



Thunder Bird



107th Airlift Wing, New York Air National Guard, Niagara Falls, NY

Summer 2012

Armed Forces Week



*Tricks of the Trade
for the ORI*



PROMOTIONS



Commentary by Lt. Col. Paul Wheelless
5th Munitions Squadron commander

Clarity in a little brown book

11/16/2006 - **MINOT AIR FORCE BASE, N.D.** -- I could never catch the first sergeant in my last squadron without his little blue Air Force core values book in his left breast pocket. It became akin to doing a coin check. A chief, he ultimately served our service 30 years (including 15 years as a first sergeant). Among the many things he continuously mentored in me and others was our commitment to being an Airman above that of our particular vocation.

During our tour together, Air Force Instruction [36-2618](#), The Enlisted Force Structure, was overhauled by the 14th Chief Master Sergeant of the Air Force. The "little brown book" as it is sometimes referred to defines us as "Airmen, rather than merely specialists." Its philosophy recognized the technical nature of our service and the diversity of our many functional areas, but filled a need for a consistent set of expectations and professional development regardless of specialty. The beauty of the little brown book is its clarity and simplicity. It details responsibilities for Airmen in one chapter, non-commissioned officers in the next, and, finally, the senior NCO. The responsibilities for NCO and senior NCO are additive, meaning they are responsible for meeting the expectation of the lower tiers of the enlisted force as well as their own.

Since the revision and re-publication of this powerful pocket guide to Airmanship, I have been surprised by the limited awareness of its contents (even though it is standard fare in most enlisted professional military education). I have also been a little dismayed at some who don't live up to or enforce its standards.

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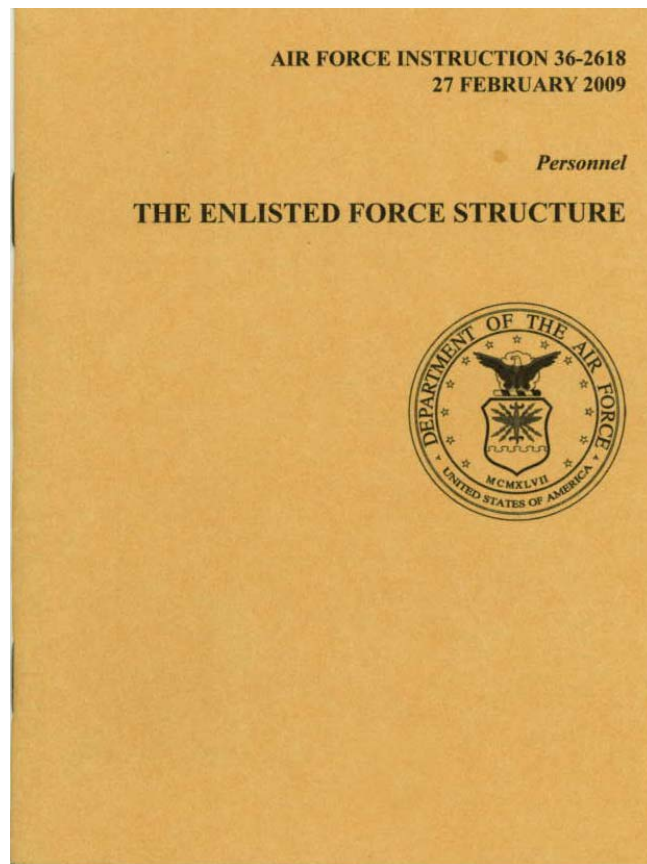
THUNDERBIRD

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Many of us in more senior positions often get asked for advice on how to succeed in the Air Force. The answer is simple: do your best to live up to the expectations contained in these complementary pocket books. Airmen that do this make the biggest contribution to the mission and to the development of their subordinates. So pick up your copy of this 20-page booklet and add it to your core values book and carry them with you. Use it in feedback sessions to guide and develop your troops.

Most importantly, review it yourself and reflect on how you are doing and what you can do better. Trust me, if you do, you will surely have a very strong future in the Air Force.



A note from our command chief, Chief Master Sgt. David Wohleben: I have copies of the "Little Brown Book." I expect all Airmen at the 107th to have a copy and to use it in their personal development. Here is the first step in you becoming a leader. Get this word out; get this book in the hands of our members.



Professional Associations, how are you supporting them?



From Your Human Resource Advisor

By CMSgt. Scott Green

According to our “Little Brown Book,” *The Enlisted Force Structure*, AFI 36-2618, we are charged with “*fostering good community relations by actively participating and supporting professional organizations... and also encourage subordinates to do the same.*”

Throughout my military career I have joined various professional organizations, not really understanding the value of membership that organization has for my career and retirement. After attending the Chiefs Executive Course, I now have an understanding of the purpose, role, and contributions our professional organizations have on our careers, entitlements, and interests. During the Chiefs Course we were briefed by the staff of three different organizations who explained and detailed what they have, are, and will do for us, *The Citizen Soldier*.

With the current legislative proposals affecting our unit and the Air National Guard, it is times like this that our professional organizations especially need our support. These professional organizations introduce and lobby our interests to our elected representatives on Capitol Hill on our behalf.

It only takes a few clicks of the mouse and a few dollars a year to join and support these organizations. If you are not familiar with these organizations, simply Google their names and learn what they have and are doing for us. Because of their recent efforts, The National Guard now has a position on the Joint Chiefs of Staff and each association has been instrumental in pausing Air National Guard cuts, two of many significant accomplishments.

Because of recent developments, it is not time to procrastinate or expect others to “do it for us” as these organizations need our support to look after our interests. Just as important, as Officers and Enlisted members of the USAF, we must participate and support these organizations. Each one of these organizations have value, if you are looking for recommendations of which ones to join, ask your Commander or Chief. **JOIN NOW!**



Enlisted Association of the
National Guard
www.eangus.org



Military Officers
Association of the National
Guard
www.moaa.org



Air Force Sergeants
Association
www.afsahq.org



National Guard Association
of the United States
www.ngaus.org



American Legion
www.legion.org



Veterans of Foreign Wars
www.vfw.org



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

Running ragged

Rev. (Maj.) Jackie Kraft, 107th Airlift Wing Chaplain

"Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you" I Peter 1:13a

Nine push ups and twenty sit-ups in one minute, no sweat. One and a quarter miles in a little less than 20 minutes....a breeze. Yeah right! I couldn't do it! I was 10 pounds and 2 inches thicker around the waist than last year at this time. I hadn't trained or been prepared to take this test. My actions and the results proved I hadn't taken care of myself. I couldn't believe it! It was like the book about The Frog In the Kettle, by George Barna. Little by little the heat in the water is turned up, and the frog doesn't even realize that she is being boiled to death. I didn't even realize my body was becoming weaker because I wasn't taking care of it. And you know what? It was my own fault!

I tried to rationalize it. I thought to myself, I have been so busy. I take care of others. I have so many responsibilities....so much to do....others depend on me to get the "work" done. I just don't have enough time to buy and prepare the right foods. It's just one little test....hurt for a couple of days...and then go on my merry way....and then next year...the proof will be in the pudding....I'm then 4 inches thicker around my waist and 20 pounds heavier.

My biggest mistake was that my mind wasn't prepared for action. My mind wasn't making rational thoughts, and my body spoke loudly to my mind. It takes strict training to not only train our bodies, but to train our minds. It also takes a partnership, someone who is an encourager in your life. I am blessed because, that someone is my husband. I came home that day after my Physical Training Test at the base and told my husband, "I failed my PT." He was as shocked as I was. He didn't put me

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down either. He said something that gave me hope again, “We’ll train together. We can do this!”

Failures can become opportunity! We all need to take care of our bodies. If our bodies can’t function, it’s hard to accomplish anything...none the less serve our country with the core value of “excellence.” Everyone needs to do their very best whatever their circumstances are in life. People like my mother and mother-in-law are amazing. My mom is on oxygen, and she golfs and exercises regularly. My mother-in-law is in an electric wheelchair. She lifts herself off the wheelchair, gets down on the floor and exercises her body too. She says she needs to be able to get up, if she falls down.

Our bodies are the temple of the Holy Spirit. Just like our souls need to be fed and taken care of through daily devotions, regular worship, prayer, study of the Holy Book, our body needs to be taken care of through fasting, a good diet and regular exercise.

I pray that over the summer you will see more of God’s image and less of me.

Running with you!
Chaplain Jackie



107 AW News app available on the Android Market



Lt. Col. Roemer deployed at Arba Minch, Ethiopia



Arba Minch
Airport

Lt. Col. Roemer was deployed as a member of the 409AEG and was the Squadron CC of the 768th Expeditionary Air Base Squadron (EABS) in Arba Minch, Ethiopia. The 409 AEG supported operational missions across the entire AFRICOM AOR from multiple locations including Arba Minch. The mission was to support remotely-piloted aircraft (RPA) flying missions with the MQ-9 Reaper. All base operating support for the mission was provided by the 768 EABS, comprised of 100 expeditionary combat support forces such as security forces, civil engineering, communications, POL operations and other logistical support.



April 2012 Promotions



Master Sgt. Sweeny



Senior Master Sgt. Morris



Senior Master Sgt. Martin



Master Sgt. Irizarry



Tech Sgt. Zizzi



Tech. Sgt. Sliwa



Enlistments



A1C Seray Aksoy
3P0X1 -Security Forces



SrA Rusty Renn
6C0X1 - Contracting

Promotions

May/June



Senior Master Sgt. Odonnell

Staff Sgt. Kurzdorfer



Armed Forces Week

Luncheon



Congratulations CMSgt Tuthill & CMSgt Hajduk



Looking for a change in your Air Force career?

Contact the 107th 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**



Tricks of the Trade for the ORI



Always bring a snack!

- *Wear knee pads under your ABUs.*

You will appreciate these when you hear “Code red!”

- *Wheels are your (back’s) best friend!*

You are allowed to bring your own personal bag. Consider bringing one with wheels.

Stack your C-bag on top and away you go.

- *Wear a watch- you can’t carry your cell phone to know the time.*

Attach it to your web gear so it doesn’t get covered when you don your chem. gear.

- *Plastic bags help MOPP overboots slide on and off with ease.*

- *Use baby powder in your black MOPP gloves to prevent them from sticking together.*

- *If your MOPP overboots do not have tabs on the elastic closures,
make them out of duct tape.*

- *Bring antacids. Enough said! (and maybe some ibuprofen, too)*

- *Keep some moist tolettes or baby wipes in your C-bag for a quick clean up
of your face and hands after taking off your gas mask and gloves.*

- *Keep an MRE in your bug-out bag.*

You never know how long it may take you to get back into your building.



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."

SPORTS



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

Slap



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

Pull



⇒ Pull charging handle fully to the rear

Observe



⇒ 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)

Release



⇒ Release charging handle (allow bolt to slam forward)

Tap



⇒ Tap forward assist assembly to ensure bolt is fully forward

Shoot



⇒ Shoot



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
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9910 Blewett Avenue, Niagara Falls NY 14304
Voice DSN: 238-2369 Com: (716) 236-2369
Fax DSN: 238-2126 Com: (716) 236-2126





The Enlisted Association of the New York National Guard Inc.

330 Old Niskayuna Rd, Latham, NY 12110-2224

www.eanyng.org

Membership Application

Why You Should Become a Member of the Enlisted Association of the New York National Guard

We are the only Association who knows who they represent; we don't have to make choices. We represent you the Enlisted Members of the National Guard. Our mission is to represent and take care of all Enlisted Members of the National Guard as they perform their duties taking care of us. Only through strength and involvement will we have continued success in gaining and retaining worthwhile State and National benefits for members of the National Guard.

LName _____ FName _____ MI _____ Rank/Title _____

H-Address _____ City _____ State _____ Zip _____ - _____

H-Phone (____) _____ - _____ W-Phone (____) _____ - _____ Ext. _____ DSN _____

E-Mail address _____ Date of Birth _____

Unit (ARNG)-(ANG) Location _____

Regular Enlisted Association Membership:

circle one: **Traditional** **AGR** **Technician** **Retired, or previous National Guard member**

Associate Member *

* Associate Membership in the Enlisted Association is any one who was not an enlisted member of the National Guard (Associate Membership fee: \$8.00)

SPOUSE / BENEFICIARY: L Name _____ F Name _____ MI _____

One Year Membership Fee \$20.00 **Two Yr. Membership** Fee \$40.00 **Three Yr. Membership** Fee \$60.00

Please make check payable to EANGUS and mail to:

EANGUS

3133 Mount Vernon Ave.

Alexandria, Virginia 22305-2640 Attn: Membership

You can also join on line by going to www.EANYNG.org click on membership and follow directions to join online

Signature _____ Date _____

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.

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

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)

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
- * Services are free
- * Dedicated to the Wing
- * 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

