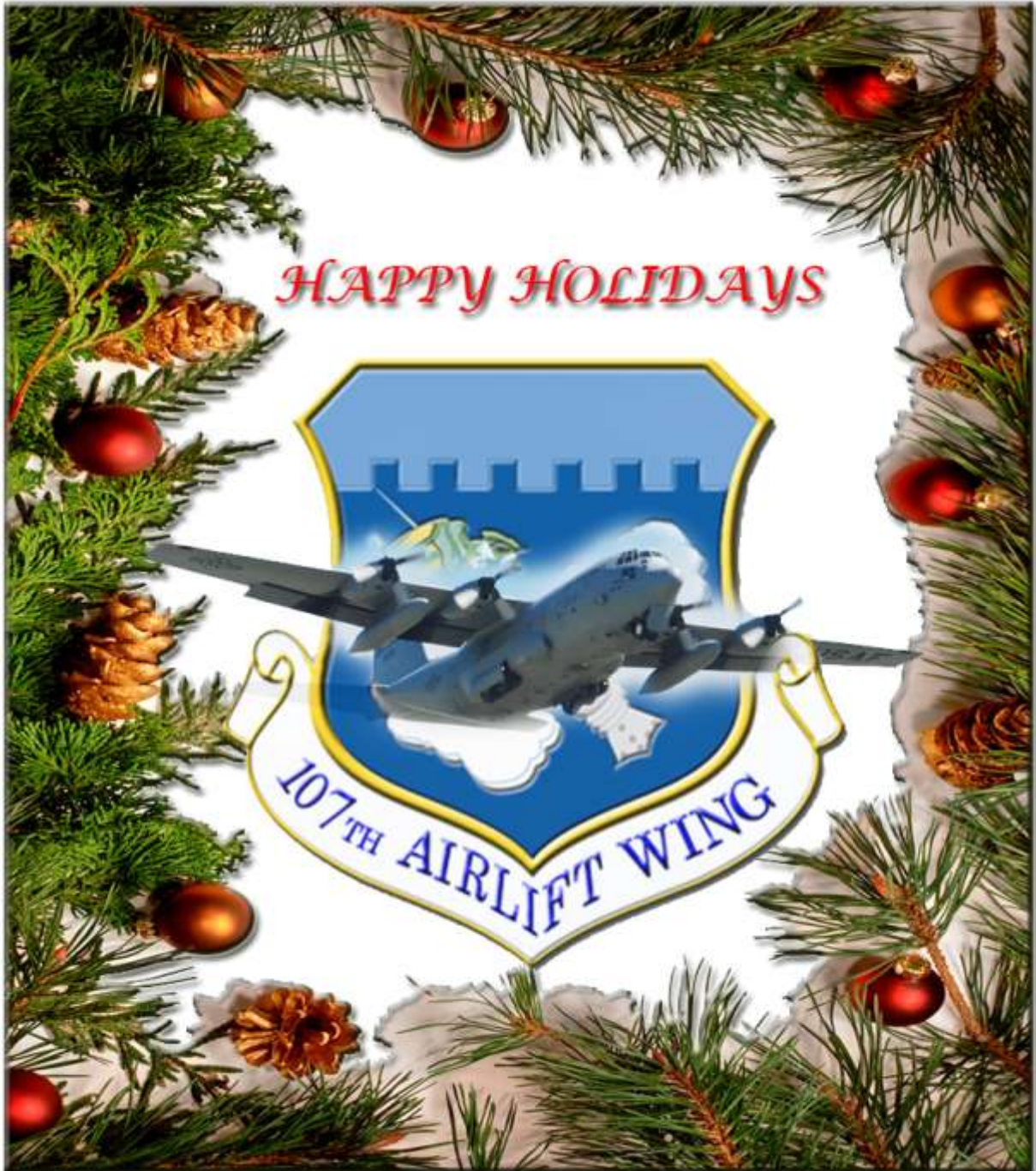




December 2011



Ownership

Take ownership of your job

I've preached my whole career about taking Ownership of what you do and why it's so important. This is one of the words that you can truly identify with and have your own signature that says who you are and what you stand for. It also will follow you through the rest of your life. This being said, we all know people that put everything into what they do and others...well, not so much. Although ownership takes place every minute of your life no matter where you are, I'd like to just talk about your work environment and the job that you are responsible for while trying to accomplish your mission objectives.

Any job you do is going to "have your fingerprints all over it." That is why it is so important to take ownership of your job, any job you do, and really own it. Do it the best you can; do it the best it can be done. That is how you succeed.

Passion for the job

When you are passionate about what you do, you do better and you enjoy it more which tends to pay off in increased success. Sometimes you can't be passionate about a job, but you can still take ownership. You can still own the job and do it well.

Making A difference

The people who get promoted are those who make a difference. If there is no difference between what happens when you come to work and when you don't, why would anyone want to pay you or promote you?

One simple way to make a difference is to do any job you tackle the best it can be done. You may not be the best choice for a particular job, but once it is given to you it is up to you to get it done the best way possible. If you do that, people will notice. And when they see you

Continued on page 4

Public Affairs Officer

Capt. Elaine Nowak

Staff Photographers

Senior Master Sgt. Ray Lloyd

Tech. Sgt. Catherine Perretta

Tech. Sgt. Justin Huett

Tech. Sgt. Brandy Fowler

Contributing Photographers

Master Sgt. Stephan Kovacs

107th Airlift Wing

Commander
Col. Jim McCready

Vice Commander
Col John J. Higgins

Executive Officer
Lt. Col. Deanna Miller

THUNDERBIRD

The *Thunderbird* is a funded Class 1 Air Force Newspaper published monthly at Niagara Falls A.R.S., N.Y. The *Thunderbird* is an authorized publication for members of the United States military services. Contents of the *Thunderbird* are not necessarily the official views of, or endorsed by, the U.S. Government, DOD, the Department of the Air Force, or the Air National Guard. The editorial content is edited, prepared, and provided by the Public Affairs Office of the 107th Airlift Wing. All photographs are Air Force photographs unless otherwise indicated. The *Thunderbird* uses material from Armed Forces Press Service, AFNS, AMC News Service, af.mil, NGAUS, Air Force Retiree News and unit members.

Chief's, continued from page 3

take ownership of every job you do, they will start to give you the jobs that are important to them. The more you do jobs that matter to your superiors, and do them well, the faster you will move ahead.

Passion, energy, pride

When you are passionate about what you do, you have more energy. You care more about what you do. When you care more about what you do, you do it better and you can take pride in what you have done. When you are proud of what you have done, you are passionate about it. It is a cycle that feeds on itself and increases your capability.

On the other hand

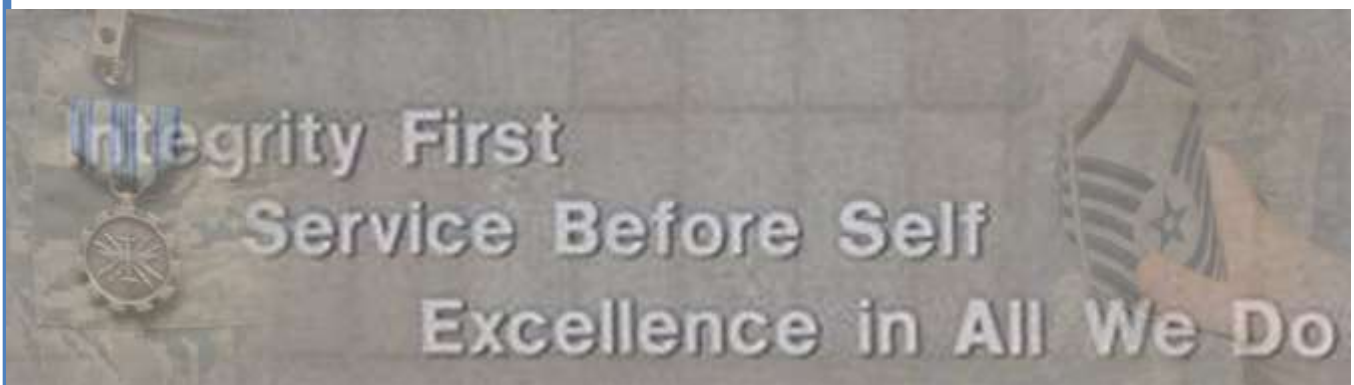
If you sit back and just slide through your next job, do you think that job will be done well? Do you think upper management is going to be looking for the person who did that job so they can put him/her in charge of the next job? Or when the next layoff comes will that person be on the list of expendable people?

Don't kid yourself. Every job you do has your "signature" on it. People know who did it.

Bottom line

You want the work you do to be something to be proud of. You want the jobs you take on to help your career, not hold you back. So go above and beyond and really take ownership of every job you do. You will feel better for having done that. And others will notice.

You don't want the Vice President to tell Human Resources, "We can let John Doe go. He never does much anyway." Instead, at the next company meeting, you want the boss to stand up and say "and special thanks to John Doe for that great job on the xx project." That is a big step on the way to success.



Season's greetings

It's hard to believe 2011 is drawing to a close. For me personally, it has been a momentous year. I cannot overstate the honor of becoming the Commander of the 107th Airlift Wing last January. If that wasn't enough, I also gained a son-in-law, my son graduated college, and literally at any moment will become a grandfather.

The Wing has had an equally momentous year, and we should all feel very proud of what we've accomplished. It takes dedicated Airmen at every level, like we have here at the 107th, to continually excel at the impressively high Operations and Personnel tempo we maintained in 2011! I could fill the remainder of the article with the list of accomplishments from 2011, however, I will take this time to look forward.

What will 2012 and beyond hold in store for you and the 107th? That's the ten million dollar question, right? We will, as always, focus on the things in our control. Operations has shifted their focus to the upcoming Aircrew Standardization Evaluation Visit (ASEV) from AMC in March. The entire base is fine tuning for our Operational Readiness Inspection (ORI) in July, a process we began almost two years ago and will continue with a Position the Force exercise in January. On the horizon is our Unit Compliance Inspection (UCI) in July 2013, so keep those self-inspection checklists current. Additionally, Security Forces will be deploying, as will numerous individuals on a voluntary basis. It promises to be another year full of goals to be set and challenges to be met.

The wing and base are well positioned for the future. Both the 107AW and 914AW have made great strides since BRAC '95 and '05 to strengthen our value to the local area, state and nation. In the past six months the 107th has deployed Maintenance, Ops and CE to the AOR along with multiple individual volunteers fulfilling the federal part of our mission. We sent 107th volunteers downstate to help with Hurricane Irene and Tropical Storm Lee relief efforts, while simultaneously bedding down hurricane evacuation aircraft and crews from Schenectady and Long Island enabling us to meet our state mission. Equally as importantly we have given back to our community through United Way Day of Caring, Bosses Day, Traffic Safety Fair, Thunder of Niagara Air Show, and the City Mission to name just a few.

We continue to find ways to reduce the cost to operate our base and wings. The budget talks were the dominating topic of discussion during the Joint Senior Leaders Conference that Command Chief Wohleben and I attended in Washington. Announcements are due in January that will detail the budget cut proposals and ultimately trickle down to the ANG, and New York. Rumors of our future and the future of our base are just that, rumors. I encourage each of you to think about this before you pass them on. If I hear anything through official channels on our future I will get the word out to the Wing, just like we did in 2005. I too have heard rumors, but nothing of substance from our leadership at State Headquarters or the National Guard Bureau. We are probably being looked at for cuts to help resolve the budget crisis, just like every other Guard Wing in the country is being evaluated for cost savings. That's just the reality of what is presently facing the Department of Defense, I'm not looking to alarm anyone, just point out the challenges our country faces.

At this point in time we are doing exactly what The Adjutant General, Maj. Gen. Murphy advised us to do; "be the best C-130 wing we can be." We've embraced the mission and gotten quite good at it in a short time. I could not be prouder of the professionalism and esprit de corps you have demonstrated as we strive to be the best Herc unit in the ANG.

From the whole McCready family I would like to wish you all a very Merry Christmas and Happy Holiday Season. Enjoy, be safe and I look forward to seeing you all at January drill.

Col Mac



Chaplain Services

Catholic Mass

Saturday 4 p.m., Base Chapel

Protestant Worship

Saturday 4 p.m.,
Wing Conference Room, Building 901

The Rosary

Fridays prior to UTA at noon,
Wing Conference Room, Building 901
For service schedules of **Buddhist, Jewish, Muslim,** and **Orthodox** communities, call extension 2395.

If you need to see a chaplain, please call Chaplain Services at extension 2395, or at the numbers listed below. Chaplains are always on call.

Catholic Chaplain

Lt. Col. James P. Jaeger
St. Mary's Church
32 E. Morris St.
Bath, NY 14810
Phone: (315) 597-4571

Protestant Chaplains

Maj. Jackie Ann Rose Kraft
Asbury United Methodist Church
3750 Millersport Highway
Getzville NY 14068
Office: (716) 688-8677
Home: (716) 625-6266

Make room for the new

By Chaplain Maj. Jackie Kraft

Then He who sat on the throne said, "Behold, I make all things new." And He said to me, "Write, for these words are true and faithful." Revelations 21:5

At Christmas or Chanukah, we often receive new clothes as gifts. When we go to put our new clothes in our closet or in our drawers, we realize we need to let go of something old to make room for the new. But it is hard to decide what not to keep. Is it the sweater with the hole in it that my father gave me when he was alive? What about the pair of jeans that is a size too small? I AM determined to get rid of that extra weight!

There is a book I invite you to read called, *Necessary Endings* by Dr. Henry Cloud. Dr. Cloud is the bestselling author also of *Boundaries and Integrity*. *Necessary Endings* is about our need to let go of things that are holding us in a past that is not part of our future. Sometimes in our lives, we hold on to things that need to end. However, it is hard to let go. We may need to let go of the old way of doing things in our work, or our relationships, or our home. We have emotional attachments to things and people that were a good part of our past, but they don't move us into the future. They hold us in the past, and don't allow us to be all that we can be.

When we look into our future six months, or even six years...do we want to be doing the same things we are doing now? If the answer is no, we need to let go of something, or even someone if we want to move into that future. But, that's hard to do. We become attached, and we tend to say, "Maybe, I will deal with that tomorrow." But tomorrow doesn't come, and neither does the future we desire. Sometimes we just have to make the decision, the necessary ending, and move forward.

Continued on page 6



Chaplains, continued from page 5

Not all things need to end. There are relationships and activities and things that move with us through life. Some traditions keep us grounded instead of “stuck.” They change and adjust and support us in what we are becoming. Many things from the past can move with us through our whole life. We can tell what they are: They are supportive and transformational. They bring us joy and hope and we welcome them every time we experience them. But some things need to change and need to end. It is the way of God. Things are born, they grow, they die, and then they are replaced by new things.

It’s the beginning of a new year, 2012. It’s the perfect opportunity to let go of things in that past that don’t engage the future. Let’s make a commitment within ourselves to put a stop to things that have been getting in our way for a long time, and be transformed to new leaders needed in this election year performing to our fullest, not only for ourselves, but for the 107th Airlift Wing and our Country.

Being Transformed With You,
Chaplain Jackie



<http://www.facebook.com/107thNYANG>

<http://www.107aw.ang.af.mil/>

STAY **CONNECTED**





107th Airlift Wing Human Resource Advisor

CMSgt Scott Green, 107th AW Human Resource Advisor
CMSgt David Wohleben, 107th AW Command Chief

December 8, 2011

Tell Your Story

Tell your friends, families, employers, & neighbors the what you do in the ANG. Not all members of the ANG fly and fix planes so when describing what we do on a typical UTA, the public should know how each of the 107,000 ANG members add value and contribute to the USAF mission. TSgt. Rachael Barker does not fly or fix a plane but is needed each day by those who do.

SatPME Registration

Registration is open for TSgt's and SSgt's who are interested in completing their next level of PME. This is an excellent opportunity to receive formal PME at Niagara with only a 2 week TDY to Knoxville. Each student receives pay for attending class two evenings a week at the base. If interested, contact your UTM.

Contact Your HRA

CMSgt Scott Green
107 AW / HRA
716-343-1260
Scott.green@ang.af.mil
sgreen99@gmail.com



"Tell Your Story"

Chief Master Sergeant Chirstopher E. Muncy has charged each member of the Air National Guard to "Tell Your Story." 7/10ths of 1 percent of the country's population serve in the Armed Forces and because of this small number, it is especially important that each citizen know what we do in the Air National Guard.

Telling Her Story- TSgt. Rachael Barker

One of the 107th AW members who have a story to tell is **TSgt. Rachael Barker**. TSgt Barker first learned of the ANG from her father and sister who were members of the unit. She is from Buffalo, NY and currently is the NCOIC of the Individual Equipment Issue Section of the Logistics Group. When asked if the ANG is what she expected, she replied *"Without question, and more."* For eight years she has enjoyed the experience, challenges, responsibilities, and opportunities to work in various sections of the LG but most importantly, she loves working with the people. According to both SMSgt Ralph Burrow and MSgt. Matt Rose, *"she always puts service before self to help everyone and the mission,"* which was recently demonstrated as she worked tirelessly to ensure the Ops Group and Maintainers possessed all required equipment prior to deploying overseas.



TSgt. Barker is amongst a select group of leaders in our organization who has attended the SatPME program. As with most students, she emphasized the value of applying what she learned each evening, the next day at work. She added, *"The SatPME program is a true asset for Airmen that have a strong interest in enhancing their leadership skills and being prepared for future positions and promotions."*

Her most important value of being an Airman is Integrity. She believes, *"Practice what you preach and be honest to yourself and everyone"* and lives by this motto as she mentors new members in her section every day. She inspires other Airmen by being a model Airmen and "walking the walk." Her goal is to someday achieve the rank of CMSgt. and is on the right path. MSgt. Matt Rose is her mentor because he always goes above and beyond for the mission and the people and will do whatever is needed for her professional growth and development.

When asked what her favorite quote is she replied, *"No matter how comfortable your bed is, you still have to get out of it so get up and live life to its' fullest, make something of each day."* This reminded me of how we prepare for each UTA, are we giving 100% or "just enough?" As American Airmen do we set goals and have expectations. At the beginning of each UTA ask yourself, ***"What will I do to make the 107th AW a better unit when I leave Sunday"*** TSgt. Barker does.





Deployment Photos from SSgt Anthony Re, MXAA



Enlistments



SSgt Jolene McCart -LRS
2F051-FUELS



A1C Mark S Fuller
Officer Trainee; 9T200



A1C Stephanie Bowman
3S0X1 - Personnel



We would like to thank everyone for the contributions to the 107th CFC Helmet Drive. We raised \$1175.00.

Thank you to everyone who helped make this a success!

If you have any questions, please contact MSgt Owczarczak x2447.





FOR IMMEDIATE RELEASE
December 6, 2011

CONTACT: Beth Sherman
703-696-1171, ext. 539
ESGR-PA@osd.mil

**DoD CALLS ON GUARD AND RESERVE MEMBERS TO NOMINATE
SUPPORTIVE EMPLOYERS FOR 2012 FREEDOM AWARD**
*238 Air National Guard members submit nominations at the
halfway mark*

ARLINGTON, Va. – Employer Support of the Guard and Reserve (ESGR), a Department of Defense agency, encourages Guard and Reserve members to nominate their supportive employers for the 2012 Secretary of Defense Employer Support Freedom Award as only five weeks remain until the deadline. The Freedom Award is the DoD's highest award for civilian employers supporting Guard and Reserve members. As our nation faces ongoing national security demands, it is critically important to recognize employers that go above and beyond in their support of Guard and Reserve members and promote their support as a model for others to follow.

More than 1,700 service members have submitted nominations since November 1; 238 of those nominations came from members of the Air National Guard. Service members who have yet to nominate their employers are urged to do so now. Nominations may be submitted by service members, or a family member acting on their behalf, at www.FreedomAward.mil through January 16, 2012.

"At a time when news of our economic situation is often told in grim terms and negative numbers, the untold stories highlighting thousands of employers showing extraordinary support to their Guard and Reserve employees and their families are really important," said James Rebolz, ESGR National Chair. "Employers' steadfast commitment deserves our recognition and heartfelt gratitude. We are looking to our individual Guard and Reserve members to nominate their employers who are most deserving of the Department's highest honor – the Secretary of Defense Freedom Award."

The 2012 recipients will be announced in early summer and honored in Washington, DC during a special ceremony next fall. All employers – large, small and public – are eligible for nomination. Recipients for the 2011 Freedom Award included diverse employers such as an automotive industry leader, national financial services company, two sheriff's departments, an Arizona town, and a church.

About Employer Support of the Guard and Reserve (ESGR) and the Freedom Award:

The Freedom Award was instituted in 1996 under the auspices of ESGR to recognize exceptional support from the employer community. In the years since, 160 employers have been honored with the award. ESGR was established in 1972 to develop and maintain employer support for Guard and Reserve service. ESGR advocates relevant initiatives, recognizes outstanding support, increases awareness of applicable laws, and resolves conflict between service members and employers. Paramount to ESGR's mission is encouraging employment of Guardsmen and Reservists who bring integrity, global perspective and proven leadership to the civilian workforce.

For questions or interviews regarding the Freedom Award, please visit www.FreedomAward.mil or contact Beth Sherman, ESGR Public Affairs, at 703-696-1171, ext. 539 or by email at ESGR-PA@osd.mil.



SALUTE REPORT

SIZE



The number of persons and vehicles seen or the size of an object

ACTIVITY



Description of enemy activities (observing, assaulting, fleeing)

LOCATION



Where the enemy was sighted (grid coordinate or reference point)

UNIT



Distinctive signs, symbols or identification on people, vehicles, aircraft or weapons (numbers, patches or clothing type)

TIME



Time the activity is observed

EQUIPMENT



Equipment and vehicles associated with the activity

Use the **SALUTE** report as a quick and effective way to communicate ground enemy attack information up the chain of command.

Example of a **SALUTE** Report: "Six enemy soldiers running away from the command post, heading towards the flightline. Uniforms solid green fatigues. Time is 0230 hours. Equipment AK-47 rifles, backpacks and carrying gasmasks."



A new ThunderBird for 2012

Capt. Elaine Nowak
107th Airlift Wing Public Affairs Officer

Call it a sign of the times, but the world wants information and they want it now. We must change our old ways to keep up with this pace. As you know we publish all of our news stories, written and video, directly to our public website: <http://www.107aw.ang.af.mil/> and Facebook (107th Airlift Wing NYANG). These are venues to tell our story to the world and to get news out quickly.

Beginning in 2012, The ThunderBird is changing to a quarterly edition. It will be published in March, June, September, and December. This will take some advanced planning to get articles, columns, and wing events published in the quarterly newsletter.

We value your opinions. Please feel free to drop us a line at our e-mail address: 107AW.TBIRD@ang.af.mil (107AW/PA TBIRD in the Outlook address book).

If you have a story of interest you'd like to share, please e-mail or call us and let us know (236-2394 or 3279). We want to be able to share the Airman's story and the great things the



Keeping Stress in Check During the Holidays

- ✓ **Remember What's Important** – Commercialism can overshadow the true sentiment of the holiday season. When your holiday expense list is running longer than your monthly budget, you should scale back. Remind that family, friends, and the relationships in your life are what matter most.
- ✓ **Set Realistic Expectations.** No holiday celebration is perfect; expect a few hiccups and view them as opportunities to demonstrate flexibility and resilience. Create a realistic budget and remind your children that the holidays are not about expensive gifts.
- ✓ **Take Time for Yourself** – Taking care of yourself helps you to take better care of others in your life. Do something you enjoy...go for a walk, read something that interests you, or listen to your favorite music. By pacing yourself and slowing down for a little while, you may find more energy to accomplish your holiday goals.
- ✓ **Take Some Deep Breaths** – When you are stressed, your breathing tends to become shallow and your heart rate increases. Deliberate slow, deeper breathing will automatically put you in a more relaxed state.
- ✓ **Volunteer** – Many charitable organizations face new challenges because of difficult economic times. Find a local charity, such as a soup kitchen or a shelter where you and your family can volunteer together. Support the Salvation Army Operation Angle Tree Project! Helping others can put any hardships you have in perspective and build stronger family relationships.
- ✓ **Support Each Other** – Talk about stressors related to the holidays with your wingman, friends, and family. Learning how others are dealing with similar situations can help you work toward a solution.
- ✓ **Laugh** – A good laugh promotes a sense of well-being by releasing endorphins (the natural feel good chemical in the brain). Treat yourself and your family to a holiday comedy.

If you continue to feel overwhelmed, contact your Wing Director of Psychological Health, Dr. Roger A. De Noyelles, LCSW-R, for additional stress management resources.

Dr. Roger A. De Noyelles, LCSW-R, WDPH
Office: Building 202 (CE Building), Room 100
Cell phone: 716-534-4209
roger.denoyelles.ctr@ang.af.mil



Does this sound like you?

- No one knows how I feel
 - I can't stop thinking about my problems
 - My spouse says I am drinking too much
 - I have difficulty sleeping
 - People tell me I'm not the same person I used to be
 - I'm constantly arguing at home

ANG

AIR NATIONAL GUARD

Psychological Health Program



Wing Director of Psychological Health

★ **Available to Support You**

★ **Professional Consultation and Referral**

★ **Services are Free**

★ **Dedicated to the Wing**

★ **Confidential**

**PSYCHOLOGICAL
HEALTH PROGRAM**
NATIONAL GUARD BUREAU



The Air National Guard's support of wartime efforts is stronger than ever before. You are asked to do more with less. It can take a toll on you and your loved ones.

Contact Me Today!

Dr. Roger A. De Noyelles, LCSW-R

CE Bldg 202 room 100

BB: 716-534-4209

roger.denoyelles.ctr@ang.af.mil

