



Commander's Column

Maintaining Wing's facility is crucial to unit's mission

By Lt. Col. Paul E. Novello, 108th Civil Engineer Squadron commander

The mission of the Air Force and the Air National Guard is to Fly, Fight and Win. With the demands put on ANG due to our current OPSTEMPO, the Guard meets, if not exceeds, all standards and requirements of our active duty counterparts. In order to maintain this high level of readiness, we need to remain fully trained, and our weapon systems must be properly maintained. One of the often overlooked key components that allow us to be fully trained and maintained our weapon systems is our facilities. As the Wing's base civil engineer, it is my responsibility to ensure that our facilities are adequately sized and maintained.

In order to determine how much space is needed for a unit to function, the Air Force provides us guidelines in AFH 32-

1084, "Standard Facility Requirements". The Air National Guard uses ANGH 32-1084, "ANG Standard Facility Requirements" to allocate space due to some of the differences between the Air Force and the ANG. Different functions are broken down by category codes, more commonly called "CAT Codes". An example of this is "Base Supply Admin" and "Base Civil Engineer Admin". Both are similar in nature, but due to the inherent differences, have different space allowances. Some CAT Codes are further broken down to weapons systems (a KC-135R maintenance hangar requires more space than an F-16 unit) or locations (a home station squadron operation has more authorized space than a CRTC squadron operation). In cases of a unit's unique mission, similar to that of our 150th Special Operation Flight, the space authorized is determined by a concentrated team effort between the user, the BCE, and the base's programmer at National Guard Bureau - A7.

A tabular listing of all CAT Codes and their respective space authorizations is provided by NGB/A7 via the 920 Report. This document is used by the BCE staff when programming new facilities and renovations.

Failure to plan is planning to fail. That being said, the planning process to develop and alter a base is a lengthy process. A comprehensive installation development plan (IDP) is the master plan that the Wing uses to build and modify a base. A civilian architect and engineering (A&E) firm that specializes in land use is contracted by the Wing's BCE staff to develop the plan. The



A&E's design team comes to the base for a few days to meet with all the users, studies the 920 report, looks at the condition and functionality of the existing facilities, and comes up with a few different layouts that are presented to the Wing's leadership. During this presentation, all pros and cons are identified and discussed, and the best course of action is selected. Once we have a solid IDP in place, we need to prioritize all our requirements; this is done by the Wing's Facility Utilization Board. Smaller projects, less than \$300,000, are part of our local sustainment, restoration and modernization (SRM) program, and the prioritization is fully done by the FUB. Larger projects compete for funds on a national level, and they need to be programmed by NGB/A7. The NGB/A7 programmer validates the request for a project, takes into account all the ANG Wing's priority, and places it in the proper fund stream and program year. The funding stream is generally driven by scope and the type of project.

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108th Wing provides once-in-a-lifetime experience to local JROTC cadets



Cadets from Southern Regional High School's Air Force Junior ROTC program in Manahawkin, N.J., pose in front of a KC-135 Stratotanker from the 108th Wing's fleet at Joint Base McGuire-Dix-Lakehurst.

Story and photo by Staff Sgt. Armando Vasquez, 108th PA

Having never seen the inside of a KC-135 Stratotanker, cadets Frank Gradzki and Vincent Giersch were delighted to be able to sit in the jump seat of the aircraft during the take-off and landing of an air refueling mission by the crew of the 108th Wing.

"I saw my house and my old middle school," said Giersch.

"It was awesome to see how

the pilots maneuver the plane and how they interact in the cockpit," said Gradzki.

Gradzki and Giersch were among the 19 Air Force Junior ROTC cadets from Southern Regional High School in Manahawkin, N.J., that were provided with an opportunity to experience an orientation flight on Jan. 18, at Joint Base McGuire-Dix-Lakehurst.

The orientation flight was coordinated by the 108th

Wing's public affair officer, Capt. April Doolittle.

"The purpose of these flights is to motivate and familiarize Air Force JROTC cadets with the role and missions of the 108th Wing," said Doolittle.

This event introduces the young cadets to general aviation and military opportunities through hands-on interaction with an aircraft, equipment and personnel.

In addition, these flights are an excellent recruiting tool for the New Jersey Air National Guard and possibly the Air Force's active duty component.

After receiving a safety briefing from the flight crew and watching a video on emergency evacuation procedures, Cadets were able to observe the flight and refueling of a KC-10 Extender over the Atlantic Ocean.

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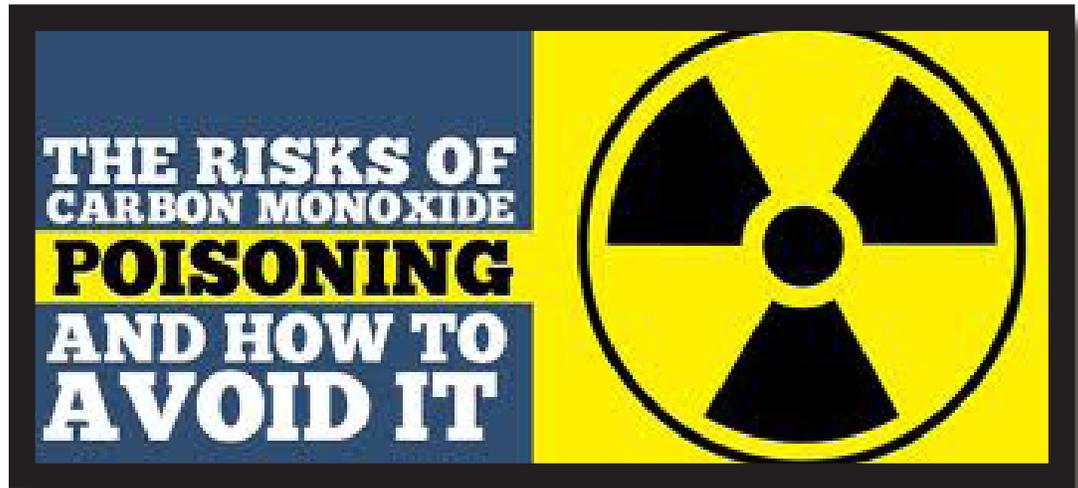
A Message From the Safety Office

Carbon monoxide: The silent killer

Most of us know that carbon monoxide gas (CO) is present in engine exhaust, and we have enough sense not to let an engine run in a closed garage. But safety experts have suspected for years that carbon monoxide contributes to many more vehicle accidents that we're able to prove. This insidious gas is colorless, odorless, tasteless and non-irritating. It can kill without ever being detected by the senses. When you smell exhaust fumes, you do not smell the carbon monoxide - you smell unburned hydrocarbons.

Here are some points to help you keep the silent killer from making you one of its victims:

1. Be sure all parts of the manifold, exhaust pipe and muffler are sealed against



leaks.

2. Keep your engine properly tuned so that combustion will be as complete as possible.

3. Before starting your engine, open the garage doors wide or, if you have an exhaust venting system, be sure it's operating.

4. Never crawl under your vehicle while the engine is running. (There are many other good reasons not to do this.)

5. Never drive without a fresh air supply coming into your vehicle.

6. Avoid following other vehicles too closely, their exhaust contain carbon monoxide that can be drawn into your vehicle.

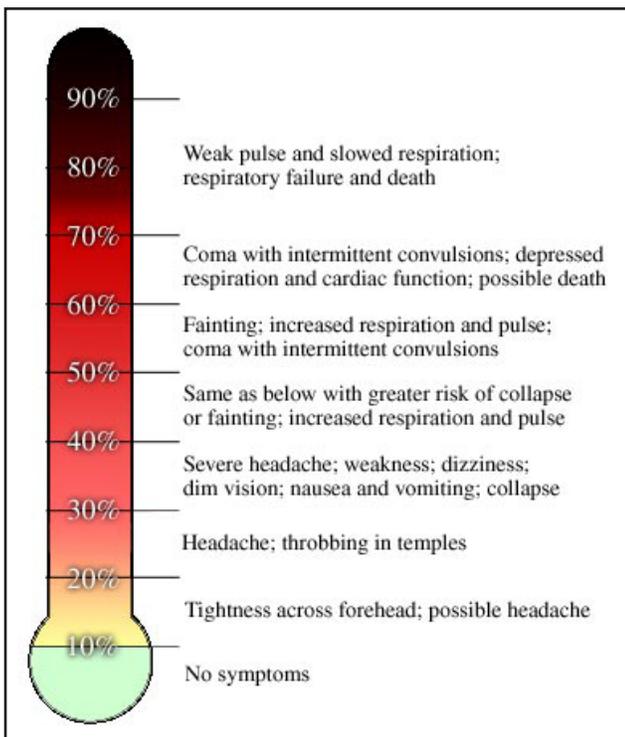
Furthermore, carbon monoxide can slow down your brain and your reflex, dim your vision and lead you into an accident. During the cooler months we're more apt to drive with all the windows closed. Always have some fresh air coming in. The oxygen in fresh air is what you need more than anything else to offset the carbon monoxide.

Most people don't realize how little carbon monoxide it takes to be poisonous to the human body. Only 50 parts of CO per million parts of air, by volume, is considered dangerous. And there have been cases where that much

of the deadly gas has been found in underpasses on city street.

If you feel a little sleepy while driving, or feel tightness across your forehead, or get a headache, or your temples start throbbing, you may be inhaling some carbon monoxide. Other signs while driving at night are that oncoming lights seem brighter and more glaring than usual and you're slower in recovering your vision from the glare, or that the darkness seems blacker than usual. If you notice any of these signs, stop at once, get out and walk around in the open air, and then drive with the windows open.

Carbon monoxide doesn't suffocate you; it kills you by chemical action. It's an asphyxiate. It combines directly with the blood in your body so the blood can't carry oxygen to the tissues. In a sense, you die from oxygen starvation. So, if you have carbon monoxide, get some fresh air or pure oxygen as fast as you can.



ENGINEERS

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Most projects that I have been describing fall into three primary categories: construction, maintenance and repair.

Projects that create new space or change the use of a facility are considered construction projects. Small projects less than \$300,000 are within the local SRM approval level. However, since our annual SRM program is around \$550,000, we would try to get this funded by NGB/A7. Construction projects between \$750,000 and \$2 million are considered P-341 minor construction projects, and are again funded by NGB/A7. All construction proj-

ects more than \$2 million are considered MILCON (military construction) and are funded either under the President's budget or Congressional appropriated funds. This is usually a multi-year process to get a facility funded for MILCON.

The majorities of facility projects we do are maintenance and repair projects under the SRM program. As mentioned earlier, we usually get around \$550,000 for our local SRM program. Sustainment work maintains the facility, and restoration repairs a facility. Modernization projects usually consist of improvements or use changes. For the minor repairs, we have a small workforce of highly skilled craftsmen that are state employees. The salaries

of these craftsmen and the materials they use are funded 75 percent federally and 25 percent by the state. Minor maintenance is performed by each facility's building manager. Some examples are changing light bulbs, and unclogging drains.

The 108th Wing has 27 buildings totaling 426,536 square feet with a replacement cost of \$138 million, sitting on 130 acres. As you can see, there are a lot of facilities to keep up to standard. This is challenging with a relatively small work force and relying on funding that is vulnerable to be cut. The better we all take care of our facilities, the better the facilities will be able to support us and the mission...

Military customs and courtesies guidelines at Joint Base

by Senior Airman Bryan Swink, Joint Base McGuire-Dix-Lakehurst Public Affairs

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. -- Leadership here announced the establishment of joint standardized customs and courtesies here in regard to ceremonial music and customs and courtesies.

The joint advisory committee team established overall guidance Dec. 16 which applies to reveille, retreat and taps; customs and courtesies rendered in and out of uniform; as well as driving protocols for implementation amongst all service members and civilians on the joint base.

Chief Master Sgt. George Lytle, 87th Air Base Wing special assistant to the deputy commander, coordinated with other senior enlisted leaders throughout the joint base to standardize and unify the playing of the ceremonial music throughout the day, at the direction of the joint base commander.

"We did extensive background work on all the services' policies," said Lytle. "We wanted to keep the processes as balanced as possible across the board."

A representative from every branch was part of this standardization process.

"This was a great way for all branches to work together and bridge cultural differences on an installation-wide project," said Master Chief Herbert Kelton, Naval Support Activity-Lakehurst command master chief. "The new procedures reflect what a joint base is all about."

New procedures are as follows:

Reveille will sound at 6 a.m., immediate-

ly followed by "To the Colors." Retreat will sound at 5 p.m., immediately followed by the national anthem. Taps will play at 10 p.m.

The following courtesies will be rendered when military are in uniform:

- All active duty, Guard and Reserve personnel will immediately face the flag and stand at parade rest at the first note of reveille or retreat (face the direction of the music if the flag is not in view). When the reveille or retreat music concludes, come to the position of attention and render a salute at the first note of "To the Colors" or the national anthem and remain saluting until the last note. For taps, immediately face the music and come to the position of attention until the music is complete.

When not in uniform, both civilians and military:

- Immediately face the flag at the first note of reveille or retreat (face the direction of the music if the flag is not in view). When the reveille or retreat music concludes, civilians and military personnel not in uniform will place their right hand over their heart when they hear the first note of "To the Colors" or the national anthem and keep it there until the last note. Saluting is optional for service members and veterans not in uniform.

If wearing headgear, remove the headgear with the right hand and hold it at the left shoulder while the right hand is over the heart. Personnel should stand and remain silent during taps.

When in a vehicle:

- pull the vehicle to the side of the road and stop during reveille or retreat. Turn off the radio. All occupants will sit quietly until the last note of "To the Colors" or the national anthem.

When wearing a physical training uniform:

- Military personnel will follow their service specific-guidance (i.e., Army and Air Force personnel will follow the "in uniform" guidance above, while Navy, Marine and Coast Guard personnel will follow the "not in uniform" guidance).

"As we continue to develop our identity as a joint base, it is essential we standardize our processes, as well as honor the history and traditions of each service here," said Wood. "Establishing common customs and courtesies for ceremonial music played on the public address system is a strong step in this direction. I appreciate the support of our senior enlisted leaders across the installation in making this happen."



2011 Holiday Party Photos



Staff Sgts. Damarces Sharkey and Miguel Berroa help Tiernan Johnson, son of Master Sgt Matthew Johnson, try on body armor during the 108th Wing's Holiday party at Joint Base McGuire-Dix-Lakehurst on Dec. 4. (U.S. Air Force photo by Airman Kellyann Novak, 108th WG/PA)



Tiernan Johnson tries on body armor and a pilot's helmet during the Holiday Party activities on Dec. 4. Different activities were set up in the hangar to show 108th Wing members' children what it's like to prepare for deployment. (U.S. Air Force photo by Airman Kellyann Novak, 108th WG/PA)



Santa Claus arrives at the 108 Wing's Holiday Party at Joint Base McGuire-Dix- Lakehurst on Dec. 4. (U.S. Air Force photo by Tech. Sgt. Eric Erbe, 108th WG/PA)



Luka and Dominik Ventresca, sons of Cap. Olivera Ventresca, poke their heads through the top of a Humvee. (U.S. Air Force photo by Airman Kellyann Novak, 108th WG/PA)



Nolan Nitahara, son of Tech. Sgt. Sean Nitahara, looks through a scope of a weapon during the 108th Wing's Holiday Party. (U.S. Air Force photo by Airman Kellyann Novak, 108th WG/PA)

Odds & Ends

Black History Month celebration

In observance of Black History Month, the 108th Wing will recognize the contributions and achievements of African-Americans in American culture and history.

Please join us at the 108th Operation Group's auditorium on Saturday, Feb. 11, at 11 a.m., for a lunch and learn session.

For more information contact Tech. Sgt. Tenisha Schexnayder at 609-754-4031.

Free stay at local Bed & Breakfast Inn

The Fox & Hound Inn, a bed and breakfast establishment, in New Hope, Pa., was very touched by all the recent images of military men and women reuniting with their families.

To show their appreciation, Lisa Menz, Inn Keeper, is offering a free romantic getaway package in January for active military, which will include a complimentary beautiful room, breakfast and a gift certificate for free drinks at a local brewery.

Tech. Sgt. Dennis Callan, 108th Security Forces Squadron, who returned December from Iraq, was surprised by his fiancé with a stay at the Fox & Hound Inn. They had a wonderful time and will probably return in the future as the Inn offers an ongoing military discount.

For more information, please visit the Inn's Website at www.foxhoundinn.com.



Senior Master Sgt. Scott Brown presents a flag that was flown in battle in Iraq to Richard Stockton College of New Jersey's president, Herman J. Saatkamp, at halftime of the 6 p.m., women's basketball game against Marymount at the college's Sports Center complex on Jan. 9. Brown is the father of Kelsey Brown, a Stockton freshman center/forward from Washington Township, Gloucester County, who scored a career-high 15 points with her father in attendance. Prior to tip-off, the Absecon VFW Memorial Post 9462 Color Guard performed the Presentation of Colors and the National Anthem was sung by Airman 1st Class Janelle Stokes of the 108th Wing, New Jersey Air National Guard, based at Joint Base McGuire-Dix-Lakehurst. (Photo courtesy of Richard Stockton College of New Jersey Athletic's Department)

PAINTING DAD'S OFFICE



Early on during construction of the 108th Civil Engineer Squadron's new facility, Lt. Col. Paul E. Novello, 108th Base Civil Engineer commander, showed his children the new building and the approximate location of his new office. His daughters Gina, 8, Meghan, 19 and son, PJ, 7, asked if they could paint the office when it was time. On Sunday, Jan. 15, Novello brought his three children to paint the room. All enjoyed the experience, and the paint job came out perfect! (Photo courtesy of Lt. Col. Paul E. Novello)

108TH WING REENLISTMENTS



From left to right, Senior Airman Nathan Schaefer, 108th Maintenance Group, Master Sgt. Spiro Panagakis, 108th Maintenance Group, Staff Sgts. Betheny White, 141st Air Refueling Squadron, and John Zeller, 108th Security Forces Squadron, reenlist with the 108 Wing on Dec. 3, at Joint Base McGuire-Dix-Lakehurst during the 2011 December Unit Training Assembly. Col. Robert Meyers, right, 108th Wing vice commander, administered the Oath of Enlistment. (U.S. Air Force photo by Tech. Sgt. Eric Erbe, 108th WG/PA)

The dos and don'ts of the political season

By 2nd Lt. Abraham J. Raymond, 1st Flying Training Wing Legal Office

With the presidential primaries lurking around the corner, there are a few things Airmen must remember during this upcoming political season.

When you joined the military or became a federal employee, you did so with the knowledge that this decision came with some sacrifice.

Everyone is encouraged to register to vote, research candidates and vote for the candidates. However, for this representative democracy to function properly, civil servants and military professionals cannot be seen as partisans.

Both military members and federal employees work for the government, and, in doing so, they must support elected officials regardless of whether or not they voted for or against particular candidates. For this reason, among others, getting a paycheck directly from the federal government necessarily limits a person's ability to participate in some aspects of the political process.

Department of Defense Directive 1344.10, "Political Activities by Members of the Armed Forces on Active Duty," and Air Force Instruction 51-902, "Political Activities by Members of the U.S. Air Force," outline permitted and restricted political actions for active military members. Service members who violate these rules may face punishment under the Uniform Code of Military Justice.

There are some reoccurring issues surrounding prohibited political activities. A frequent issue concerns whether or not an individual can display a large political sign on his or her car or truck. Displaying a large political sign on your automobile is prohibited. However, members are allowed to display a political bumper sticker on their vehicle.

Military members are prohibited from using official authority to influence an election or solicit votes for a specific candidate or issue.

Military members are limited in their involvement in the political process off duty as well. This includes being a candidate for, or holding, political office, except in those circumstances authorized by the AFI.

Speaking at any partisan political gath-



ering, including a radio or television program, and advocating for a partisan political candidate or party is also prohibited.

Military members should reference AFI 51-902 when they have any questions regarding the legality of their political activities

Rules governing political activities by government civilians are found in a federal law known as the Hatch Act. DOD civilians who violate the Hatch Act face adverse personnel actions, including suspensions and employment termination.

Most restrictions surrounding the Hatch Act are centered on the prevention of supervisors influencing subordinates to participate in or contribute to partisan groups or candidates. Federal employees may not display partisan political campaign materials in the workplace.

While federal employees may express

opinions about candidates and issues when off duty, when on duty, in uniform, in a federal building, or in a federally owned or leased vehicle, federal employees may not express opinions directed at the success or failure of a political party, candidate for partisan political office or partisan political group.

There are three important things to remember during the upcoming political season. First, regardless of status, using command influence to sway subordinates to vote for a particular party, candidate or issue is prohibited by law or directive.

Second, when you receive a paycheck from the federal government, some aspects of your political freedom are limited.

Third, if you are unsure whether or not a political activity is approved, reference AFI 51-902 or contact your base legal office.



NJ chiropractors support “Healing Hands 4 Heroes”

BRANCHBURG, N.J. -- After eight years of conflict, President Obama last month declared the United States war in Iraq over. As hundreds of U.S. military service members return to New Jersey, the Association of New Jersey Chiropractors (ANJC), which represents more than 1,900 chiropractors statewide, wants veterans to know they can receive free chiropractic care as part of the ANJC’s “Healing Hands for Heroes” campaign. This program was launched last April in conjunction with Army OneSource, a U.S. Army Community outreach program and the Army Community Covenant.

Since April, ANJC participating member doctors have been treating returning veterans of the Afghanistan and Iraq wars for free for a minimum of 60 days. Veterans are able to find a participating chiropractor in their area by visiting www.njchiropractors.com.

“This program has been greatly received by veterans throughout New Jersey,” said Joseph D’Angiolillo, president of ANJC. “Many ANJC member doctors have signed on to participate in providing free care and we hope that returning New Jersey veterans from Iraq take advantage of our offer for free chiropractic services since we know that many are suffering from health problems that can be alleviated and treated by chiropractic care.”

ANJC doctors that have participated in “Healing Hands for Heroes” have found the experience a rewarding one.

Sylvia Bidwell of Moorestown has treated several veterans from Joint Base McGuire-Dix-Lakehurst.

“This has been a rewarding experience for me,” said Bidwell. “Veterans that I have treated have all suffered from lower back problems, as well as knee pain, headaches and cervical spine ailments. The carrying of heavy equipment played a large factor in causing these health problems.”

“I am very happy that our profession is doing this,” commented Steven Pollack, a doctor who has treated several veterans at his Beachwood office. “I have treated about a half dozen veterans from the Lakehurst base and they pretty much have all suffered from a variety of musculoskeletal ailments, notably low back

pain, as well as headaches. I look forward to continuing to provide these services to our veterans.”

One young veteran that has benefited from “Healing Hands for Heroes” is Marine Cpl. Sarang Ju. He was stationed in Iraq with his Marine unit in 2009 and 2010, helping to close down bases. He did a lot of physical work while wearing protective gear that weighed 30-40 pounds, which took a toll on his lower back. After returning home to North Jersey he suffered from severe discomfort, not being able to sit or drive for long periods of time or even bending down to put on his socks. His college insurance did not cover chiropractic but then he heard about “Healing Hands for Heroes” and he wound up becoming a patient of Michael Errichiello, a chiropractor based in Ridgefield. The treatments he received alleviated the discomfort.

As Ju told a CBS news producer, during a Veteran’s Day feature; “I feel good.

I’m able to do everyday stuff without any pain. I actually haven’t felt pain since doctor E fixed me up.”

“These young men and women are heroes,” said Errichiello. “They’re risking their lives in Iraq and Afghanistan to save us and keep us free. It’s important to give something back to them.”

The ANJC is one of the largest associations of chiropractors in the nation, with 1900 members throughout the state. Their mission is to educate its members in the latest technology and advancements in the profession and to educate the public about the benefits of chiropractic care. ANJC strives to protect and promote its members, patients and the chiropractic profession by uniting essential resources throughout the state. For more information, please visit ANJC’s public information website at www.njchiropractors.com or call their headquarters at 908-722-5678.

