

## Our Mission

The Department of Correction shall strive to be a global leader in progressive correctional practices and partnered re-entry initiatives to support responsive evidence-based practices alligned to law-abiding and accountable behaviors. Safety and security shall be a priority component of this responsibility as it pertains to staff, victims, citizens and offenders.

## Honoring Our Best



Commissioner Scott Semple Presents PeiTi Lee with the Commissioner's Award.

The extraordinary accomplishments of the staff of the Connecticut Department of Correction were once again recognized during the agency's Annual Award Ceremony held on Friday, September 18, 2015, at the Maloney Center for Training and Staff Development.

"This is always a great occasion for us as an agency when we join together to honor these outstanding employees, who went above and beyond the call of duty," Commissioner Scott Semple said as he addressed the gathered crowd of family and fellow staff.

In front of their peers and family members, award recipients were called to the stage while a brief description of their accomplishments were read.

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## From the Commissioner



It was my distinct honor and privilege to take part in the Department of Correction's Annual Awards Ceremony held at the Maloney Center for Training and Staff Development. In front of their peers and family members some of this department's best were officially recognized for the outstanding service they provide not only to this agency, but to the citizens of our great state as well.

I want to take this opportunity to, once again, congratulate the award recipients on their success.

The awards ceremony is a great opportunity to formally celebrate the abundance of excellence that exists within the agency in a diverse range of areas. Yet despite the wide range of diversity our agency represents in both its staff as well as work responsibilities, we are successful as we all work together with a common purpose and a shared vision.

see Well Deserved Honors/page 3

Dannel P. Malloy  
Governor

Scott Semple  
Commissioner

Web address:  
[www.ct.gov/doc](http://www.ct.gov/doc)

Public Information  
Office telephone:  
(860) 692-7780  
Fax: (860) 692-7783

# Annual Awards Ceremony from page 1

One of the more memorable moments of the Awards Ceremony was the presentation of the Correction Officer of the Year Award, the recipient of which was Correction Officer Vernon Dufour of the Hartford Correctional Center. Dufour, a 17-year veteran of the department, has also been a member of the agency’s elite Honor Guard since 2007. While receiving his award from Commissioner Semple, members of the Honor Guard marched to the front of the auditorium, stopped, turned and saluted officer Dufour in an impressive show of respect for their fellow Honor Guard member.

This year’s awards ceremony featured the impressive accomplishments of the Management Information Systems (MIS) Unit as they not only garnered the Unit of the Year Award, but additionally individuals from the unit also received the Employee of the Year Award, and the Commissioner’s Award as well.

Bruno Amaral, Information Technology Analyst II, was the recipient of the Employee of the Year Award, who in the words of his nominator, Director of the MIS/Research Unit Robert Cosgrove, “...does so much for not only the MIS/Research Unit, but also for the entire Department of Correction that it is difficult to quantify his total impact. Unless you have the good fortune to work with him on a day to day basis you may not realize just how truly amazing and talented he is.”

In keeping with tradition, the ceremony culminated with the presentation of the Commissioner’s Award. As its name suggests, the winner of the Commissioner’s Award is selected solely by the Commissioner – all of the other awards are selected by committee. This year’s recipient was Information Technology Supervisor PeiTi Lee.

As if the shock of being named the recipient of the Commissioner’s Award was not enough, Ms. Lee had the additional surprise of being greeted on stage by her husband. She had no idea her husband was going to attend the event as he had been sworn to secrecy regarding the award.

“PeiTi is not your typical correctional employee. She is not responsible for keeping the peace or for dealing with inmates on a regular basis. However, what she does do is very critical to the day-to-day operation of the department,” Commissioner Semple said. “Make no mistake, the impact she has on this agency is huge.” With the presentation of the Commissioner’s Award, the ceremony came to a close, once again having provided a great opportunity for the agency to join together to celebrate the accomplishments of the staff of one of the best correctional agencies in the nation.

| <b>The Department of Correction<br/>2014 Annual Award Recipients</b> |   |
|--|---|
| <u><b>Award</b></u>  | <u><b>Recipient</b></u>   |
| <u>Officer of the Year</u>   | Vernon Dufour   |
| <u>Employee of the Year</u>  | Bruno Amaral  |
| <u>Dist. Public Service</u>  | Douglas Castle  |
| <u>Supervisor of the Year</u>  | Anna Dorozko  |
| <u>Manager of the Year</u>   | Kenneth Butricks  |
| <u>Parole Officer of the Year</u>                                    | Rhianna Gingras   |
| <u>Health Services</u>   |   |
| <u>Employee of the Year</u>  | Richard Furey   |
| <u>Teacher of the Year</u>   | Nickko Nunes  |
| <u>VIP of the Year</u>   | Mary Ellen Preston  |
| <u>Excellence in</u>   |   |
| <u>Correctional Training</u>   | Daniel Czikowsky  |
| <u>Innovator’s Award</u>   | E-Procurement Lean<br>Project Team  |
| <u>Dist. Service Medal</u>   | Samuel Bolorin,<br>Luis Zayas, Ken Avery, Alan Kaminski,<br>Ken Bradley, Nick Cardone, Tim Tralli,<br>Roxanne Turnage, Gregory Boucher, Jason Ile,<br>Bernard Punter, Chris Ragunauth |
| <u>Unit of the Year</u>  | MIS Unit  |
| <u>Commissioner’s Award</u>  | PeiTi Lee   |

## Well Deserved Honors from page 1

The day reflects not only on past achievements, but looks to the future as well, as there is little doubt that the award recipients will continue to strive for greater achievements. In addition, they will continue to lead by example and serve as unofficial mentors to the newer members of this agency.

As is the case essentially every year, the selection process is a difficult one as there are many hardworking and dedicated employees who go above and beyond on a daily basis to take this department to yet another level of excellence. It speaks volumes as to the caliber of the Department of Correction staff that it is so difficult to choose just one recipient for each award.

We face many challenges on a daily basis as a department, these individuals (and groups) exemplify the qualities and determination that allow us to meet these challenges head-on.

I look forward to the time next year when we will once again have the difficult yet inspiring task of choosing a new group of award recipients.

At the risk of stating the obvious, you should all be very proud, as I am, of your accomplishments.

I also want to thank the recipients' family and friends for the support they provide, for without that it would be difficult for these staff members to function much less excel.

## Top Dogs - 24th Annual K-9 Olympics Recap



DoC K-9 Handler Aaron Bowman wore the "bite suit" during the 24th Annual K-9 Olympics.

Back during the "dog days" of summer on July 25, a total of 26 K-9 units from the Department of Correction, UCONN Police Department, CT State Police, and area police departments converged upon the University of Connecticut Depot Campus for the 24<sup>th</sup> annual Connecticut K-9 Olympics.

Director Dennis Roche (Tactical Operations) and Captain Greg Chandler (K-9 Unit) are happy to announce the following results:

### **For TOP Overall:**

1<sup>st</sup> Place – Tom Huckins and K-9 Saber

2<sup>nd</sup> Place – Ron Zaczynski and K-9 Tower

3<sup>rd</sup> Place – Josh Trifone and K-9 Apollo

### **Individual Event Winners:**

1<sup>st</sup> Place (Tactical Obedience) – Rob Sabourin and K-9 Valor

1<sup>st</sup> Place (Range) – Laura Paniccia and K-9 Bosco

Please join us in congratulating our K-9 Unit for their outstanding performance representing our agency at the 2015 K-9 Olympics and their continued commitment to excellence.

As in years past, monies raised through the sales of shirts and concessions, as well as from donations, is returned to local charities. Among the charities this year proceeds were donated

to the Hometown Foundation (Special Olympics), the Children Identification Program (CHIPS), and the Shriners Children's Burn Centers.

## Cell Extraction Training

In keeping with Commissioner Scott Semple's "Efficiency" Initiative, second shift staff members of the Osborn Correctional Institution conducted cell extraction training in conjunction with the Enfield Police Department on August 3, 2015. In total, ten Osborn CI officers, two DoC K-9 officers and their dogs, one DoC lieutenant from K-9, and five Enfield police officers participated in the training.

The training was led by Osborn's Captain Jason Chapdelaine and Lt. Michael Ruggeri. The purpose of the joint training was twofold: second shift staff at Osborn CI largely consists of new staff who have never participated in a cell extraction and may not be fully aware of how dangerous the process can be for both inmates and staff. Captain Chapdelaine and Lt. Ruggeri demonstrated to staff how to properly gain control of an inmate during an extraction so that injuries are



minimized or avoided completely. Additionally, four new Osborn lieutenants participated in the training so that they could learn how to properly supervise a safe and effective extraction, particularly when K-9s are utilized. Captain Chapdelaine and Lt. Ruggeri took the participants through a wide variety of scenarios which called for split-second decision-making.

Staff members from the Enfield Police Department came to observe the training because many police departments do not have policies on cell extractions and they wanted to learn how to safely and properly extract people from their holding cells. The officers from the Enfield Police Department were impressed with what they saw and would like to return in the future for additional training.

"The Commissioner's Efficiency Initiative calls for the maximization of limited resources along with consistency and collaboration throughout the DoC and our partners in law enforcement," said Warden Edward Maldonado, "This training accomplished just that. I applaud all those who participated and look forward to more training opportunities such as this one."

## Around the Cell Block



**WASHINGTON D.C.** - Pork is officially off the menu at U.S. federal prisons. As of October 1, the 206,000 inmates housed in 122 federal penitentiaries are no longer being served pork products. The Federal Bureau of Prisons said it was in response to surveys of prisoners' food preferences. According to the government, pork just wasn't a popular menu item.

**CALIFORNIA** – State officials are considering allowing inmates with violent backgrounds to work outside prison walls fighting wildfires, and the idea is generating concerns about public safety. Now, only minimum-security inmates with no history of violent crimes can participate. California has the nation's largest and oldest inmate firefighting unit, with about 3,800 members.

**Total  
Supervised  
Population  
on  
October 16, 2015  
19,980  
On October 16, 2014  
the population was  
20,513**

## Did You Know?



*“Did You Know” is an informational column aimed at increasing your knowledge of issues in our everyday lives. This article was compiled by Public Information Officer Andrius Banevicius. Any questions related to this article may be answered by contacting him at 860-692-7780. If you have any questions, or have an idea for a future column, please leave a message at 860-692-7780.*

### The Paleo Primer

The paleo diet is hugely popular these days, and goes by one simple question: What would a caveman eat? What are the basics of the paleo diet, its pros and cons, and, ultimately, what you need to know to decide whether or not to take the paleo diet plunge.

A paleo diet is a dietary plan based on foods similar to what might have been eaten during the Paleolithic era, which dates from approximately 2.5 million to 10,000 years ago. Other names for a paleo diet include Paleolithic diet, Stone Age diet, hunter-gatherer diet and caveman diet.

A paleo diet typically includes lean meats, fish, fruits, vegetables, nuts and seeds — foods that in the past could be obtained by hunting and gathering. A paleo diet limits foods that became common when farming emerged about 10,000 years ago. These foods include dairy products, legumes and grains.

The aim of a paleo diet is to return to a way of eating that’s more like what early humans ate. The belief is that the human body is better suited to that type of diet than to the modern diet that emerged with farming. Farming changed what people ate and established dairy, grains and legumes as additional staples in the human diet. This relatively late and rapid change in diet, according to the hypothesis, outpaced the body’s ability to adapt. This mismatch is believed to be a contributing factor to the prevalence of obesity, diabetes and heart disease today.

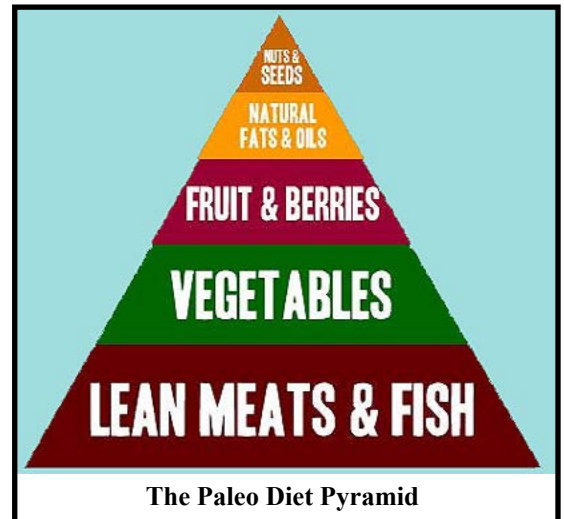
Recommendations vary among commercial paleo diets, and some diet plans have stricter guidelines than others. In general, paleo diets follow these guidelines.

**What to eat:** Fruits, Vegetables, Nuts and seeds , Lean meats - especially grass-fed animals or wild game), Fish - especially those rich in omega-3 fatty acids, such as salmon, mackerel and albacore tuna, oils from fruits and nuts, such as olive oil or walnut oil.

**What to avoid:** Grains - such as wheat, oats and barley, Legumes - such as beans, lentils, peanuts and peas, dairy products, refined sugar, salt, potatoes, and highly processed foods in general.

The primary difference between the paleo diet and other healthy diets is the absence of whole grains and legumes, which are considered good sources of fiber, vitamins and other nutrients. Also absent from the diet are dairy products, which are good sources of protein and calcium. These foods not only are considered healthy but also are generally more affordable and accessible than such foods as wild game, grass-fed animals and nuts. For some people, a paleo diet may be too expensive.

Researchers have argued that the underlying hypothesis of the paleo diet may oversimplify the story of how humans adapted to changes in diet. Genetic research has shown that notable evolutionary changes continued after the Paleolithic era, such as an increase in the number of genes related to the breakdown of dietary starches. A paleo diet may help you lose weight or maintain your weight. It may also have other beneficial health effects. However, be sure to consult your physician before starting any new diet or exercise program.



# MacDougall -Walker Deputy Warden Earns FBI Trilogy Award

Recently, Deputy Warden Gerald Hines of the MacDougall-Walker Correctional Institution, was formally recognized by Warden Carol Chapdelaine for his completion of the Federal Bureau of Investigations - Law Enforcement Executive Development Association (FBI-LEEDA) Trilogy program.

The FBI-LEEDA TRILOGY Award is given to those individuals who successfully attend and complete the FBI-LEEDA's Supervisor Leadership Institute, the Command Leadership Institute, and the Executive Leadership Institute. For his completion, Deputy Warden Hines was issued the LEEDA Trilogy Lapel Pin, Uniform Award and plaque.

The FBI-LEEDA Institutes are cutting-edge programs built where attendees enhance their leadership competencies by engaging in personality diagnostics, leadership case studies, mentoring, developing people, performance management, risk management and credibility. The dynamic, intensive and challenging programs specifically and uniquely designed to prepare law enforcement leaders for command level positions. Their focus is to provide real life contemporary, best-practice strategies and techniques for those aspiring to command level assignments. Students engage in such topics as credibility, command discipline and liability, dealing with problem employees, and leading change within an organization.

FBI-LEEDA's membership includes law enforcement executives throughout the United States, U.S. territories, and foreign countries. FBI-LEEDA provides graduates with a vehicle for continued networking and educational



Warden Carol Chapdelaine presents Deputy Warden Gerald Hines with the FBI Trilogy Award.



opportunities. FBI-LEEDA offers leadership and management seminars to law enforcement agencies throughout the United States.

The FBI-LEEDA TRILOGY is an outstanding leadership concept and will complement Deputy Warden Hines' many other training and managerial accomplishments. His training and experiences range across more than 25 years in Connecticut law enforcement. Hines has been employed by the CT DoC since 1990 and during his tenure has served as a Training Officer, High Security Transportation Lieutenant, Watch Commander, Administrative Captain and Investigator as well as liaison to the United States Marshals Service, FBI, Connecticut State Police and State's Attorney's Office; and has taken every opportunity to educate himself in the fields of Corrections, Public Safety and Homeland Security.

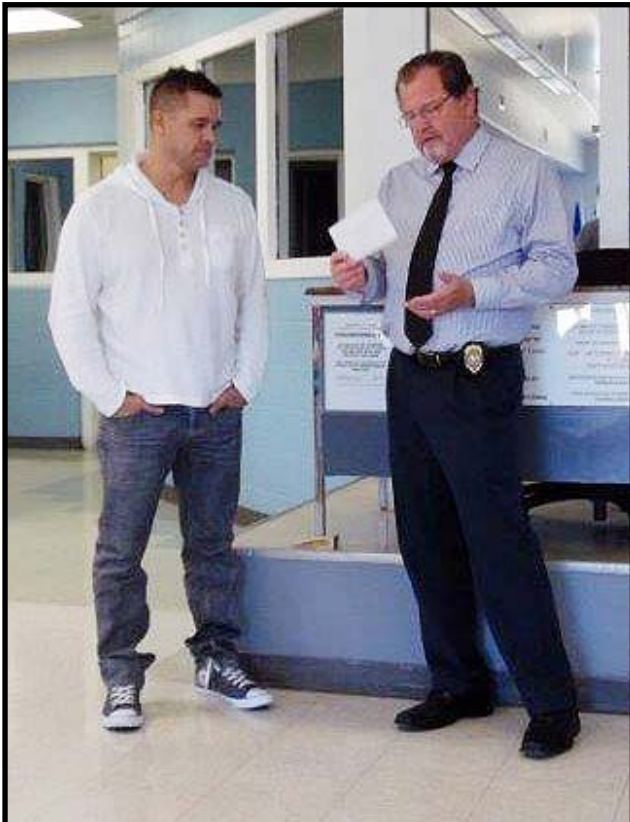


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## Code Orange at Brooklyn CI

The staff of the Brooklyn Correctional Institution have been busy coming to the aid of their fellow co-worker, Correctional Food Services Supervisor 2 Peter Hassell who is currently battling cancer.

In an outpouring of support, the facility held a hot dog luncheon on September 30, a Pay to Park on October 2nd, and a potluck luncheon on October 6, with the proceeds being given to Food Services Supervisor Hassell and his family to help offset expenses associated with his medical treatment.



**Warden Jonathan Hall presents Correctional Food Services Supervisor II Peter Hassell with donations collected from Brooklyn CI staff members.**

Warden Jonathan Hall presented Food Services Supervisor Hassell with a check for the proceeds from the events following the potluck luncheon on October 6. Peter and his family would like to extend their sincere thanks and gratitude to everyone for their thoughts and prayers during this difficult time.

## Stepping Up our Efforts

During the past year, staff members from the Department of Correction Reentry Unit attended five Connecticut Subsidized Training and Employment Program (Step Up) conferences across the state.

Step Up is a Connecticut Department of Labor program that provides wage and training subsidies to employers that hire an unemployed job seeker. This program helps small businesses expand their workforce and promote job growth in Connecticut. While not specific to the ex-offender population, this program has helped some returning citizens secure employment despite having a felony record.



**L to R: Veasna Roeun from DOL Office of Veterans Workforce Development, State Senator Ed Gomes, Counselor Supervisors Trina Sexton, and Justin Oles.**

The most recent Step Up conference was held September 24, 2015, at the Housatonic Community College in Bridgeport, where Counselor Supervisor Trina Sexton gave a presentation about the benefits of hiring the formerly incarcerated. These benefits include Unified School District #1 educational and vocational training, employment readiness training in the Job Centers, Equal Employment Opportunity Commission guidelines on the hiring of ex-offenders, and the various federal and state financial incentives for businesses that hire ex-felons. The Step Up conferences provided an opportunity for elected leaders, DoC, and employers to network. As a result, multiple companies have expressed their interest in hiring the formerly incarcerated.

# Challenge Coins for Sale

The Department of Correction's Honor Guard is selling challenge coins with proceeds being donated to the Correctional Peace Officers (CPO) Foundation. The cost of the two-sided coin is \$20. To purchase a coin staff may contact any Honor Guard member or Captain Ned McCormick at (860) 292-7713.



# 10th Annual Cheshire Cup

The 10<sup>th</sup> annual Cheshire Cup Golf Tournament was held on September 18, 2015, at the Southington Country Club. A total of 22 foursomes participated in the event, with representation from Manson Youth Institution, Cheshire Correctional Institution and Garner Correctional Institution.

## Years Of Service

### Employees with 20 Years of Service as of April 2015

| <u>Name</u>             | <u>Title</u>       | <u>Facility</u> | <u>Hire Date</u> |
|-------------------------|--------------------|-----------------|------------------|
| Devito, John            | Correction Officer | CRCC            | 2/3/1995         |
| Ethier, David           | Correction Officer | Brooklyn CI     | 3/31/1995        |
| Flynn, Walter           | Correction Officer | Brooklyn CI     | 3/31/1995        |
| Kaune, Nancy            | Correction Officer | CRCC            | 3/31/1995        |
| Kolodziejczak, Zbigniew | Correction Officer | WCCI            | 3/31/1995        |
| McCoy, Cathy            | Correction Officer | Osborn CI       | 12/9/1994        |
| Roush, Bryan            | Correction Officer | Brooklyn CI     | 10/14/1994       |
| Shefer, Timothy         | Correction Officer | CRCC            | 3/31/1995        |
| Shippee, Thomas         | Correction Officer | CRCC            | 3/31/1995        |

### Employees with 25 Years of Service as of April 2015

|                    |                    |             |            |
|--------------------|--------------------|-------------|------------|
| Barrett, John      | Lieutenant         | Enfield CI  | 9/8/1989   |
| Bielesz, Eric      | Correction Officer | Osborn CI   | 4/20/1990  |
| Chapdelaine, Carol | Warden 2           | MWCI        | 4/20/1990  |
| Copas, Catherine   | Subst Abuse Cnslr  | Cen Off     | 10/13/1989 |
| Kapitzke, Sylvia   | Office Assistant   | Osborn CI   | 4/16/1990  |
| Kolakowski, Lori   | Asst Hum Res Admin | Cen Off     | 12/1/1989  |
| Saylor, Melvin     | Lieutenant         | Northern CI | 4/20/1990  |
| Sutton, Gregory    | Correction Officer | Cen Off     | 4/20/1990  |

### Employees with 30 Years of Service as of April 2015

|               |                    |             |           |
|---------------|--------------------|-------------|-----------|
| Harper, Linda | Admin Asst         | Cheshire CI | 4/26/1985 |
| Outlaw, James | Correction Officer | NHCC        | 8/17/1984 |



**Coordinators of the 10th Cheshire Cup (L to R): Officers Keith Grabowski, Michael Ruggiero, and Scott Eaton.**

Many thanks for those that participated and donated towards this fundraiser which raised \$1,000 for Special Olympics Connecticut and \$900 that was donated to the Brad Emmelman Fund.

