



# TEAM TALK



117th Air Refueling Wing  
Birmingham, Alabama



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117 Air Refueling Wing

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Photos by MSgt. Ken Johnson

## Who is the 117th?

by Capt. Derrick L. Hodges, Jr.  
99ARS



That question was answered by the good men and women of the 117th Air Refueling Wing on March 14 while participating in a community service project with the Birmingham

Junior Achievement program. Junior Achievement is the world's largest organization dedicated to educating students about workforce readiness, entrepreneurship and financial literacy through experiential, hands-on programs. Twenty-nine members 117th, both military and civilian, proceeded to Avondale Elementary School and filled 24 classrooms, completed 7 hours of service, and taught 451 students about life skills and economics. Upon arrival, the children's eyes lit up with excitement and our volunteers were just as excited, if not more.

We met with the principal, Dr. Curry, and the rest of the faculty for a quick brief of the day's activities and off our volunteers went. Armed with a kit full of teaching materials, provided by the Birmingham Junior Achievement program, they stormed the classrooms and made one heck of an impact on our youth.

Upon completion of the teaching experience, the children and faculty of Avondale Elementary were treated with the opportunity to witness an official military ceremony with all the bells and whistles. They had an opportunity to watch SMSgt. Jeffrey Salakar re-enlist for another term of service to protect their freedoms and rights. (Cont. on page 3)



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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.

## Commander's Call

### The 117<sup>TH</sup> Fuels Management Flight Awarded Best in the Air National Guard

by Lt. Col. Mike Cavender  
Commander, 117 LRS

The 117th Fuels Management Flight, 117th Air Refueling Wing, Alabama Air National Guard, was named "The Best in the Air National Guard" for Fuels Management. The flight was selected as the Air National Guard Outstanding Fuels Management Flight Award Winner for the best fuels operations for 2011. To qualify for the award, the unit had to submit a nomination package that detailed their accomplishments for 2011. It is quite an accomplishment for the 117th Fuels Management Flight to be presented with this award because there are a lot of good units out there.



Among the highlights of accomplishments by the 117th Fuels Management Flight included receiving the grade of "Excellent" during the April 2011 AMC/IG Compliance Inspection, as well as a perfect 100% (Outstanding) during their LCAP inspection in February 2011. They developed an innovative training database and flight training efficiency increased by 95%. The flight published a quarterly newsletter which helped educate the wing on operations and hazards of fuel handling, plus it fosters knowledge and camaraderie among flight members. The Fuels Management Flight processed 2,400 fuels transactions for 7.8 million gallons and recouped \$15.2 million dollars to 117ARW flying fund from processing in-flight transactions. Their environmental program was rated "EXCELLENT" during ESOH inspection.

Our Fuels Management Flight has truly done an outstanding job! A lot of long hours and hard work have been put in by those guys and I am glad to see that it has paid off and they get the recognition they so richly deserve. I'm proud of each and every one of them.

## TEAM TALK

### Who is the 117th? (Cont. from page 1)

Upon completion of the day, we received rave remarks and many thanks. In the end, we all realized that it is our civic responsibility to give back to the community and on that day the men and women of the 117th Air Refueling Wing did their duty proudly!



# TEAM TALK

# Chaplain's Corner

## ENCOURAGEMENT

Provided by Capt. Daryl Hamaker  
117 ARW Chaplain  
Source: *ENCOURAGE ME*; Charles Swindoll, 1982



Today more than ever it seems that we live in an environment of negativity. Bad news seems to sale more newspapers and it seems to drive up television ratings. I would dare say to be an encourager may be a challenge at times, but it is an attribute that can be a part of each Airman. With this thought in mind I would like to share with you four acts of encouragement that we all can practice. These truths are shared in Charles Swindoll's book titled *Encourage Me* written in 1982.

### 1. A warm smile.

Now this is not something that you and I can fake. A true smile must be a natural part of our being; it comes from the whole person. The purpose of the smile is to reflect a true friendliness that is real and for the most part a fake smile is seen for just what it is. Remember this is a part of you that communicates volumes about you to others.

**Proverbs 16:15** says; *When a kings face brightens, it means life; his favor is like a rain cloud in spring.* (NIV)

Remember nothing repels like a frown!

### 2. A firm handshake.

There are all kinds of handshakes from the bone crusher to the soft seaweed. But we all know the one that says, thank you, good to see you and hey I care. In our world of fast pace living and electronic communication the handshake it seems is one of the last remaining items from the family of touch. The handshake is one of the quiet ways that you and I can "sharpen the iron of another with our "iron" (Proverbs 27:17).

### 3. Direct eye contact.

Our eyes reflect the deep feelings enclosed deep with our soul, which have no other means of release. It is our eyes many times that allows other to know how we feel about them.

### 4. A word of encouragement.

When speaking these words it is a good idea to speak the person's name and use it as you speak. As you speak keep your words fresh and free from clichés going straight to the point, being honest, specific and natural avoiding flattery. Let your heart be freely felt as your words flow.

*"Oil and perfume make the heart glad, So a man's counsel is sweet to his friend"* (Proverbs 27:9 NASV)

Remember everyone needs encouragement!

Blessings

Chaplain Hamaker

# Chief's Forum

## National Guard Association Conference Highlights

by CMSgt. Dave Peterson  
117 ARW Human Resource Advisor

Several members of the 117th family gathered for the 38th Annual combined ENGAA/NGAAL Conference in Huntsville last month. Some also broke away for a bit to pay respects to former ENGAA Retired Affairs Committee Chair and long time member, MSgt. (Ret) Joe Holland, and to support his wife, SMSgt. (Ret) Judy Holland. This couple has done much to promote the ENGAA over the years, and it would be great to have standing room only at her retirement ceremony at 3:00 p.m. on June 9, 2012 in the Wing Auditorium! The Conference included many memorable highlights, featured several 117th award winners, and emphasized the need for affiliation now more than ever.

**Conference Highlights:** “You had to have been there” for some of the festivities, as a newsletter article wouldn’t do them justice. The three famous feet (ask Maj. Bailey), illuminated beverages (SMSgt. Parker might have a demo), and so much more, but there are other noteworthy highlights more fit for this venue. Maj. Gen. (Ret) Gus Hargett, NGAUS President, gave an inspirational keynote address with a video excerpt from the proceedings where the National Guard finally got a seat at the Joint Chiefs’ table. Check out the potent line of questioning by Senator Lindsey Graham at this link on your smartphone or non-gov computer: <http://www.youtube.com/watch?v=coUV3udVigM> – well worth 7 minutes of your time if you appreciate the prospects of a more established National Guard in DoD. Maj. Gen. Hargett noted these Associations are “committed to protecting what you deserve,” and urged us to “get involved in what you want the Guard to look like.” Emphasizing the importance of these associations in Washington, he shared a saying in D.C., “Your friends come and go, but your enemies multiply.” CSM (Ret) Steve Boatwright (outgoing ENGAA President) confirmed this idea with his comments, “...there are members of the U.S. Congress that continue efforts to take away our benefits... When dealing with legislative issues many members of Congress seem to listen more to organizations with large membership numbers.”

Are You Associated? Professionals join professional organizations. National Guard members are in the Profession of Arms - check out the white paper, “America’s Military – A Profession of Arms,” at this link: [http://www.jcs.mil/content/files/2012-02/022312120752\\_Americas\\_Military\\_POA.pdf](http://www.jcs.mil/content/files/2012-02/022312120752_Americas_Military_POA.pdf). According to NGAAL President, LTC Nicky Medley, “Membership in your respective associations is far more critical now than ever before... Your professional associations are sometimes the only voice Congress hears.” Consider attending the upcoming National Conferences: EANGUS is in Long Beach, CA, 26-29 August 2012, and NGAUS will be in Reno, NV, 9-12 September 2012. See me or another active member to get connected to these powerful organizations.

Acronyms spelled out:

ENGAA: Enlisted National Guard Association of Alabama

EANGUS: Enlisted Association of the National Guard of the United States

NGAAL: National Guard Association of Alabama (Officers)

NGAUS: National Guard Association of the United States (Officers)

Be friends with “Engaa AL” on Facebook, and spread the word to get others involved.

(Cont. on page 7)

# Diamond Cutter

## One small change can make a difference

by MSgt. Pamela Mitchell  
117 IS, First Sergeant



Many First Sergeants have written about the importance of Professional Military Education, ethics, fitness and many other items of importance to the military but I want to share some information I think may help provide some tools or motivation for you to make some healthy changes in your life. Like many Americans getting older has meant it is harder for me to shake those few little pounds that seem to just sneak up on you. As I approached 40, I began to worry about diabetes, which runs in my family and knew I did not want my life restricted by a preventable disease. In January 2012 I began studying what "clean eating" meant and it has made all the difference in the world to me.

First off, I am not a certified anything. What I am sharing is what has worked for me. I am constantly asking people what they do or what they think when it comes to running, working out or eating right and I incorporate those ideas into a plan that works for me and my schedule. Many of you may be familiar with Jillian Michaels from *The Biggest Loser*. I had never watched the show but stumbled across her in an article in *Runner's World* and then I began looking for more information about her ideas. I found a book she wrote called "*Master Your Metabolism*" and her ideas and suggestions have enabled me to lose those last pesky five pounds. Her basic premise is "If it doesn't have a mother or didn't come from the ground, then don't eat it." No Processed foods. Eat organic meat when you can and fresh (or frozen) fruits and vegetables – all things in moderation.

I think Americans are so used to the idea that bigger is better; it even carries over in our food portion sizes. I had to reeducate myself on portion size and how much of certain foods I was supposed to eat. My favorite site to use is [www.myfitnesspal.com](http://www.myfitnesspal.com). They even have a free app for your smart phones. It is easy to use and there are many restaurant foods in the database already. It took a bit to get used to the site but it helped me track the amount of water I drank, the calories I consumed and if I had eaten the amount of protein, vegetables or too much sodium for the day. My Fitness Pal has helped me make an educated choice about whether I really want that 800 calorie piece of cheesecake or not.

Eating better has meant I have more energy. More energy means I can run or exercise more. More exercise helps me burn off stress or work out a kink in my back or shoulders from being stuck in a chair too long. The key is to just do SOMETHING! Some days it is easier than others. Some days I cheat and have a bag of processed potato chips but that is Okay, I do it once in a while – not every day. Just changing what I eat and how much has enabled me to keep the pounds off even when I do not run or work out for a week or so. It is hard to reeducate yourself about what or how much to eat but I feel better now than I did when I was 20 or 30.

You need to find a plan that works for you. Remember, all things in moderation – exercise and food. Any diet that restricts certain foods may not be a long term solution. Let me share some of my favorite food sites to maybe inspire you a bit to make the change from processed junk foods to clean eating. [WWW.eatingwell.com](http://WWW.eatingwell.com) . [www.cleaneatingmag.com](http://www.cleaneatingmag.com), (they have an excellent magazine as well) and Jillian Michaels has a cookbook inspired by her *Master Your Metabolism* book.

I am so excited about how the change of eating habits has helped me loose those extra pounds, the energy I have and my overall health that I love to share what I have learned with others and that is why I decided to devote this First Sergeants article to eating better. One little change can make all the difference in the world. Eating better mixed with exercise can help you loose those extra pounds, those extra inches and give you more energy to run or exercise. One small change can make the difference in your career. (See recipe on page 9)

# ENGAA Conference Highlights

(Cont. from page 5)



## 117th ARW Shines

**117<sup>th</sup> Awards Bonanza:** The excellence of the 117th was on display as five of our members garnered six prestigious awards at the Conference. The Alabama Outstanding Airman, NCO, and SNCO of the Year were Senior Airman Chad Carroll, Staff Sgt. Danielle Hines, and Senior Master Sgt. Kelly Waldrop, respectively. Carroll also received the ENGAA President’s Award, CMSgt. David Wright won the Membership Award, and Airman Tatiana Cookingham was awarded the USAA Scholarship.



From left: Col. Cliff James, CMSgt. David Wright (Membership Award), Lt. Col. Tena Moore, SSgt. Danielle Hines (Outstanding NCO of the Year), Maj. Mike Taylor, SMSgt. Kelly Waldrop (Outstanding SNCO of the Year), SMSgt. Denise Parker, SRA Chad Carroll (Outstanding Airman of the Year and President’s Award), Amn Tatiana Cookingham (USAA Scholarship Award), and CMSgt. Dave Peterson.



<p><b>Join us for Worship Services Sunday UTAs</b></p>		<p>Protestant Worship Service Wing Auditorium Bldg. 151 Time: 8:30 a.m.</p> <p>Catholic Worship Service Classroom - Bldg. 205 Time: 8:30 a.m.</p>
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# TEAM TALK

## SLEEP: GETTING ENOUGH?

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

Sleep sometimes feels like a necessary evil and at other times the most indulgent and sought after of all activities. The category it fits in with us has more to do with whether or not we are sleep deprived. Some people use the excuse that sleeping more will mean they get less done but if you are not getting enough sleep the odds are very good that you are making more mistakes than usual, may have a tendency towards little 'accidents', have lower productivity at work, are told you are 'grumpy' by your family and friends, get more than your fair share of colds and flu, and generally have less resources to deal with stressors. All of these issues can absorb quite a bit of time to correct, resolve, or heal! Not sure if you are getting enough sleep? Here is a simple check list you can review to see if you are sleep deprived:

1. Do you NEED an alarm clock to wake up on time?
2. Do you have great difficulty making yourself get out of bed in the morning?
3. Do you regularly 'sleep in' for extra hours on your days off?
4. Do you feel sleepy when you drive?
5. Do you fall asleep within minutes of going to bed?
6. Does your family or friends tell you that you are often grumpy or irritable?
7. Do you hit the snooze button over and over before waking up fully?
8. Do you have dark circles under your eyes?
9. Do you often feel tired throughout the day?
10. Do you feel it is effortful to concentrate or to remember things?
11. Do you take a nap on a regular basis just to make it through the day?
12. Do you fall asleep if you sit still after dinner?
13. Do you feel that your creativity, problem solving abilities, and critical thinking skills are slow?
14. Do you feel sleepy or fall asleep while watching TV?
15. Do you get sleepy in meetings, during classes, or when the room is warm?
16. Do you get sleepy after eating a big/rich meal or after having a normal sized alcoholic drink?
16. Do people accuse you of seeming to be more stressed than usual without any changes in work load or life challenges?



If you answer positively to more than three of these questions, you are probably sleep deprived. One simple solution is to begin tracking the amount of sleep you are getting and add 15 minutes per day until you notice that you are waking more easily, feel more alert during the day, and can wake up before your alarm goes off. Being well rested may help you function better in nearly every area of your life and can be a very simple solution to decrease your overall stress level. No matter what, you have nothing to lose and a lot to gain!

**If you would like more information about your sleep or stress, consider contacting our Wing Director of Psychological Health:**

Diana Ford, MA, LPC

Building 151, Room 203A

Phone: 205-714-2161 (desk); 205-470-6152 (BB)

diana.ford@us.af.mil



# Health Notes

## Benefits of a Health & Fitness Lifestyle

by Lt. Col. Edward Jones  
117 MDG



Habits are difficult to change. There are people that will never be able to adopt a more disciplined approach to life due to a lack of resolve and desire. New Air Force fitness standards have certainly created a need for many of us to make changes in our diets and levels of exercise activity. Even without these career considerations pursuing a healthy lifestyle increases an individual's chance to reach retirement age and enjoy many asymptomatic and fully functional years.

Being more dedicated to a proper diet and sensible exercise earlier in life will increase the chance that in the latter years you will not face restricted activities and chronic disease. Even modest levels of exercise and dietary restraint will decrease the chances of heart disease, stroke, Type II Diabetes, obesity, back pain and osteoporosis.

The development of a disease state is due to many factors and individuals vary in their susceptibilities but it makes sense to control what you can control. An additional benefit to pursuing wellness is psychological. People that exercise experience a release of endorphins in their central nervous system. This improves mood and promotes a sense of well-being. The physical activity will help a person cope with stress and ward off depression and anxiety.

Any exercise program should be carefully considered. Individualized regimens will decrease the chance of orthopedic injuries or exceeding a person's capacity causing other medical problems. Physician consultation and screening prior to the start of a program is recommended.

### Healthified Pasta Primavera - Inspired by a recipe from [www.eatbetteramerica.com](http://www.eatbetteramerica.com)

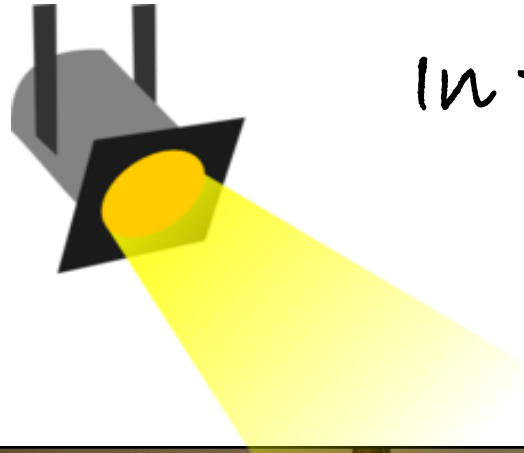
Provided by MSgt. Pamela Mitchell

- 1 box whole wheat or vegetable rotini pasta
- 2 cups Green Giant® frozen sugar snap peas
- 1 cup assorted fresh vegetables (such as fresh red sweet pepper strips, 2-inch-long pieces trimmed fresh asparagus, and/or quartered-lengthwise packaged peeled baby carrots)
- 1 cup sliced zucchini or summer squash
- 1 cup halved cherry tomatoes
- 1/2 cup Progresso® reduced-sodium chicken broth
- 3 TBS unbleached whole wheat flour
- 1/4 tsp. salt
- 1 1/4 cups low-fat milk
- 1/4 cup dry cooking sherry
- 3/4 cup finely shredded Parmesan or Asiago cheese (or a combination for a more complex flavor)
- 1/2 cup lightly packed fresh basil, coarsely chopped (I have several varieties growing - I used Thai basil)
- 4 tsp. snipped fresh thyme or oregano (I used oregano)
- 1/3 cup sliced green onions (optional)



In a 4-quart Dutch oven, cook pasta according to package directions; add the sugar snap peas and the 1 cup assorted vegetables for the last 2 minutes of cooking. Drain well. Return to hot Dutch oven. Add zucchini and cherry tomatoes. Stir. While Pasta is boiling, in a medium saucepan, whisk together chicken broth, flour, and salt until smooth. Stir in milk and sherry. Cook and stir until thickened and bubbly; cook and stir for 2 minutes more. Remove from heat; stir in cheese, basil, and thyme. Add herb sauce to pasta mixture; toss gently to coat. Divide among six serving plates. If desired, sprinkle with green onions.

\*\* Note: I used the veggie pasta. Think of this as a basic recipe and can be change depending on what vegetables are in season. Visit your local Farmers Market for inspiration.



# In the spotlight



SRA Chad Carroll receives ENGAA 2011 President's Award from CSM (Ret) Steve Boatwright.



Amn Tatiana Cookingham receives USAA 2011 Scholarship Award from Mr. Chris Glennon.



CMSgt. David Wright receives ENGAA 2011 Membership Award from CSM (Ret) Boatwright.

# PROMOTIONS



**Senior Master Sergeant**

Michael E. Mays  
Bobby D. Taylor

**Master Sergeant**

Joseph F. Cross  
Kevin W. Myers  
Richard F. Newton  
Richard T. Tucker  
Steven T. Tucker  
Ronny M. Short  
Stanley H. Sheffield  
Jamie D. Nix  
Timothy S. Blanchard  
Joshua D. Denton

**Technical Sergeant**

Grant D. Hines  
Jeffrey A. Hambrie

**Staff Sergeant**

David C. Thompson

**Senior Airman**

Paul H. Webb

# ENLISTMENTS

Michael Delano—117 IS  
James Pate—117 LRS  
Thomas Britt—117 MS  
James McKenzie—117 AMS  
Kimberly Allison—117 SFS  
Janele Sharp—117 MDG  
Rene Swift II—117 CES



<u>117th FSS CUSTOMER</u>	
<u>SERVICE HOURS</u>	
TUESDAY	0730-1630
WEDNESDAY	0730-1130
THURSDAY	0730-1630
FRIDAY	0730-1630



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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	MAY	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