Deeds Not Words" photo, which shows a CTARNG CH-47D Chinook, tail number 264, conducting a roof top landing. During one of the operations, the NOMAD crew used the call sign of Yankee 26. The crew consisted of CW4 (Ret) Larry Murphy, CW3 (Ret) Paul Barns, and Spc. (Ret) Margaret Haydock Rose, all from the PAARNG, current CTARNG member Master Sgt. James Duggan and Sgt. (Ret) Brian Kilburn. Also pictured is Spc. (Ret) Salvatore Ratti, one of the military policemen who loaded the detainees onto the aircraft.

The picture went viral back in 2004 and has been seen across the world. In early 2015, the picture was given to well-known Historical painter Mr. Larry Selman. The painting done by Selman ended up as the Unit's official drawing. The former crew members attended the event and signed over 150 prints of the photo on September 4, 2019 and another 150 prints on September 20, 2019 at Fort Indian Town Gap, Pa.

During the deployment of 2003-04, the CTARNG and PAARNG Aviation units formed the G 104th Aviation. Since they have been re-designated as B Company 104th Aviation and have deployed together in support of OIF 2009, OIF 2012 and OFS in 2019.

Additional copies of the photo are available for sale by the artist. Point of Contact is Command Sgt. Maj. Savino.



The PAARNG hosts a picture signing of the "Yankee-26 Deeds Not Words" photo. The photo shows a CTARNG CH-47D Chinook, tail number 264, conducting a roof top landing. (Photo submitted by the PAARNG)



The 1048th transports loads from the AASF to October Mountain training area. (Photo submitted by Command Sgt. Maj. Anthony V. Savino)

1048th Medium Truck Company and Aviation Team Up

COMMAND SGT. MAJ. ANTHONY V. SAVINO
1-169 GSAB

On May 18, 2019, the 1048th Medium Truck Co. supported CTARNG Aviation. The mission was to transport a 12,000 pound training load from the AASF to the October Mountain Training Area located in Pittsfield Massachusetts. The training load is used for the CH-47F to train on external load operations when Military equipment is not available. The training loads give Aviators the opportunity to perform Performance planning and air crew coordination while lifting and flying the loads.

The 1048th was called to transport the loads from the AASF to October Mountain training area, because aviation is restricted from flying external loads over populated areas unless there is a State or Federal Emergency such as a Helicopter water bucket mission. The 1048th was responsive and were able to transport the 12,000 pound load with a 914 tractor and 48 foot trailer. In addition to delivering the training load, the 1048th truck crew was given a class on external load rigging and were assigned as the hook up crew. What were their statements after the hook up? "When can we do this again!"

Crowley Auto Group Presents Check to CTNGFI

JOHN GODBURN
EXECUTIVE DIRECTOR, CTNGFI

On Monday, September 23d, 2019, Mr. Kenneth Crowley, Chairman of the Crowley Auto Group, Bristol, CT presented a \$510.00 check to the Connecticut National Guard Foundation, Inc. (CTNGFI). Mr. Crowley is a member of the National Automobile Dealers Association (NADA) and an Ambassador within the NADA Foundation. As a result of being an Ambassador, Mr. Crowley selected the CTNGFI to be the recipient of his 2019 Ambassador Grant.

Mr. Crowley has been a supporter of our nation's military veterans for many years. Since 2002, he has been a significant supporter and contributor to Operation E.L.F., benefiting families of our troops who are deployed overseas during the holiday season. In addition to his help with Operation E.L.F., he also donates Thanksgiving turkeys to the CT National Guard to be distributed to the families of deployed troops. Mr. Crowley is also a supporter of local soup kitchens and helps to feed veterans on Christmas day.

The CTNGFI is a private 501(C)(3) non profit corporation, organized in 2003, for the purpose of providing temporary financial assistance to members of the CT National Guard, including CT National Guard retirees, members of the organized militia, and authorized Reserve Component Family Readiness Groups; and the CTNGFI also awards annual scholarships to CTNG members and/or their spouses or children, and children of CTNG retirees. The Foundation relies entirely on donations to support its programs, and to date has awarded in excess of \$1.6 million dollars of financial aid and scholarships to its constituents.



Chairman of the Crowley Auto Group Kenneth Crowley (left), presents a check to the Connecticut National Guard Foundation, Inc. (CTNGFI), September 23, 2019 in Bristol, Conn. CTNGFI relies entirely on donations to support its programs. (Photo courtesy of Crowley Auto Group)

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Health & Fitness

STAFF SGT. SILAS K. HOLDEN
AIRCRAFT ELECTRICIAN, 1109TH TASMG

Welcome to Fall everyone, once again it is annual APFT time which will soon be called ACFT time. The new test is approaching fast and things are falling into place for the Army wide implementation. I recently got to attend the ACFT LV 3 certification course at Camp Smith, NY and take the ACFT for the first time. This month I would like to cover some takeaways from the course and some tips that I feel could help individuals with the upcoming change.

After taking the ACFT for the first time I am convinced that the test overall is easier to pass, but will take vigilant and structured training for anyone wanting to excel toward maximum scores. The standards that are currently posted are most likely to change once field testing evaluations are complete. Some could go up, some could stay the same, but in my humble opinion I doubt that any standards will go down. And with the recent first "600" on the new test, that could definitely make those setting the standard want to raise the bar. After all, the intent behind all of this is to create a more fit service and promote a culture change within Army fitness.

There are three levels of certification for the ACFT. Level ones get certified to be graders, level twos get certified to be NCOIC/OIC, graders, and can certify level ones, and level threes get certified to validate the test site, act as NCOIC/OIC, certify level ones and twos, and be graders, to obtain level three certification you must be a Master Fitness Trainer. The reason for a certification course is so that the standard is taught and becomes habit for graders. With the ACFT it is going to be even more important for graders to adhere strictly to the standards. If allowing leeway in performance standards the graders will be doing the Soldiers and the Army a massive disservice.

3 repetition Maximum Deadlift (MDL): This is the first event and begins with a ten minute warmup prior to the Soldier's record attempt. While many will forgo the warmup it is highly suggested that a warmup with up to 55% of your target record weight attempt be taken advantage of. The warmup will not hurt your ability on the record attempt, it will actually enhance your lifting capability and reduce any chance of injury. It is up to the grader to be the safety advocate with this event, if the Soldier is performing the reps incorrectly, stop them and explain. If allowed to perform them incorrectly it is doing absolutely no good for the Soldier. There is a two minute rest between this event and the SPT.

Standing Power Throw (SPT): This is the second event and it also signals the start of the master clock for the ACFT. From the start of this event until the finish of the two-mile run an elapsed time of 70 minutes or less should be adhered to. My key takeaway for this event is for Soldiers to practice what works for them. While there are standard body mechanics that should be followed, each Soldier will find a best way that works for them.

Leg and core strength are the focus of this event as the power comes from the ground up. And pay attention to your feet, if they cross the lane start line (even while in the air) it is a fault and the attempt will not count. There is a three minute rest between this event and the HRP.

Hand Release Pushup (HRP): The keys to this event are to take your time and learn the tricks the first few times doing them. Your head must remain face down looking at the ground at all times throughout the movement. This exercise will now include extending your arms 90 degrees outward during each repetition. The reason they decided on this after field testing is due to Soldiers retaining pressure on the lower lumbar region of the spine and this leading to injury over time. When extending arms outward it allows the chest to fully contact the ground and the lumbar pressure to be released. Compared to normal pushups the extension portion will create more shoulder fatigue while performing numerous repetitions. There is a three minute rest between this event and the SDC.

Sprint, Drag, Carry (SDC): This event is the ultimate in anaerobic capacity testing, if you do not pace yourself your tank might be empty for the two-mile run. My key takeaways for this event were to perform the first sprint at about 50 to 75% capacity. During the kettlebell carry walk or jog as fast as possible, and during the last sprint give it 100%. Pay attention to your feet during the lateral portion, make sure you do not cross them. This event will only become easier if you train, it is that simple. There is a four minute rest between this event and the LT.

Leg Tuck (LT): This event is what many will fail at, and the main reason will be not understanding the tricks to pass. The arms DO NOT have to form a 90 degree angle for the rep to count, the elbows only need to show some flexion. So minimally breaking the elbows and bringing the knees up to touch will count as a rep. If core strength needs work then a Soldier might find it easier to pass by leaning back while bringing the knees up as this will recruit more upper body muscles to assist in bringing knees to the elbows. If needing assistance with this event see your Master Fitness Trainer or unit level 2 NCO to get tips and help with passing. There is a five minute rest between this event and two-mile run, this rest starts when the last Soldier drops from the bar during the leg tuck. (Hint-Hint....be first in line and get a larger rest period).

Two-Mile Run (2MR): Self-explanatory, run two miles within the allotted time. After the other events this is more difficult than with the APFT, but it is manageable. Keys to getting better are to build upon leg strength and core strength, and build upon your endurance.

I look forward to the coming changes within the Army fitness community and this new test is certainly a better gauge of overall Soldier fitness. The days of lazily performing our duties and putting forth just enough

effort to maintain standards are coming to an end. This does not mean that a mass exodus will occur due to the changes. But it does mean that leadership needs to start holding their Soldiers accountable for their actions. When the performance capabilities of the Army become degraded and production falls it is ultimately leadership that must take the brunt of the blame. While the Soldiers are responsible for themselves, they are only as good as the leadership that they emulate and follow. Until next month, stay fit, stay hydrated, and stay motivated.

Staff Sgt. Holden is a certified Master Fitness Trainer and a certified National Strength and Conditioning Association; Tactical Strength and Conditioning-Facilitator. He is currently deployed to Kuwait with the 1109th Theater Aviation Sustainment Maintenance Group, Connecticut Army National Guard. He is eager to share his knowledge with those wanting to learn. The thoughts expressed in this column are his. Always do research and consult your doctor before undergoing any physical fitness regimen. Request a topic, or ask Staff Sgt. Holden a direct question by emailing him at silas.k.holden.mil@mail.mil.

The Connecticut Guardian
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Connecticut GUARDIAN
VOL. 10 NO. 7 HARTFORD, CONNECTICUT SEPTEMBER 2018
1109th TASMG Deploys to Southwest Asia

In This Issue!

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In full color!

Governor's Horse and Foot Guards

Pride, Accomplishment and Dignity

SECOND COMPANY GOVERNOR'S HORSE 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 support 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. What ever 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 hospitals 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 Connecticut." 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 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 overflow 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 Guards and Horse Guards 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!

The YANKEE COURIER



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EAST GRANBY, CONNECTICUT

OCTOBER 2019

Flying Yankees welcome honorary "Pilot for a Day"

STAFF SGT. STEVEN TUCKER
103RD AIRLIFT WING, PUBLIC AFFAIRS

Sporting a youth-sized flight suit complete with a custom embroidered name patch, 10-year-old Jadiel Aponte became the newest honorary pilot through the 103rd Airlift Wing's annual "Pilot for a Day" program September 19, 2019.

"It's a program where we reach out to the community and work with local hospitals to find a child who is sick with some sort of acute or terminal illness," said 1st Lt. Jordan Edgar, 118th Airlift Squadron pilot and "Pilot for a Day" coordinator. "We'll bring the child on base, give them a tour and a uniform, show them what we do as a unit, and just let them have a fun time."

"Pilot for a Day" was originally organized by Capt. Rory "Ox" Blackburn at Randolph Air Force Base, Texas in 1994. Since then, the program has expanded throughout the Air Force. The 103rd's program has been running for over five years, said Edgar.

Aponte, from Waterbury, received a warm welcome from Flying Yankees during a pinning of the wings ceremony conducted by Col. Roy Walton, 103rd Airlift Wing vice commander. Aponte also received coins from Lt. Col. John Saunders, 103rd Operations Group commander, and Chief Master Sgt. James Traficante, 103rd Airlift Wing command chief. He was also presented the Connecticut National Guard's The



Jadiel Aponte, 103rd Airlift Wing honorary Pilot for a Day, breathes through an oxygen mask at the 103rd Operations Group aircrew flight equipment section during the 103rd Airlift Wing's annual Pilot for a Day event at Bradley Air National Guard Base, East Granby, Conn. Sept. 19, 2019. (U.S. Air National Guard photo by Staff Sgt. Steven Tucker)

Adjutant General's coin by Walton.

Aponte, accompanied by his mother, Lisa Matta, and father, Victor Aponte, received a tour that included stops at aircrew flight equipment, engine shop, fire department, multi-mission crew trainer, flight line, Bradley International Airport Control Tower, and a ride in a Humvee.

The day's events were a welcome break from Aponte's battle with cancer, his parents said.

"He's definitely enjoying it—just seeing the smile on his face is awesome," said Victor. "And that's what it's all about: him being happy."

Aponte's tour was originally scheduled for earlier in September, but was rescheduled due to an unexpected hospital visit. Later that original day, however, Edgar and fellow pilot, 2nd Lt. Alexandra Pagoni, stopped in to see Aponte and, to his delight, deliver his flight suit.

"He's been talking about the flight suit now ever since they dropped it off," said Victor. "I said 'Wait, the day is coming, just wait.' Now he might wear it to sleep and use it as pajamas."

Seeing that joy in Aponte is what the day is all about, said Edgar.

"I like that we get to help them in a really difficult time and bring a really fun, enjoyable day out of what's a pretty hard situation to be going through," said Edgar. "So for them to get to take a break from that and see Jadiel put on the flight suit and have fun—that's probably the best part."

"I'm just happy he's happy, and I appreciate everyone taking time out of their busy schedules to do something like this for him," said Victor. "It really means a lot."



Jadiel Aponte, 103rd Airlift Wing honorary Pilot for a Day, and his mother, Lisa Matta, fly the wing's multi-mission crew trainer during the unit's annual Pilot for a Day event at Bradley Air National Guard Base, East Granby, Conn. Sept. 19, 2019. The program puts the wing in partnership with local hospitals to identify a child with a life-threatening or terminal illness and bring them on base to meet members of the wing and learn about its mission. (U.S. Air National Guard photo by Staff Sgt. Steven Tucker)



Chief Master Sgt. Robert Cross, 103rd Civil Engineer Squadron fire chief, fits his helmet on Jadiel Aponte, 103rd Airlift Wing honorary Pilot for a Day, during the wing's annual Pilot for a Day event at Bradley Air National Guard Base, East Granby, Conn. Sept. 19, 2019. (U.S. Air National Guard photo by Staff Sgt. Steven Tucker)

JROTC Cadets Become Flying Yankees for Day

TECH. SGT. TAMARA R. DABNEY
103RD AIRLIFT WING PUBLIC AFFAIRS

Christine Libbey had seen C-130H Hercules aircraft flying over Connecticut and was familiar with “the sound of freedom” - the thunderous roar of the plane’s Rolls Royce T-56 engines. She had even been on a military base tour, where she saw the inside of a C-130. However, she had never flown on a C-130 and wondered what the flight would be like. Her curiosity was finally satisfied when she became a Flying Yankee for a day during a tour of Bradley Air National Guard Base hosted by the Connecticut Air National Guard Recruiting Team.

Libbey, a Cadet Colonel in Torrington High School Junior ROTC, and her fellow cadets toured Bradley and flew on a C-130 during a refueling mission with the 103rd Operations Group.

“It was really amazing to see,” said Libbey. “We’ve come here many times, but we’ve never been able to go on a flight. It was beautiful to be able to see the views and experience flying in a C-130.”

The tour included an interactive walk-through of the 103rd Civil Engineer Squadron Fire Department, a Flight Simulator, which allowed the cadets to take the controls of a virtual C-130, a night-vision goggle demonstration and a briefing, which provided background on the Aircrew Flight Equipment career field. During the C-130 flight, the cadets watched the aircrew execute a cargo air drop and each cadet had the opportunity to enter the cockpit in-flight.

Members of the 103rd provided cadets with firsthand knowledge of what operations and maintenance specialists do on a daily basis in the Air National

Guard. The experience also gave Libbey and other cadets insight into what the future may hold if they enlist in the Air National Guard after graduating high school.

“I think the Air National Guard is a good opportunity for some and is something that I am going to look into,” said Libbey.

A typical week in JROTC consists of lessons in leadership education, aerospace science and physical training. According to Torrington High School JROTC instructor Lt. Col. (Ret.) Charles Coulouras, the tour added a realistic perspective to the JROTC curriculum.

“They were on top of the clouds—literally, and it was great,” said Coulouras who served in the Active Duty Air Force for eight years and in the Massachusetts Air National Guard for 20 years before becoming a JROTC instructor. “I think the cadets really got a lot out of it. It really put into action everything that we’ve been talking about. They were able to see what the Air Force and the



Air National Guard recruiter Tech. Sgt. Todd Wilkinson speaks to a group of Torrington High School Junior ROTC cadets during a tour of Bradley Air National Guard Base, April 23, 2019 in East Granby, Conn. (U.S. Air Force photo by Staff Sgt. Chad Warren)

Air National Guard are all about.”

Enrollment in Air Force JROTC programs has grown by more than 50 percent in the last 40 years. Though there is no commitment to join the military after participating in JROTC, cadets are statistically more likely to join the military after graduating high school than students who are not enrolled in JROTC.

103rd Production Recruiter Todd Wilkinson said the goal of the tour was to inform cadets about opportunities offered through the Connecticut Air National Guard.

“The impact we strive for is to educate potential applicants about just what

we do and can do here at the 103rd, and the benefits you can get by joining the CT Air National Guard,” said Wilkinson. “I have enlisted people who have gotten their college degrees, received full-time employment here (at Bradley), been deployed, received commissions and are pursuing opportunities as pilots.”

High School representatives can contact Connecticut Air National Guard Recruiting by email at usaf.ct.103-aw.list.aw-recruiting-retention@mail.mil to schedule a base tour.



Torrington High School Junior ROTC cadets participate in a tour of Bradley Air National Guard Base, April 23, 2019 in East Granby, Conn. The tour, hosted by the Connecticut Air National Guard Recruiting Team, gave cadets firsthand knowledge of what operations and maintenance specialists do on a daily basis in the Air National Guard. (U.S. Air Force photo by Staff. Sgt. Chad Warren)



Torrington High School Junior ROTC cadets participate in a tour of Bradley Air National Guard Base, April 23, 2019 in East Granby, Conn. The tour, hosted by the Connecticut Air National Guard Recruiting Team, gave cadets firsthand knowledge of what operations and maintenance specialists do on a daily basis in the Air National Guard. (U.S. Air Force photo by Staff. Sgt. Chad Warren)

16 Year Service Limit for Post-9/11 GI Bill TEB



NOTICE! NOTICE! NOTICE! NOTICE! NOTICE!

"Effective 12 July 2019, TEB is limited to 16 years of service"



What Does This New Rule Mean?

If you have 16 or more years of service on or after 12 July 2019, you will NOT be allowed to transfer your Post-9/11 GI Bill to your dependents!

Don't Lose Out! Transfer Today!

If you qualify for the Post-9/11 GI Bill, have six or more years of service, and have at least one qualified dependent in DEERS, transfer your benefit today at; <https://www.dmdc.osd.mil/milconnect/>



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103rd firefighters practice confined space rescue

STAFF SGT. STEVEN TUCKER
103RD AIRLIFT WING, PUBLIC AFFAIRS

How would an Airman trapped inside a C-130 fuel tank be rescued?

This is the question firefighters from the 103rd Civil Engineer Squadron answered during a confined space rescue exercise at Bradley Air National Guard Base Sept. 8.

The annual exercise is a joint effort with fire and emergency services, the 103rd Maintenance Squadron fuel systems maintenance shop and 103rd Airlift Wing safety office. Together, the team devised a plan to rescue a maintainer "injured" inside the confined space of a C-130 fuel tank at the base's fuel cell and corrosion control facility.

This environment presents challenges beyond the physical constraints of a tight space.

"There are atmospheric hazards that can be associated with confined spaces," said Master Sgt. Zachary Daniel, 103rd Civil Engineer Squadron fire and emergency services assistant chief of training. "Lack of oxygen, too much oxygen and the presence of other chemicals released in that confined space could make it dangerous to go in."

Firefighters mitigate these risks by evaluating and adapting to the environment upon arrival.

"We meter the air ahead of time to get our baseline readings, and if necessary, we can supply oxygen to make it a livable space and limit the risk factor," said Master Sgt. William Riggott, 103rd Civil Engineer Squadron fire and emergency services assistant chief of operations. "We also try to control electrical hazards; if there is a flash hazard, we de-energize the entire area."

The firefighters' coordination with maintenance is essential to execute a successful rescue, Riggott said.

"The cooperation between agencies is very important — going to their facility and being able to look at the aircraft, identify anchor points, and come up with backup plans in case 'Plan A' doesn't work," Riggott said. "This way, everyone responding has seen the fuel cell and what we're using to egress the person out."

The unique aspects of this type of rescue make it critically important to practice, Riggott said.

"Situations like this are high-risk, low-frequency; we don't get many of these calls," Riggott said. "So when we do, it's important that we know the game plan, how to operate all the equipment, and going in there prepared."



Firefighters from the 103rd Civil Engineer Squadron remove a simulated maintainer from a C-130H Hercules fuel tank during a confined space rescue exercise at the fuel cell and corrosion control facility, Bradley Air National Guard Base, East Granby, Conn. Sept. 8, 2019 (Photo submitted by Chief Master Sgt. Robert Cross)

Behavioral Health Help Line:
855-800-0120

National Suicide Hotline:
800-273-8255
Press #1

CONNECTICUT NATIONAL GUARD BEHAVIORAL HEALTH RESOURCES

CT Army National Guard Behavioral Health Team
Contact Numbers:

860-883-2035
860-830-8991
860-655-0296
860-946-9810

CT Air National Guard
Director of Psychological Health
860-292-2561
860-519-8125

Emergency Mobile Psychiatric Services: Dial 211

RESOURCES:

Military One Source: 800-342-9647

Service Member and Family Support Center
1-800-858-2677

Employer Support of the Guard and Reserves
860-548-3295

Education Services Officer
860-524-4816/4820

Sexual Assault Response Coordinator/ Sexual Harassment/Assault Response and Prevention
860-548-3208

Transitional Assistance Advisor:
860-524-4908

Fulltime State Support Chaplain:
860-548-3240 (office) 860-803-7748 (cell)

Army Substance Abuse Program Manager
860-946-9810

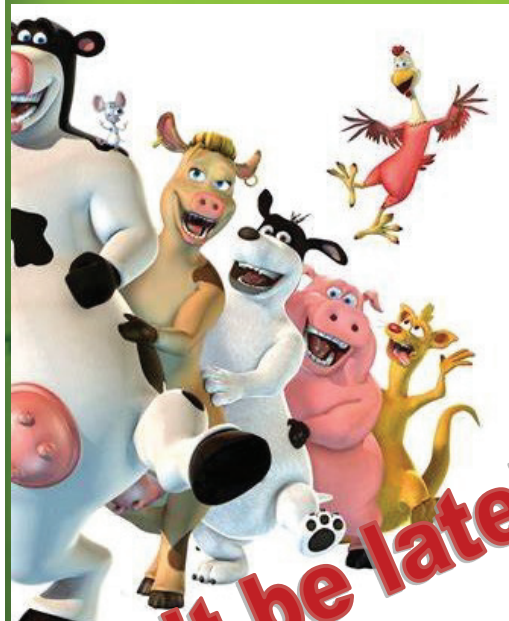
Alcohol and Drug Control Officer:
860-524-4962

Prevention Coordinator:
860-548-3291

Resiliency Program Manager
860-524-4962

VA Connecticut Healthcare System:
Newington: 860-666-6951
West Haven: 203-932-5711

Vet Centers:
Danbury: 203-790-4000
Norwich: 860-887-1755
Rocky Hill: 860-563-8800
Orange: 203-932-9899



Don't be late!!

American Farm Barnyard Boogie

Sat, Oct 12, 2019
2:00 — 5:00 p.m.

Horses Healing Humans
340 New London Turnpike, Stonington

Join us for fun activities for military kids with special needs in a sensory friendly environment. Meet a mini-horse, goats, chickens, rabbits and dogs.

Explore and learn about our programs while getting up close to these kid-friendly barnyard animals. This event is for military-connected kids with special needs. For more information please call: Naval Submarine Base EFMP office 860.694.4378.



THE
UNIVERSITY
OF RHODE ISLAND

UConn | COLLEGE OF AGRICULTURE,
HEALTH AND NATURAL RESOURCES

EXTENSION



MOHEGAN SUN VETS ROCK

2019 HIRING FAIR



**FRIDAY,
NOVEMBER 1**

10:00 a.m. - 6:00 p.m.

Mohegan Sun
1 Mohegan Sun Blvd,
Uncasville, CT 06382

In collaboration with



A one-of-a-kind event, in conjunction with Vets Rock Hiring Expo 2019 at Mohegan Sun, featuring a hiring fair and networking opportunities tailored for veteran job seekers, active duty military members, Guard and Reserve members, and military families. Free Suiting and Resource Fair will also be a part of this event. Job seekers with military ID are eligible to receive two tickets to attend the concert of their choice at Mohegan Sun Arena: Logic on November 1 or Frankie Valli on November 16 (based on availability).

QUESTIONS?

Contact Kathryn Poynton at kpoynton@uschamber.com.

Registration is required to guarantee suiting. More information at mohegansun.com/vetsrock.

REGISTER NOW: WWW.HIRINGOURHEROES.ORG/EVENTS

HIRING OUR HEROES
U.S. CHAMBER OF COMMERCE FOUNDATION

Inside OCS

Training to be Ready for Real World Missions

OFFICER CANDIDATE THOMAS WALLACE
OCS CLASS 65, 1-169 REGT (RTI)


During September drill weekend, Connecticut's Officer Candidates (OCs) further conducted their training and familiarization with Phase II. Officer Candidates were required to show initiative and understanding from the prior drill immediately upon arrival. For this reason, the Officer Candidates carried out essential tasks to prepare their classroom and barracks in order to optimize mission success. Following this, the Officer Candidate in charge briefed the monthly Operations Order and provided essential objectives and tasks required of the Officer Candidates in order to continue in the course. The main focus and purpose of the September drill was to learn the extensive and illustrious history of the Army of the United States of America, as well as the role that the militia or National Guard has fulfilled throughout our nation's history. The culminating objective was to pass the exam based on the material learned and studied encompassing nearly 400 years of specific, storied American military history. The drill tested Officer Candidates' mental willpower, determination, focus, and ability to comprehend and process the vast amount of information in a short period of time in order to pass the exam. Furthermore, the Officer Candidates were also able to continue their training for the new Army Combat Fitness Test (ACFT) and for their upcoming 9-mile ruck march scheduled for the October drill. Physical Training

on Saturday morning consisted of Climbing Drill 1 and 2, as well as 60 / 120 sprints; while Sunday morning PT consisted of rucking 3 miles. After briefly studying for and then taking the Military History exam, the OCs spent Sunday afternoon cleaning the barracks and turning in equipment before receiving a Cadre led brief for the upcoming October drill. The main objective of October drill will be for all Officer Candidates to successfully compete the 9-mile ruck in the required time limit in order to continue in the course. Passing this objective will continue to train the OCs to pass the final ruck march scheduled consisting of 12 miles. Officer Candidates will finish the 9-mile ruck at Stone's Ranch where they will be led by Cadre through warrior battle drills and tactics to better prepare for STX lane training. Officer Candidates also learned how to study and complete a battle analysis during this drill. Each Officer Candidate then chose a specific American Army battle to analyze and write an essay about for October drill. Some of the battles chosen to study were the Battle of Fort Pillow, the Battle of the Alamo, the Battle of Fredericksburg, and the Battle of Chosin Reservoir. With much more assignments to complete and material to study in preparation for the next drill, the Officer Candidates understand just how much resiliency will be needed to graduate Officer Candidate School. Needless to say, upon arriving home the OCs quickly began to start preparations immediately for what lies ahead in the next drill as we continue to push through such a demanding course.






Become an Officer in the Connecticut Army National Guard

For information and requirements, contact your chain of command or
Maj. Steve Landry,
RRB Officer Strength Manager
steven.d.landry.mil@mail.mil

CONNECTICUT NATIONAL GUARD 

Leads to Enlistments Awards Program
Effective 01 Oct 18 - 30 Sept 19

- 1st Lead to Enlistment**
Shaker Bottle & T-Shirt** 
- 2nd Lead to Enlistment**
Tactical Backpack** 
- 3rd Lead to Enlistment**
Fleece Jacket or Hoodie** 
- 4th Lead to Enlistment***
AAM & Gerber Multi-Tool** 
- 5th Lead to Enlistment***
ARCOM, Tactical Flashlight & "Honorary RRNCO" plaque** 

CONTACT YOUR LOCAL RECRUITING AND RETENTION NCO FOR MORE INFO

Leads are subject to verification of enlistment IAW state lead tracker SOP
 **photos are representations only, actual items are subject to availability and funding.
 *Must be eligible to receive AAM or ARCOM. One award per person given at the end of the fiscal year based on number of enlistments.

"IT PAYS TO STAY"
FY-19 ARMY NATIONAL GUARD RETENTION PROGRAM

STAY  GUARD

- Re-Enlist/Extend for 2 Years**
 Receive a **\$4,000 Bonus** and a waterbottle or hydration pack 
- Re-Enlist/Extend for 6 Years**
 Receive a **\$20,000 Bonus** and a Gerber or tactical flashlight 

CONNECTICUT NATIONAL GUARD 

CONTACT YOUR RETENTION NCO FOR MORE INFO

*photos are representations only, actual items and bonuses are subject to eligibility, funding and availability.

R3SP - Resilience, Risk Reduction & Suicide Prevention

Make the Call



**MAJ. GEN. FRAN EVON
THE ADJUTANT GENERAL**

Connecticut Guard Members, Employees and Family Members:

With the recent passing of one of our Officers, Lieutenant Colonel Michael Myslenski, it is important for us to acknowledge our feelings of grief and loss so that we may all individually and collectively process his passing. Our condolences, thoughts, and prayers go

out to Julie, Matthew, and Magdalena.

Death, whenever and however it strikes within our ranks, is a deeply saddening event for us all. However, our strength as members of the Connecticut National

Guard (CTNG) resides in our ability to count on one another in times of need, to be able to face hard times and difficult circumstances as a team. We rely on our ability to communicate with each other honestly and straightforwardly. It is our calling to be called upon by others but especially by our own.

Today I am calling upon us to respond to each other, to our brothers and sisters with comfort and compassion, to listen, to support, and to provide resources necessary for grieving and healing. In our common goal of assisting our Soldiers, Airman and civilian employees, I ask our members to stand forth and to seek assistance for stressors. I am calling upon you to make the call, to your chain of command or directly to our supporting elements. If you see another member of our team or a family member struggling, make the call for them.

The CTNG proudly offers the support of the Behavioral Health Team. They are always ready to respond through its dedicated Care line at (855) 800-0120. Members may access services for finances, children and youth, childcare, and other daily needs through our Family Program by calling (800) 858-2677.

Members may also access services through Military OneSource at (800) 342-9647 or militaryonesource.mil@mail.mil. The Military Crisis Line can be accessed 24/7 by dialing (800) 273-8255 (TALK) option 1. In Connecticut, Soldiers, Airmen and other may contact United Way by dialing 2-1-1 to access additional resources by their location.

I also call upon you to contact our fulltime chaplain, Lieutenant Colonel Eric Wismar, at (860) 883-5278, to discuss personal matters. For help with additional resources not listed, please contact R3SP (Resilience, Risk Reduction, and Suicide Prevention Task Force) at (860) 524-4962.

Reach out to anyone who may be dealing with a hardship. Lend them your hand and your ear. Steer them to our resources or call for them yourself. We have many resiliency resources for those who may be experiencing tough times. We are stronger when we work together to address our individual and collective challenges. You are never alone and do not have to address problems in silence. Reach out. Make the call. I am counting on you.

Suicide Intervention Officer (SIO) Spotlight



SGT. 1ST CLASS CANDACE BARQUIN

Sgt. 1st Class Candace Barquin has been with the CTARNG for 18 years! She currently serves as the Readiness NCO for the HHC 192nd MP. In her 18 years of service, 7 of which she has been ASIST trained, Sgt. 1st Class Barquin has provided life-supporting aid to many Soldiers and veterans. Sgt. 1st Class

Barquin is not only the SIO for her unit, she also serves as the Battalion SIO, as well as a Victims Advocate making her the first call for many Soldiers who are experiencing thoughts of suicide. Sgt. 1st Class Barquin supports her Soldiers in connecting with care as well as following up with them through their recovery so they know they are supported. In her spare time Sgt. 1st Class Barquin enjoys hiking, painting, and spending time with her family. Knowing the importance of self-care and creating a strong network of support Sgt. 1st Class Barquin credits her close family members and friends, including a chaplain, with helping her handle life's stresses.

"We all struggle, it's ok to ask for help! Take one day at a time and even if it's crawling just keep moving forward, you got this!"

Resilience Resources:

Outward Bound
www.outwardbound.org/veterans

Service Member and Family Support Center
1-800-858-2677

Military OneSource
www.militaryonesource.mil

BeThere
★ YOUR ACTION COULD SAVE A LIFE ★

Seek Help Immediately
If you are thinking of hurting yourself, looking for ways to kill yourself, or becoming self-destructive, don't continue to face it alone.

Contact the Military Crisis Line

- Dial: 1-800-273-8255
- Text: 838255
- Online chat: www.militarycrisisline.net

R3SP - Resilience, Risk Reduction & Suicide Prevention

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Resilience: "Skill of the Month"



Edition #58: August 2019
 R2HPO: alexander.m.long5.mil@mail.mil
 (860) 524-4926



Bottom Line Up Front

- *Assertive Communication helps to build Connection.*
- *Assertive Communication helps you solve problems by remaining Confident, Clear, and Controlled.*

Aggressive

- *Must have the last word*
- *Talking over other person*
- *Ineffective emotion*
- *Blaming & Talking down*

Assertive

- *Confident, Clear, Controlled*
- *Seek to understand*

Passive

- *Quiet*
- *No eye contact*
- *Withdrawn*
- *Sulking*

- *Good eye contact*
- *Effective emotion*

- *Submissive*
- *Fearful*
- *Appeasing*

IDEAL Model:

1. **Identify** and understand the problem...
2. **Describe** the problem objectively & accurately...
3. **Express** your concerns and how you feel...
4. **Ask** the other person for his/her perspective...
5. **List** the positive outcomes that might result from agreed upon change(s)...

WHAT IS THE SKILL?

Assertive Communication is a method of communication that is **Confident, Clear, and Controlled**.

WHEN DO I USE IT?

When confronting someone about a **conflict or challenge** (and is the most appropriate style in that situation).

HOW DO I USE IT?

Use the **IDEAL** model (described to the left).

CTARNG Training Circulars

Course	Course #	Action Officer	Start Date	End Date
Unit Movement Workshop	350-17-55	Chief Warrant Officer 4 Brian Erkson	4-Aug-19	4-Aug-19
Army National Guard GT Enhancement Course	350-17-57	Chief Warrant Officer 2 Lisa Kapustinski	5-Aug-19	9-Aug-19
IPP-A Instructor Facilitated Training (HR)	350-17-65	Chief Warrant Officer 3 Daniel Serbyn	5-Aug-19	6-Aug-19
IPP-A Instructor Facilitated Training (Validator)	350-17-65	Chief Warrant Officer 3 Daniel Serbyn	7-Aug-19	7-Aug-19
IPP-A Instructor Facilitated Training (SME)	350-17-65	Chief Warrant Officer 3 Daniel Serbyn	8-Aug-19	9-Aug-19
IPP-A Instructor Facilitated Training (HR)	350-17-65	Chief Warrant Officer 3 Daniel Serbyn	8-Aug-19	9-Aug-19
Unit Movement Workshop	350-17-55	Chief Warrant Officer 4 Brian Erkson	11-Aug-19	11-Aug-19
IPP-A Instructor Facilitated Training (HR)	350-17-65	Chief Warrant Officer 3 Daniel Serbyn	12-Aug-19	13-Aug-19
Medical Administration Training	350-17-64	Chief Warrant Officer 3 Daniel Serbyn	14-Aug-19	14-Aug-19
IPP-A Instructor Facilitated Training (HR)	350-17-65	Chief Warrant Officer 3 Daniel Serbyn	14-Aug-19	15-Aug-19
IPP-A Instructor Facilitated Training (Capstone)	350-17-65	Chief Warrant Officer 3 Daniel Serbyn	16-Aug-19	16-Aug-19
Virtual Convoy Operations Trainer (VCOT)	350-17-27	Maj. James Locke	19-Aug-19	22-Aug-19
G-3 Fulltime Manning Training Course	350-17-56	Sgt. Major Michael D. Collins	19-Aug-19	23-Aug-19
Army National Guard Substance Abuse Program Unit Prevention Leader (UPL) Course	350-17-12	Sgt. Victor Martinez	22-Aug-19	23-Aug-19
G4 Quarterly Supply Training/Meeting	350-17-44	Sgt. Major Jeffrey T. Colvin	23-Aug-19	23-Aug-19
Laser Collective Combat Advanced Training System (LCCATS), Laser Marksmanship Training System (LMTS) and Improvised Explosive Device Effects Simulator (IEDES)	350-17-54	Maj. James Locke	14-Sep-19	15-Sep-19
Applied Suicide Intervention Skills Training Course (ASIST)	350-17-08	Mrs. Jennifer A. Visone	19-Sep-19	20-Sep-19
CTARNG Leadership Symposium	350-17-58	Maj. Michael Jakubson	20-Sep-19	21-Sep-19

Highlighted Courses:

General Technical (GT) Enhancement Course: This program is designed to identify and assess the educational needs of each enrolled Soldier and provide customized instruction in an effort to increase GT scores to 110 or higher. This training increases availability of viable candidates for Officer Candidates School, Warrant Officer Candidate School, and highly technical MOS's and ASI's requiring a 110 or higher GT score. 05-09 August 2019. 30 Soldiers Max, See your unit training NCO for current availability.

G3 Fulltime Manning Training Course: The course provides interactive training on the various operations systems and topics faced by the training community. The course will include best practices on a multitude of topics along with a class on budget and training management fundamentals. 19-23 August 2019. 20 Soldiers Max, See your unit training NCO for current availability.

CTARNG Leadership Symposium: This symposium is designed to provide the most up to date and relevant information, tools, and knowledge to prepare our formations for times of crisis. You will receive updates and guidance from the state's primary staff on policies and procedures as they relate to your warfighting function. You will choose from a multitude of informational sessions that will inform and increase your ability to lead and command Soldiers. The recommended attendees are CDR's (DET, CO, BN, MSC), 1SG/CSM/SGMs, XO/Deputies, Primary Staff and Warrant Officers 3 and above. In addition units will select the senior Platoon Leader and Platoon Sergeant in their formations that demonstrate the potential for performance in positions of increased responsibilities for attendance at the symposium. 20-21 September 2019. See your unit training NCO for enrollment.

Maj. Michael Jakubson - G3-FTB, Training Specialist - michael.p.jakubson.mil@mail.mil - Phone: 860-493-2774

THE DA PHOTO PROCESS Do You Need A DA PHOTO?

- 1** MUST BE SSG OR ABOVE And at least one of the following:
- No photo on file
 - Current photo over 5 years old
 - Promoted since last photo
 - Received ARCOM or higher

REVIEW YOUR ERB/ORB

- 2**
- Check records for accuracy
 - Determine which awards you are authorized to wear for your photo
 - DO NOT Wear awards not listed in your record
 - ERB/ORB accuracy is an individual responsibility

PREPARE YOUR UNIFORM

Ensure your uniform is up to AR 670-1 standards *before* scheduling an appointment.

- 3**
- Uniform preparation is an individual responsibility.
 - Last minute cancellations due to incomplete uniforms waste available slots. Be considerate of fellow Soldiers and only schedule an appointment once your uniform is 100% to standard.
 - Incomplete or inaccurate uniforms DO NOT justify a re-shoot. Your uniform must be complete and accurate before scheduling your appointment.



SCHEDULE AN APPOINTMENT IN VIOS

www.vios.army.mil

- 4**
- Write down your appointment time & date. The automated e-mails WILL NOT contain your specific appointment details.
 - Only available time slots are shown. If your first choice is unavailable, choose another time.



SHOW UP AT SCHEDULED TIME

MG Maurice Rose
Armed Forces Reserve Center
375 Smith Street
Middletown, CT 06457
Room 322



- 5**
- Be on time and fully dressed at the scheduled time
 - Locker rooms available on the first floor if you wish to carry your uniform on a hanger.

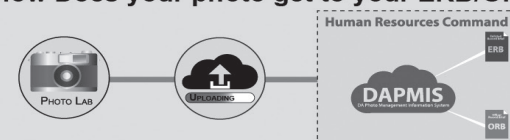
IMAGE MANIPULATION

DA photos WILL NOT be digitally altered. DO NOT ASK.

• Per AR 640-30: Photographers will not alter the photograph, to include adding new rank, ribbons, stars or erasing waistlines or wrinkles. Active measures must be taken to ensure the accuracy and integrity of all official DA photographs.

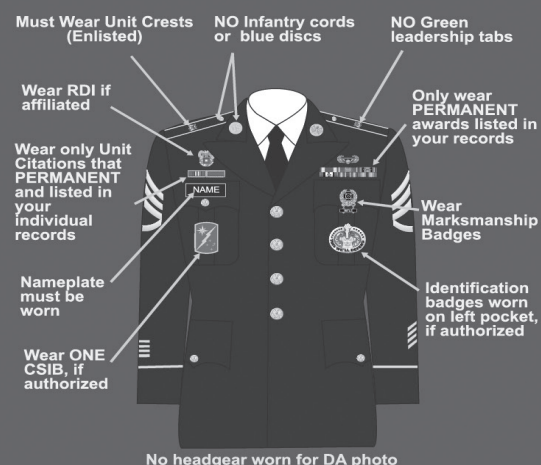
• Per AR 640-30, the photo lab does not print or provide copies of the official photo. To ensure integrity of all official DA photos, a digital computer file, disk or copy WILL NOT be issued to the Soldier.

How Does your photo get to your ERB/ORB?



Once approved in DAPMIS, your photo will automatically be routed to your ERB/ORB.

What to Wear for a DA Photo



FOR MORE INFORMATION, VISIT: WWW.ARMYG1.ARMY.MIL/HR/UNIFORM/

85th TROOP COMMAND
Proudly Hosts
2019
CONNECTICUT MILITARY DEPARTMENT
OFFICERS' DINING-IN

All Current And Former Army & Air National Guard Officers, Militia Officers, CSM, And CMSgt

Please Join Us For An Evening Of Camaraderie As We Continue The Tradition Of Officers' Dining-in

Aqua Turf Club, Southington, CT
7 November 2019
1800-2200

Uniform:

Army Service Uniform, Army Dress Blues, Army Dress Greens, Air Force Mess Dress, Retirees may wear a uniform or appropriate civilian attire

Keynote Speaker:

Brigadier General (Ret) Donald C. Bolduc

Former commander of U.S. Special Operations Command Africa. During his many years of active duty, he received 2 awards for valor, 5 Bronze Stars and 2 Purple Hearts. In his post military service, he has become a leading advocate for de-stigmatization of PTSD.

Meal Options:

Prime Rib, Chicken Ala Kathryn, Pan Seared Salmon, Or Vegetarian Lasagna

COST: \$65.00

Point of Contact:

CW3 Stephanie Richard, 860-739-1648 or email: Stephanie.a.richard4.mil@mail.mil

Please Return NLT 18 October 2019

Send Replies to: 85th Troop Command – Dining In, ATTN: CW3 Stephanie Richard, 38 Smith Street, Niantic, CT 06357

Payments can be made by check payable to "CASH"

Rank / Name: _____

Organization / Unit: _____

Mailing Address: _____

Email Address: _____

Seating Preference, If any, (Unit integrity or groups of ten): _____

Meal Choice (Circle One): Prime Rib Chicken Salmon Vegetarian

CONNECTICUT NATIONAL GUARD PROMOTIONS

ARMY

To Private 2

Ariza, Juan D.
Bernard, Wyatt L.
Capoldo, Nathan P.
Frost, Arthur E.
Gerber, Brianna S.
Landry, Benjamin J.
Liska, Evan J.
Lopez, Armando G.
Lynn, Gunther W.
Magro, Anthony R., Jr.
Mullen, Sarah E.
Pachecocontreras, Stephanie
Pimentel, Samuel S.
Pine, Deniz M.
Vargas, Arianna S.
Zaragoza, Michel

To Private First Class

Gallagher, Joshua W.
Gonzalez, Brittanie I.
Griffith, Michael E.

Kotsopey, Serhiy B.
Maccione, Michael S., Jr.
Mahoney, Brandi J.
Maldonado, Newton A.
Marmol, Brendaly A.
Nalezynski, Brian K.
Penner, Natalie R.
Pulford, Brandon T.
Quinteroespinoza, Caleb
Taylor, Douglas E.
Verner, Rashae L.

To Specialist

Andino, Mariano A.
Boi, Tyler P.
Brewer, Jonathan C.
Brown, Michael A.
Dickison, Benideliz
Diggs, Jordan K.
Farrar, Paula A.
Hood, Nicholas M.
Pagan, Juan R.
Starsiak, William J.
Sweeney, Kevin M.

To Sergeant

Andreozzi, James C.
Barragan, Christian
Doherty, Ryan M.
Husovsky, Nicholas E.
Sinclair, Noah W.

To Staff Sergeant

Cooper, Synquan A.
Dufour, Jason E.
Jacabacci, Anthony, Jr.
Morrison, Ryan J.
Rodriguez, Ruben, Jr.
Williams, Kerbye B., Jr.

To Sergeant First Class

Guiffra, Felix J., III
Hershberger, Timothy A.
Marshall, Robert L.
Vacca, Jonathan E.

To Master Sergeant

Ortiz, William

To Captain

Avedisian, Joyce H.
Rago, Timothy W.

To Major

Parnell, James R.

To Lt. Colonel

Dollak, Robert F., Jr.

AIR

To Airman First Class

Mortensen, Bailey R.
Antuna, Melanie L.

To Senior Airman

Deering, Alex G.
Savoie, Haley L.
Brown, Kenton D.
Guerin, Sean M.
Winslow, Scott J.

To Staff Sergeant

Thompson, Adaniel E.
Morin, Alexander
Miller, Douglas T.
Cartagena, Gabriel M.
Johnson, Jeremi J.
Holmes, Jonathan P.
Walton, Roy D.

To Technical Sergeant

Cirulll, Anthony
Bein, Craig S.

Claudio, Gustavo
Holbrook, Jayson A.
Kiely, Jason T.
Arango, Jose R.
Barkman, Michael R.
Kien, Paul V.

To Major

Suprenant, Dawn M.

To Lt. Colonel

Maines, Katherine A.

Calendar

October

October 8
Yom Kippur
Oct 31
Halloween

November

Nov 1
All Saint's Day
Nov 2
All Soul's Day
Nov 11
Veteran's Day
Nov 28
Thanksgiving

December

Dec 6
Saint Nicholas Day
Dec 7
Pearl Harbor Day
Dec 8
International Children's Day
Dec 21
Winter Soltice
Dec 25
Christmas
Dec 31
New Year's Eve

Congratulations to all!



**CATHERINE
GALASSO-VIGORITO**

work both ways.” The poem reads:

Today was the absolute worst day ever
And don't try to convince me that
There's something good in every day
Because, when you take a closer look,
This world is a pretty evil place.
Even if
Some goodness does shine through once in a while
Satisfaction and happiness don't last.
And it's not true that
It's all in the mind and heart
Because
True happiness can be attained
Only if one's surroundings are good
It's not true that good exists
I'm sure you can agree that
The reality
Creates
My attitude
It's all beyond my control
And you'll never in a million years hear me say
Today was a very good day

Now, read the poem from the bottom to the top. From top to bottom it reads negatively. But when you read the poem in reverse, the message drastically changes. “I don't think there is such a thing as the worst day ever,” Gorkin said in an interview. “I wanted to show how your day is really based on how you look at things.”

The poem went viral. And, thereafter, Gorkin commented, “I'm very happy that so many people got

Change your perspective and your situation will change

Chanie Gorkin, a 17-year-old girl from New York, wrote a poem entitled: “Worst Day Ever.” It was for an assignment at school. “It took me a few hours to write,” Gorkin said. “I was scribbling, erasing, writing, trying to figure out how to make it

this message and if it made people think a little more and inspire people to change their perspective, then I'm very happy.”

Could it be that your perspective is holding you back from living the life of your dreams?

It's been said that about 90 percent of things in our lives are right, and maybe 10 percent are wrong. So today, begin to change your perspective. Try this exercise: Daily, think of the 90 percent of things in your life that are right and thank God for them. Jot those blessing down on paper to serve as a reminder of the gifts that are bestowed upon you. What this assignment will do is start to change our perspective on our day...and our life. And it will allow us to concentrate on our many daily miracles and extraordinary wonders. For such thoughts can produce joy, peace, and strength.

Minor adjustments in our thinking can make major improvements, for the right attitude of heart can alter everything. Unconstructive thoughts and words can limit your future. Therefore, don't let your thinking and your words stop you from God's best. When he was working on inventing the light bulb, Thomas Edison famously said, “I have not failed. I've just found 10,000 ways that won't work.” Instead of building stories in his mind of his failures until they spun out of control and he was so discouraged that he quit, Edison looked at his situation from a different frame of reference. He believed that he never once failed in his attempts but found thousands of ways that his invention didn't work. Eventually, that mind-set and his perseverance led Edison to success. So change your perspective and view your situation differently.

Consider this approach: Instead of thinking about your problems in black and white categories, evaluate them in shades of gray. There are many perspectives, opinions, and beliefs. Begin to open your mind to new ways of viewing circumstances in life.

* Instead of being overwhelmed and allowing doubts or disappointments to cast a shadow over your future, change your perspective. Dare to go forth in faith and utter, “For God has not given me the spirit of fear;

but of power, and of love, and of a sound mind.” (2 Timothy 1:7).

* As opposed to allowing yourself to believe that it's too late to accomplish your heartfelt dreams, change your perspective. Don't give up. Declare, “I am able to do all things through Him who strengthens me.” (Philippians 4:13).

* In place of being bitter over missed opportunities, change your perspective. Open your mind to new prospects and state, “God will restore the years that the locust has eaten.” (Joel 2:25).

What you are going through is not permanent. My mother always said, “This too shall pass.” Perhaps, you may wonder how you're going to get out of the difficulty you face now. Yet, God has the right people lined up to help you. And He knows how to put you at the right place at the right time. Unexpectedly, God is going to bring something great your way. Keep thinking on the best possible outcome. For there is no limit to what God can do for you.

Start now. Change every negative thought or statement to a positive point of view. Focus on God and thank Him continually for the blessings in your life. Recently, while shopping at an arts and craft store, I saw a wooden wall art with these words written on it: “A.S.A.P always say a prayer.”

Hence, pray. Get your zest back and begin to live again, be filled with hope, peace and joy. Expect your miracle to come to pass. See the possibilities in this new, precious day. Reach out, help and appreciate those around you. Give out love and compassion. Live in your own truth. And pursue the things you enjoy.

Look ahead to new blessings, new people and new opportunities that will soon come into your future. Change your perspective, and your situation will change.

Remember, God loves and cares about you. And so do I.

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



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

MILITARY ONESOURCE

Good health is critical to military and family readiness, allowing service members to perform their responsibilities at work and at home to the best of their abilities. While Military OneSource does not provide direct health care services, it provides resources that can help you maintain good health.

Mental health is just as important for military and family readiness as physical fitness. While Military OneSource does not provide health care services, it does point members of the military family to the resources available to help. TRICARE is the health care program for military members and their families. The program is

divided into two regions (East and West) and Overseas.

The TRICARE Military Treatment Facility Locator is the locator tool for military treatment centers.

The National Institute of Mental Health (NIMH) provides information on a variety of mental health topics and list current clinical trials that allow persons to access treatment for free. Call (866) 615-6464.

The VA Mental Health connects veterans and their families to mental health services. The programs aim to enable people with mental health problems to live meaningful lives in their communities and achieve their full potential. If you or someone you know is

in crisis, contact the Military Crisis Line at 800-273-8255, then press 1, or access online chat by texting 838255.

The Military Crisis Line connects a person in need to a trained counselor with a single phone call or click of a mouse. This confidential, immediate help is available 24/7 at no cost to active-duty, Guard and reserve members, their families and friends.

In the United States call 800-273-8255, then press 1, or access online chat at the Military Crisis Line or by texting to 838255.

**MILITARY
ONESOURCE**



**Health
and
Wellness
Services**

Military OneSource considers your health and wellness a top priority! If you are eligible for the program, you have access to many health and wellness services. Here are a few to consider:

Health and Wellness Coaching

Need help exercising more or eating better? Partner with a coach on the phone, by video, or online for help reaching your health goals.

Military OneSource Member Connect

Log in to access countless health and wellness resources such as articles, videos, quizzes, slideshows, and podcasts. Be sure to check out these popular items:

Health Library

Explore this resource adapted from the world-renowned Mayo Clinic to find exercise videos, nutritious recipes, and health tips.

Training Videos

Watch videos for tips to lose body fat, relax with mindfulness, improve your sleep, and more.

Neighborhood Navigator

New to your location? Use this tool to find gyms and fitness programs near you.

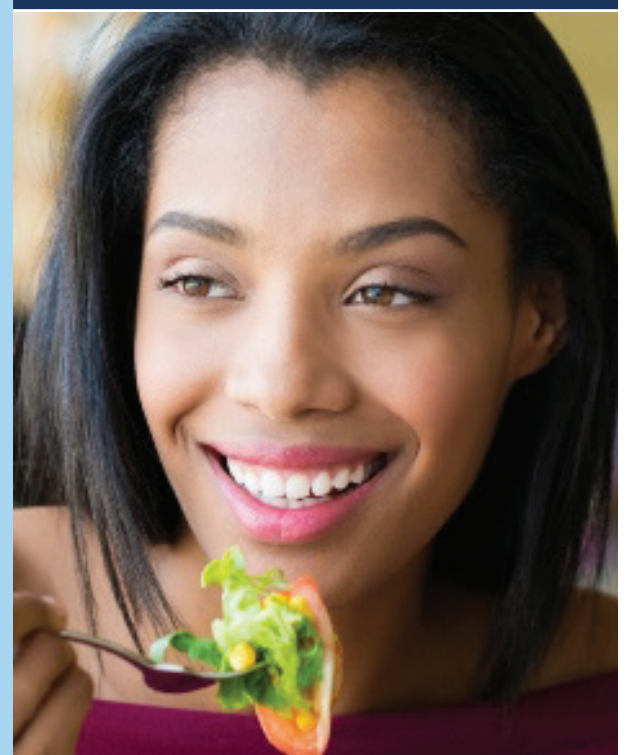
GET CONNECTED

Want to learn more about Military OneSource health and wellness services?

Call us any time at 800-342-9647

Visit us online at
www.militaryonesource.mil

Contact us on the
website through Live Chat



<p>William A. O'Neill Armory</p> <p>360 Broad St. RM 112</p> <p>Hartford, CT 06105</p> <p>Service Member and Family Support Center</p> <p>(800) 858-2677</p> <p>Fax: (860) 493-2795</p> <p>Child and Youth Program</p> <p>(860) 548-3254</p> <p>Yellow Ribbon Reintegration Program</p> <p>(860) 493-2796</p> <p>Military OneSource</p> <p>(800) 342-9647</p> <p>(860) 502-5416</p> <p>Survivor Outreach Services</p> <p>(860) 548-3258</p> <p>Open Mon.-Fri.</p>	<h2 style="margin:0;">CONNECTICUT NATIONAL GUARD</h2> <h3 style="margin:0;">Family Assistance Center Locations</h3>  <p style="text-align: center;">Family Assistance Centers are an information and referral hub for all Branches of Service</p> <p style="text-align: center;">Our Programs Include:</p> <table style="width:100%; border:none;"> <tr> <td>Budget Counseling</td> <td>Community Support Options</td> <td>Financial Assistance and Relief</td> </tr> <tr> <td>Family Communication</td> <td>Counseling Referrals</td> <td>Morale, Welfare and Recreation (MWR)</td> </tr> <tr> <td>Legal and Pay Information</td> <td>Outreach</td> <td>Family Readiness Groups (FRG)</td> </tr> <tr> <td>TRICARE Assistance</td> <td>Volunteer Opportunities</td> <td>DEERS & ID Card Assistance</td> </tr> </table> <p style="text-align: center;">Support is available 24/7 by calling (800) 858-2677</p> <p style="text-align: center;">*Centers are open part-time on a regular, weekly schedule. Please call ahead to confirm times or to make an appointment.</p>	Budget Counseling	Community Support Options	Financial Assistance and Relief	Family Communication	Counseling Referrals	Morale, Welfare and Recreation (MWR)	Legal and Pay Information	Outreach	Family Readiness Groups (FRG)	TRICARE Assistance	Volunteer Opportunities	DEERS & ID Card Assistance	<p>New London Armory</p> <p>249 Bayonet St.</p> <p>New London, CT 06320</p> <p>(860) 772-1422</p> <p>Open Mon.-Fri.</p> <p>103rd Airlift Wing</p> <p>100 Nicholson Rd.</p> <p>East Granby, CT 06026</p> <p>(860) 292-2730</p> <p>Open Tues.-Fri.</p> <p>103rd Air Control Squadron</p> <p>206 Boston Post Rd.</p> <p>Orange, CT 06447</p> <p>(800) 858-2677</p> <p>*By Appointment*</p> <p>Niantic Readiness Center</p> <p>38 Smith St.</p> <p>Niantic, CT 06357</p> <p>(860) 739-1637</p> <p>Open Mon-Fri</p> <p>Windsor Locks Readiness Center</p> <p>85-300 Light Ln.</p> <p>Windsor Locks, CT 06096</p> <p>(860) 292-4602</p> <p>Open Mon.-Fri.</p> <p>Veterans' Memorial Armed Forces Reserve Center</p> <p>90 Wooster Heights Rd.</p> <p>Danbury, CT 06810</p> <p>(203) 205-5050</p> <p>Open Mon.-Fri.</p>
Budget Counseling	Community Support Options	Financial Assistance and Relief												
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Service Member & Family Support Center Staff Directory

<i>William A. O'Neill Armory: 360 Broad Street, Hartford, CT 06105 - Fax: (860)493-2795 -Open Monday-Friday</i>			
Director, Service Member and Family Support Center	Kimberly Hoffman	kimberly.j.hoffman.civ@mail.mil	(800) 858-2677
Deputy Director	SSG Melody Baber	melodycheyenne.c.baber.mil@mail.mil	(860) 548-3276 (desk)/(860) 883-2515 (cell)
Family Assistance Center Coordinator	Andrea Lathrop	andrea.e.lathrop.ctr@mail.mil	(860) 524-4938 (desk)/(860) 883-6934 (cell)
Family Assistance Center Specialist	Olga Castellanos	olga.i.castellanos.ctr@mail.mil	(860) 493-2797 (desk)
Family Assistance Center Specialist	Jason Perry	jaso.n.perry.ctr@mail.mil	(860) 524-4969 (desk)/(860) 655-9288 (cell)
Family Readiness Support Assistant	Linda Rolstone	linda.b.rolstone.ctr@mail.mil	(860) 524-4963 (desk)/(860) 680-2209 (cell)
Family Readiness Support Assistant	VACANT		(860) 524-4920 (desk)/(860) 881-4677 (cell)
Family Readiness Support Assistant	VACANT		(860) 548-3283 (desk)/(860) 500-3813 (cell)
ARNG Yellow Ribbon Program Coordinator	SPC Matt Yotka	matthew.t.yotka.mil@mail.mil	(860) 493-2796 (desk)/(860) 500-3058 (cell)
Lead Child & Youth Program Coordinator	Michelle McCarty	michelle.m.mccarty4.ctr@mail.mil	(860) 548-3254 (desk)/(860) 883-6953 (cell)
Survivor Outreach Specialist	Megan O'Shaughnessy	megan.o.shaughnessy.ctr@mail.mil	(860) 548-3258 (desk)/(860) 394-8748 (cell)
Military OneSource Consultant	Scott McLaughlin	scott.mclaughlin@militaryonesource.com	(860) 493-2722 (desk)/(860) 502-5416 (cell)
Personal Financial Consultant	Reggie Harwell	pfc.ct.ng@zeiders.com	(203) 233-8790 (cell)
State Support Chaplain	CH. (MAJ) David Nutt	david.c.nutt.mil@mail.mil	(860) 548-3240 (desk)/(860) 803-7748 (cell)
Transition Assistance Advisor	Jay Braca	jonathan.j.braca.ctr@mail.mil	(860) 524-4908 (desk)/(860) 748-0037 (cell)
Employer Support for the Guard and Reserve	Sean Brittell	sean.r.brittell.ctr@mail.mil	(860) 548-3295 (desk)
Connecticut Military Relief Fund	Russell Bonaccorso	russell.bonaccorso@ct.gov	(860) 524-4968 (desk)
Citizen Soldier For Life Career Readiness Counselor - Hartford	Peter Orschiedt	porschiedt@patriotenterprisesllc.com	(860) 524-4894 (desk)
Citizen Soldier For Life Career Readiness Counselor - New London	Miles Daniels	mdaniels@patriotenterprisesllc.com	(860) 857-0907 (cell)
Citizen Soldier For Life Career Readiness Counselor - Middletown	Elizabeth Darney	edarney@patriotenterprisesllc.com	(860) 861-7996 (cell)
<i>Windsor Locks Readiness Center: 85-300 Light Lane, Windsor Locks, CT 06096 -Open Monday-Friday</i>			
Family Assistance Center Specialist	Sean Carey	sean.c.carey.ctr@mail.mil	(860) 292-4602 (desk)/(860) 883-6940 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.n.middlebrook.ctr@mail.mil	(860) 292-4601 (desk)/(860) 883-2704 (cell)
<i>Veterans' Memorial Armed Forces Reserve Center: 90 Wooster Heights Road, Danbury, CT 06810 -Open Monday-Friday</i>			
Family Assistance Center Specialist	Nancy Cummings	nancy.a.cummings.ctr@mail.mil	(203) 205-5050 (desk)/(860) 883-2746 (cell)
<i>New London Armory: 249 Bayonet Street, New London, CT 06320 -Open Monday-Friday</i>			
Family Assistance Center Specialist	Michelle Powell	TBD	(860) 772-1422 (desk)
<i>103rd Airlift Wing: 100 Nicholson Road, East Granby, CT 06026 - Open Tuesday-Friday</i>			
Airman and Family Readiness Program Manager	Kasey Timberlake	ka sey.b.timberlake.civ@mail.mil	(860) 292-2730 (desk)/(860) 462-0379 (cell)
Family Assistance Center Specialist	Lisa Middlebrook	lisa.n.middlebrook.ctr@mail.mil	(860) 292-2595 (desk)/(860) 883-2704 (cell)
Yellow Ribbon Support Specialist	Alecia Aldrich	alecia.m.aldrich.mil@mail.mil	(860) 292-2772 (desk)/(860) 201-3107 (cell)
<i>Niantic Readiness Center: 38 Smith Street, Niantic, CT 06357 - (800) 858-2677 - Open Monday - Friday</i>			
Family Assistance Center Specialist	Jay Jannett	jay.s.jennett.ctr@mail.mil	(860) 739-1637 (desk)/(860) 883-2720 (cell)
Personal Financial Consultant	Rhona Heyl	pfc3.ct.ng@zeiders.com	(860) 287-7552 (cell)

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