

# POTOMAC

AIR MONTHLY

Dec 2012



# 2012

# YEAR IN REVIEW

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# Award & Decorations Bus schedule

The bus schedule for the A&D ceremony is as follows:

## **A&D VOLUNTEER AND AUGMENTEE SHUTTLE:**

1 bus stop location: Bldg. 3252  
Departure from bus stop: 0630

## **MAIN BODY SHUTTLES:**

3 bus stop location(s): (1) 201AS Parking lot (2) Bldg. 3252 Parking lot (3) Parking area between LRS and Comm. buildings.



**Departure from bus stop: 0730**

**All Personnel must be in their seats at the ceremony by 0830**

All buses will depart the Armory, returning to Andrews, 15 minutes after the end of the ceremony.\*

\*If situations dictate, one bus will remain for 30 minutes for any special meetings after the ceremony.

## ***Potomac Air Monthly***

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# Message from the wing commander

By Brig. Gen. Marc Sasseville  
113th Wing Commander

Guardians,

This is December drill, which means we just finished celebrating Thanksgiving. Among other things, I am thankful for the opportunity to serve and for being part of such a great wing. Over my career, I have heard countless times "I almost joined the military but...", and I expect you have too. It's easy for us to forget how honored we are to wear the uniform, and we should keep those who have gone before us in mind when we do.

December drill means also means fun, travel perhaps, and Holiday parties are right around the corner. But the pressure is also building--there is shopping to do on tight budgets, there are plans to be made, and there might be some family

or relationship challenges thrown in as well. These aren't easy times for everyone, either because of difficult situations that are developing or memories of things that happened. If it gets to be too much, please talk to someone. Please be good wingmen, and be there for each other if you're needed.

The next time we get together as a wing will be next year just before the 57th Presidential Inauguration. We're still planning on needing everybody to accomplish this slice of our state mission, and if it was like the 56th, it should be awesome! Another historic event is unfolding, and we should be proud to be right in the middle of it. 2013 will be a great year, I can feel it already.

So thank you all for everything that you do, and thanks for serving your country. And I hope that you all have a great, blessed, safe, and smart Holiday Season!

# It may not be the holiday blues!

By Karen Zilcoski  
113th Wing Director of Psychological Health

The holidays are coming; you should be excited, happy, looking forward to celebrations and festivities. Instead all you feel is tired, sad, overwhelmed, depressed and irritable. Maybe it is not the holidays that have you down but Seasonal Affective Disorder.

Seasonal affective disorder is a type of depression that occurs at a certain time of each year. Symptoms usually start in late September or early October and last till late March or early April. If you notice depressed and sad feelings in the winter but feel much better in spring and summer, you may have SAD.

Anyone can get SAD but it is more common in areas where day light is short and time changes occur. Women and people between the ages 15 to 55 are more at risk. However, anyone can experience SAD. Studies suggest that the lack of sunlight may upset your sleep-wake cycle and other circadian rhythms. Serotonin, a brain chemical, may play a role; this is the chemical associated with mood. It is also noted that the additional stress of busy times, like the holidays might be a drain and further the symptoms.

For members of the 113th Wing, add preparing for two OREs and an ORI during these months and some individuals could suffer. The DPH is here to help manage symptoms and provide suggestions for treatment. Symptoms to keep an eye out for include:

- Hopelessness**
- Increased appetite (craving carbs)**

- Less energy and inability to concentrate**
- Loss of interest in work, other activities and family**
- Social withdrawal**
- Sluggish Movements**
- Unhappiness and irritability**

Before you all run to the DPH's office realize that winter has an effect on most people and that some of these symptoms like the weight gain and less energy are normal during the cold, dark days of winter. People with SAD however, have these symptoms at a deeper level and these symptoms happen every year.



Some people need professional help with SAD that includes medication and/or talk therapy. Others find success using a light box that mimics light from the sun. Others find they can manage on their own using some of the following suggestions:

- Get enough sleep**
- Practice good sleep habits**
- Eat a healthy diet**
- Increase exercise**
- Engage in activities that makes you happy**
- Avoid alcohol**
- If on medication – take it the right way**

The take away is that if you are facing SAD and do nothing, there are risks. SAD can lead to more serious types of depression and in some cases suicidal thoughts or actions. If you or a love one are experiencing any symptoms, stop by the office. A consultation is totally confidential and sometimes just talking can bring symptom reduction. Bottom line help is available please reach out.

# Combating sexual assault is top priority

By Brig. Gen. Marc Sasseville  
113th Wing Commander

Guardians,

Sexual assault is a cancer in our military, and we cannot nor will not tolerate it. It tears the fabric of strong and cohesive military units, degrades mission effectiveness, is disrespectful to our fellow Airmen, and can be emotionally damaging and physically debilitating. We cannot be a high performance team nor do the mission with sexual assault lurking in the shadows.

I am proud of the Airmen who have been great Wingmen and come forward by alerting leadership when they knew something was wrong. You know who you are, and I publicly thank you. I encourage all of you to do the same and follow their example- we cannot fix a problem we do not know about. We all need to be committed to getting our Wing to

a point where this kind of activity doesn't happen- and if it does happen, we stop it. We will not have a culture of tolerance, or of turning a blind eye to this kind of destructive activity.

Commanders, Chiefs, and front-line supervisors--you are critical in this effort to eradicate this cancer. You have to be constantly vigilant and engaged with our Airmen, and provide them with the leadership they deserve. Our culture will be defined in large part by what you do and don't tolerate. This is something I demand you focus on and learn about. Take active steps to prevent, and if needed, deal with this crime.

Guardians, I need all of you to continue to work smart, play smart, and be good wingman to each other. That includes being respectful, thinking ahead, and doing the right thing. Let's get rid of this cancer.

## 113th Wing aids in Hurricane Sandy relief

By Senior Airman Jennifer Hotte  
113th Wing Public Affairs

After Hurricane Sandy dumped nearly 10 inches of rain and delivered winds in excess of 50 knots, Joint Base Andrews appeared to have been spared the worst. The governors of 12 states and the mayor of the District of Columbia had declared a state of emergency because of the storm, which eventually downgraded into a post-tropical cyclone as it made its way further inland. The majority of workers returned to an undamaged workspace due to the efforts of airman that assisted in aiding the armory and those that stayed at Andrews to assure that all equipment remained operational.

Approximately 50 members of the 113th Wing assisted the Armory in relief efforts during the hurricane. These efforts consisted of members swearing in as D.C. police officers, assisting in traffic control, and area restriction. After reporting to the Armory many of the 113th Wing were dispatched to the District 2 police station where they helped police officers with power lines being down.

The first area I was in a massive branch was hanging off a tree by a small twig. In the second area there were two trees that had fallen and that tore down power lines. At the next area a few people did not use our safe U-turn we had set up and two accidents occurred due to this" said Airman First Class Robert Grabowski.

These shifts varied from 12 to more than 24 hours. During these shifts extra precautions were taken in order to protect airman.



Master Sgt. Jeff McGee said, "we wore extra protection, implemented safe driving areas, and alerted drivers of any potential dangers."

While these members were procuring safety throughout the District of Columbia, other members were at Andrews protecting equipment.

"The majority of communications flight rode out the storm here or at the Armory in order to prevent any building or equipment damage," said Senior Airman Paul Laughlin.

Thanks to the efforts of the 113th members were able to return to a safe workspace and assisted in saving lives throughout the District of Columbia.

## Check-6 Foundation helps those in need

By Lt. Col. Rob Balzano  
201 AS/OSF Commander

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Our mission is to provide aid to children battling terminal illnesses as well as military veterans in need. We incorporated into a Non-Profit Corporation in 2009 and gained our 501c3 non-profit status with the IRS in 2011. This year we filed for and were accepted for inclusion as a Combined Federal Campaign (CFC) charity. We just held a very successful Golf Fundraiser at the Bay Hills Golf Club, in Arnold Maryland this past Monday. With the support of business partners, we raised over \$4000. Our funds have been used to support our Pilot for a Day families, as well as helping our military veterans pay their bills.

The Check-6 Foundation is named after, and based upon an aviator's practice of checking his wingman's 6 o'clock position (directly behind him) to ensure it is clear of any threat. Simply put, a concept of "I've got your back and am

looking out for you." I founded the foundation as a way to "give back" to the community and help those less fortunate veterans and the children that are battling for their lives each and every day. These are the true heroes to me. They have been dealt enormous challenges in their lives and yet, they find the strength and courage to keep fighting day in and day out....and most do it with a smile on their face! It's witnessing the smile on the face of a child who has been diagnosed with a cancerous brain tumor, and the joy it brings to the family members and veterans, knowing that there are people that care and are willing to help, that makes it all worthwhile to me. As we continue to grow and gain the support and partnerships of businesses, our potential to help also increases. If anyone is interested in contributing, they can find donate via CFC at [www.CF-CNCA.org](http://www.CF-CNCA.org) and enter our CFC # 32760 or go to our website [www.check6.org](http://www.check6.org).

## Important financial information

By Senior Master Sgt. Courtna Brown  
113th Wing Finance

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Dec UTA Pay Date – 14 Dec

### DTS

Effective 26 Sep 2012, all POV travel of 800 miles or less roundtrip will be automatically considered "advantageous to the GOV'T" and will not require a cost comparison to be completed.

### Mileage Vouchers

If you are performing duty in the local area to include annual training, the local voucher option should be selected. A certified copy of the order must be uploaded as a substantiating document.

### Outstanding Records

It is mandatory to submit pay affecting documents to the finance office within 5 days of the duty end date. If an order is generated and the duty is not performed, the order must be canceled promptly to release funds being held against the order. We are currently tracking outstanding documents for Military Pay, Travel and DTS. In total the unit has over 400 outstanding documents that are 30 days or older. Please check with your unit to ensure that you do not have an outstanding document on file.

### Document Submission

Please use the following organization mail boxes when submitting documents to finance:

**Military Pay - [113cptf.fmffm@ang.af.mil](mailto:113cptf.fmffm@ang.af.mil)**  
**Travel Pay - [113cptf.fmfft@ang.af.mil](mailto:113cptf.fmfft@ang.af.mil)**





# 113th Force Support Squadron demonstrates new Disaster Mobile Kitchen capabilities

By Master Sgt. Gareth Buckland  
113th Wing Public Affairs NCOIC

The 113th Force Support Squadron showcased its latest piece of equipment by providing hot meals to more than 200 Airmen in a live training and demonstration of the new Disaster Relief Mobile Kitchen Trailer here, Nov. 3.

The D.C. Air National Guard is one of the first units to receive the mobile kitchen and its contingency capabilities will be put to the test in only a few weeks by providing hot meals to Soldiers and Airmen who will be deployed during the upcoming inauguration in Washington, D.C.

“By having a rapid mobility capability where we can bring a whole mix of rations to Guardsmen to any type of disaster relief operations,” said Andy Babington, Babington Technologies vice president. Babington Technologies built the mobile kitchen trailers.

The self contained mobile kitchen is intended for rapid deployment to the scene of any major catastrophe and is outfitted with all the equipment to provide hot meals to relief workers and Airmen working in austere conditions.

“We had a very successful feed today, we fed about 300 to 400, meals went off without a hitch, and we had a good mix of mac and cheese, vegetable lasagna, burgers, corn and coleslaw, it went off very well, and we appreciate the Guard having us out here,” Mr. Babington said.

The DRMKT will replace the aging Single Pallet Expeditionary Kitchen which requires unpacking and putting up a tent which can take up to three hours to set up, while the mobile kitchen trailer can be up and running in a few minutes and can provide hot meals for up to 1,000 people in less than 90 minutes.

“As it is mobile there is no need for a tent or moving of equipment that takes four members to place in the tent,”



said Tech. Sgt. Chito Reyes, 113th Force Support Squadron, “All the equipment is in one place and it is safer than it was in a tent, the advantage of the mobile trailer is the fact it is able to be placed in any situation we are hit with or tasked with.”

As part of the mobile kitchen’s contingency capabilities the kitchen can fit into a C-130 Hercules aircraft and is powered totally by diesel fuel from the generator to the burners of the actual kitchen. Diesel fuel was selected as the main power source by the manufacture as it is the most common fuel available in contingency operations.

“We are able to do everything we can do with the SPEK tent, but we can take this out fairly easy with a truck and deploy to any location needed,” said 1st Lt Dan Keffer, 113th FSS, “The troops love it, it is a lot better clean up, better storage, you can do everything you could with the SPEK tent but only better.”

## *December Promotions*

### **Technical Sergeant (E-6)**

SSgt Katt, Rebecca L. - 201 AS

SSgt Hohensee, Heath E. - 113 MOF

### **Senior Airman (E-4)**

A1C Orrison, Christopher J. - 113 AMXS

A1C Kiarie, Raymond K. - 113 CES

### **Airman First Class (E-3)**

Amn Dianco, Clark F. - 113 CES

### **Airman (E-2)**

AB Taylor, Shadonna N. - 113 FSS



# 2012 YEAR IN REVIEW



Tech. Sgt. Mark Fox, 113th Wing Weapons Specialist, performs an end of runway inspection and salutes an F-16 pilot after an F-16 combat training sortie at Key West Naval Air Station, Fla. (Photo by Tech. Sgt. Craig Clapper)



Tech. Sgt. Jaqueline Constance, 113th Medical Group, takes blood pressure of patients before they are seen by optometrists, medical doctors, or dental surgeons as part of an Innovative Readiness Training mission in Kaua'i, Hawaii on March 5. (Photo by Tech. Sgt. Melissa E. Chatham)



D.C. National Guard members unfurl a giant U.S. flag on the Washington Nationals' field during opening ceremonies for the Nationals' first home game of the season on April 12. (Photo by Master Sgt. Gareth Buckland)



Senior Master Sgt. Chris Johnson and Airman 1st Class Beau Spencer, 113th Munitions inspect nose adapter boosters in preparation for a live bomb build while deployed to Alpena CRTC. (Photo by Master Sgt. Dennis Young)



Brig. Gen. Jeffrey Johnson waves to the crowd awaiting him as he finishes his final flight as an F-16 pilot at the 113th Wing. (Photo by Tech. Sgt. Craig Clapper)





Master Sgt. Sterlin Wilson displays the MOPP 4 chemical gear suit in preparation of the Operational Readiness Exercise in October. (Photo by Tech. Sgt. Craig Clapper)



Brig. Gen. Marc H. Sasseville receives the 113th Wing flag from Maj. Gen. Errol R. Schwartz, D.C. National Guard Commanding General, as General Sasseville assumes command of the 113 WG from Brig. Gen. Jeffrey Johnson during the wing Change of Command ceremony. (Photo by Tech. Sgt. Craig Clapper)



Master Sgt. John Tucker poses with his family, (l-r) wife Jennifer, daughter Madison (10), sons Jackson (9), and Matthew (4), upon his return from deployment to Southwest Asia, in October, at Joint Base Andrews Md. (Photo by Tech. Sgt. Craig Clapper)



## Do you have a valid government driver's license?

By Maj. Byron Coward

113th Logistics Readiness Squadron

If you are not sure if you have a valid government driver's license, here is how to find out:

- (1) If you have to think about it, then chances are you do not.
- (2) If it has your social security number on it, then it definitely is not.
- (3) If you don't know your unit Vehicle Control Officer and operate more than a Ford or Chevy, then you should at least be concerned.
- (4) If you have received a new CAC or new civilian driver's license and have not yet seen your VCO, then you may not.
- (5) If you operate a forklift, and have not completed your recertification in the last three years, then you do not.

Government motor vehicles are not just "cars" given to us to do work on base. They are indeed valuable military equipment that allows us to carry out our daily missions. Additionally, it reflects U.S. government personnel conducting official U.S. government business. When you began to think of military vehicles in this perspective, you will understand the capabilities they provide us and the responsibility we all share to operate them in a safe and appropriate manner. Government Vehicle licensing is the keystone to this thought process.

Your government driver's license indicates that when you are at the controls of a military vehicle, you are trained in its uses, capabilities and limitations. When accidents occur in military vehicles, the driver, unit VCO, commander(s), and vehicle operations and maintenance all share in equal responsibility for any damage, mission impairment and deaths that occur. When military vehicles are misused or operated without proper authorization, consequences for all parties mentioned could be career threatening.

That is why it is important that every wing member takes on the individual responsibility to ensure their military driver's license is current based on the following criteria(s):

- (1) CAC expiration date
- (2) Civilian driver's license date
- (3) Three-year, Material Handling Equipment certification date

If/when any one of these cards or certifications expire, then your government driver's license automatically expires.

Your "Request for Driver's Training and Addition to U.S. Government Driver's License" (also known as the AF Form 171) should include all the management codes (types of vehicles)

you have on your government driver's license. (Also known as the AF Form 2293) If you have management codes on your AF form 171 that are not reflected on the government driver's license, then there is no way to verify you were properly trained by trainers unless they are listed on your section's appointment letter.

If you operate a forklift, then you must consult your VCO to discuss your MHE recertification. Currently, recertification must occur every three years. You can complete your recertification online by visiting <http://www.freetraining.com/osha/Soshamenu.htm>.

Currently, the AFI has changed to give four-wheel drive vehicles and 15 passenger vans management codes separate from the BXX1 management code. This is mainly because these vehicles have their own particular characteristics and operating hazards separate from the basic automobile. If one of your assigned vehicles is either a 4X4 or 15 passenger van, then you will be required to have these two separate management codes on your license. If you have been a member of this unit prior to October 2012 and one of these types of vehicles are assigned to your unit, then you will be given these management codes based on the fact that you have operated these vehicles, in the past, safely. Members who have joined the unit after October 2012 must contact their VCOs to obtain training on both vehicles before it can be annotated on their AF 171 and later on their government driver's license.

To receive a new government driver's license, your first step is to visit your VCO. You can either fill out a new AF Form 171 or see if the VCO already has one for you on file. It is important that if you were issued a government driver's license (either here or at another location) then you need to bring it or a copy of it, or maybe a copy of an old AF 171. When you and the VCO have discussed what management codes are on your AF 171, the appropriate signatures must be on the AF 171. When this is done, you are now ready to visit the vehicle operations office to obtain a new government driver's license. If either the management codes or signatures are incorrect, then your AF 171 will have to be sent back to your VCO for corrections.

Please take the time to talk with your VCO regarding your vehicle training, AF Form 171 and appropriate management codes. If you have any questions, please contact your unit VCO first. You can also contact the Vehicle Operations office at 857-1649 or the Vehicle Management office at 857-2504.



# Strong Bonds Retreat leaves a lasting impression on couples and singles

By Chaplain Maj. Colin Smith  
113th Wing Chaplain

Imagine going somewhere for a weekend away in which something incredible happens. For the first time in many years, you come away from a weekend with your spouse with more than just some recreation, but with a much greater understanding of why your spouse does what they do and insight into how they think. Imagine further that what you learn stops the storm clouds of conflict from arising nearly as often between you and your mate or in your key relationships. This was the experience of 125 event participants attending a first-of-its-kind couples and singles combined event which was jointly sponsored by the 113th Wing in coordination with the Air National Guard Readiness Center on September 7 to 9.

The couples events featured “Laugh Your Way to a Better Marriage” by nationally known marriage speaker and Pastor Mark Gungor, which dealt with such topics as understanding the differences between men and women, sexual intimacy, communication and listening with a fun, laughter-filled approach. For singles using the “Got your Back” course curriculum, communication was also a key component along with learning to spot and avoid certain pitfalls in relationships. They also discussed as choosing carefully which relationships to be in and dealing with anger.

The Strong Bonds event in Ocean City, Md., was designed to provide training on how to foster a better relationship with one’s spouse and, for singles better interaction in their key relationships. Strong Bonds is a unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening families and teaching relationship building skills while also providing reunion and reintegration ministry. The core mission of the Strong Bonds program is to increase individual Airman and family member readiness through relationship education and skills training. The couple’s curriculum takes couples on a healing journey to shared understanding, improved communication, and renewed closeness.

“This is the largest number in attendance for our Strong Bonds retreats to date,” said Ch., (Capt.) Countess Cooper 113th WG, DC Air National Guard. “The importance of building better relationships with our military personnel and their families is key to making our mission a success.”

Strong Bonds is conducted in an offsite retreat format

in order to maximize the training effect. The retreat or “get away” provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors. The aim is to provide a rewarding experience using research based training to help people understand one another better and to give them tools to have less conflict at home and in their daily experience.

“During Strong Bonds events we as chaplains get to do one of the things we love best which is to bring people together to strengthen one of their greatest resources—their family relationships,” said Chaplain (Lt. Col.) Myrtle Bowen, 113th Wing Chaplain. “We want to help them understand how to build better relationships in their families, with their children and as couples or singles.”

One of the couples attending the retreat, Gursimran and Rubina Shergill have been married for seven months and they provided feedback on what they learned. “I never expected it to be like this. It was very funny and enlightening. What we learned today will make our marriage even better,” said Rubina. “Whatever problems we were facing, we can now relate to those issues and understand why we were facing that problem.”

For the “Got Your Back” Singles event there were twenty-five Airmen attending. Ch. Maj. Linzy Laughhunn, Pastoral Care Chaplain, and Ms. Rene Tribbett, executive assistant to the director, ANG Chaplains Corps says that there was plenty of lively discussion and great feedback occurring in the discussions that everyone could learn from.

“Strong Bonds re-iterated accepting people for who they are and deciding the type of people we want in our lives,” said Senior Master Sgt. Eric Evans, Superintendent, Personnel Data Analysis, ANGRC. No matter what type of relationship you have, always check emotions and feelings within one self while being more understanding of others.

The participants of this Strong Bonds retreat were encouraged to spend quality time with their spouses and use the new skills that they had learned at the event to communicate during challenging or stressful times. A singles retreat provides the tools to examine one’s priorities, identify one’s social patterns in eventually choosing a spouse, and evaluate one’s past experience with new insight into how to foster healthy relationships.



# Remember to recognize employer's support

By Senior Master Sgt. Christopher Johnson  
113th MXS First Sergeant

The 113th Wing first sergeants would like to take the opportunity to wish you and your families a very happy holiday season.

We hope that you will all be safe in your holiday travels as one year ends and the New Year begins. It is a perfect opportunity to make sure that we all use the wing man concept and look after each other.

2013 will be a very busy year for all of us in the Wing with the Presidential Inauguration, Operational Readiness Exercises and the Operational Readiness



Inspection. These upcoming commitments are going to take you away from your families and your employers more than any typical year.

Please take the time to thank your families and your employers in advance. This is going to be a very challenging and demanding time for all of us. The job that we perform and the sacrifices we make would not be possible without the support of your families and your employers.

Be safe Happy Holidays and have a wonderful New Years.

# Be safe during 'Party Season'

By Senior Master Sgt. Glenn Thompson  
113th Safety Office

There are many parties during this time of the year: the office party, the family party, the "party with old friends" party, just to name a few. But there things for you to keep in mind while enjoying your Holiday season – especially if you plan on hosting a party.

Always remember, safety first! The best party is a safe party, we can all agree on that. And as such, you should always take every precaution to make sure all of your guests remain safe. This includes inviting designated drivers to the party, calling taxis for people and possibly even taking the keys away from some of your friends. Of the six fatal mishaps during last year's holiday season, two involved alcohol and one of the two killed two Airmen.

Research from the National Highway Traffic Safety Administration shows a dramatic increase in alcohol-related car crashes and fatalities over the holidays, yet only about four of 10 (44 percent) people say the number of adults drinking alcoholic beverages is greater at holiday parties than any other time throughout the year. The discrepancy between perception and reality is a real cause of concern. You can make a difference!

If you are hosting or attending holiday parties this year, there are some key things you can do to prevent dangerous "binge alcohol use" and impaired driving. See <http://blog.samhsa.gov/2011/12/16/stay-safe-and-healthy-this-holiday-season/> for additional information.

# What is a "Family Care Plan"?

By Connie Moore  
113th Family Support



A Family Care Plan is simply a plan for the care of family members during the service member's absence. If you are a single parent or a dual service couple, maintaining a Family Care Plan is mandatory.

A Family Care Plan is very useful to others as well, especially in times of deployments. When a member deploys away from a family with children, a single parent situation is created. If something should happen to the spouse at home, such as an

illness, or even worse, who will take care of the children until the member can return. Every military family deserves the peace of mind that a Family Care Plan can provide. See your First Sergeant to ensure your Family Care Plan is up to date.

If you need further assistance or have unique issues please contact Ms Moore, our Airman and Family Program Manager: email: [Seconda.Moore@ang.af.mil](mailto:Seconda.Moore@ang.af.mil) or by phone Office: 240-857-9746 GVT Cell:301-980-6074

# Deployers-only Personal Clothing and Toiletry List

If you have been identified to be a deployer during Phase I of the exercise, please refer to the following list for required and recommended items. **You will need your Airman’s Manual, Gas Mask, Chem. Gear, and mobility folder.** You will also need to have your Personal Deployment Bag (A-3 Bag ONLY) ready with the items in this list:

## PERSONAL CLOTHING & TOILETRY LIST

MALE ITEMS		FEMALE ITEMS	
RECOMMENDED	MANDATORY	RECOMMENDED	MANDATORY
1 – Belt w/Buckle	1 – Belt w/Buckle	1 – Belt w/Buckle	1 – Belt w/Buckle
1 – Utility Cap	1 – Utility Cap	1 – Utility Cap	1 – Utility Cap
3 – Utility Uniforms	2 – Utility Uniforms	3 – Utility Uniforms	2 – Utility Uniforms
2 – Pr Combat Boots	1 – Pr Combat Boots	2 – Pr Combat Boots	1 – Pr Combat Boots
1 – Field Jacket (Or Gortex) W/Liner	1 – Field Jacket (or Gortex) W/Liner	1 – Field Jacket (or Gortex) W/Liner	1 – Field Jacket (or Gortex) W/Liner
4 – Pr of Work Socks	2 – Pr of Work Socks	4 – Pr of Work Socks	2 – Pr of Work Socks
4 – T-Shirts	2 – T-Shirts	4 – T-Shirts	2 – T-Shirts
4 – Undershorts	2 – Undershorts	4 – Undershorts	2 – Undershorts
1 – Pr Work Gloves	1 – Pr Work Gloves	1 – Pr Work Gloves	1 – Pr Work Gloves
3 – Towels	2 – Towels	3 – Towels	2 – Towels
2 – Washclothes	2 – Washclothes	2 – Washclothes	2 – Washclothes
2 – Glasses (As Req’d)	2 – Glasses (As Req’d)	2 – Glasses (As Req’d)	2 – Glasses (As Req’d)
1 – Reflective Belt	1 – Reflective Belt	1 – Reflective Belt	1 – Reflective Belt
		4 – Brassieres	2 – Brassieres
TOILETRY ITEMS (30-60 DAYS)		RECOMMENDED	MANDATORY
Soap (bars or liquid dispenser)		4	2
Disposable razors		10 (ea)	5 (ea)
Toothbrush w/container		2 (ea)	1 (ea)
Toothpaste (tube or pump)		2 (ea)	1 (ea)
Shampoo (bottle or container)		1 (ea)	1 (ea)
Conditioner (bottle or container)		1 (ea)	Optional
Deodorant		1 (ea)	1 (ea)
Shaving Cream		1 (ea)	1 (ea)
Comb or Brush		1 (ea)	1 (ea) if needed
Hand/foot lotion (bottle or container)		1 (ea)	0 (ea)
Sanitary napkins and/or Tampons		1 (box)	1 (box) (see note 7)
Medication		Expected duration of deployment (note 8)	Expected duration of deployment (note 8)

**NOTE:**

1. All uniforms (ABU/BDU/DCU/Field Jackets/Gortex Jackets and Flight Suits) will have correct name tapes and/or rank insignia attached.
2. Squadron baseball caps will not be worn for deployments. Appropriate Utility Caps will be worn with applicable uniform combination as identified in Note 1.
3. Commander may determine if additional items should be included to the clothing list.
4. Items listed above include items worn by individual.
5. Civilian attire can be included as long as mandatory items aren’t excluded and the bag doesn’t exceed 70 pounds. Members exceeding weight restrictions will endure additional cost at their own expense.
6. Take an extra pair of glasses, as applicable.
7. Sanitary napkins and/or tampons are mandatory for all female personnel.
8. For individuals taking long-term medication maintain a minimum 30-day supply, or as directed by administering physician.



