



TEAM TALK



117th Air Refueling Wing
Birmingham, Alabama



Volume 40, Number 9

117 Air Refueling Wing

September 2012

Staying Prepared

*Master Sgt. Richard L. Bailey
117 CES/CEX*

I recently asked a well known local meteorologist what caused Hurricane Isaac to take a sudden westerly course to Louisiana instead of hitting the Alabama coast. His reply, while technical, was enlightening; "The northward turn of tropical systems is almost always related to the weakest spot in the westerly winds aloft north of the system... or where "troughs" develop. Those pull tropical systems northward and up into the mid-latitude westerlies. Often these weaknesses are ill defined and hard to predict." Did you get all that??

Try this explanation from our local expert in CEX, SrA Bradley White, when I posed the same question to him; "A stationary front was supposed to move further southeast but the front stalled and allowed Isaac to move west." Alright, something a little easier to digest, but both explanations should be a reminder that these are things that many of us cannot understand, much less control. That being the case, then we should concentrate on what we can control, both at home and here on base. Hurricane Isaac, as with past incidents, serves as a reminder for us to review our emergency procedures at our house and to check our emergency kits and supplies. If this concept is foreign to you, there are plenty of resources to help you and a good starting place is www.ready.gov

If you are shaking your head in disbelief at this point, consider this salient point. While Isaac only clocked in as a CAT 1 Hurricane, it dumped 20 inches of rain in some areas and had a storm surge of 12 feet, which was enough to top levees in at least one location. Latest reports have the damage topping 2.5 billion dollars. Of course, these figures aren't nearly as "impressive" as other storms, but try telling that to the neighborhoods that still have houses underwater. A more relevant figure to member of the 117 ARW is the more than 5000 Army and Air National Guard troops activated in response to the storm. In this environment of "jointness", Air Guard units across the country are assuming roles that have traditionally been reserved for our Army Guard counterparts. The 117th has been leaning forward on this with the advent of our **Rapid Augmentation Team (RAT)** that was formed earlier this year and is training to respond during times of natural disaster. If Isaac had made landfall at Mobile as some models earlier predicted, the RAT Team could have been thrown into the fight. I encourage you to take advantage of the training that comes with being part of the team!

Isaac has come and gone. Instead of breathing a sigh of relief and getting back to our routine, we should use it as a reminder to increase our preparedness for future events. Our recent history with natural disasters compels us to do so.





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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

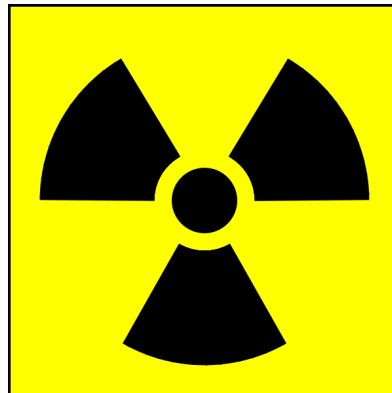
A world-class team of empowered men & women committed to continuous improvement and excellence, operating as the model Air National Guard unit into the twenty-first century.

Leadership

117 ARW Host RAD Training

Master Sgt. Richard L. Bailey
117 CES/CEX

A terrorist attack using nuclear or biological weapons can likely be expected before 2013, according to the Commission on the Prevention of WMD Proliferation and Terrorism (JAN 2009).



Dire predictions such as that has served as a motivator for many responders to train for just such an event and to that end, the 117 ARW hosted a training team from the Defense Threat Reduction Agency (DTRA) July 12 and 13. For two days, responders from throughout Alabama and other parts of the region participated in the Introduction to Radiological and Nuclear Incident Response (IRNIR) course.

According to Lt Col Day , Deputy Chief of the Reserve Component at DTRA, “This course is designed to help first and second responders, both DoD and Civilian, prepare to respond to both a nuclear accident or a man-made disaster in the form of an improvised nuclear device or radiation dispersal device.” A lot of ground is covered in two days covering basic scientific principals, fundamentals of nuclear weapons, detection equipment, PPE and many other topics.

In the end, 65 responders representing nearly a dozen agencies received certification for this class.

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“117th ARW Recruiting Office”

TEAM TALK

Chief's Forum

Your Greatest ANG Benefit

*Chief Master Sgt. Michael Z. Palmer
117 Component Maintenance Flight*

Every time I am tasked to write an article for Team Talk, I have a hard time settling on a topic. Some topics have been worn out. Some others are like preaching to the choir. I have started this particular effort twice trying to find the right subject.

Being a member of the Alabama Air National Guard carries with it a great many responsibilities, but also comes with a great many benefits. In my 29 years here in this unit, I have seen the benefits available to us used in varying degrees.

What do you consider your greatest benefit for being a member of this unit? We have all kinds of things to take advantage of. I would like to ask you to consider, which is your greatest benefit?

We get cheaper gasoline at our service station, distinctive license plates for our cars and discounts at many retailers. We are eligible for educational assistance like the GI bill and many scholarship programs. Many of us qualify for VA loans to buy a house. Through our legal office we can have wills prepared. Some of our career fields enable us to see the world by deploying to distant lands. You can use Space A travel and Space A billeting. You can get a degree from the Community College of the Air Force. We have a couple of decent gyms here on base and you can use the gyms on any base near you. Commissary and AAFES privileges are now unlimited. The extra pay we get from drill weekends and summer camps have bought many a car. If you happen to hang around for

20 years or more, a nice retirement will greet you at age 60.

I know I have left out many of the benefits that our members are taking advantage of, but I wanted to get to the benefit I consider to be the most important and greatest one of all. It is one you don't have to ask for, qualify for, or submit any forms to get. It doesn't have a dollar value and you can buy it. You get it the second you swear in.

What is it? The family that you become a member of, The Guard Family. Throughout my career I have witnessed this benefit in action. I have seen the caring loving spirit of the people in this wing spring into action during natural disasters, personal tragedies and sickness. I guess as a supervisor I see this spirit more now than ever. Folks wanting to help in any way they could during the aftermath of last year's tornadoes. There have been untold visits to the hospital, comforting hugs during times of trouble and helping hands when needed. I would suggest during these times of economic uncertainty and continued increased operational tempo, that we continue to be mindful of our family members who might be hurting. Keep them in your thoughts and prayers, but more importantly put those thoughts and prayers into action. Let them know you care with your actions.

I am humbled and proud to be a part of this family, to me it is the greatest benefit that comes with being a member of the Alabama Air National Guard.



Suicide Prevention

Diana Ford, LPC

117 ARW, Director of Psychological Health

Everyone occasionally feels blue or sad, but these are usually fleeting feelings that pass in a few days. When a person has a depressive disorder, it interferes with daily life, normal functioning, and causes pain for both the person with the disorder and those who care about him or her. Depression is a common but serious illness and most that experience it need treatment in order to get better.

Depressive symptoms can include:

- Persistent sad, anxious, or empty feelings
- Feelings of hopelessness and or pessimism
- Feelings of guilt, worthlessness and or helplessness
- Irritability, restlessness
- Loss of interest in activities once pleasurable, including sex
- Fatigue and decreased energy
- Difficulty concentrating, remembering details and making decisions
- Insomnia, early morning waking, excessive sleeping
- Overeating or appetite loss
- Thoughts of suicide
- Persistent aches, pains, headaches, cramps or digestive problems that do not ease with treatment

Help seeking or help seeking behaviors are terms used to refer to a person's willingness to seek help when facing personal difficulties or challenging times in their lives. WOULD YOU? IF NOT, WHY NOT?

The process of help seeking is complex, with many possible factors influencing whether or not someone takes steps to get help. Perceiving a need for help is one of the greatest predictors that people will seek care. ARE YOU PERCEPTIVE?

People are less likely to seek help if they are unaware of available mental health services. Mental health problems make many people feel isolated, and it is important to remember that getting help can be as easy as talking things over with a friend, family member, or colleague. In most cases just being there to listen to a friend talk through their problems can be of great help. Often, after having the opportunity to talk about their concerns, people feel more able to work through their problems and reach out for further help. As caring people we don't need to "fix" the problems for those who come to talk, we just need to care enough to listen. We can offer emotional support, understanding, patience and encouragement.

Never disparage feelings your friend or relative expresses, point out realities, and offer hope. Never ignore comments about suicide, and report them to your friend's or relative's therapist or doctor. Invite your friend or relative out for walks, outings, or other activities. Keep trying if he or she declines, but don't push him or her to take on too much too soon. Although diversions and company are needed, too many demands may increase feelings of failure. Remind your friend or relative that with time and treatment, the depression will lift.

If you have any additional questions or need confidential assistance, please contact Diana Ford, LPC, 117th ARW Director of Psychological Health at 205-714-2161 (desk) or 205-470-6152 (cell) or email her at diana.ford@ang.af.mil.



TEAM TALK

Safety Net

Motorcycle Safety Foundation Basic Rider Course

*Senior Master Sgt. Trey Hamm
117 ARW Ground Safety Manager*



The Motorcycle Safety Foundation (MSF) Basic Rider Course (BRC) will be offered on base during the October UTA.

Course times are:

Saturday Oct 13: 8:00 am - 4:00 pm

Sunday Oct 14: 8:00 am - 3:30 pm

Participants must bring their own motorcycles for use during the course. The course will be taught by MSF certified instructors, and participants will receive a MSF card upon completion. The Wing pays all costs associated with this course. There will be no charge to participants. The MSF charges \$250 per student for this course.

Active personnel (AGR, orders, active duty) are required to complete either the BRC or the BRC2 prior to operating a motorcycle anywhere.

Technicians and traditional members are required to complete either the BRC or BRC2 prior to operating a motorcycle on a military installation. Even if you never intend to ride your motorcycle on base though, this course is recommended for you if you own a motorcycle. It can only enhance your skills and make you a better, safer rider. You're strongly encouraged to take advantage of this course and you will be counted present for UTA while you do so.

Please reply by email or call the Safety office on extension 2282 to register for the course.

TEAM TALK

Diamond Cutter

Learning Experience from Recent Deployment

*Master Sgt. James Nolan
117 SFS First Sergeant*

Perspective of a First Sergeant:

As we are all aware, members of the Mission Support Group of the 117th recently deployed to RAF Lakenheath to perform Active Duty Training. As a unit, we traveled in two rotations, with each rotation spending the better part of two weeks integrating into the Active Duty workforce.

While visiting work sections and speaking with the Active Duty supervisors for whom our personnel reported to, the conversations went the same way with each supervisor. They were overwhelmingly impressed by the capabilities and work ethics that the members of this unit provided. In fact, most of the supervisors related that they would assign missions/tasks to our members thinking that those taskers would occupy their time, only to find out that the taskers would be completed and the personnel would be looking for additional work. This attitude and willingness to work comes as no surprise to me, having been with our unit and having deployed with our unit.

The benefit of this integration with Active Duty is hard to measure, but easy to see. Here at home station, all of our people work multiple jobs without being able to truly focus on one single job. On Active Duty, most people function with one specific job. As a result, our people were able to spend the bulk of their time directly focused on one specific job and see that job from the perspective of the Active Duty side of the house.

The willingness of our personnel to integrate, and work at the level that they did (while expected) was refreshing and reflected very well on our Wing. Hopefully, this mission was deemed a success and will open the door for similar trips in the future. If you were fortunate enough to go as part of the mission, your work was appreciated, both by our Wing and by the Active Duty. I hope that having the opportunity to go proved to be individually beneficial and that the experience was worthwhile. If you were not able to go, when the next opportunity arises, I hope that you will be available to travel. It is always interesting to see how other units perform the jobs that we are assigned and to gain the experience of working side by side with our Active Duty counterparts.

From my perspective it was a great and valuable experience to travel with people that I do not get to regularly work with and to see first hand all of the things that we do to complete the overall mission. I was very impressed by the personnel that I traveled with and the experience definitely broadened my awareness of many of the functions and capabilities of our personnel.

Chaplain's Corner

Be an Encourager

By Lt. Col. Debra Berry
117 ARW Chaplain

The journey of life is full of occurrences that will cause us to despair and become discouraged. Our burdens are lighter and the way is brighter when we encounter persons who are encouragers. We are told in the scripture to be encouragers. Hebrews 10:24 (RSV) states, "Let us consider how to stir up one another to love and good works." "Stir up" translates "to move, to excite, to agitate." We should be cheerleaders for one another.

1. Husbands and wives should encourage one another as they seek a strong and viable marriage.
2. Parents should encourage their children through words of appreciation.
3. Children can encourage their parents by their choices and conduct.
4. Employers and employees should support and hearten each other.
5. All believers should be cheerleaders for other believers.
6. When life tries to kick you to the curb, you should encourage yourself.

Barnabas was a missionary companion of the Apostle Paul. He was described as an encourager. Would anyone call you an encourager? When life strikes out at an individual do you take time to give a word of cheer? Do you pause long enough to offer a prayer, scripture, send a card, give a hug or pat on the back? As you seek to keep the faith, take time to cheer another fellow traveler on the road of life. Be an encourager.

The Public Affairs Office is looking for extras to participate in a base video.

For more information email
jonathan.russell@ang.af.mil.



Family Readiness

The Military & Money App is available free on iTunes

First-of-its-Kind Resource is Part of First Lady Michelle Obama and Dr. Jill Biden's "Joining Forces" Initiative

*Joy Sales, Program Manager
Airman and Family Readiness*

The McGraw-Hill Companies and Better Business Bureau (BBB) launched a free mobile app designed to help America's military families make better personal decisions to ensure their financial independence. The Military & Money App is the first financial educational app that provides service members and their spouses easy-to-use and practical money management tips, including tools to reduce debt and maximize savings.

The National Military Family Association hears our military service members and their families are often the targets of consumer fraud and high-interest predatory loans. According to a 2010 survey by the Financial Industry Regulatory Authority (FINRA) Investor Education Foundation, 27 percent of military respondents had \$10,000 or more in credit card debt compared with 16 percent of civilians. The survey also found as many as one in three of enlisted personnel and junior NCOs reported using at least one method of non-bank borrowing (such as a predatory loan) in the past five years, compared with 24 percent of civilians. Our Association has been actively raising this issue, making sure families are included in the solution.

Key features of the app include training videos on budgeting and managing debt, calculators to track cash flow and build savings and debt reduction plans and a prompt that sends monthly savings reminders.



TEAM TALK

Announcements



On behalf of the 117th Golf Association, I'm excited to announce our annual partnership with Ballantrae Golf Club in hosting our annual Whaley Memorial Golf Tournament. Our tournament committee is comprised of members from the 117th Air Refueling Wing, Alabama Air National Guard, located at the Birmingham-Shuttlesworth International Airport.

This year's tournament will be held on Monday, Columbus Day, October 8, 2012. Proceeds from our tournament benefit the Samford University Athletic Scholarship Fund and the Susan G. Komen for the Cure foundation.

Our tournament is in memory of our past Wing Commander, Colonel Evans Whaley, who passed away in a tragic plane crash 11 years ago. Col. Whaley was a strong supporter of the Samford Athletic Department. His wife, Jemi Lynn Whaley, passed away from breast cancer several years ago, and was a supporter of the Susan G. Komen for the Cure North Central Alabama foundation. Since the year 2000, total contributions to these organizations have exceeded \$95,000.00.

We're always searching for ways to boost our sponsor's for the tournament in order to raise as much money as we can for these important programs. Our sponsor fee is \$250.00.

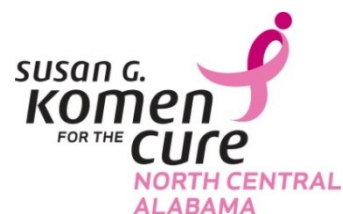
We'd like to invite you to be a sponsor of this annual military tournament. We hope you can help us. I can be reached at (205) 714-2206.

Thanks for your help!!

Jeffrey L. Newton



Ballantrae



TEAM TALK

Announcements

13th Annual Whaley Memorial Golf Tournament

1300 Ballantrae Club Drive, Pelham, Alabama 35124
 Monday, October 8, 2012
 9:00 a.m. Shotgun Start

Entry fee is \$100.00
 (Includes Catered Lunch)

Corporate Hole Sponsorship is \$250.00

Proceeds go to the Whaley Football Scholarship Fund at Samford University and
 The Susan G. Komen for the Cure North Central Alabama Foundation.

Closest to Pin—Longest Drive—Door Prizes
 Chance to Win Vacations/Car with Hole-in-One

For more information contact:

Col Cliff James 714-2201 ♦ Col Jeff Newton 714-2206
 Maj Allison Miller 714-2422 ♦ Maj Jim Whaley 714-2122
 MSgt Shane Rogers 714-2395



117th ARW Social Media Corner



<https://www.facebook.com/117thAirRefuelingWingPublicAffairs>

<http://twitter.com/117ARWPA>

<http://www.youtube.com/user/117thARW>

UPAR

The 117th Air Refueling Wing Public Affairs office is looking for service members who are interested in working with the media, photography, videography or writing. If you are interested in learning more about the Unit Public Affairs Representative program, please e-mail

Jonathan.Russell@ang.af.mil

DTS Training

Finance will be holding a DTS training class this drill weekend, 08 & 09 Sep 2012. The class will be held in the Wing auditorium on both Sat and Sun from 1000 - 1100 hrs. We will discuss Mileage Only claims, Occasional Meals and go over Authorization vs. Voucher. We will also answer questions such as; How do I?, Where do I?, Can I?

117th FSS CUSTOMER

SERVICE HOURS

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

Announcements

65th Anniversary Air Force Ball

When: Saturday, 15 September 2012

Cocktails at 1800 (6pm),

Event at 1900 (7pm)

A formal celebration of our military heritage

Attire: Formal /Semiformal

(cocktail attire)

A community-wide event

\$40 for E-6 and below

\$55 for all others

Location: Renaissance Hotel, Montgomery

Theme: *Saluting Heroes...America's Airmen!*

There will be a Silent Auction starting at 1800 (6pm)

Proceeds go to

Hospice for Heroes

and Disabled American Veterans

Bring your checkbook...or cash!

Unit POC: Maj Lisa Weaver, 714-2527

Save the Date—See You There!



Announcements

PROMOTIONS



Senior Master Sergeant

**James W. Massey
Donald E. Winter**

Master Sergeant

**Brian E. Murphy
Gerhard E. Schultz**

Technical Sergeant

**William W. Smith III
William L. Elkins**

Staff Sergeant

Wesley S. Shirley

Senior Airman

**Delina J. Allen
Douglas M. Green
Charles P. O'Rourke
Javoris P. Smith**



CONGRATULATIONS

SRA Krishna Smith had a baby girl
Kaylee Alana Barr on 1 Sept; 4 pounds, 10
ounces.

In our thoughts and prayers

Ron Barger's son, Tristan, passed away.

Robbie Vass' father, George Vass, passed away.

Keith Clevenger's father-in-law passed away.



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All photographs are Air Force photographs unless otherwise indicated. Editorial content is edited, prepared, and provided by the 117th ARW Public Affairs Editorial Staff.

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	AUG	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