



Spring 2012



## *107th family members*

We find our very existence being threatened, once again, by budget cuts imposed on the DoD. These cuts are much different than the BRAC action which we experienced in 2005. But like the BRAC action of 2005, we have organizations and many powerful individuals acting on our behalf to save the 107th flag from leaving NFARS forever. Let's start with The Adjutant General. General Murphy has been engaged at many levels on our behalf. When your wing leadership met with him on Wednesday, one thing he said really resonated with me. He said, "It isn't about the aircraft when I discuss the future of the Air Wings; it is always about the people." That told me his priorities are in line with wing leadership.

Governor Cuomo had an opportunity to sign a letter <<http://www.107aw.ang.af.mil/shared/media/document/AFD-120307-018.pdf>> that the Council of Governors sent to Secretary Panetta but choose not to. Instead he decided to write his own letter <<http://www.wgrz.com/news/article/157959/37/Cuomo-Sending-Separate-Letter-After-49-Governors-Protest-Defense-Cuts->> discussing the 107th and his disappointment in the decision to reduce our manpower to zero. The Governor has also launched an announcement about a \$500,000 Economic Impact Study to grow and retain New York State Military Bases and keep New York National Guard strong.

The Niagara Military Affairs Council <<http://www.wgrz.com/news/article/154092/413/Niagara-Air-Base-Looks-Ahead-Despite-Proposed-Cuts->> has joined the fight to lobby for a new mission.

The TAGS council also voiced their opinion in a letter <<http://www.107aw.ang.af.mil/shared/media/document/AFD-120307-019.pdf>> where all 54 signed in one voice.

Senator Charles Schumer said, "Our military bases are crucial to our nation's security and a vital part of our state's economy. I will continue to work with the Governor and the entire New York delegation to maintain our military infrastructure in New York. We will do everything we can to support the dedicated servicemen and women who work across our great state."

Senator Kirsten Gillibrand, a member of the Senate Armed Services Committee, said, "One of the reasons I first came to Congress was to be a voice for our military communities. In addition to the many missions overseas, our military and National Guard have also come to our rescue here at home, especially in the wake of natural disasters that ravaged New York State last year. Restructuring our bases would cost us jobs, devastate local economies, and reduce our state's preparedness – all without providing projected savings in the Defense budget. New York's Guard bases give us strength and security, and we must fight to keep them open and fully active."

*(Continued on page 3)*

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.

*(Continued from page 2)*

U.S. Representative Kathy Hochul, a Member of the House Armed Services Committee, said, "I thank Governor Cuomo and Lieutenant Governor Duffy for their efforts to protect the jobs of the over 800 brave men and women at the Niagara Falls Air Reserve Station. With the combined support of the Governor, the Western New York delegation and our two Senators, we will not quit until we find a new mission for those stationed at the base."

U.S. Representative Christopher P. Gibson, U.S. Army Colonel-Ret., said, "New York's military installations not only produce some of our country's finest Active Duty, Reserve, and National Guard service members, but they are critical to our economy - particularly upstate. This study will help us work together at a state and federal level to preserve that commitment and I look forward to working with the Governor on this initiative moving forward."

U.S. Representative Richard Hanna said, "I applaud Gov. Cuomo for making this a priority. As founder of the Congressional New York Defense Working Group, whose aim is to promote and protect our military installations, this is welcome news and exactly what is needed. I look forward to working closely with the Governor's military affairs expert to ensure our facilities - especially Rome Lab - are bolstered. It was a pleasure to meet with Lt. Gov. Duffy and discuss our plan forward through this process."

U.S. Representative Brian Higgins said, "Protecting military infrastructure in Western New York is critical to jobs and economic activity in our community. The Governor's office has been a strong advocate in this effort and we will continue our work with them and the Western New York delegation to maintain the current military footprint in Western New York and strengthen the mission moving forward."

U.S. Representative Louise Slaughter said, "The Niagara Falls Air Reserve Station is of immeasurable value to the Western New York community and to America's national security. I've said it before and I'll say it again, the Niagara Falls Air Base is the crown jewel of the Air Force and we need to do everything we can to support the dedicated servicemen and women who work there."

U.S. Representative Paul Tonko said, "The unique capabilities and expertise housed at the 109th Airlift Wing in Schenectady and the Watervliet Arsenal are national treasures, as are the thousands of local jobs and hundreds of millions of dollars in economic activity that these facilities bring to our region. I applaud Governor Cuomo and Lieutenant Governor Duffy for highlighting these important assets in our community and across the state, and I look forward to working with federal, state and Local leaders to ensure that these assets stay strong."

U.S. Representative Bill Owens said, "I thank Lieutenant Governor Duffy and Governor Cuomo for their leadership on this issue and I look forward to working with them to keep Fort Drum strong and ensure its role as a preeminent training installation and a significant driver of the region's economic development. Together, we will fight hard to prevent BRAC in Northern New York."

State Senator George D. Maziarz said, "Keeping military installations in New York is of utmost importance, and I applaud the Governor for taking the initiative to fund this study, making sure we are doing everything we can. The Niagara Falls Air Reserve Station is currently one of Niagara County's largest employers, and any reduction of installations at the base would create a severe hit to the County's economy. This study will help us

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State Senator Mark Grisanti said, "Our military bases are an important part of New York's State's economy, and I applaud Governor Cuomo for his leadership in working to ensure these jobs and bases are protected from federal cuts. I look forward to continuing to work together with the Governor and our federal representatives to support military bases here in Western New York."

State Senator Joseph Griffo said, "New York's military installations are a vital part of communities across New York State, providing jobs and opportunities to thousands of our state's residents and supporting local economies. With tight budgetary pressures, we cannot afford a loss of military facilities that would cost New Yorkers jobs and economic security I applaud Governor Cuomo for recognizing the importance of our military installations and his hard work to support them here in our state."

Assemblyman Anthony Brindisi said, "I want to thank Governor Cuomo for listening to our concerns to protect our military facilities and the local economies and jobs they support. New York's military not only serves abroad, but these bases do a great service to our local communities. As I stated in my letters to the governor, keeping our military facilities open is necessary to keep our state's economy strong and secure. I look forward to working together with the governor so we are in the best possible position when BRAC commences for the next rounds."

As you can see we are well represented in this battle for our existence. I also want to mention your wing leadership. We will work diligently until we have exhausted every avenue we can to keep the 107th flag at Niagara Falls.

It is important now, more than ever, for all of us to be professional and have the great attitude that we have always had in everything we do. I have adopted a new mantra that I want to share with you "KEEP THE FAITH."

I hope you will all Keep the Faith.

Your Command Chief



Command Chief Master Sgt. David Wohleben



## 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

## The puzzle of life and change

Father (Lt.Col.) James Jaeger, 107th Airlift Wing Chaplain

Ignatius was born in the family castle in Loyola, Spain. His desire was to become a soldier. He joined with Spain as they fought against the French. A cannon ball shattered his leg and many unsuccessful operations ended his military career in 1521 CE. While he was recovering and healing he read about the lives of the saints. This influence caused spiritual change in his life, and he became a great man of faith. Ignatius founded the Society of Jesus or as we call them today, the Jesuits. He went on to write about his life experiences, which has become known as 'The Spiritual Exercises,' that many pursue in prayer today. His new spiritual insights got him thrown into prison during the Inquisition. It took him lots of hard work to get his religious order recognized by the Pope. Someone asked Ignatius about the possibility that the Pope could say no to his request and disband the society. Ignatius joked that "it would take him 15 minutes in prayer to compose himself and go on his way." Even Ignatius was practicing detachment of his Jesuits in order to grow closer to God from the distraction and addictions of life. Ignatius' life didn't go the way he wanted or hoped. There were many twists and turns.

His journey in the spirit was from soldier to saint. He went from being so secular and ego-centered to being spiritual and God/other centered. He went from being hurt/wounded to be healed and whole. This is certainly our Lenten journey as well as our journey as the 107<sup>th</sup> in light of the Pentagon's desire to disband the unit. We are called to have faith that the questions and puzzles of our life will all come together in harmony and beauty. God called all of us here for a reason to give our world and our country peace and hope the midst of war and conflict. We have been there to help those who have fallen to rise up and enter the journey again. Now we who are in doubt and darkness have to trust that God and our influential friends will help us up and continue moving forward on the journey of life. God once brought order to the Chaos of Creation. God did great things in the life of Ignatius in the face of many obstacles. If we have faith we will expect no less of God's miracle in the lives of each of us in the future.

Be assured of the spiritual support and prayers of your Chaplain Services. Please come and join us in faith and worship each Saturday 1600, or take a moment of spiritual renewal in your faith tradition. IT is a reminder that God is with us in this journey. God has never let His people down. Let's keep this faith together.

Blessings,  
Father Jim Jaeger



## 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.

The ThunderBird has changed to a quarterly edition. It will be published in March, June, September, and December (spring, summer, fall and winter issues). 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-mal 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 107th Airlift Wing is accomplishing. Please help us in telling YOUR story.



107 AW News app available on the Android Market



# 107<sup>th</sup> Security Forces



Senior Master Sgt. Jason Folckemer (center) receives his stripes during a tack-on ceremony by members of the 204 SFS, El Paso Texas while attending the Regional Training Center at Fort Bliss Texas. Senior Master Sgt. Folckemer is in predeployment training along with a squad from the 107 SFS en route to an airbase in Afghanistan for a six-month tour of duty.



From left to right: Capt Kevin M. Smith, Chief Master Sgt. Mark E. Hajduk, Mike Randall, Master Sgt. Edward Stefik,

At the General Pulaski Association Installation Dinner held on March 2, 2012, Chief Master Sgt. Mark Hajduk is awarded the Polish American Heroism Award for 2012. This award is presented annually to a veteran of Polish decent that has served in a combat area of operations.





# Yellow Ribbon Reintegration Program





# Enlistments



AB Justin Heberlein



AB Eliot Busch - MX



AB Joshua Yurchak - CE



AMN Zachary Burke - CE



A1C Jesse Craig - MX



A1C James Pirinelli - OGI



## **Looking for a change in your Air Force Career?**

Contact the 107<sup>th</sup> recruiting Office for this new challenge.



### ***Safety – AFCS 1S0X1***

Specialty Summary. (Note: This is not an entry-level job). Manages and conducts safety programs. Plans, organizes, directs, and controls safety activities. Analyzes mishap causes and trends, and assesses risk. Evaluates, inspects, and surveys areas and activities to eliminate mishap potentials. Conducts mishap investigations. Provides risk management consultation. Conducts safety education. Related DoD Occupational Subgroup: 493.

#### Duties and Responsibilities:

Plans, organizes, and directs safety activities. Develops policies and procedures for implementing and evaluating safety programs. Coordinates with staff activities and operational sections to ensure safety requirements are integrated into the organization program. Maintains close liaison with federal, state, municipal, and private agencies sharing common safety concerns. Establishes work priorities and maintains systems to effect accomplishment of program processes. Arranges for group meetings or individual instruction through coordination with commanders and supervisors.

Conducts and assists in managing safety programs. Evaluates safety program effectiveness. Coordinates with agencies and staff activities on safety related matters. Prepares and conducts briefings, meetings, training classes, and associated functions. Determines safety education requirements for groups or individuals. Develops training plans to ensure worker qualification and training. Prepares and conducts training programs for collateral duty safety personnel.

Knowledge. Knowledge is mandatory of fundamentals of safety education, public speaking, mishap prevention, human factors, industrial hygiene principles, industrial safety criteria, risk management, blueprint interpretation, mishap investigation techniques, methods of obtaining and distributing safety education materials, missile maintenance and servicing techniques, and the application of data automation to the safety function.

**Call a recruiter for details today!!!!  
1-800-247-2902**



# JANUARY 2012 POSITION OF FORCES EXERCISE



**“ONE TEAM ONE FIGHT”**



## *In the middle*

We've all probably heard people in our unit, telling a story about some past event or memory. It's fun to do that. You can probably tell that by the way they tell the story. It's even better when you are around other people that had the same experience so you can, to some extent, re-live it together. Anyone that has been around for a while, has stories from significant events like deployments, inspections, conversions, or even BRAC rounds. Good or bad, the experience and knowledge you gain is valuable.

Currently, we find ourselves in the middle of a couple significant events. Our upcoming ORE and ORI teamed up with the 914<sup>th</sup> are breaking new ground for us. Some of you have been working with 914<sup>th</sup> members since the association. For many others, the ORE will be the first time you work side-by-side with a 914<sup>th</sup> counterpart as a team. An ORI is, in itself, significant but adding the association piece brings additional challenges.

The other significant event is, of course, the proposal to end our association and the 107<sup>th</sup> flying mission. Saying this is significant is an understatement. It doesn't get much bigger than this. Everyone is concerned, and rightfully so. Our supporters and our leadership are working hard to alter our path. We need to have faith in the process and faith in them to be successful. Now is not the time to lose focus. We all have jobs to do. Let the people that work these issue do their jobs and you do yours. Your continued focus and hard work can only help the outcome for our unit.

The 107<sup>th</sup> has a rich history, filled with success and overcoming challenges. Most of you have been a part of at least some of our history. The more "experienced" members of our unit, like me, have been a part of many of our historical highlights. The stories you hear are from that history. You can usually sense that the people reliving an experience are doing it because it was memorable, enjoyable and they are proud of their involvement.

Current events dictate that we are making 107<sup>th</sup> history. You are going to remember this time. Whatever the point of your military career, this will be significant. The job in front of us is the ORE and the ORI. Make sure that no matter what your role, the contributions you make are ones that you can be proud of. Years from now, when you are telling someone what happened in 2012, what will be your part in the story? I want to say that, in spite of the distractions, I remained focused, did the best I could and the 107<sup>th</sup> performance was outstanding. I know you would all want the same. It's our time to show our best again. Do your part and make it count. You will be glad you did.



# AIR FORCE LEADERSHIP ENDURING COMPETENCIES

## PERSONAL LEADERSHIP

- \* Exercise Sound Judgement
- \* Adapt and Perform under Pressure
- \* Inspire Trust
- \* Lead Courageously
- \* Assess Self

## LEADING PEOPLE AND TEAMS

- \* Foster Effective Communication
- \* Drive Performance through Shared Vision, Values, and Accountability
- \* Influence through Win/Win Solutions
- \* Mentor and Coach for Growth and Success
- \* Promote Collaboration and Teamwork
- \* Partner to Maximize Results

## LEADING THE INSTITUTION

- \* Shape Air Force Strategy and Direction
- \* Command Organizational and Mission Success through Enterprise Integration
  - Note: Command is a legal authority, not exclusively a moral or ethical one
- \* Embrace Change and Transformation
- \* Drive Execution
- \* Attract, Retain and Develop Talent



# **SALUTE** REPORT

## **S**IZE



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

## **A**CTIVITY



Description of enemy activities (observing, assaulting, fleeing)

## **L**OCATION



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

## **U**NIT



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

## **T**IME



Time the activity is observed

## **E**QUIPMENT



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."

# SPORTS



## IF THE M16/A2 FAILS TO FIRE, FOLLOW THESE STEPS:

**S**lap



⇒ Slap gently upward on bottom of magazine to ensure magazine is fully seated

**P**ull



⇒ Pull charging handle fully to the rear

**O**bserve



⇒ Observe to see if a round or cartridge casing was ejected and chamber receiver area is clear (if weapon failed to eject a cartridge or round, perform remedial action)

**R**elease



⇒ Release charging handle (allow bolt to slam forward)

**T**ap



⇒ Tap forward assist assembly to ensure bolt is fully forward

**S**hoot



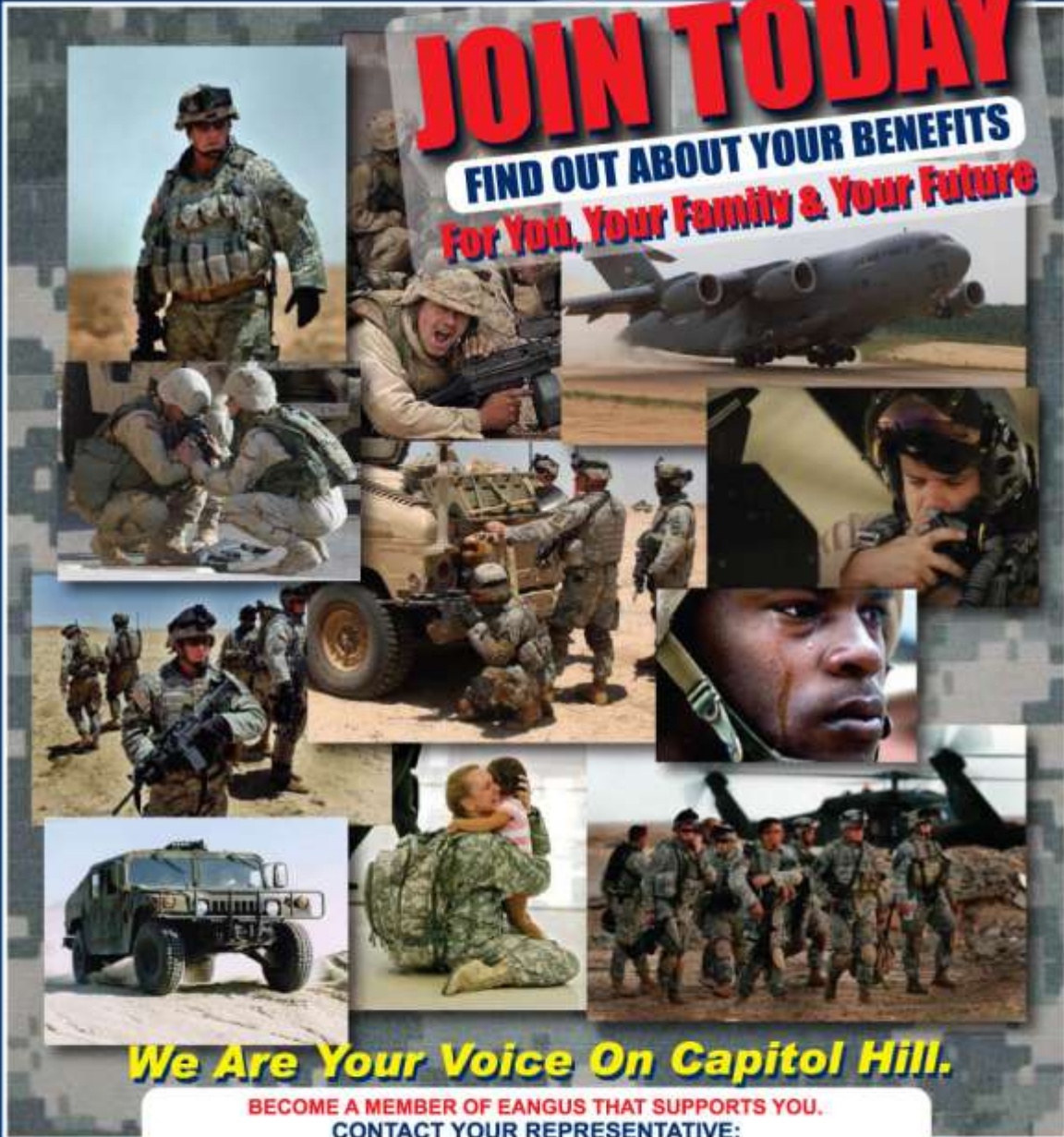
⇒ Shoot



# EANGUS

ENLISTED ASSOCIATION OF THE NATIONAL GUARD OF THE UNITED STATES

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FIND OUT ABOUT YOUR BENEFITS  
For You, Your Family & Your Future



**We Are Your Voice On Capitol Hill.**

**BECOME A MEMBER OF EANGUS THAT SUPPORTS YOU.**

**CONTACT YOUR REPRESENTATIVE:**

President NYS Dave Benamati (518) 495-0085

Vice President Air Guard NYS Roger Clark (716)236-2369



For additional information:  
Visit [www.eangus.org](http://www.eangus.org) or Call 1-800-234-EANG (3264)





What is EANGUS? EANGUS is the Enlisted Association of the National Guard

What does EANGUS do for you? In uniform we cannot solicit our politicians, so we need organization such as EANGUS to lobby with our legislative representatives to get and maintain benefits for members of the military.

With the recent news release about 107th AW and the possible loss of positions here in Niagara it is vital that we have a strong membership when talking to our legislative representatives.

The best chance for the future of the 107th is by having the support of our political representatives and the best way to ensure we have their support is by having a strong membership in organizations such as EANGUS.

Below are links to the state and national web sites. If you choose to join the membership fee is only \$20.00 a year which includes (\$9.00 for State dues and \$11.00 for National dues).

EANGUS has scholarships it gives away every year and is the organization that gives donations to Guard members in hardships through the "We Care for America Foundation".

Officers and spouses can also be members; they just won't be allowed a voting role (associate membership).

I am currently the Vice President for the Air National Guard New York State Chapter. If you have any questions or would like assistance with membership please email or call me at my below contact information.

<http://www.eangus.org/>

Roger Clark, MSgt, NYANG  
Logistics Plans & Integration NCO  
9910 Blewett Avenue, Niagara Falls NY 14304  
Voice DSN: 238-2369 Com: (716) 236-2369  
Fax DSN: 238-2126 Com: (716) 236-2126



# Reducing Physical Symptoms of Anxiety

Relaxation exercises to reduce physical tension are powerful tools for calming both the mind and the body. However, it is important to understand that these exercises cannot be used to “escape” or avoid anxious thoughts or physical symptoms that occur during a panic attack. These strategies are best used to calm and relax more effectively after you have addressed your fear, anxious thoughts and/or behaviors. To practice these skills, visit the Life Stress workshops on [afterdeployment.org](http://afterdeployment.org).

## \* *Progressive Muscle Relaxation* -

Teaches relaxation of the muscles through deliberate tensing and relaxing of each of the major muscle groups in the body. After practicing progressive muscle relaxation over time, it becomes easier to identify a tensed muscle and relax the muscle with the tension and relaxation sequence, reducing overall tension in the body and contributing to a sense of calm.

## \* *Guided Imagery/Visualization* -

Promote relaxation by painting a mental picture of a calm, safe place. After practicing this technique several times, individuals are often able to use visualization on their own. This technique helps to reduce worry by reducing overall stress.

## \* *Diaphragmatic Breathing* -

Often called “belly breathing,” diaphragmatic breathing is simply taking deep breaths of air into the lungs using your diaphragm and exhaling slowly. Repeated diaphragmatic breathing helps to calm the nervous system and the “fight-or flight” response. Diaphragmatic breathing is a good way to slow hyperventilation.

## \* *Distraction* -

In addition to these formal techniques, try engaging in an activity that is relaxing for you. Relaxing activities vary from person to person. Relaxing activities might include reading, playing sports, spending time outside, listening to music, practicing yoga, playing with a pet, etc.

## Changing Worried Thinking

Self	<ul style="list-style-type: none"><li>•If I lose control, I won't be able to breathe</li><li>•I can't live like this.</li></ul>
Others	<ul style="list-style-type: none"><li>•Everyone is looking at me</li><li>•My co-workers think I'm stupid</li></ul>
Environment	<ul style="list-style-type: none"><li>•Meetings with my supervisor are disastrous</li><li>•Parties always make me nervous</li></ul>
Future	<ul style="list-style-type: none"><li>•I'll never be good at that</li><li>•I'll never feel better</li></ul>

## *Risk Assessment*

People who worry frequently tend to overestimate the risk of specific situations. They view a situation as being more risky than it actually is. Most worriers focus their time and attention on the worst case scenarios and then engage in catastrophic thinking, which only makes the problems and worries seem worse.

Individuals who spend most of their time and energy worrying tend to forget that they have the ability to cope with many stressful events. Learning to accurately assess risk can greatly reduce anxiety.



# JUST THE FACTS: *Anxiety*

## Managing Anxiety and Worry

### Professional Help

Not all professionals such as physicians, psychologists, counselors, social workers, and psychiatrists are trained to treat anxiety disorders. If you seek professional help for managing anxiety, it is important to find out whether the professional you are talking to has specialized training in treating anxiety disorders. If not, try to find someone who specializes in treating anxiety. One online resource for identifying specialists in your area is the Anxiety Disorders Association of America . ([www.adaa.org](http://www.adaa.org))

### Psychotherapy

Therapists use a variety of techniques to help their clients with anxiety. Techniques and strategies that work for one person might not work for another. So, it is important to be able to communicate with a therapist about what is or is not working. Some of the most common therapies for treating anxiety are Cognitive-Behavioral Therapy (CBT). CBT is a treatment that focuses on how thoughts and feelings influence behavior. CBT teaches individuals to recognize when their thoughts are unrealistic and contribute to anxiety. The therapist works with the client to change irrational thoughts and beliefs to more realistic thoughts and to determine what behaviors are the result of the unrealistic thoughts. Positive changes in thoughts and behaviors are likely to result in reduced anxiety.

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*The focus of healthy worry is problem solving, while the focus of unhealthy worry is catastrophic thinking.*

### Wing Director of Psychological Health

- \* Available to support you
- \* Professional Consultation and referral
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- \* Confidential

Contact your Wing DPH Today!

Dr. Roger A. DeNoyelles, LCSW-R  
107th ANG; Bldg #202; Office #100  
Wk: 716-236-2401; BB: 716-534-4209  
[roger.denoyelles.ctr@ang.af.mil](mailto:roger.denoyelles.ctr@ang.af.mil)

