



TEAM TALK



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Preparing for the ORE

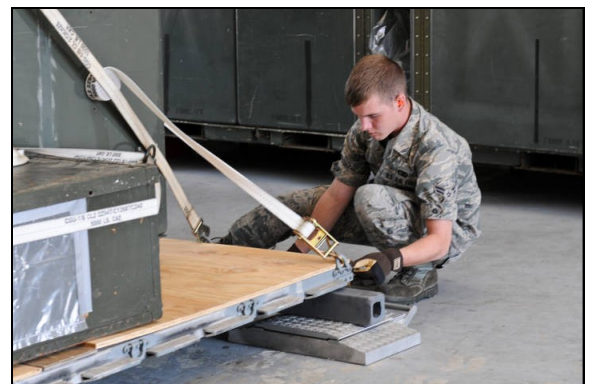
By Wesley Jones
Student Flight / Public Affairs

Service members of the 117th Air Refueling Wing are preparing for an ORE in August 2012. The purpose of this exercise is to ensure that service members are prepared to deploy at their designated time.

Each unit has certain gear required for their mission. Unit members are responsible to gather these supplies. Once they have processed through the required material, they are placed inside containers to be inspected.

“When we process pallets, we bring them onto a staging area. The pallets are put on the scales. We measure the height and weight and then take to a J-I inspection and look inside to make sure there are no hazardous materials,” said Airman First Class Piersol. Safety is the primary concern during the Joint Inspection. Piersol said, “after we get done processing them, we get them amended on the packing list, we move it outside and then we move it to a loading area.” The bins are loaded into the nesting bins of the KC 135 air refueling planes.

Piersol was responsible for transporting the bins with a forklift onto the loading dock. While not participating in the exercise Saturday, he maintains any and all vehicles on base.





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Mission

Provide quality worldwide air refueling, airlift, support, logistics, intelligence, and medical services in support of our community, state, and nation.

Vision

A world-class team of empowered men & women committed to continuous improvement and excellence, operating as the model Air National Guard unit into the twenty-first century.

Hunting the Good Stuff



Provided by Diana Ford, MA, LPC
Wing Director of Psychological Health

Most people spend far more time thinking about how they can correct something that has gone wrong; worrying about something that is about to go wrong; or simply replaying a failure or setback; than they do noticing or enjoying what has gone right. Evolution has seen to it that we remember failures more readily than successes, that we analyze bad events more thoroughly than good events, and that we tend to think particularly hard when we are thwarted. This predisposition has a clear upside: self-protection; however, it also has a downside: less positive emotion and life satisfaction.

Dr. Seligman and colleagues developed an activity to help us notice positive experiences in order to enhance our gratitude and positivity. Thinking about why events go well, what the positive events mean to us, and how we can create circumstances that enable more good things to occur encourages a consciousness of blessings and molds a style of thinking, which promotes optimism for the future.

Exercise for Hunting the Good Stuff:

Every night this week, write down three positive experiences from your day. They can be small or large, things you experienced or that you witnessed in others or in nature. Next to each positive event you list, write a reflection (at least one sentence) on any of the topics below:

- Why this good thing happened
- What this good thing means to you
- What you can do tomorrow to enable more of this good thing
- What ways you or others contribute to this good thing

Example:

Good Thing 1: My daughter drew a picture of us together.

Reflection: I've got a great family.

(University of Pennsylvania, Comprehensive Airmen Fitness)

DIAMOND CUTTER

Share your roots

*By MSgt. Bryan A. White
117 MSG First Sergeant*

The tallest trees located on earth are found in northern and north central part of California. The magnificent trees reach well over 300 feet in height with some over 350 feet. How can this be???

Roots!!!

The main roots on these trees, only 1" in diameter, will be no deeper than 12 feet. The roots are intermingled together providing strength to each other through the ages. By linking together, the life of the trees far exceed those of individual trees.

Let's ask ourselves some basic questions. How many of our neighbors do we know? How many churches do you pass on the way to the church you attend? Does your children play sports in the local community? Our society went from neighborhoods to a mobile society.

In days of old, we had family and close friends as neighbors. We could go next door and borrow a cup of sugar, or a shovel. We ate dinner with neighbors on a regular basis. Bet we don't do that now. In essence, we limit our support network by isolating ourselves.

What does it take to establish a community? The answer is simple: a group of people who have "Common" interests and strive together in "unity." Here at our base, we can build community by spending time getting to know each other. How much do you know about your teammates? Really, how much? The more you know about them, the more the roots tie together. It is that simple.

Try one this one thing: ask someone you really don't know in your section what their favorite hobby is or their favorite football team. By breaking the ice, the roots can begin to move and each other will be strengthened. What do you have to lose? Share your roots.



Chaplain's Corner

Happy Father's Day

By Lt. Col. Debra Berry
117 ARW, Chaplain

Father's Day is almost here. We have heard it said and I agree, "Anyone can have a child, but it takes a special man to be a father."

Being a father is much more than carrying out a biological function. It is about daring to genuinely love, care, guide and share.

A father leads his family. He does this, not out of insecurity, self-centeredness or arrogance, but out a longing to be obedient to God. (Ephesians 5:22)

A father is resilient, dependable and self-assured. However, a father is also gentle, loving and compassionate. "Therefore all things whatsoever ye would that men should do to you, do ye even so to them: ..." Matt. 7:12 (See also Psalms 103:13)

A father offers astute counsel so that he may lead his children to a path of righteousness. He is slow to anger, yet commands respect. "For I know him, that he will command his children and his household after him, and they shall keep the way of the Lord, to do justice and judgment; ..." Ephesians 6:1-3 (See also Genesis 18:19)

A father knows the importance of making time for those he loves. Football games and piano recitals seem to be his favorite way to spend his time. "Train up a child in the way he should go; and when he is old, he will not depart from it." (Proverbs 22:6)

A father provides for family. As long as he is able, he is eager to work hard to provide shelter for his family, and food on the table ... "if any would not work neither should he eat"(II Thessalonians 3:10)

A father is not measured by how much he earns or how many material goods he provides. What does matter to his children is how well he is being a father.

We thank God for the special men in our lives who model for us true fatherhood. Happy Father's Day!



4 Lenses Workshop

By Joy Sales
Airman and Family Readiness
Program Manager



We held a 4 Lenses Workshop on Wednesday, June 6th. What is 4 Lenses you ask? During the workshop you will learn more about yourself and others—why we do the things we do. Knowing yourself is KEY to leading, communicating, and interacting with those around you. The workshop is engaging, fun, and sometimes raucous seminar to learn your personality color! How are your natural tendencies impacting your communication with family and loved ones? How do they affect your leadership style? Learn more about yourself and those around you and achieve greater success in every area of your life! If you missed this workshop, keep an eye out for the next one!

What color are you?

TEAM TALK

Health Notes

Alcohol Abuse and Alcohol Dependence

By Lt. Col. Edward Jones
117 MDG

Alcohol abuse can be described as unhealthy or dangerous drinking habits. Individuals that drink everyday or drink too much at a time can be labeled alcohol abusers. This behavior puts a person at risk for many negative things to happen in their life. Relationships will be harmed, problems with absenteeism at work and job performance will likely occur and legal problems are common such as in the cases of public intoxication or DUI. In the military setting there is a great amount of interdependence. Impaired members put their colleagues at risk because their job proficiency may not be adequate. Continued alcohol abuse can lead to alcohol dependence or alcoholism. At this point a person experiences a strong need to consume alcohol and may believe that drinking is necessary to get through the day. As a person begins to drift into this problem they probably will fail to recognize when they drink too much. Excessive intake for a female is seen when that individual consumes more than three drinks at a time or more than seven drinks a week and for a male it is more than four drinks at a time or more than fourteen drinks a week. If a person notices that they are approaching or exceeding these levels they should talk to their physician about it before the myriad of financial, legal, job related and health problems occur.



DTS Question of the Month

In dealing with DTS, one the most often asked questions we get is, "How do I split all to the government card?"

Within your voucher;

- go to Additional Options
- Payment Totals
- Scroll to the bottom of the page
- There you will find 3 columns, Personal, Individual GOVCC and Total
- Take the value in the Personal column and put it in the Individual GOVCC column. This will go on the line that reads; Add'l GOVCC Amt: There is a box for this amount.
- Once the amount is in the box, look to the right in the Totals column and click the link that says calculate
- After you calculate, look at the last line that reads Net Distribution: Personal should be \$0.00 and Individual GOVCC and Total should have the same value in it.

Hope this helps. If you ask the questions, we'll get them answered. See you next month.

Safety Net

117th ARW Outstanding Act of Safety Award

By SMSgt. Trey Hamm
117 ARW Ground Safety Manager

Contrary to popular opinion, Safety is not a result of trying to do things safely. Safety is a by-product of doing things excellently. Taking the initiative, not cutting corners, excellence in all that you do - together, these traits produce Safety as a byproduct. When in its most pure and most effective form, Safety is not a program. Rather it's an integrated process that is not thought of as Safety. It's thought of as *Excellence*.

Recently, the 117th Maintenance Squadron's Aircraft Repair and Reclamation shop received a heads-up call from the 117th Quality Assurance office regarding a safety concern for all KC-135R aircraft, as a result of a deployed KC-135R aircraft losing all control in the yoke. The personnel in the A/R shop, led by their supervisor MSgt. Aaron Davis, took the initiative and began their

own one-time inspection of all KC-135R aircraft at the 117th. This self-initiated inspection resulted in the discovery of two aircraft with discrepancies directly related to the yoke problem. The problems were corrected before the beginning of the next work day. Two days after the problems were found and corrected at the 117th, the Air Force issued an Urgent One Time Inspection memorandum for all KC-135R aircraft. The personal ownership and sense of urgency displayed by the Aircraft Repair and Reclamation shop personnel had a profound impact, and possibly prevented potentially catastrophic events from occurring at the 117th ARW. The A/R personnel who discovered and corrected the problem were: MSgt. Aaron Davis, TSgt. William Krumrei, TSgt. Timothy Blanchard, SSgt. Brian Abbott, and Senior Airman Eric Perkins. Job well done!



Photo Caption: Col. James, Col. Newton, and Lt. Col. R.J. Smith present the 117th Outstanding Act of Safety Award to MSgt. Aaron Davis, TSgt. Timothy Blanchard, SSgt. Brian Abbott, and SrA Eric Perkins. Not pictured TSgt. William Krumrei.

Fitness Success Story

*By MSgt. Ken Johnson
117 ARW Multimedia Manager*



Fitness standards are nothing new for members of the 117th Air Refueling Wing, but beginning in 2010 the new Air Force Fitness standards has risen to new heights and have contributed to many members re-thinking their fitness level along with their lifestyles. It's not uncommon to hear stories of airmen of all ages failing the new test. For some of the members of the 117th Air Refueling Wing, a non-passing score could stand in the way of their full time job as well as their Air National Guard career. With all of the negative comments made about the new standards, there are just as many positive and inspirational stories that can be found. One of which is TSgt. Steve Johnson from 117 Logistics Readiness Squadron. Although he was no

stranger to exercise and workouts, when the new fitness standards were published, TSgt. Johnson knew he would have a difficult time meeting one of the requirements which ultimately turned in to failing the test more than once. Having a waist size exceeding the maximum limits he had an uphill battle ahead of him. After he made some changes in his diet and started walking every day, Johnson began to lose weight. Nearly 18 months later he had lost more than 3 inches around his waistline which put him within Air Force standards and has now successfully passed his latest PT Test. TSgt. Johnson expressed a sense of accomplishment and relief as he continues to work out, walk and stay away from unhealthy eating habits.

Military, Military Family Members & Veterans Job Fair

Including Financial Services Workshops

Save The Date Flyer

Optimist Park 703 Oakwood Ave.,
Huntsville, AL, 35801

June 14, 2012

Hosted by the American Red Cross

In Partnership With:

Redstone Arsenal Army Community Service

Still Serving Veterans

Joint Family Support Assistance Program

Madison County Vet Center

West Corporation



PROMOTIONS



Technical Sergeant

Stephen J. Edwards

Staff Sergeant

Joshua C. Bradley

Bentley S. Muse

Senior Airman

Justin J. Clements

Stephanie M. Ford

Michael R. Gaunt

Matthew H. Nichols

Airman First Class

Jared L. Evans

117th FSS CUSTOMER

SERVICE HOURS

TUESDAY	0730-1630
WEDNESDAY	0730-1130
THURSDAY	0730-1630
FRIDAY	0730-1630

**** Government Travel Card ****

Requirement

As you may or may not know, our current CSA cards will be migrating back to the GTC card. All CSA cardholders are required to take the cardholder training (Travel Card 101) prior to migration. The updated Travel Card 101 training is now available via the TRAX website . Cardholders must complete this training NLT 15 Jul 2012. Once training is complete, please forward a copy of your training certificate to your APC.

You also need to ensure a Statement of Understanding (SOU) is on file, this is required for all cardholders.

The link below will guide you to an electronic copy of the form, please fill out, print and maintain a copy in the individuals mobility folders. The new form is located at: http://www.defensetravel.dod.mil/Docs/GTC_SoU_SAF.pdf
<http://www.defensetravel.dod.mil/Docs/GTC_SoU_SAF.pdf>



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The Team Talk staff continues to take submissions for articles via email and is counting on units to highlight their missions through their stories. Email submissions to our staff at 117ARW.Public.Affairs@ang.af.mil. All submissions are due by COB Sunday UTA for publication.

117th ARW 2012 UTA Schedule

JAN	FEB	MAR	APR	JUNE	JUN	JUL	AUG	SEP	OCT	NOV	DEC
21-22	11-12	10-11	14-15	19-20	09-10	14-15	04-05	08-09	13-14	10-11	08-09