



TEAM TALK



117th Air Refueling Wing
Birmingham, Alabama



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A Legend Retires

By 1st Lt. Jonathan Russell
Public Affairs Officer

6/28/2012 - Birmingham, Ala. -- The first non-prior female to enlist in the Alabama Air National Guard, Senior Master Sgt. Judy Holland, retired on June 9 after 40 years of honorable service.

Holland began her career in the Air National Guard on Jan. 28, 1972.

"I can't believe how fast 40 years have gone by. It seems like a couple of years ago I was in Basic Training. I have made so many wonderful and beautiful friends who I miss very much. I tell the younger airmen to do their best in whatever job they are doing, have a good attitude and go to work," said Holland.



During her career, Holland was awarded the Air Force Meritorious Service Medal nine times and the Air Force Longevity Service Award six times. She was also awarded the Air Force Commendation Medal and Air Force Achievement Medal.

Holland's first assignment was at the 187th Tactical Reconnaissance Group in Montgomery, Ala. where she served as an administrative specialist. Later she was assigned to the State Military Department's Human Resources Office as a temporary technician. In 1996, she joined the 106th Operations Support Group at the 117th Air Refueling Wing as a supervisor. Holland's last assignment was in the 117th Maintenance Group as their administrative specialist.

We're extremely proud of Senior Master Sgt. Holland and her 40 year career with the Alabama Air National Guard. While she may not have realized it in 1972, her enlistment was opening doors for other women in the State," said Col. Jeff Newton, Vice Commander of the 117th Air Refueling Wing.

Holland was the Executive Council Representative of the National Guard Enlisted Association in North Alabama. She was also a member of the Federal Women's Program.

The 117th Air Refueling Wing would like to thank Senior Master Sgt. Judy Holland for her 40 years of dedication and excellent service to the United States of America and to the Great State of Alabama.



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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 Column

Encouraging Others on PT

By Lt. Col Anthony L Johnson
117 MXG



Throughout the years that I have been in the Air National Guard I have seen a number of Physical Fitness programs come and go. Most of the programs included a minimum time in the run or walk and a minimum weight based upon your age, height, and sex. These programs were usually strict. Then they would usually wane or they would be modified or cancelled only to be replaced with another PT program. The new PT program would often go through the same cycle.

I sincerely believe our current PT program, however, is here to stay. Therefore, we need to buckle down and do what it takes to get in shape and pass our PT test. We need to encourage others to help them pass their PT test.

I have spoken to several members within our unit that have lost a considerable amount of weight and have made great progress in getting in shape to pass their PT test. Some of these airmen used various fitness programs and diets available on the market and others came up with their own program to be successful. The common denominator between these individuals is their positive attitude and determination to stick with a fitness program. In some cases a strict diet was at hand.

I want to strongly encourage you to share with others whatever fitness program and/or diet that you have used to pass your PT test. This is especially important information for those who may be struggling to pass their PT test. Sharing your success story may be just the type of encouragement and motivation that others may need to either start or continue their fitness program.

There are other ways to encourage others with their PT preparation. Ask someone to join you during your run or workout. Typically, people are more likely to stay with a fitness program when they run or workout with others. You could run along beside someone during the last one quarter mile of their 1.5 mile run. You could also cheer others on during their push-ups and sit-ups while they are training or during their PT test.

You just may help someone get on the right track and pass their PT test by sharing your success story with others. It starts with encouraging them that they too can have the same success. More importantly, you may help someone start living a healthy life style.



TEAM TALK

Chief's Forum

The Power of a Positive Attitude

By Chief Master Sgt. Matthew R Armstrong,
117 MXS



I would like to start this article by giving you a definition of attitude. The Macmillan Dictionary defines attitude as, "someone's opinions or feelings about something, especially as shown by their behavior." Ultimately, attitudes are created by thinking patterns; and thinking patterns are composed of individual thoughts. Accordingly, thinking good thoughts and using those thoughts to construct good thinking patterns can lead to the development of a good attitude. People with good attitudes constantly monitor their own thoughts.

For some people this is a natural process that barely registers in their conscious awareness, while others do it consciously. We are constantly thinking, feeling, or doing something. These are the three main components that form our attitudes. An attitude is nothing but the way we view people, situations, events, or places. It is a feeling you get that is either positive or negative. Your opinion will determine whether you will think positive or negative. Your attitude reflects how you think, feel, and behave in certain situations. Your attitudes have and will continue to change over your lifetime. I believe that a positive attitude at work is very important. It does not matter if you are an employee or manager with a group of employees working under you. Your positive attitude will benefit you professionally as well as your personal growth. Positive people are a pleasure to be around and work with. Research has shown that a positive attitude reduces stress, improves relationships, builds team work and motivates people.

Positive attitudes will create a positive atmosphere in the work place, therefore increasing production. A positive attitude will help you to overcome with ease the many obstacles that everyday life throws at us. A positive attitude will take you places. Many situations can be easier with a positive attitude. If you are feeling defeated and nothing is going your way, would it not be a great idea to have a positive attitude and watch the problems you are facing melt away? You never know whose life you may change by staying positive. Here are a few quotes that you can think about when things get tough.

“Believe you can and you're half way there” - Theodore Roosevelt

“Attitude is a little thing that makes a big difference” - Winston Churchill

“Continuous effort, not strength or intelligence, is the key to unlocking our potential” - Winston Churchill

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude” - Thomas Jefferson

“Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens” - Kahlil Gibran

Challenges are what make life interesting; overcoming them is what makes life meaningful. - Joshua J. Marine

Safety Net

Texting While Riding!

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



killing members every day and it killed another Air Force member last week.

AUTOMOBILES

You can't eliminate the risk but you can bring it down to an acceptable level. Don't drink and drive. Don't text. Don't drive drowsy. Don't use excessive speed. If you're doing any of the above while you drive, then I don't want to be in your car. The AF had two PMV fatalities last week and neither of them involved a second car. The first fatality struck a stationary object due to distraction. The second fatality lost control of his vehicle due to excessive speed.

THESE ARE THE CRITICAL DAYS OF SUMMER

Between Memorial Day and Labor Day, more Airmen die in off-duty mishaps than at any other time of the year. Since 2002, the Air Force has experienced 218 fatalities during the Critical Days of Summer. As I write this, we're only two weeks into the CDS this year and the fatalities are already significantly higher than in past years. CDS fatalities can be broken down into three main categories: Motorcycles, Automobiles, and Water Sports...with alcohol often sprinkled across all three of the categories.

WATER SPORTS

Alcohol and water sports are a dangerous mix. According to the Centers for Disease Control and Prevention, alcohol use is involved in 70 percent of deaths when it comes to water recreation. One in five boating deaths is because of alcohol. One quarter of emergency department visits for drowning are because of alcohol. A boat operator with a blood alcohol concentration greater than 0.1 percent is 16 times more likely to be killed in a boating accident than someone with a zero blood alcohol level. Whether you're boating, skiing, kayaking, jet-skiing, or just swimming... save the alcohol for later.

MOTORCYCLES

A common theme is riders losing control of their bikes. When you push your abilities to the maximum on every turn, you leave yourself no room for error and no way to recover. Another common theme is riders who were struck by cars because they were not seen. Do everything that you can to increase your visibility. If you're lying dead on the side of the road, then it won't matter at all that the fault lies with the driver who didn't see you. Change the equation - get a nice vest or jacket that is highly visible. Find a helmet that stands out. You can be stylish and also stand out in traffic. If your riding culture says that you have to wear black while riding to be cool... then you need to take another look at your culture because it's

DOES THE GAIN JUSTIFY THE RISK?

ASK YOURSELF... EVERY TIME.

Fitness Success Story

By Wes Jones
117 ARW Public Affairs

Members of the 117th Air Refueling Wing take pride in representing each squadron on base in all aspects of service. One category in particular that has seen improvement is physical fitness.



Each member must pass specific standards in order to meet the requirements. Improvement is a key aspect. Senior Master Sgt. Bobby Taylor has exemplified this crucial aspect of the physical fitness training program. Taylor has trained extremely hard to overcome the challenges he faced in passing.

“I started with coming in around 6:00 a.m. and running before my shift,” Taylor said. “I would also workout during part of my lunch break here on base.”

Taylor has mixed feelings with the physical training program. Overall, he believes it benefits his health, but feels that there is always room for improvement in the process.

“Because of the physical fitness program, maybe I’ll live longer after I retire,” said Taylor.

One strategy he used to improve his results was the buddy system. He partnered with Chief Master Sgt. Matthew Armstrong to hold each other accountable in training.

“It is a life style change. You need to have the right attitude... and we have it,” said Armstrong.

Taylor passed his physical fitness test after not passing it twice before. Even today, he continues to work on improving. He has lost 15 inches in his waist since the start of the new physical training program and has dropped several uniform sizes.

His advice for anyone in his situation is to pick what works best for you and stick with it. As long as you are trying the best you can, that’s all you can do.

Taylor, 53, is from Birmingham, Ala.



TEAM TALK

Community Involvement

Dreams on Wings 2012



Boeing Stearman PT-17 and F-16

The 117th Air Refueling Wing hosted the 10th annual Dreams on Wings here on May 5. This program gives children faced with serious illness the experience and joy of flight which pilots feel privileged to share. It was a great success with perfect weather and the opportunity to fly 38 children and their families. Thanks to all of the volunteers who were crucial in making the day special for all of these wonderful children.



Bart Nelson, Maj. Pam Carroll and Retired Brigadier General Paul Pocopanni volunteer and help coordinate Dreams on Wings



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



117 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

** Government Travel Card **

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>

117th FSS CUSTOMER

SERVICE HOURS

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

Announcements

PROMOTIONS



First Lieutenant
Jonathan Russell

Chief Master Sergeant
James H. Moore

Master Sergeant
Kelvin L. Williams

Technical Sergeant
Jermaine Baker
Charles Clark
Earl Garner
Alan Higginbotham
Dustin Iverson
Chad Lewis
Thomas Linton
Michael Long

Staff Sergeant
Eric P. Nicklaus
Patrick S. Roberts

Senior Airman
Britney D. Bryant
Christopher W. Gaunt
Austin C. Ray

ENLISTMENT
ANNOUNCEMENT:

Airmen First Class
Joseph Raines
Arsbra Croskey

CONGRATULATIONS

1st Lt. Jonathan Russell and his wife Stephanie welcomed Katie Jean Russell into this world on May 11.

CONDOLENCES

Master Sgt. Harry Mullins Mother, Mary Mullins passed away.



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The TEAM TALK is an authorized publication for members of the 117th Air Refueling Wing, Birmingham, Alabama, Air National Guard.

Contents are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force.

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	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