



OMMENTARY

LEAN TIMES ARE COMING FOR THE ANG

By Lt. Col. Lawrence J. Klein, Commander, 108th Global Mobility Readiness Squadron

'n December of 1776, Thomas Paine wrote "these are the times that try men's souls. The summer soldier and the sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands by it now, deserves the

love and thanks of man and woman."

The entire essay was so inspiring that Gen. George Washington had it read to the troops at Valley Forge.

The Army was suffering through a miserable winter with inadequate food and clothing. Furthermore, the majority of troops' enlistments were due to expire at the end of the year. Consequently, the outcome of the revolution was in doubt for the newly declared republic.

As we all know, fortune turned in favor of the Americans and Washington ultimately defeated the British and accepted their surrender at Yorktown in 1781.

ER CAELUM VICTORIAE Fast forward 232 years and once again we are experiencing times that try men's and women's souls. Although the physical conditions are not as severe, we are facing the looming threat of budget sequestration and an Air Force budget for FY13 that attempted to disproportionately cut the Air National Guard. The National Governors Association along with other elected officials in congress managed to put the proposed budget changes on hold. But we can expect that budgets going forward will continue to face significant scrutiny. This is especially true when sequestration is taken into account. Already the active duty and ANG have taken steps to cut expenses that have affected the way we do business. Conferences and staff as-

sistance visits have been cancelled. Units have been directed to defer certain supply purchases and sustainment, restoration and modernization projects.

All of these issues weigh on the mind as we go about our busi-

ness and try to maintain readiness with fewer dollars to go around. Fortunately, the ANG is used to economizing. We already provide 35 percent of the total force mission capability using only six percent of the total U.S. Air Force's budget. At an advertised price of \$5 million

dollars, the ANG maintains 89 flying

wings throughout the U.S. The active duty spends \$4 million to support and maintain just one wing. On a local level, we all need to look around and see if there are opportunities to cut back on unnecessary spending or eliminate some purchases entirely.

Ask yourself: "Does this directly affect the readiness of my section?"

Finally, until the budget issues are resolved - and that could be a fairly long time - do not let rumors spread and become a cancer within the Wing. If you hear or read something that concerns you, ask a supervisor or commander. More often than not, reality and rumor are far removed from each other. The 108th Wing and the ANG will get through the current budget turmoil and come out the other end perhaps a little leaner than before. But, as always, as Guard members, we will not "shrink from the service of our country" and we will show that we are not "summer Airmen or sunshine patriots". The state and the nation can continue to count on us.

Cover: Inspecting our planes

Staff Sgts. Todd M. Little, left, and Garion E. Reddick, perform a fire looping inspection on a KC-135R Stratotanker during the plane's scheduled maintenance Jan. 12. 2013 at the 108th Maintenance Squadron's hangar. More photos on Pg. 4. (Air National Guard photo by Master Sgt. Mark C. Olsen/Released)



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Recently, I was appointed as your 17th Chief Master Sergeant of the Air Force. It was an incredible day, and as I begin this journey with you, I wanted to send a quick note to let you know a little bit more about me.

First and foremost, I could not be any prouder of the men and women in our United States Air Force and their families. Thank you for your service. Our Air Force consists of 690,000 diverse, highly skilled, dedicated and brilliant people, and none is more important than another. We must all work together as a team to produce unbeatable airpower for our Nation.

As Gen. Mark A. Welsh has said, every one of us has a story and mine revolves around the Air Force. I am proud to have been an Airman for just more than 28 years now. I married an Airman; Athena, is a retired chief master sergeant and our son is an Airman. We understand the sacrifices you make and the challenges you face: This is family business.

Coming out of Air Education and Training Command, I have a pretty clear view of how we train and educate Airmen. I believe education and training are the foundation of our airpower advantage and must be protected. This will be one of my focus areas.

Education and training, along with experience, are the keys to the deliberate development of Airmen that will ensure the continued success of our Air Force today and into the future. I expect us to continue focusing on all three of these things.

We cannot have airpower without Airmen. We rely on Airmen to accomplish our missions. I think it's critical that we make sure you have the resources you need to do your job. Our programs and services should meet the needs of our Airmen and their families. This will be another of my focus areas.

While we're doing all this, we also need to strike an appropriate work/life balance. Our Nation demands a lot from

its Airmen, and that is not likely to change, but if we can eliminate unnecessary additional duties and

find ways to use technology to give us some time back, I think we should do that. On top of that, our workplaces must be safe and productive environments where innovative Airmen can function at their best. This will be another of my focus areas.

From the pioneering spirit of Chief Master Sgt. of the Air Force Paul Airey to the bold leadership of recently departed Chief Master Sgt. of the Air Force Jim Roy, our force has prospered from a long line of brilliant and visionary Chief Master Sergeants of the Air Force. It is my mission to continue that legacy in the best way I

It's most important to me that you know Athena and I will be working with you, your family, your development, and your mission in mind.

Thank you for your service to our Nation. **3**

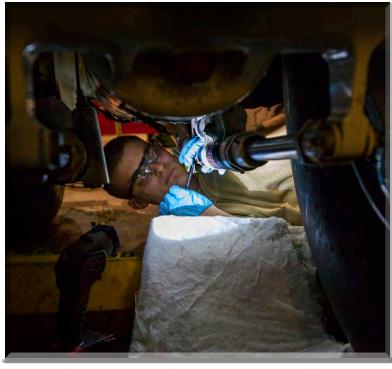














Warrior Voices: Veterans Learn to Write the Words They Could Not Speak

on Capps sat alone in a truck in a Darfur desert preparing to shoot himself in the head. He had been in the military for 22 years, serving in the Army and working for the Foreign Service in the world's hot spots, including Afghanistan, Iraq, Kosovo, Sudan and Rwanda. He'd debriefed

Iranian terrorists held in Iraq, observed rebel forces and assessed the carnage they'd left behind in Sudan, counted the mass graves of the hundred thousand killed in the civil war in Zaire — and reported all back to Washington. After five wars in 10 years, Capps had developed post-traumatic stress disorder, and it was killing him.

But that day in Darfur, his cell phone rang, startling him, and pulling him "back from the brink."

"Hello?" I answered. The static on the phone cleared up.

"Hey," my wife said. "What's up?" Uncanny timing.

I paused. I certainly couldn't answer with the truth.

"Not much," I said. "What's up with you?"

Capps wrote those lines in 2009 in an essay he entitled "Back From the Brink: War, Suicide and PTSD." He was 51, retired and a master of fine arts student at Johns Hopkins, where he used writing to make sense of his war experiences and to manage his trauma. After a particularly inspiring class, he decided to "give away" what he was learning in his graduate courses by helping other veterans transition back to civilian life. Today, the nonprofit he created, Veterans Writing Project, provides free workshops, some in conjunction with George Washington University and some with the National Endowment for the Arts, and publishes a journal of veterans' writing called O-Dark-Thirty.

The Veterans Writing Project is one of several organizations — including Warrior Writers, based in Philadelphia;

New York

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Ron Capps' conversation you?" with his wife.

Writing Group — that have cropped up over the last few years with similar missions. This tradition of healing through words goes back to World War II, when a women's service group brought workshops to veterans in Veterans Affairs hospitals, first in Chicago and then spreading to other facilities around the country. The group still operates today out of Mission, Kan., and publishes the journal Veterans' Voices.

The writing workshops are open to vet-

erans of any war, but the service members returning from Iraq and Afghanistan are the ones who are "changing the conversation," says Travis L. Martin, 28, an Iraq veteran and editor of The Journal of Military Experience, a collection of short stories, poems and artwork created by student veterans, which he started at Eastern Kentucky University in 2011.

"The traditional therapies and approaches to PTSD are not getting the job done," he says. "Vets are looking for alternative ways to heal, and they are latching onto writing as a way to do it."

Psychologists know that writing is therapeutic. Expressive writing is used in clinical settings to help patients examine anxieties and abuse that are otherwise unspeakable. Exposure therapy — retelling a traumatic event over and over until it loses its hold over a patient often uses writing to extinguish the emotional and physical reaction to trauma.

> "My experience," Martin says, "is that traumatic memories are fragmented. They appear in flashes of intensity,

but not always in order. "If you can put those emotions and the traumatic event in a narrative that makes sense to you," he says, "it makes the trauma tangible. If it is tangible, it is malleable. And if it is malleable, you can do something with it."

The above story is an excerpt from a Feb. 1, 2013 article in the New York Times by Cecilia Capuzzi Simon. For the full article visit the 108th Psychological Health Program Sharepoint page at: https://eis. ang.af.mil/org/108WG/WingPrograms/ PHP/Pages/default.aspx



The "Right Safety Attitude"

By Senior Master Sgt. James Granato, Ground Safety Manager
The month of February is starting off great. Not only
did Phil, the famous groundhog, not see his shadow
but it's also \$5-foot-long month at Subway.

This month we will address the "Right Safety Attitude". I know I have heard the phrase "Mission First, People Always" more than a few times during my career as I'm sure many of you have as well. In the 108th we get paid to keep aircrafts flying and there is no quarrel with the Airmen/Airwomen who gives it their all to make this happen. However, this doesn't mean you have to take safety shortcuts.

Most accidents happen as a result of an unsafe condition, a poor attitude, or both. People with bad attitudes are showing disregard for themselves and others. Now, we all know or have come across someone like this in our lives. The question is, what do we do about it? Do we say, "Well that's just Joe. He's always like that." or do we say "KNOCK IT OFF!" People who take chances are showing a bad safety attitude.

What about good attitudes toward safety? All of us are required to follow certain procedures in our jobs. These procedures can be technical data, regulations, instructions or manuals. One way to build a good safety attitude is to learn your job well. Know the hazards and know the safeguards. Another indication of a "Right Safety Attitude" is to set an example for others. If you see a safety hazard that can be corrected on the spot; go ahead and FIX IT. Finally, if you run into a problem that you're not sure you can handle safely on your own; report it to your supervisor or safety office.

Now get out there and be safe and encourage others to be the same. Also, don't forget to bring your tape measure into Subway so you don't get shorted.





The 108th Civil Engineer Squadron Base Recovery Team accepts Jan. 13, 2013, the Fiscal Year 2013 1st Quarter Safety Award for their efforts during Hurricane Sandy. Each mem-

ber was also presented a coin from Senior Master Sgt. James Granato, 108th Wing Ground Safety Manager. (Air National Guard photo by Airman 1st Class Kellyann Novak/Released)

THE UNITED STATES AIR FORCE SALUTES

AFRICAN AMERICAN HISTORY MONTH

African-American History Month focuses on achievements

By Terri Moon Cronk, American Forces Press Service

frican-Americans have made and continue to make major contributions to the nation's defense, the director of the Defense Department's office of diversity management and equal opportunity said in a recent interview.

As National African-American History Month commences today, this year's theme -- "At the Crossroads of Freedom and Equality: The Emancipation Proclamation and the March on Washington" -- is important for two reasons, Clarence A. Johnson told the Pentagon Channel and American Forces Press Service.

"The Emancipation Proclamation is 150 years old, and the March on Washington is 50 years old," he said. "The Emancipation Proclamation freed the slaves, but it also enhanced America's freedom."

Because 1963's March on Washington precipitated the Civil Rights Act, DOD components worldwide will celebrate with those events in mind because of their contributions to diversity and freedom, Johnson said.

National African-American History Month gives people an opportunity to recognize African-Americans who have contributed to the nation's defense, and that recognition is important, he said.

"It gives us the time to appreciate the strides we've made," he added. "I think we pride ourselves in ... [making] sure all our individuals are treated with equality, dignity and respect."

As the military services observe National African-American History Month, Johnson said, there are two things to keep in mind: service and commitment. Greatness is achieved by serving others, he said, while commitment to diversity is critical to the nation and to DOD. African-Americans have long since left their mark on defending the nation since the Revolutionary War, he added.

In the American Revolution, Johnson said, 51 African-Americans served, and in the Civil War, 180,000 served. Some 35,000 African-Americans died in the Civil War, he added.

"African-Americans continue to serve and distinguish themselves in war and peacetime," said Johnson, adding that 90 African-Americans have received the Medal of Honor. And African-Americans continue to be well represented in DOD, he added.

"Almost 18 percent of our enlisted corps is African-American," he said. "More than 9 percent of officers are African-American. In our civilian workforce, African-Americans (make up) about 15 percent."

Since President Harry S. Truman signed an executive order in 1948 to desegregate the services, DOD has made significant achievements, Johnson said.

"We have led the nation in maintaining and achieving an integrated workforce," he said. "We've made great strides in making sure we select folks with the highest potential (and) talent to serve, and we continue to find that programs and policies DOD put in place helped us maintain our equal opportunity program to make sure that (people) achieve their maximum (capabilities)."

Defense Secretary Leon E. Panetta has said that diversity is a force of the military's strength and a key to maintaining readiness, Johnson said.

"So as we celebrate and commemorate diversity," he added, "we are celebrating the contributions of all men and women who have contributed to the DOD mission."



he 108th Wing's Junior Enlisted Council joined forces with The Children's Home, located in Mount Holly, during this past holiday season to sponsor orphaned children that would not be given gifts this year for Christmas.

With a concerted effort from the 108th Wing's JEC, many units from the Wing, such as Logistic Readiness Squadron, Contingency Response Group, Maintenance Squadron, Civil Engineer and others, all pulled together to sponsor more than 100 children.

Laura Alfieri, the Home's development coordinator, provided a gift list for all children being sponsored. With this list on hand, everyone did an amazing job ensuring that each child received the gift they requested on the list. On top of ensuring that JEC received the list, Alfieri organized the drop off location at Mount Holly. It was a group effort and everyone was happy to help out the local community.

The Children's Home (TCH) is a 501(c) 3 non-profit organization serving New Jersey's children and youth, ages 8 to 21. Founded in 1864 to care for the needs of Civil War orphans, TCH has evolved through the years as the child welfare system

as the needs of New Jersey's children have changed.

Today, TCH serves New Jersey's youth with a wide variety of needs. Referred from the entire state of New Jersey by the Division of Youth and Family Services and Division of Child Behavioral Health Services, TCH serves more than 140 children and young adults at any one time and more than 450 annually. For more information or how you can donate to The Children's Home of Mount Holly visit their website at www.childrens-home.org.

The 108th Wing JEC is a council of members – Airmen to technical sergeant – who represent the junior enlisted force of each of the units within the Wing.

The council meets every Saturday of the month during the unit training assembly and discusses issues affecting junior enlisted members; plans for morale boosting and fund raising activities; and a forum to communicate to the Wing commander.

All members who are Airmen to technical sergeant are invited to our meetings at 1 p.m. at building 3331 conference room. We have a great time and help our community!

Knock! Knock! Who's There? Opportunity

By Master Sgt. Ed Lowden, first sergeant, 108th Maintenance

everal sources I've researched described the word "opportunity" as something along the lines of "a favorable juncture of circumstances." Over the past year, I had an opportunity to apply for a position as a 108th Wing first sergeant. This new position was one that certainly would not come without much preparation. Hard work in the way of research, studying of related materials and preparation for the board - which consisted of the Wing's Command Chief and two existing first sergeants - was on my horizon.

This was at a period when I was working fulltime; attending the unit training assemblies; temporary duty for a week during the application process; helping care for a disabled parent and going to college during the evenings. Oh, then there's this little thing called "family life."

I mentioned "going to college during the evenings," in the paragraph above for several reasons. Firstly, my reasons for furthering my own education are many, but across the years I have witnessed several junior enlisted members of my prior squadron, Maintenance, utilize their tuition benefits and obtain their degrees. Thereafter, these Airmen have gone on to become outstanding officers and senior enlisted leaders in our Wing, or move on to become officers in other units.

The Airmen of today are being offered substantially more - in the way of opportunities than when I first joined the Air Guard back in 1983. I'm not going to say that I had to walk up hill both to and from school as a kid, but right out of high school, I did commute an hour each way to college. These days, **Burlington Community College** is willing to teach courses - with as little as ten people per class right here in our Wing! Furthermore, BCC is quite flexible with course start dates and class start times, so all technicians, Active Guard Reserves members or traditional Guardsmen who are within a reasonable commuting distance should seriously consider taking advantage of this

fantastic offering. Additionally, we can open up a class to active duty and sister services to meet minimum seat requirements, if need be. Further information will be forthcoming on this exciting opportunity.

As I mentioned in my opening paragraph, opportunities – such as attending school during the evenings – do not come without various obstacles we must navigate through. One of the greatest obstacles or challenges facing young men and women today is to accept responsibility. And to accept responsibility is to take full advantage of opportunity.

Another outstanding opportunity is your voice in the Wing's leadership by participating in the Junior Enlisted Council, or Senior Noncommissioned Officer Council. The voice of these individual groups is what helps guide the future direction of our Wing.

Keep in mind, opportunity may present itself when you least expect it, and when it does, be as fully qualified as you can. You can do this by being ready to ascend to your military or civilian supervisor's position; keeping your resume current; maintaining your military uniforms, which includes showing pride in ownership by wearing optional items like your carrier field badge on your Airmen Battle Uniforms; and assisting junior members in their career field training and their path to future leadership in the profession of arms. All of these are great opportunities.

The great writer and historian Sir Francis Bacon made the statement, "A wise man will make more opportunities than he finds." Opportunities - in the way of challenges - are all around us in the Air Guard. I sincerely hope that each of us, as citizen-Airmen, take advantage of these challenges and realizes that when "opportunity knocks," if nobody answers the door, opportunity will then tend to walk next door and present itself there. Therefore, be fully prepared to answer that knock on the door.

The 108th Wing's Junior Enlisted Council

he 108th Wing Junior Enlisted Council is a nonprofit veteran's organization. The council acts as a liaison between the 108th Wing Commander and the junior enlisted community - E-6 and below - to disseminate information and suggest resolutions to current issues. Being mindful of the inherent responsibilities with being an Air National Guard member, the council seeks to promote the general welfare and to improve morale by ministering to the special needs of the 108th junior enlisted.

Objectives of the council are to voice concerns that affect the junior enlisted force, propose solutions, and establish or plan activities that will enhance the morale, esprit de corps, and the well being of all.

Council members communicate with Airmen in their respective units, solicit problems, and use the council to help resolve them. Members are responsible for informing unit members of the issues covered in meetings and the results of the council's decisions. Some issues that have been brought to the council's attention are promotion problems for Airmen, 108th gate closure, and Air National Guard member benefits.



Col. Kevin J. Keehn, left, promoted Senior Master Sgt. Jill Moore, while her brother, Neil Moore, right, was in attendance at the 108th Wing promotion ceremony Jan. 13, 2013. To view more photos of the ceremony please visit our Flickr page at 108th Wing - NJANG. (Air National Guard photo by Airman 1st Class Kellyann Novak)



Multi-Faith Calendar Highlights February-March UTA 2013



Below is an example of what leaders can obtain from the 108th Chaplain Corps to help them determine what non-mission essential personnel may need to practice their faith. Leaders must weigh the needs of personnel with the needs of the mission and make decisions based on input from many sources. The USAF allows for the free exercise of religion as long as it does not interfere with the mission. The Chaplain is the source of information to the USAF regarding these religious needs.

Holy Day	Description	Impact to Personnel
ASH WEDNESDAY - Lent begins [Christian] 13 Feb (Wed)	This holy day marks the beginning of Lent. Catholic and Liturgical Protestants participate in the imposition of ashes, symbolic of penance at a service.	Special worship and food restriction - Some Christians may seek permission to participate in the celebration of the Holy Eucharist and Imposition of Ashes service.
PARINVANA-NIRVANA DAY [Buddhist] 14 Feb	Mahayana Buddhist festival marking the anniversary of the Buddha's death.	Special festival - Some Buddhists may seek permission to attend festival.
Fast of Esther 21 Feb (Thu) [Jewish]	This holy day begins on 21 Feb, the Fast of Esther, and is a minor fast from sunrise to sunset.	Special celebration and work restrictions - Some Jews may seek permission to reduce or be excused from physical training (including PT Assessments) or limit their time outdoors, duty permitting and/or request time to participate in celebratory feasts in the evening.
Festival of Purim 24-25 Feb (Sun-Mon) [Jewish]	Purim commemorates the time when the Jewish people living in Persia were saved from extermination through the intervention of Queen Esther. Beginning on 24 Feb, it is a day of joy and revelry, with a required reading of the Book of Esther, feasting, and celebration.	Special celebration and work restrictions — Some Jews may request time to participate in celebratory feasts in the evening. Special note: alcohol consumption is a normative part of the feast day.

Medical Group first sergeant position available

The 108th Medical Group has a vacancy for a first sergeant. Any eligible enlisted member desiring consideration should prepare a detailed resume of military and civilian experience, letter of recommendation from member's Unit Commander, and a letter of intent. Applications should be submitted to the 108th Wing headquarters, Master Sgt. Rose Quinquinio, assistant to the 108th Wing commander, no later than close of business Feb. 10.

You will be notified of the date and time of when the First Sergeant Board meets. A position description of the job can be found in Air Force Instruction 36-2113, The First Sergeant.

Pre-board requirements: Must be a promotable technical sergeant or master sergeant. Within the past 12 months, attained a minimum score of 75 points on the physical fitness assessment (PFA). To attend the school, the candidate must be able to run the 1.5 mile portion of the PFA; a minimum ASVAB score of 41 administrative or 62 general, minimum physical profile of PULHES 322221 and possess a seven skill level. In addition, the candidate must be financially stable and meet minimum U.S. Air Force and Air National Guard's standards and overall image must exceed minimum standards.

Questions may be directed to the 108th Wing Command Chief Master Sergeant at 609-754-8510.

Are you a "Legal Eagle"?

The enlisted paralegal career field has been in existence since 1955, and continues to play a very prominent role in The Judge Advocate General Corps (TJAGC).

TJAGC's primary mission is to provide legal counsel to commanders, first sergeants, and other key personnel on a broad spectrum of legal and administrative matters. Consequently, the paralegal plays an integral part in achieving this mission. Furthermore, the paralegal apprentice/journeyman/craftsman supports virtually all areas of the legal office, including military justice, claims, civil law, legal assistance, contracts, and environmental law.

Within these divisions, paralegals conduct legal research, interview victims and witnesses, and draft opinions and documents. They also support investigations of serious incidents, such as aircraft, missile or rocket accidents.

The paralegal career field is a challenging but rewarding one. Any interested applicants should contact Senior Master Sgt. Janeen Fillari, Law Office superintendent at 609-754-3870, or via email at janeen.fillari@ang.af.mil. There are minimum eligibility requirements to join the paralegal career field, which include: the ability to type 25 words per minute, a minimum general Aptitude Qualification Examination score of 50, no derogatory information in your records and two interviews with Legal Office personnel.



FRONT AND CENTER: DUY NGUYEN



Rank: Technical Sergeant

Job in 108th: Aircrew Flight Equipment Civilian Job: Counter drug task force An unusual food you like: French Fries

cooked in duck fat

Favorite TV show: Sherlock (on BBC)

Favorite music genre: Eclectic Favorite Sport: Football

What I do in my spare time: Play with my

kids

My hero is: My wife, a super overachiever Dream vacation: Quiet getaway with the

family

Dream car: Tesla roadster

Future goals: Complete my time for full

Active Duty retirement

What I like best about the 108th: The

camaraderie, family feel

If I was commander for a day: *Do an "Undercover Boss", blend in and work with the enlisted, see what really goes on*



108TH AIRMEN REENLISTMENT



Several Airmen from the 108th Wing reenlist Jan. 12, 2013 at the Wing's January Unit Training Assembly. From left to right, Senior Airman David M. Savino, Staff Sgt. William S. Fielding, Tech. Sgts. Sean M. Nitahara, Anthony P. Rodig, Terence A. Roundtree,

Col. Robert Meyer, who administered the Oath of Enlistment, Master Sgts. Michael Elbertson, Eric P. Hunt, Francisco J. Vega, Jose Rodriguez, and Chief Master Sgt. Marvin C. Nichols. (Air National Guard photo by Staff Sgt. Armando Vasquez/Released)



MAN ON THE STREET

"What is your New Year resolution?"

Photos by Staff Sgt. Armando Vasquez, 108th Wing Public Affairs Office



"I didn't make one for this year."

-Staff Sgt. Stacey McGrane, 108th Logistic Readiness Squadron



"To beat MSgt Applegate in the 1.5 mile run."

- Master Sgt. Timothy Lannon, 108th Logistic Readiness Squadron



"Like everyone else, just not lose weight but a better overall fitness."

-Airman 1st Class Veronica King, 108th Logistic Readiness Squadron



"I want to travel a little bit more. See the world.."

- Senior Airman Randy Morales, 108th Civil Engineers



"I'm a black belt, so I want to get back into karate."

- Master Sgt. Karl White, 108th Logistic Readiness Squadron



"I'm studying 2nd Education and history at Rutgers. I want to make the dean's list for these next two semesters."

-Airman 1st Class Steven Zampino, 108th Force Support Squadron



"Basically to move up in civilian job and at ANG.
Try to be financially ready to move to Florida."

- Airman 1st Class Jose Martinez, 108th Logistic Readiness Squadron



"I don't have one. I didn't think about one this year."
- Staff Sgt. Omar Navarro, 108th Security Forces Squadron