

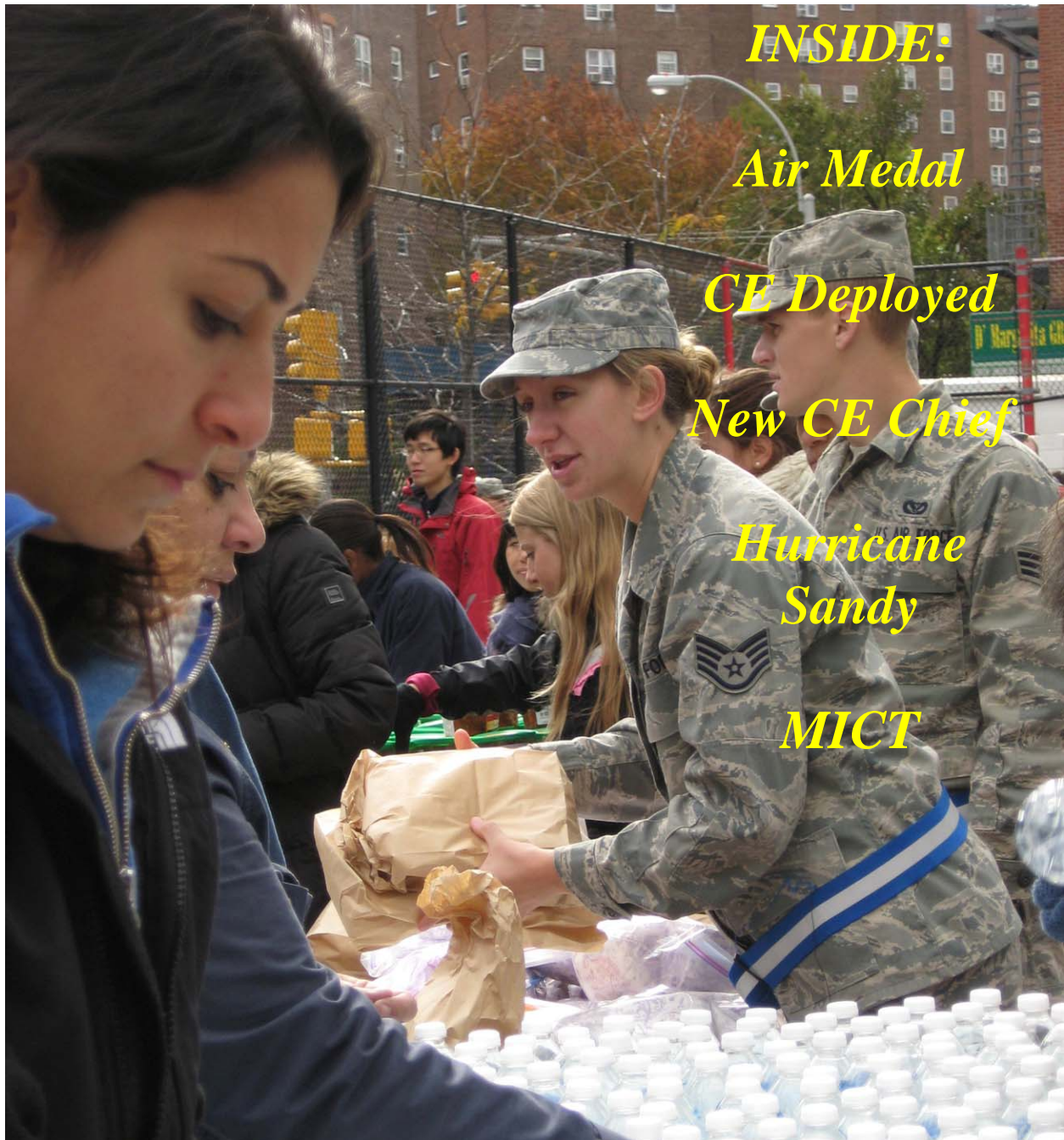


Thunder Bird



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

Winter 2012



INSIDE:

Air Medal

CE Deployed

New CE Chief

*Hurricane
Sandy*

MICT

Merry Christmas and Happy Holidays. I would like to extend a warm season's greetings to all the members of the 107th and their families. As another year draws to a close I have a lot to be thankful for and hope that you and yours do also. Here's to a prosperous, healthy and successful new year.

To say that 2012 was a challenging and difficult year would be an understatement. We stared down every obstacle and met everything head on, and I couldn't be prouder of how everyone in the Wing responded. Once again we came together as a team for the greater good of the 107th and its survival. We've come a long way since the Air Force budget proposal rumors started and when those rumors were realized with our closing announcements in February and March.

From that point on we played with the proverbial "chip on our shoulders." We weren't going to justify the decision to close us by failing at anything, and proceeded to do what this wing has always done, EXCEL. Our first C-130 Aircrew Standardization and Evaluation Visit from HQ/AMC evaluators fell right in the middle of the closure announcements. Outstanding preparation and professional pride resulted in three out of four areas receiving an EXCELLENT grade and aircrew testing scoring over 98%!

Our participation in the ORI wasn't finalized until shortly before our ORE in April, and it showed in our lack of preparedness. The weekly planning sessions with Rhode Island got the focus where it needed to be and resulted in the AMC IG Team Chief commending Team Niagara as "the most cohesive association he had ever inspected." As most of you remember we completed the ORI while our wing's fate was still being determined in budget debates.

Fortunately we weren't alone in our fight to stay open. Congresswoman Kathy Hochul, along with many others waged a fierce battle on the Wing's behalf to stay open. She convinced Secretary of Defense Panetta to visit Niagara Falls Air Reserve Station in August to see just how fantastic the Airmen here are, and what makes this Wing so special. It was the first visit ever by a sitting SECDEF and the 107th and Team Niagara left him with a lasting positive impression.

In November we once again reinforced to our community, state leadership, elected officials and even the SECDEF that the fight to keep us open was a wise endeavor. As Hurricane Sandy approached landfall, aircraft from the 106RW in Long Island relied on the 107th and our facilities as a hurricane safe haven. After landfall, we had over one hundred 107th volunteers deploy to New

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THUNDERBIRD

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York City to aid in the relief and recovery operation. At home station we had crews and aircraft standing by for relief taskings from the state or National Guard Bureau.

In November we also learned of the Air Force's new proposal for the FY 13 budget and the portion regarding the 107th: a Remote Split Operations flying RPAs, no aircraft ownership, and manning in the 500-550 range. A couple of assumptions go along with the proposal; we will have two or three groups, our manning authorization will drop below 750, the amount required to be designated a wing, so we will go back to being a group again.

There are key points, challenges and recommendations I want you to take away from this proposal. The key point- it is an Air Force proposal; nothing is finalized at this time. One thing we've all learned is that proposals can change rapidly without any warning or input from us. A second and equally important point is accomplishing the mission at hand. We have proven that we can do our C-130 mission under extreme conditions when deployed, and also when the distractions of our very survival as an organization were in doubt. It is critical that we continue being the professionals we pride ourselves in being and accomplish the mission safely and successfully.

Your challenge is twofold, and unique to only a few other wings in the ANG. You must continue to excel at your current mission, while your future end state remains undecided. Maintaining mission focus while under threat of closure is something few wings have had to endure and as a wing the 107th has stood up to that challenge twice in the last seven years.

My recommendation is not new, and you will hear it throughout your career, you must take control of your career progression. Don't self-eliminate by not keeping up with requirements. Whether it is PME, fit tests, training, medical or any other event, keep them current, because you never know when opportunity will come knocking. Trust me, I know what I'm talking about on this subject.

Lastly, I want to thank each and every member of the 107th for what you do for your community and country by serving in this great organization. It's been an honor and a pleasure being your commander. Good luck and Godspeed.

Col Mac



The Junior Enlisted Council

This week I had the pleasure of meeting with the past and present Junior Enlisted Council (JEC) presidents. It was extremely refreshing to see two fine young Airmen step-up to take a leadership role in the 107th Airlift Wing. Staff Sgt. Castro is stepping aside as Senior Amn. Strange takes the reins of the JEC. Senior Amn. Strange has very large boots to fill. The JEC has morphed during the tenure of Staff Sgt. Castro. It has become a venue for Junior Non-commissioned Officers (NCO) to grow in both management and leadership, lead by other Junior NCO's. It is a place where they can gather and understand the complex programs that affect their career. The JEC also offers opportunities for young Airmen to gather together for fun activities during the UTAs. I am sure Senior Amn. Strange is up for the task, as he has an outstanding attitude and a lot of great ideas for the coming year.

In our discussion I laid out my vision for the JEC. It is to increase the communication between the junior enlisted ranks and the mid to upper level managers, to ensure all Airmen are aware of the Performance Feedback program and to educate Airmen on the Structure of the Air Force, Air National Guard and the State of New York. Senior Amn. Strange and I discussed how we will make this happen and I believe we have a great plan.

I would like to also welcome other new officers to the council. The new Vice president is Senior Amn. Christopher Short from Maintenance, the secretary and treasurer will be shared by three Airmen, Amn.1st Class Stephanie Bowman from Force Support, Amn. 1st Class Jill Slomba from Force Support and Amn. 1st. Class Joelle Hughes from Headquarters. Thank you all for volunteering and becoming part of the leadership team of the JEC.

There are two individuals I would like to thank for their dedication and very hard work in developing and sustaining the JEC. Outgoing President Staff Sgt. Edwin Castro and outgoing Vice President Staff Sgt. Paul Boser have done a wonderful job and made the JEC an organization worth taking time out of our busy drill schedule to attend. Thanks you both for your commitment to the wing and this council. I have enjoyed working with you both and look forward to your continuing support of the Junior Enlisted Council.



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



Do you sparkle like the lights of the holiday season?

by Chaplain Lt. Col. Jackie Ann Rose Kraft

When MSgt Heather Cummings and I were helping in New York City during Task Force Sandy we couldn't help from noticing how so many people, even though they had lost so much were so upbeat. Those around them also had a spirit of gladness just by being in their presence. One couple we met lived in a community where 11 years prior they could see the Twin Towers destroyed. They shared that 30+ people from their community had died from 9-11. Now, their community was ripped apart again from Hurricane Sandy. Yet, this couple had a spirit of life and hope. As they stood on their wooden deck trying to save what little memories they could from pictures taken in the past, (some being from this woman's brother and his battalion buddies who died in Vietnam,) they looked at their home that was in shambles, yet still standing and said, "We have each other. Others have it worse." We were humbled in their presence as they seemed to almost "sparkle" with life, hope and vitality with the gladness of life itself.



Advent and Chanukah are here, the economy is poor, and our state of New York will still be feeling the aftermath of the devastation from Hurricane Sandy. Where's our hope and happiness? It is better for us to look for happiness in a relationship with the Lord God, the one who made heaven and Earth, and who is eternally faithful. When we put our hope in God who is eternal we can get through the hardships of life. MSgt Heather Cummings and I witnessed people living in hope even in devastating times. The people who lost so much were so appreciative of simple kindnesses shown and wanted to give to us as well. The couple we met shared that their faith in God helped them through life. They invited us to take their pictures as they sifted through old photographs on their outside deck. Their simple gesture of sharing what little they had, touched us deeply. Simplicity "sparkles" brightly and can make the darkest situations have new focus and insights, bringing hope inside us and through us.

(Continued on page 6)



Blessed (Happy) are those whose help is the God of Jacob, whose hope is in the LORD their God. He is the Maker of heaven and earth, the sea, and everything in them – he remains faithful forever." Psalm 146:5-6

This Holiday Season be the gift of hope yourself and “sparkle” for God and Country. For those of us who call ourselves Christians, it’s strange because we sometimes forget that Christmas isn’t about us at all. It’s not our birthday we celebrate, but our Lord’s birthday. The external dazzle and sparkle at the close of the year will quickly fade away. But the internal “sparkle” of hope can be a gift not only to God and yourself, but can be a light to our whole nation and world. It is eternal. Through your witness and service for State and Country may you become the gift of “sparkle.” Remember, it only takes one spark to get a fire going. Happy Holidays.

Sparkling With You,

Ch. Jackie Ann Rose Kraft and Master Sgt. Heather J. Cummings





Tech. Sgt. Bajer

Staff Sgt. Kingsbury

Airman 1st Class Cooney

Staff Sgt. Tim

AIR MEDAL



Oath of Enlistment

As I watch the Presidential Election, I think of the oath of Office the President will take, and I think of the Enlisted Oath of Office I took when I enlisted in the Air Force. What can be said of our oath? Is it not our collective agreement? It is an eternal promise to uphold and defend our constitution, to protect our country from all enemies. When making this commitment we are transcending through the times, transcending all the way back to when our country was still being forged in the hearts and minds of revolutionaries.

When the Continental Congress established the earliest rendition of our oath in 1775, they started what for us could be referred to as sacred tradition. The very first oath was spoken by newly enlisted soldiers of the Continental Army. It was the soldiers promise to uphold and follow all rules and regulations of the “government of the said army”. The oath read:

"I _____ have, this day, voluntarily enlisted myself, as a soldier, in the American continental army, for one year, unless sooner discharged: And I do bind myself to conform, in all instances, to such rules and regulations, as are, or shall be, established for the government of the said Army."

Thus was the very first rendition of an oath for the armed forces. The wording would be changed in minor ways only a few times. Finally, in 1962 the oath we are all familiar with was born.

Everybody joins the military for different reasons. Some join out of patriotism and love of country, other may join in order to pay for their education, or see the military as a direct path to success, perhaps some join to travel the world. We all have our individual reasons, but when we enlist we become part of one massive family, we become part of something larger than ourselves. We all must utter the same words, the same oath. We all vowed to defend the Constitution, obey the orders of our President and those Officers appointed over us; in this we are all equal under this oath.



Because if you're prepared for a zombie apocalypse, you're prepared for any major disaster...



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

EMERGENCY.CDC.GOV



ALL-HAZARDS EMERGENCY KIT

Assemble the following items to create a kit for your home, office, school, or vehicle:

- Water—one gallon per person, per day
- Food—nonperishable, easy-to-prepare items (minimum 3 day supply)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit (whistle, antibiotic ointment, bandages, face masks, gloves and reference book)
- Medications (7 day supply and medicinal dispensers if necessary)
- Multipurpose supplies (wrench, pliers, plastic sheet, duct tape, scissors, matches)
- Sanitation/personal hygiene items and bleach
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with charger
- Family Disaster Plan (family and emergency contact information)
- Extra cash
- Emergency blanket, extra clothes, sleeping bag (1 for each person)
- Map(s) of the area

Consider the needs of all family members and add supplies to your kit.

Suggested items to help meet additional needs are:

- Specific medical supplies (hearing aids/extra batteries, glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys

For more information visit: www.cdc.gov/phpr



CE troops make a difference in Afghanistan, Thanksgiving 2011

By Tech. Sgt. Michael Henderson

Chicken pesto pasta, ratatouille, pork rib, and chicken fajita MREs were not the ideal Thanksgiving dinner meals, but then again Afghanistan wasn't the ideal location. During the week of Thanksgiving, some members of the 107th Civil Engineer Squadron, who were attached to the 577th EPBS, Afghanistan, were sent to a Combat Operating Post (COP) to build a Large Area Maintenance Shelter-Vehicles (LAMS-V). These Airmen enjoyed a nice, hot MRE for dinner, then watched movies and played euchre until lights out. Although they were far away from home, they had much to be thankful for: good health, good friends, and warm beds.

On the previous day, November 23, 2011, this small group of Airmen, led by Senior Master Sgt. Flores, arrived at the COP. Upon their arrival, Staff Sgt. Henderson commented, "This place is so small, where are we even going to put the LAMS-V?" His question was soon answered, since the old LAMS-V collapsed. Due to excess snow, the team was told that the new one was to be constructed where the collapsed one once stood. Other members of the LAMS-V construction team were Tech. Sgt. Cheff, Tech. Sgt. Istas, Staff Sgt. Sampson, and Senior Amn. Lons, each playing a vital part in the construction efforts. The LAMS-V was needed for vehicle maintenance, so it was essential to erect the shelter as soon as possible. It was important so that the Army could maintain their vehicles for mission-critical convoys throughout the region.

The first day started with an inventory of all the components, layout of the base plates and arches, and putting together a general plan of construction. This was a crucial step, since no one from the team had ever erected a LAMS-V before. On the second day, the weather did not cooperate from the start. Rain made it difficult to work, and no one likes having wet feet. We put together all of the main arches and were able to hoist two of them into place with the skylift and bucket truck before the weather made the work environment unsafe. By the end of the day, we all seemed to envy Senior Airman Lons; because of his skill in operating equipment, he was assigned to be the skylift operator and was able to stay at least semi-dry. While the team slept, it snowed about 12 inches, which made the next day even more difficult to work. The team pressed on. Senior Amn Lons operated the skylift and Staff Sgt. Henderson was in the bucket, 20 feet in the air, connecting the cables and purlins to the arches for structural support. Senior Master Sgt. Flores, Tech. Sgt. Cheff, Tech. Sgt. Istas, and Staff Sgt. Sampson helped hoist the arches into place to pin them at the base plates. We were able to get another two arches up before the snow started and the cold temperature made the conditions yet again unsafe to work. Senior Master Sgt. Flores made the call to pack things up, get warm, and wait for the snow to subside before working again. However, the snow continued to blanket the COP throughout the night.

Behind schedule due to Mother Nature, we were desperate for a nice day to catch up on our project. Luckily for us, the next three days afforded decent enough weather so that we could get back on schedule. On the first day of nice weather, we completed a good amount of work. The rest of the main arches went up and the main canvas was installed. It was a very difficult task because no matter how hard we pulled on the canvas it would barely move. Our hands ached because it took us about 75 minutes to install one piece of canvas, when normally it should take about 20 minutes. It was frustrating and exhausting for the whole team, but at least we were closer to being back on track.

(Continued on page 12)



(Continued from page 12)

During the last two days on the job, we installed the structures' full-width motorized clam shell doors. Everyone on the team was moving with great urgency around the worksite, we were determined to get the job done. While Senior Master Sgt. Flores and Tech. Sgt. Cheff installed the lighting system and receptacle outlets, the rest of the crew worked on installing the personnel doors and the side vehicle doors. Finally, by the end of the day we were finished with the job.

As day seven arrived, we took a final walkthrough of the construction site and inspected the structure to make sure everything was done right, and then we began the final clean up. We left the next day on a convoy, knowing that the successful completion of our mission directly impacted the mission of the Army personnel stationed at the COP.





Chief Master Sgt. Ricardo Flores



A snapshot in time: Day three of the Hurricane Sandy recovery trip, Nov. 1, 2012

By Tech. Sgt. Brandy Fowler, 107th Broadcast Journalist

Volunteers from the 107th Airlift Wing are sleeping soundly on the basement floor of the Lexington armory on 27th Street in lower Manhattan. The group deployed three days ago to support areas affected by Hurricane Sandy. Most are catching up on much needed sleep. They began by flying to Stewart Air National Guard Base and took a bus to Camp Smith (near Peekskill, N.Y.) where they awaited orders to move into the city. Camp Smith ran on generators and the scarce amenities included a dining facility with hot meals and a circuit of outlets which were occupied nearly the entire time charging members' electronics and phones. The barracks did not have electricity but did have running, cold water. The Airmen kept in good spirits joking about their chilly shower. Others kept busy on their freshly charged electronics playing games, watching movies and texting their loved ones. The whole day was spent doing the ole "hurry up and wait" routine. It would be hours before the group got the orders to move out.

The 107th took the time to show others what their main strength is; teamwork. Members grabbed mops and brooms to lend a hand to the overworked cooks putting out a meal every several hours. "There is no reason why we should just sit here and watch," said Tech. Sgt. James Hallmark, 107th AW Aircraft Maintainer. "We came here to help. Our own people shouldn't be an exception."

These volunteers were off to a strong start with high morale and a winning attitude. More than 14 hours awake waiting our mission instructions, the 107th members began to turn in for the night. Around ten p.m., they got the call they had been waiting for all day. With thirty minutes to report, everyone scrambled to pack up any loose ends and gather up.

Team Niagara pulled into Manhattan and members were noticing how there was electricity. Some questioned what we were doing in this beautiful city. Things looked normal. In an instant, everything on the streets got dark. There was no more working traffic or street lights. The normally glowing high rises were dark.

The busses arrived at the armory and were unloaded. 75 Airmen, their sleeping bags and their personal items moved into the city. It wasn't more than a half hour before the group was sent out on their first mission.

The Airmen marched by two to Bellevue Hospital, three city blocks away. With no working traffic signals, members reached back to basic training skills and deployed road guards at each intersection to safely move their people.

The hospital was packed with patients, doctors, nurses, NYC EMT, and members of the 105th. This unit handed over the job to Niagara Falls members and the task was at hand: to escort or remove, by means of litter teams, patients of the hospital, to the ground floor so that they may be transported to other local hospitals that had power. With no electricity to power the elevators in Bellevue, the members moved patients through the stairwells. The highest they went was the 18th floor with two flights of basement stairs. Some repeated this climb and descent multiple times. The trip up was light carrying their own body weight, but the trips down always gained an individual on a sled litter. The group spent more than four hours hiking up and down the stairwells of the hospital. When a patient arrived on the ground level,



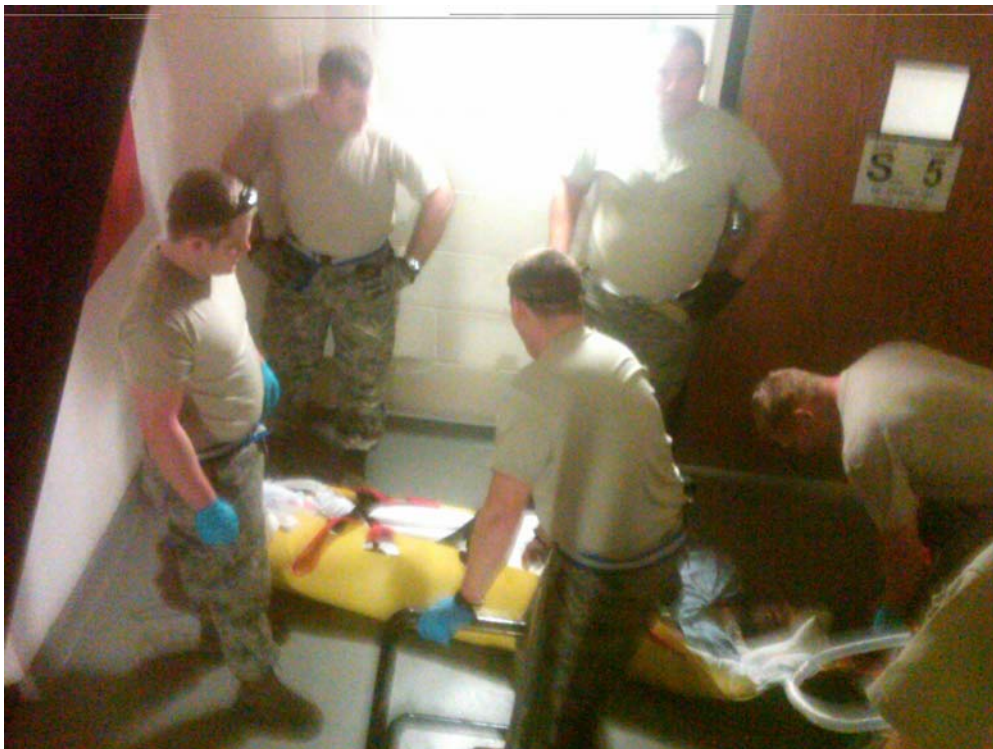
EMTs were standing by to receive the patients on a gurney and move them to another location.

Some patients had family members with them for the move. One woman in particular was a 27 year old woman who was helping to move her husband. She was crying quietly and hugging the nurses. I pushed my camera into my pocket. This was just not the time to take pictures. She explained to me how they were waiting since Sunday so that her husband of 6 years could be moved to a place that wouldn't be affected by the storm. She told me about her kids and about how far her husband has come since his brain injury. She was really thankful for team Niagara's help.

"This is really what we are here for; to help people who need it," said Staff Sgt. Michael Kemp, 107th Security Forces. "It's up to us to keep doing what we do, and that's supporting New York State and its people."

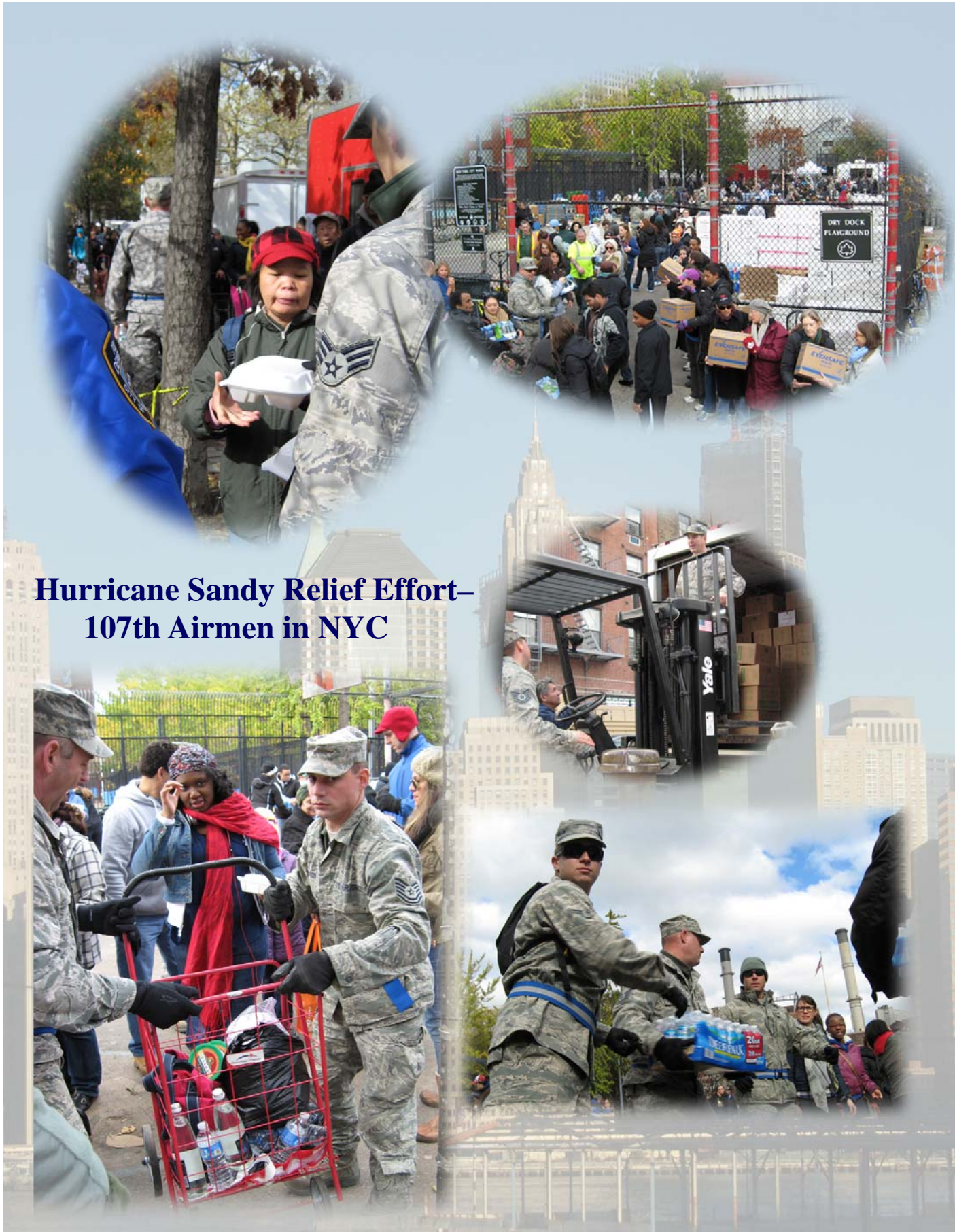
The group completed their first mission and all members gathered back for some much needed rest. It had been 26 long awake hours and multiple cups of coffee since the group had seen sleep. Their resting place is on the cold basement floor of the armory.

"It doesn't matter where we sleep or the amenities we are provided with. We choose to serve our state and that sometimes means giving up the things we want to help others," said Kemp.



107th volunteers lift a patient for carry at Bellevue hospital in NYC. The New York State National Guard aided the hospital in removing its patients for transfer. (Cell phone photo/Tech. Sgt. Brandy Fowler)





**Hurricane Sandy Relief Effort—
107th Airmen in NYC**





OCTOBER ENLISTMENTS



SRA Lacy Sandroni
2W0X1 - MUNITIONS SYSTEMS



SRA Joe Grana
2G0X1 - LOGISTICS PLANS.



SRA Christopher Holley
3E751 - FIRE PROTECTION



A1C Brandi Stenzel
3P0X1 - SECURITY FORCES



A1C Andrew Rotoli
2T3X2 - SPECIAL VEHICLE MAINTENANCE



A1C Sean Drennan
4N0X1-AEROSPACE MEDICAL SERVICE



NOVEMBER ENLISTMENTS



SRA Danielle Lowe
3S0X1-PERSONNEL



AB Charles Shelvay
3M0X1-SERVICES



A1C Toria Distefano
2A6X1-AEROSPACE PROPULSION



A1C Sean Menzies
2A6X1 - PROPULSION



SRA Jesse Zwawa
2T1X1-VEHICLE
MAINTENANCE



Social Media Reminders

If you are identified as a military member (by profile or photo), be cognizant of how you represent yourself. Do not do anything that will discredit yourself or the Air Force

Be aware of regulations regarding social media, specifically the new AFI 1-1 – Air Force Culture

“You are personally responsible for what you say and post on social networking services and any other medium. Regardless of the method of communication used, Air Force standards must be observed at all times, both on and off-duty.”

If you are not a public affairs representative or not officially speaking on behalf of the military or the 107th, you must make that clear in your post

OPSEC, OPSEC, OPSEC

You are always on the record and must represent our core values

THINK BEFORE YOU POST

Most wonderful time of the year or the most stressful?

The holiday season can truly be the most wonderful time of the year as we come together with family and friends, but this season also often brings two unwelcome guests—stress and depression. And it's no wonder. The holidays present a dizzying array of demands – parties, shopping, baking, cleaning and entertaining, just to name a few. As members of the 107th family we have two very important responsibilities to be mindful of. The first is to be a good wingman – be that friend or family member who cares enough to watch out for the manifestations of the “holiday blues” in each other. The second is to take care of yourself by managing holiday stress so you can not only enjoy the season but be that good wingman.

Stress and depression can manifest itself in many ways. At the heart of the wingman ethos that we have all heard so much about is caring enough to notice these manifestations and taking action to help. The worst of these is certainly causing harm to self or others. Remember your training. In the case of suicide remember ACE: **A**sk the question, **C**are enough to intervene and control the situation, and **E**scort the individual to help. Watch for changes in mood and behavior, loss of interest in work, changes in sleeping habits, substance abuse, isolation and withdrawal. When alcohol is involved, do the right thing, don't let someone who has imbibed to excess be a danger to themselves or others by climbing behind the wheel. The bottom line - be the one who breaks the chain, care enough to be the good wingman.

Be your own best wingman. Recognize and minimize the impact that holiday stress has on you. I recently read an article published by the Mayo Clinic regarding holiday stress that offered ten tips to prevent holiday stress and depression;

1. Acknowledge your feelings – it's normal to feel stressed and even blue sometimes around the holidays, especially if it's the first one following the loss of someone close to you.
2. Reach out – if you feel lonely seek the support of others.
3. Be realistic – holidays are seldom perfect, focus on the positive.
4. Set aside differences – be more accepting and understand that others are probably stressed too.
5. Stick to a budget – don't try to buy happiness, give of your time instead, realize everyone is feeling a budget crunch.
6. Plan ahead – build a timeline, plan menus, make shopping lists.
7. Learn to say no – don't say yes when you should say no, you will only feel overwhelmed.
8. Don't abandon healthy habits – overindulgence only adds to your stress and guilt.
9. Take a breather – build in some “me” time.
10. Seek professional help if you need it – despite your best efforts you still might find yourself feeling persistently sad or anxious, if it persists seek help.

Have a safe and happy holiday season. Take care of yourself and each other. May you find peace and joy and make this the most wonderful time of the year!



REVOLUTIONIZING SELF INSPECTIONS

Daniel Monahan
Air Force Inspection Agency
Kirtland AFB

Using a hard copy checklist to conduct a self inspection may soon become a thing of the past. Air Force Reserve Command has created an on-line tool to conduct and manage various self inspections.

Air Force organizations can prepare for unit compliance inspections by using the Management Internal Control Toolset (MICT). MICT is an interactive online application used by units to help manage various inspections. MICT is not just an inspection checklist or an application to track open deficiencies, but a way to help self inspection monitors and process managers to control their entire program.

The development of MICT was the result of an Air Force Smart Operations for the 21st Century event. Before the inception of MICT, many units and organizations created their own "homemade" products to conduct self inspections.

Air Force Reserve Command has been aggressively implementing the use of MICT to conduct self inspections and prepare for various inspections. Its use will be mandated in the Air Force Reserve Command Supplement to Air Force Instruction 90-201, *Inspector General Activities*.

According to the MICT handbook, starting from the lowest level, program administrators and their assigned assistants can access applicable checklists and program requirements. Further, they can conduct their self inspection checklists for later viewing by unit leadership and inspection teams. Next, functional managers can create additional checklists and assign them to members within their areas of responsibilities. As the information flows up the inspection chain, each level of authority is assigned specific roles, responsibilities and visibility into the unit's

MICT program.

Due to Air Force regulations, many checklists already exist and are readily available, but MICT can take it a step further. Many organizations have unique missions and

We need to be brutally honest about what areas need improvement. If we're not in compliance we need to admit it and come up with a plan.

local policies not applicable to other Air Force organizations. Specific guidance based on local unit requirements can be created, so checklists can be developed for mission-related and non-mission areas. These checklists are accessible and available through MICT to all members of the unit.

"We have to use the tool for the right purpose. We need to be brutally honest about what areas need improvement. If we're not in compliance, we need to admit it and come up with a plan," said Lt. Col. Bob Wolff, process manager for the 911th Airlift Wing, Pittsburgh International Airport.

Because MICT is web-based, inspectors can look at a unit's self inspection to see how they are preparing for an upcoming unit compliance inspection.

"Inspectors can see what you're doing well and what you need to correct before they even arrive. This helps to streamline the inspection and results in the need for fewer inspectors. They can be more focused once they get here," said Colonel Wolff.

For more information, e-mail afrc.MICT@afrc.af.mil. □

Editor's note: Tech. Sgt. Scott Pryor, 911th Air Wing Public affairs, contributed to this article.

TIGORIBRIEF



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

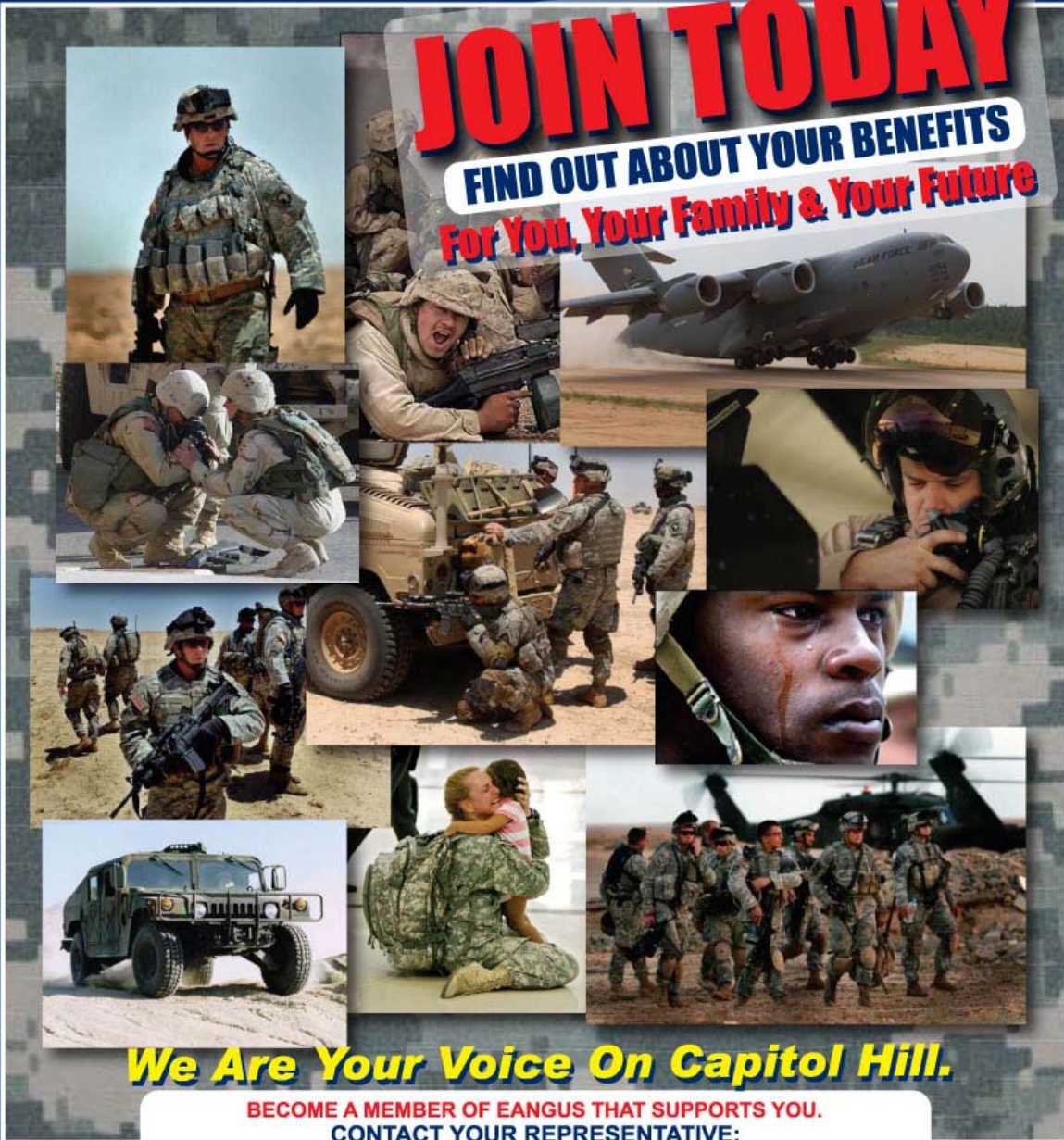
YOU SHOULD PROVIDE TO LAW ENFORCEMENT OR 911 OPERATOR

- 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

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How Much is Too Much Alcohol?

Heavy drinking and binge drinking among military members exceeds the rates experienced in the civilian sector across all age groups. The rates for male military members aged 18 to 25 provide the widest discrepancy from civilian rates: 28.7% versus 19.7%. The levels of heavy drinking have also seen an increase since 2002. A recent study in *Military Medicine*, gives us insight into three drinking patterns as described by military personnel:

Social Drinkers—If you fit into this category, you will tend to drink only in social situations when the purpose of the get together is to celebrate, catch up with peers, connect with others, and to create social bonds. These drinkers often plan ahead and designate a driver so that the group members do not get DUI's.

Recreational Drinkers—This category of drinker usually drinks for the purpose of relieving boredom. Generally, this happens on bases and in social circles where there is an unidentified lack of activities and drinking seems to fill in the gap. These drinkers tend to 'hang out', the drinking episodes are far more spontaneous, and there may be no identified designated driver, so the risk of DUI can increase.

Stress and Coping Drinkers—Those who fit in this category usually utilize alcohol to cope with jobs that they perceive are too stressful. Members who use alcohol regularly to help them sleep due to shift work or right before/after a deployment, may also fit in this group. This subcategory has members who are more likely to drink alone than the other two groups and were most likely to be perceived of as 'problem drinkers' by their peers.

In looking at the categories above, determine the group with which you most closely identify. Understanding your emotional relationship with alcohol is important in recognizing if drinking is becoming a problem. A simple rule used on many active duty bases is **0-0-1-3**: 0 = Zero drinks before age 21; 0 = Zero DUI's; 1 = One drink per hour; 3 = Three drinks per social event.

If you have any additional questions or need assistance, please contact your 107th Wing Director of Psychological Health, Dr. Roger A. De Noyelles, LCSW-R. Bldg. # 202 (CE Bldg); Office 100. Mobile: 716-534-4209, Email: roger.denoyelles.ctr@ang.af.mil

Reference

Poehlman, J. A., Schwerin, M.J., Pemberton, M.R., Isenberg, K., Lane, M.E., & Aspinwall, K. (2011). Socio-cultural factors that foster use and abuse of alcohol among a sample of enlisted personnel at four Navy and Marine Corps installations. *Military medicine*, 176(4), 397-401.



Got the blues? Managing the Winter Blues

People in our society now spend as much as 90 percent of their time indoors. Winter blues can impact over 10% of the population living in middle to northern states. Typically, the winter blues occur gradually beginning in late fall or early winter and goes away during the sunnier days of spring and summer.

This handout will review the signs and symptoms of the winter blues and will detail how to cope with the winter blues. Symptoms of more deleterious conditions will also be reviewed, as well as resources available to help.

Signs of Winter Blues

- Sadness or irritability.
- Appetite changes, usually increased appetite with cravings for sweets and other carbohydrates.
- Lethargy and weight gain.
- Some loss of interest in pleasurable activities.
- Some isolation of self from friends and family.
- Difficulty concentrating or finishing tasks.

What can someone do?

- Make your environment sunnier and brighter.
- Exposure to full-spectrum bright light from specialized light therapy box.
- Regular aerobic exercise three times a week.
- Get outside.
- Get appropriate amount of sleep each night (7 to 8 hours).
- Increase exposure to family and friends.
- Relaxation exercises or measures – get a massage.
- Vacation in someplace sunny.

How do you know if it is more than the winter blues?

- If you are showing signs of depression such as:
 - hopelessness.
 - loss of interest in many activities you once enjoyed.
 - school or work problems.
 - isolating self.
 - suicidal thoughts or behavior.
 - substance abuse.

(Continued on page 27)

(Continued from page 26)

What can you do?

- You should meet with your family doctor or primary care provider to assess possible underlying physical conditions.
- You may want to meet with a chaplain or mental health professional to discuss possible options.
- Anti-depressants.
- Phototherapy.
- Talk therapy.

Resources

- Airman & Family Readiness Office: 716-236-3411
- Chaplain Office: 716-236-2395
- Other: 716-688-8677
- Veterans' Crisis Line, 24/7 1 800-273-TALK (8255), option 1
- Wing Director of Psychological Health Mobile: 716:534-4209
- Military & Family Life Consultants
- VA/Vet Center 716-862-7350
- www.MilitaryOneSource.com 800-342-9647 (24/7)
- www.WingmanProject.org

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- Mayo Foundation for Medical Education and Research (MFMER). (2011). *Seasonal affective disorder (SAD)*. Retrieved October 12, 2011, from <http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195/METHOD=print>.

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