



Thunder Bird



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

Fall 2012



INSIDE:

ORI complete!

**SECDEF visits,
pledges support**

**Saying goodbye
to an old friend**

Driving safety

**Suicide
awareness**

**Member high-
lights and more**

It is hard to believe it has been eleven years since the September 11, 2001 terrorist attacks on our country. That bright, clear autumn day was forever darkened by the image of aircraft hitting the Twin Towers, the Pentagon, and hearing the fate of Flight 93. Then watching in horror as the Towers collapsed trapping and killing thousands. It remains so vivid in most of our minds and still so difficult to contemplate. The great philosopher Confucius said, "The gem cannot be polished without friction, nor man perfected without trials." I believe all of us in the military, and especially those in the 107th, moved a little closer to perfection after those attacks and the subsequent deployments after 9/11.

Once again, it appears that the 107th will have the opportunity to move closer to perfection as we await the outcome of our nation's budgetary battles. However, similar to our fellow New Yorkers who did not give up and rose to the challenges of rebuilding lower Manhattan, we too, have risen to the challenges of the past year. In early March, when it was announced that the 107th would close, our Operations Group went through a very successful Aircrew Standards and Evaluation (ASEV) Inspection scoring "Excellent" in three out of four areas. In July, after more than a year of preparation, we pulled together to ace our ORI with the AMC IG team validating our Mission Readiness. In fact, the IG Team Chief specifically mentioned that Team Niagara was the best association he had ever seen. In August, we hosted the Secretary of Defense and all of our political leaders. We showed them just how special Team Niagara and the 107th personnel are. You have given New York State Leadership and the National Guard Bureau lots of ammunition to keep the 107th open with your outstanding performances. I would truly like to thank every one of you for all you have done since I arrived here at Niagara Falls, one short year ago and especially since the closing announcements in March 2012.

However, I would like to make it clear that our work is not yet complete and we must never rest on our laurels! We must continue to safely focus on our current C-130 mission, our association with the 914th, and, as always, excel in everything we do. You must continue to lead from the front and meet every challenge head-on always giving your best effort. A famous politician once said, "It is the surmounting of difficulties that makes heroes." Using that definition, I believe every member of the 107th AW is a hero. I ask that each and every one of you continue to be heroes.

Lastly, on a sad note the former New York State Command Chief, Chief Master Sgt. Hardy Pierce passed away 20 August 2012. Chief Pierce was an outstanding individual devoted to his family, friends and the NY Air National Guard. He was always there to assist anyone in need throughout New York State and will be sadly missed.

Public Affairs Officer

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Staff Photographers

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Tech. Sgt. Justin Huett

Tech. Sgt. Brandy Fowler

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Front cover photo of Staff Sgt.

Berg returning home from the ORI.

107th Airlift Wing

Commander
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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.

What's coming up for the 107th

Welcome back from our summer break. I hope you all enjoyed having the August drill off. It was a great opportunity to recharge batteries and enjoy your families. I say this, because after a successful ORI, we are right back at the grind preparing for a Compliance Inspection. I am confident we will knock the CI out of the ballpark just the way we did the ORI.

With all of these inspections, we haven't had time to discuss the future of the 107th. I know there is still a great deal of angst over the future of the wing. The wing leadership and I feel the same as all of you do. It is particularly frustrating that we do not have any definitive answers to give you. Believe me when I say, Col McCready does not keep any secrets about this issue.

We have received the new Unit Manning Document which restored all of our man-power through 2016. This is good news!!! We seem to always embrace bad news as gospel and good news is handled as only a possibility. I say, we are back to where we were prior to the Air Force's budget proposal for 2013. Now, what is the way forward? I firmly believe we will have a new mission. There is still a possibility we could keep C-130's. All things are on the table for consideration. There are several factors, still to be put into motion, which could affect the outcome of our fate. A presidential election and funding sequestration come to mind. The outcome of both of these events could have very different influence on our mission and the military as a whole.

With all of this being said, we need to continue to do the things that make us a great unit. Community involvement and volunteerism are two of our most important ethos outside of our military mission. Remember, YOU can directly have an impact on our future. I would ask that you consider becoming part of one of the volunteer organizations we have on base. I have noticed the individuals who currently run some of these groups are getting "kind of gray." We need some young folks to become involved to keep these groups relevant.

Thanks for all you do and remember "Keep the Faith."



Chaplain Services

Catholic Mass

Saturday 4 p.m., Base Chapel

Protestant Worship

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

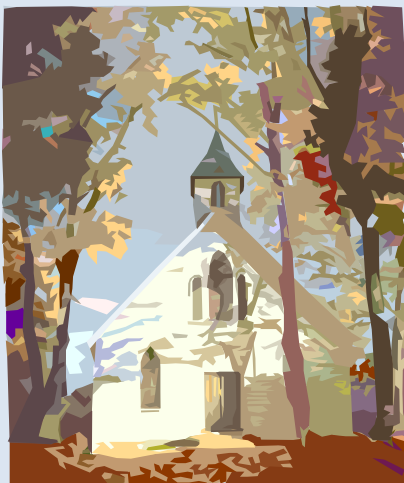
The Rosary

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.

Protestant Chaplain

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



Saying goodbye and carrying on by Chaplain Lt. Col. Jackie Ann Rose Kraft

As Elijah and Elisha were walking along and talking together, suddenly a chariot of fire and horses of fire appeared and separated the two of them, and Elijah went up to heaven in a whirlwind. Elisha saw this and cried out, "My father! My father! The chariots and horsemen of Israel!" And Elisha saw him no more. Then he took hold of his garment and tore it in two. Elisha then picked up Elijah's cloak that had fallen from him and went back and stood on the bank of the Jordan. He took the cloak that had fallen from Elijah and struck the water with it." 2 Kings 2:11-12

I have learned that one of the hardest things we do in the Air National Guard is say goodbye. We say goodbye when Airmen deploy. We say goodbye when Airmen die. We also say goodbye when Airmen retire. No matter what kind of goodbye, it's difficult. We need to say goodbye, but the hard reality is the mission must go on and be the center of all we do. We can always though, carry in our hearts that person who has forever enriched and enhanced our lives. One of these people who have touched us all is our wing chaplain, Chaplain, Lt Col James P. Jaeger, who we fondly call Father Jim.

When I started the 107th in 1997, Father Jim was a major. Chaplain, Lt. Col. Ralph English was the wing chaplain. Chaplain English (Ricochet Rabbit, his call sign we fondly remember) recruited Father Jim when he was at Griffiss Air Force Base which closed in 1995. When I arrived at the 107th, I liked and respected Father Jim right away. When Father Jim would walk into the room, he would make us all smile and lower our anxiety. It didn't matter if we were Catholic, Protestant, Jewish, Muslim or any other faith, Father Jim had a way of lowering the tension so we could center on the mission. Father Jim has been an enriching, holy presence for the 107th and our families.

That enriching presence is no longer with us in person. With all of his responsibilities, Father Jim has decided that it is time for him to retire and hang up his mantle as chaplain in the Air National Guard. He has been an awesome wing chaplain and brother to us all. I struggle as I write this because I miss him sorely already. He has been a humble encourager, full of life and fun. My husband Tom and I have enjoyed his company and presence over the years.

It's time to say goodbye to Chaplain, Lt. Col. James P Jaeger. Again, it is hard and painful to say goodbye. I am also here to pick

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up Father Jim's mantle, as Elisha picked up Elijah's cloak. The mission and the ministry of presence here at the 107th Airlift Wing must carry on.

I ask for your prayers and patience in this time of transition, for Father Jim's boots are a lot bigger to fill than mine, and besides that...I don't smoke cigars....but I do have in-laws that own a cigar shop in New Jersey. (Father Jim's humor did rub off on me a bit!)

Father Jim will be at the 107th on the Saturday of the October drill. He wants to say goodbye, but doesn't want a lot of fanfare. Like Elijah, he just wants to be taken up and the mission to carry on through each one of us. Like I said, he is a very humble man. We all want to say goodbye and thank you too. We'll have some cake and small celebration respecting Father Jim's wishes. You are also welcome to send Father Jim a card. Think about a fond memory you shared with him and write it down. Cards and best wishes can be sent to:

Rev. James P. Jaeger
71 Mohawk Lane
P.O. Box 107
Canandaigua, NY 14424

I am not going to strike water with Father Jim's cloak like Elisha did, but I will be here to help us all wipe away our tears and to carry on.

In Service,
Ch., Lt. Col. Jackie Ann Rose Kraft



Deployment News



Tech. Sgt. Aliza Adanza receiving her Group NCO of the month award at the 386 ELRS. She also received the Wing NCO of the month award. Her position is the NCOIC of the warehouse.

Tech. Sgt. Aliza Adanza is the NCOIC of the Expeditionary Theatre Distribution Center (ETDC) at 386th Air Expeditionary Wing, Southwest Asia, where she manages a flight of seven Airmen. Her team provides support to forward deploying Airmen with mobility gear and provides courtesy storage for weapons and ammunition. In addition, to managing the ETDC, she is assigned as the Weapon Safety Representative, Flight Council Representative and Fitness Program Monitor. Since being deployed, she has completed the Senior Enlisted Joint Professional Military Education Course and is currently enrolled in two undergraduate courses through the University of Maryland. In her spare time, she ran in two base sponsored 5K runs, volunteers at the monthly Bazaar events and is signed up to participate in the annual Air Force half marathon. Tech. Sgt. Adanza was one of the few hand selected Airmen for an official tour of the US Embassy.





The Honorable Leon E. Panetta, Secretary of Defense visits Niagara Falls Air Reserve Station Aug. 9, 2012. Secretary Panetta met with base leadership and local political leaders, addressed 200 Airmen, and presented each with his coin. The defense secretary said he is committed to keeping the base open and to finding a new mission for the 107th.



107th unit members shining in our community



Maj. Jennifer Kraus used her wedding gifts as an opportunity to give back to the VA, as shown here on their Facebook page.

Master Sgt. Bob Audette, 107th Retention Manager, was featured by The Buffalo News as The News' August Cook of the Month. The August 15 article was called *Give Thai a try* and discussed his military career and passion for cooking. He shared two original recipes; Thai watermelon soup with lobster and a recipe for farmers' market salad with brown butter kalamata vinaigrette.



Master Sgt. Ed Stefik, 107th Security Forces, a New York State Trooper, was in the local news on Sept. 2 for going above and beyond for an 80-year-old woman whose mailbox had gotten hit. Master Sgt. Stefik took it upon himself to replace and install a new mailbox for her.

(Photos by The Buffalo News)



Suicide has a face and a name

Suicide is the last topic that I thought I would be writing about for this article. I understand the meaning of the word but cannot relate to the hopelessness one faces that results in a decision to end their life. Recently I learned that a good friend of mine in the Air National Guard died of a self-inflicted gun shoot wound. Although the initial news was a shock to me, after a moment I began to realize that my friend had many of the signs and symptoms of a person who is risk for suicide.

I had met my friend on an endless AEF years back where Airmen come together and accomplish great things against adverse conditions and feel good about it for the rest of their lives. We had stayed in touch throughout the years and I had been fortunate enough to visit him at his unit on occasion. He was an outstanding Airman and a leader in his unit. He was a dedicated father who loved and was loved by his family. He was a volunteer fireman, emergency medical technician, and a trainer of rescue dogs. In short, he had a full life and served his nation and community with distinction. So how did everything go so wrong? One day while driving home from work he responded to a vehicle accident call. Being the first on the scene he rolled over the first victim to lend aid and found that his own son lay dead in his arms. From that point on his resiliency began to unravel and his life started to fall apart. Until now I had never really known anyone who had committed suicide or realized that those who meet this tragic end were at some point in their life as happy and normal as you or I. Now for me the word suicide has a face to it. Now I have the question of how someone I knew could end up at a point in his life where life was no longer of value.

I don't believe that all suicides are preventable, but I like what the Command Chief of the Air National Guard said when he was here a few months ago. He was talking about the statistics of the number of suicides in the armed forces and concluded with the statement that even one was unacceptable. For us to be good wingmen and look out for one another we have to know that suicide is very much a threat to all of us. We need to be constantly aware of how to react when we consider that one of our own may be at risk. If you have concerns about someone you know that could be at risk for suicide, do you know how to react? A good source of information can be found on the 107th Air Wing home page. There you will find a suicide prevention website that contains all of the necessary resources, guidance and contacts to assist you. We, in the 107th, are also fortunate to have Dr. DeNoylles as part of our team who can be reached 24/7 for professional guidance.

The first step in prevention of suicide is to care and get involved. After that, seek guidance and be aware on how to deal with this very sensitive and complex issue. As good wingmen our attitude needs to be that even one suicide is unacceptable. This is a very real threat to us and maybe we can't prevent all suicides, but we will never know if we don't try.



Fall weather and the road

When many people think of the arrival of fall, they think of colorful fall foliage and crisp, clear days. But along with the changing leaves comes changing driving conditions and the ever-present threat of snow. Fall driving can be unpredictable because of rapidly changing weather and the end of daylight savings.

To be safe and aware on the roads this fall, follow these guidelines:

Watch for deer- Nationally, about 1.5 million car/deer crashes, resulting in an average of 150 human deaths and 1.1 billion dollars of damage, are reported annually. Due to the nature of car/deer crashes it is difficult to obtain a definitive total, but it is estimated that between 38,000 and 57,000 such crashes occur annually on New York's roads with a cost between 30 and 50 million dollars. This type accident accounts for 44 deaths over the past ten years in New York alone. Be extra vigilant while driving, especially during the early hours and at dusk when the deer are most active. Something else to take into consideration is the breeding season (rut) happens from late October through early January with the peak happening in November. When the animals are in rut they move more and are much less careful which results in more accidents this time of year.

Watch out for leaves- Once leaves become wet, they can present slippery and dangerous driving conditions. Be sure to watch for patches of wet leaves on the road or on road lines. Dry leaves can also present a problem to your vehicle. Avoid parking your vehicle near leaf piles to prevent fires that could start from your vehicle's catalytic converter. Also, be cautious of children playing in leaf piles near road edges.

Stay alert on the road- The end of daylight saving time means reduced visibility on the roads which can create unfamiliar driving conditions. Even on familiar roads, it is important that motorists use additional caution and adjust their driving habits to watch for pedestrians, cyclists, and other roadway users who will be less visible, especially during the first week of the change.

Turn on your headlights to increase your visibility to other motorists, and keep your lights clean and free of ice or debris.

In wet driving conditions, do not drive faster than the windshield wipers can clear water from the windshield. Make sure your wiper blades are in good shape and replace them yearly.



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Check your tire pressure- With frequent weather and temperature changes, tires can expand and contract, causing them to lose air pressure. Make sure tires are properly inflated and have plenty of tread.

Winterize your vehicle to make sure your brakes, wipers, defroster, headlights, and heater are all working properly. Also, with the salt trucks and plows on the roads, make sure to keep the windshield washer fluid topped off.

In unfavorable driving conditions, reduce your speed and increase the distance between your car and the one in front of you. Remember that it takes more time to stop on icy roads. If your wheels start to lock up, ease off the brake and attempt to drive out of the skid.

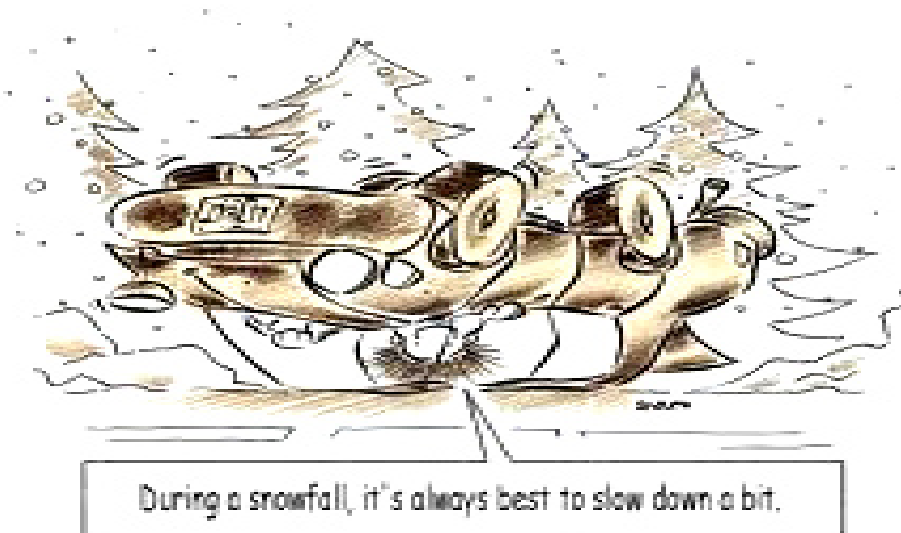
Before driving, clear snow and ice from your vehicle's hood, windows, and roof. Although you may be able see, snow flying off your vehicle can obscure the visibility of those behind you.

Use snow or all-season tires or chains for better traction and smoother breaking—no tires allow you to drive on snow or ice at normal speeds. Don't be caught in an early storm without proper tires.

Take extra precautions on bridges overpasses and shaded areas, which can freeze first, and remain icy longer than roadways. Black ice and patchy roads are common place; anticipate these conditions.

Equip your car with emergency supplies, such as blankets, food, water, spare fuses, a flashlight with batteries, an ice scraper, flares, and a first-aid kit. We have all heard the horror stories of those caught on a suddenly closed interstate.

As always be aware of the potential hazards, take appropriate action to mitigate risk, use common sense, and don't be *that guy*. Heed this advice and let's all have a safe, enjoyable fall!



Tale of the motorcycle and the deer

By Lt. Col. Mike Bank, Commander, 136th Airlift Squadron

Circumstances never allow the “when” or ability to choose which vehicle you will be operating at the time an accident occurs.

It was a typical late summer morning in Western New York. Clear and cool with a touch of dampness in the air. You could smell fall’s arrival. It was 7AM and I decided to ride my motorcycle to work. Due to the cool weather and my schedule, I elected to wear all my leather gear. Rider comfort is paramount on a bike given the conditions. This day was no exception and I put on my leather jacket, boots, chaps and full finger gauntlet gloves. If a rider is uncomfortable their attention to surroundings becomes a secondary concern. Being cold or wet is quite the distraction.

I headed out to enjoy the ride and the rest of my day. A few miles from my home on a familiar road I noticed a deer crossing the roadway below a small knoll. Deer travel in groups this time of year and I concluded more could be crossing soon. The second deer crossed the in same location as the first and I began to slow down from 50 mph.

I reached the top of the hill and a third deer was partially hidden in the brush ready to cross. Within yards of my approach, the third deer ran out intent to catch up with the others. My perceived point of impact was imminent and unavoidable. We were going to collide. My enjoyable day was about to vanish.

Instinctively, I put the clutch in, began downshifting, and hit both front and rear brakes, trying to determine which direction to avoid the deer. Unfortunately, in an extreme effort to bleed off energy, my front tire started to lock up and skid. Before I could react and release the brake pressure on the front tire, the handle bars snapped to the left, hyper-extending my left thumb. The bike went down on its left side and I was now looking at asphalt.

I hit my hands on the road, spraining my right wrist. My elbows and upper thighs hit quickly after that. I don’t know how my face was exempt from the initial impact. At that moment I remembered some life support training that I accomplished way back in my initial flying training. When you’re being dragged by a parachute, get on your back. That same rule seemed like a good idea now. I threw my arms up over my head like I was reaching for risers and rolled over with the momentum. I continued to slide down Boyce Road on my backside, with my Harley scrapping next to me, for another 75 feet before coming to a stop. I didn’t hear any cars coming, thankfully, and there I lay motionless. I moved my head from side to side, patted myself down, wiggled my toes, and declared, “I’m okay!”

I survived an accident involving a motorcycle and a deer. I never hit the deer. The Wide Glide didn’t fare well. I received a sprained wrist and thumb. I was fortunate this was the case and I attribute my survival to the Motorcycle Safety Foundation and the safety courses I attended.

I have three points that I want to emphasize to my fellow guardsman who ride bikes. Take a motorcycle safety course, wear protective gear, and use defensive riding skills. All three of these topics are covered in depth at MSF approved courses.

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When my day began, I had no intention of hitting the road or ruining my gear and bike. Dress appropriately! You never know when an accident will occur. Mine occurred five miles from my home. My leather jacket and gloves took the brunt of the impact and subsequent scrapping along the asphalt. Imagine if I was wearing a T-shirt, shorts and flip flops on a short trip to the store. I am convinced my injuries would be much more severe with a much longer recovery time.

Defensive driving is the center of any MSF course. Let's face reality, when you're on a bike you should be thinking survival. That survival is predicated by paying attention to your surroundings, thinking ahead, and preparing for the worst. I saw my situation unfolding and correctly predicted the danger. Unfortunately, in my case, it didn't cross my mind the deer could bolt from the brush so late in the sequence and so close to impact. Usually deer will run back to safety and not towards the danger. Lesson learned and please don't you repeat it. Appropriate dress for the conditions of your ride is paramount. If a rider is uncomfortable, your attention will be focused on being cold or wet, not on your surroundings.

Contact your unit's safety office for course information and sign up for a Basic/Experienced Rider Course. The instruction is invaluable and will cover all the topics I have briefly discussed here. Enjoy riding your motorcycle. More importantly, *learn* to ride your motorcycle. Awareness of its capabilities, limits, and proper maintenance will be part of the course.



This one's for the ladies

Master Sgt. Chanda White

I'll be the first to admit, I haven't always been in "regs" (I know, shocking!). However, being a little bit older (only a little) and a little bit wiser, I've realized that adhering to the regs is much easier than doing what you can to defy them. Here's what I mean: I've dyed my hair just about every color under the sun, some natural and some colors only natural if I worked at a fire station! I'm not sure what it was that made me want to paint my nails metallic colors or dye my hair fire-engine red (with matching eyebrows!), but I realize now that my image then was anything but professional and I can't believe I was ever taken seriously. I was active duty prior to enlisting with the Air National Guard in 2003. Being active duty you have NO SAY in your own life, so when I joined the Guard and saw what I saw, I figured, if they can do it, why can't I? And so my "rebel without a cause" story began.

I wholeheartedly believe in the adage "it's never too late to make a good first impression." However, your first impression, whether it be good or bad will be long lasting, regardless of any life changes you might make. I remember walking across the parking lot of building 901 and running into a Master Sgt. in her BDUs with shamrock earrings on...what was she thinking? She was clearly celebrating the holiday, but at what expense? I never took her seriously after that (and if I didn't, who else didn't?).

I recently had a conversation with a coworker who had on two different, extreme (according to our standards) colors of nail polish. When I spoke to her about it the whole tone of the conversation was one of "I don't care." I don't care that I'm out of regs, it'll be the weekend soon. I don't care that I'm out of regs, everyone does it. Hold yourself to a higher standard. If you don't, someone else will!

The point I'm trying to make is this: CARE! Care about how you look in your uniform. You are not just representing yourself; you're also representing the Air National Guard. At any point in time you can turn on the news and find someone bashing or bad mouthing the military. Why give them more fodder? Be part of the solution, not the problem.

Carry yourself as a professional. This means ladies, do your hair in the morning...in a mirror. Pull it up and make yourself look respectable. If you're having trouble with this, consider cutting your hair to the appropriate length to make things easier.

Paint your nails, go nuts...just follow the guidelines cited in AFI 36-2903 "...nail polish will be a single color that does not distinctly contrast with the female Airman's complexion, detract from the uniform, or be extreme colors." With this being said, there is a plethora of colors you can slap on your nails that will allow you to wear the polish and still be in regs, and more importantly, still look professional. Bright purple? Try again.

So many people in the wing are worried about our future and with good cause. If you're one of the individuals looking for work outside of this wing, do yourself a favor and adhere to our standards. It's only going to make your life that much easier when you do finally get that job (or land that interview) on the outside and realize, they too, have similar dress and appearance standards.





107th Airlift Wing Human Resource Advisor

CMSgt Scott Green, 107th AW Human Resource Advisor

September 14, 2012



USAF Core Values

Integrity First

Service Before Self

Excellence in All We Do

Contact Your HRA

CMSgt Scott Green

107 AW / HRA

716-343-1260

Scott.green@anq.af.mil

sgreen99@gmail.com



Force Development Opportunities

Plan Now and Register Immediately

Chiefs Executive Course

- For Chiefs who wish to further develop their professional skills and establish relationships and partnerships within the ANG.
- 17 Feb 2013, 24 Mar 2013, 05 May 2013, 12 May 2013, 11 Aug 2013, 15 Sept 2013, 22 Sep 2013
- For additional information, contact CMSgt's. Wohleben, Ward or Green.

Satellite Airman Leadership School (ALS)

- One opportunity that is available to satisfy the PME requirement to be eligible for promotion to SSgt.
- 8 hour session days begin 4 May 2013
- For additional information, contact MSgt. Chanda White, MSgt. Jeff Lewis, or CMSgt. Scott Green

Satellite Non Commissioned Officer Academy (NCOA)

- One opportunity that is available to satisfy a PME requirement to be eligible for promotion to MSgt.
- Class begins 11 Mar 2013
- For additional information, contact MSgt. Chanda White, MSgt. Jeff Lewis, or CMSgt. Scott Green

Satellite PME Facilitators Course

- An opportunity exists for those members who want to be directly involved with the mentoring & development of unit members in the roll of a PME satellite facilitator.
- Needed; Assoc degree or higher, completion of in residence NCOA or SNCOA, and passing Fitness score
- For additional information, contact MSgt. Chanda White or CMSgt. Scott Green

Position Opportunities Available

Some of many traditional guardsmen opportunities available within the 107th AW

- Logistics Readiness Officer, closes 15 Oct 2012
- Chaplains Assistant, TSgt.
- Chaplains Assistant, SSgt.

Award Nominations for SNCO, NCO, and Airman of the Half

Leaders and supervisors- don't forget those who go above and beyond their normal requirements and submit them for the next board.

- Packages due 13 October 2012



Enlistments



Airman 1st Class Bradley Owens
3D1X1- Client Systems



Airman 1st Class Andy Fitch
3P0X1 - Security Forces



Airman 1st Class Michael Edwards
2A1X1 - Integrated Avionics



Airman 1st Class Jamie Sledziewski
3M0X1 - Services



Airman 1st Class Sean Kearnsi
3D1X3 - Communications



Airman 1st Class Eleanor Henderson
4N0X1 - Medical





Airman 1st Class Kirsten Peyton - C-130 Pilot

Airman Lauren Libassi - Knowledge Operations Management

Airman 1st Class Catherine Stoddard - Bioenvironmental Engineering

Airman 1st Class Thomas Leaming - Knowledge Operations Management

Senior Airman Shannon Carr - Security Forces

Airman Kyle Druzvik - C-130 Aircraft Mechanic

Airman John Danvir - C-130 Aircraft Mechanic



COPING

WITH AN ACTIVE SHOOTER SITUATION

- Be aware of your environment and any possible dangers
- Take note of the two nearest exits in any facility you visit
- If you are in an office, stay there and secure the door
- Attempt to take the active shooter down as a last resort

Contact your building management or human resources department for more information and training on active shooter response in your workplace.

PROFILE

OF AN ACTIVE SHOOTER

An active shooter is an individual actively engaged in killing or attempting to kill people in a confined and populated area, typically through the use of firearms.

CHARACTERISTICS

OF AN ACTIVE SHOOTER SITUATION

- Victims are selected at random
- The event is unpredictable and evolves quickly
- Law enforcement is usually required to end an active shooter situation



CALL 911 WHEN IT IS SAFE TO DO SO

HOW TO RESPOND

WHEN AN ACTIVE SHOOTER IS IN YOUR VICINITY

1. EVACUATE

- Have an escape route and plan in mind
- Leave your belongings behind
- Keep your hands visible

2. HIDE OUT

- Hide in an area out of the shooter's view
- Block entry to your hiding place and lock the doors
- Silence your cell phone and/or pager

3. TAKE ACTION

- As a last resort and only when your life is in imminent danger
- Attempt to incapacitate the shooter
- Act with physical aggression and throw items at the active shooter

CALL 911 WHEN IT IS SAFE TO DO SO

HOW TO RESPOND

WHEN LAW ENFORCEMENT ARRIVES

- Remain calm and follow instructions
- Put down any items in your hands (i.e., bags, jackets)
- Raise hands and spread fingers
- Keep hands visible at all times
- Avoid quick movements toward officers such as holding on to them for safety
- Avoid pointing, screaming or yelling
- Do not stop to ask officers for help or direction when evacuating

INFORMATION

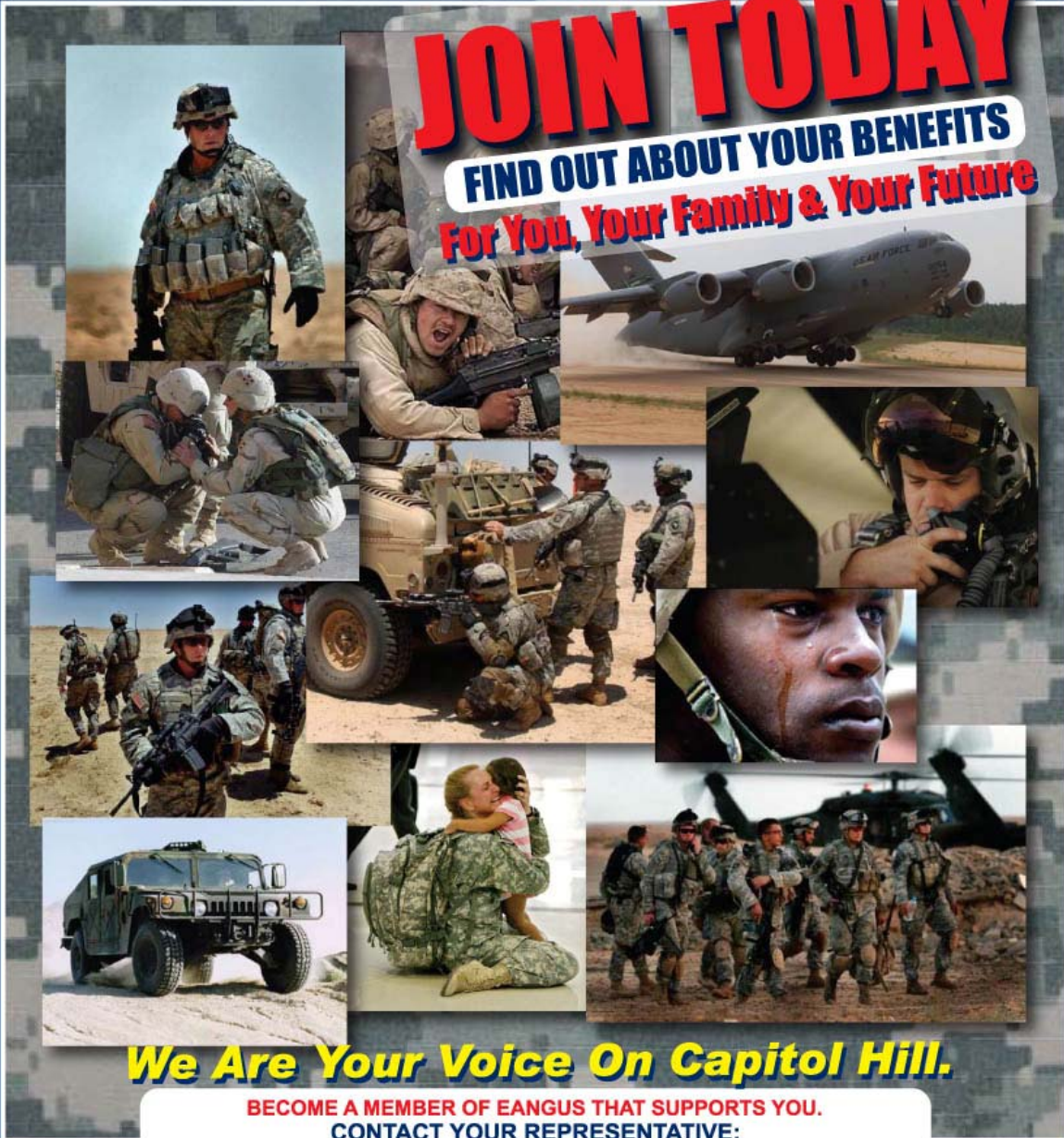
YOU SHOULD PROVIDE TO LAW ENFORCEMENT OR 911 OPERATOR

- Location of the active shooter
- Number of shooters
- Physical description of shooters
- Number and type of weapons held by shooters
- Number of potential victims at the location

EANGUS

ENLISTED ASSOCIATION OF THE NATIONAL GUARD OF THE UNITED STATES

JOIN TODAY
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 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/>

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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!

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