

WING Tips

OCTOBER 2012, Vol. 13, No. 9



STAY CONNECTED
WITH SOCIAL MEDIA



“The Resiliency Triad”

By Lt. Col. Matt Paternostro, commander, 141st Air Refueling Squadron

I am sure you have heard of the ‘Nuclear Triad’ of missiles, bombers and submarines. Today, I am writing to you about my ‘Resiliency Triad’ of Body, Mind and Spirit.

Resiliency is defined as the ability to return to the same size and condition after excessive stress and strain. Hopefully, the following insights can provide you with some tools to be resilient when faced with stress and strain.

The first leg of the Triad is the Body. I don’t know about you, but when I haven’t worked out in a while, I begin to feel a little down. Maybe a little less patient with my kids and a little more stressed.

Going out for a walk in the park on a crisp fall day or a good run around the high school track really makes a difference in my attitude. I always dread doing it, but feel much better about myself afterwards.

When I run, I clear my head of the things that might be stressing me. This goes hand in hand with the renewed emphasis on the physical fitness program. Not only are you relieving stress, but you are working on passing the fitness assessment. Instead of trying to get ready for the assessment 30 days prior, it’s much easier to maintain a certain level of conditioning throughout the year and then pick up the intensity closer to the test.

Taking care of your body also means eating the right foods, limiting sweets and sugary drinks, and limiting alcohol intake. Common sense diet means burn more calories than you take in.

The second leg of the triad is the Mind. What I mean by mind is that as military professionals, we should never stop learning.

Start the next level of professional military education that you might be putting off. Read about current events and how they can affect the future of the Guard and our unit’s

future missions. Additionally, if you need to clear your mind of a stress that is weighing on you, the best way to do it is to talk to someone. That someone can be a close friend, your commander, your spouse, your minister, or our very own Director of Psychological Health, Jill Baret.

Only one of these individuals can offer you 100 percent, (I say again, 100 percent) complete confidentiality is the Chaplain.

The last leg of the triad is the Spirit. I don’t mean to get into a religious or philosophical discussion here, but I urge you to believe in something, even if it’s a rock. Believe that there is something bigger than you.

Keeping up your spirit also means doing things for yourself once in a while that makes you happy. We are all busy with family, life and career, but it’s important to make the time to treat yourself.

For example, if I feel like the stress in my life is mounting, I take in a round of golf where all I care about is getting that little white ball in the hole. Sometimes I create more stress by not playing that well!

If any of the legs of the nuclear triad are weakened,

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Cover: A hand up

Tech. Sgt. Jamal J. Hogan, right, independent duty medical technician, 108th Contingency Response Group, checks the blood sugar of a homeless veteran during Stand Down 2012 at the National Guard Armory in Cherry Hill Sept. 28. (U.S. Air Force photo by Master Sgt. Mark C. Olsen/Released)



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108th Wing - NJANG



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BOLTON ASSUMES COMMAND OF NJANG

Photos and story by Master Sgt. Mark C. Olsen, 108th Wing Public Affairs



Incoming New Jersey Air National Guard commander Col. Robert C. Bolton, right, is presented the NJANG guidon by Brig. Gen. Michael L. Cunniff, The Adjutant General of New Jersey,

during the Change of Command ceremony held at the Joint Training and Training Development Center, Joint Base McGuire-Dix-Lakehurst, N.J., Sept. 15.

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. – Air Force Col. Robert C. Bolton assumed command of the New Jersey Air National Guard at the Joint Training and Training Development Center here, Sept. 15.

"What I ask of all of you is to do your current mission well but keep an open mind," said Bolton. "Continue what you've done for years: safely and effectively perform your mission with outstanding professionalism."

Bolton will command the state's Air Guard, which has more than 2,000 Airmen and includes the 108th Wing at JB-MDL and the 177th Fighter Wing at Egg Harbor Township.

The new commander has a firm grasp of what his new duties will be: To provide mission ready Citizen-Airmen, aircraft, and equipment to both federal and state leadership in support of taskings across all spectrums.

"My job will be to ensure the Wings' have what they need to meet that mission and to ensure we can provide

whatever support is requested of us by both the Federal and State governments."

Bolton assumed command of the NJANG from Maj. Gen. Maria A. Falca-Dodson, the first female to be promoted to the rank of major general in the New Jersey National Guard and also the first woman to hold the position of assistant adjutant general for the air component, which she had held since 2008.

"The future is bright for the New Jersey Air National Guard and I am truly honored and blessed to have this position," Bolton said. "I look forward with excitement to the challenges ahead."

His military career began when he received a four-year Air Force Reserve Officer Training Corps engineering scholarship and attended the University of Massachusetts, Amherst. He was commissioned in May 1983 and began under-

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NJANG GETS NEW COMMANDER

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graduate pilot training in July 1983 at Laughlin Air Force Base, Texas.

After completing pilot training as a distinguished graduate, Bolton spent the next six years flying as both an F-15 Eagle and as instructor pilot flying OV-10 Broncos.

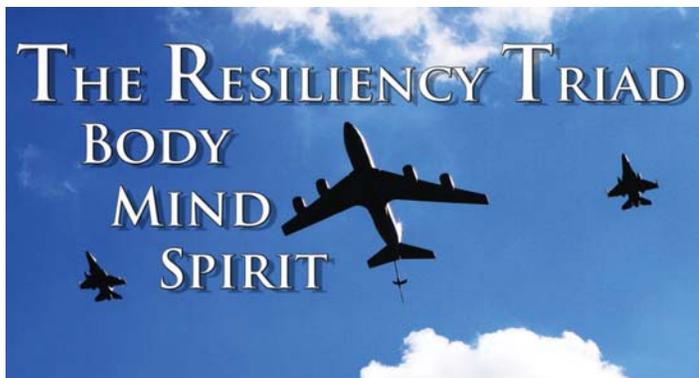
In 1990, Bolton joined the 177th Fighter Wing, New Jersey Air National Guard as an F-16 Fighting Falcon instructor pilot. In addition, he served as the Chief of Training, Weapons, and Scheduling.

In the ensuing years, he served in a variety of command positions and when the events of September 11, 2001 unfolded, Bolton stepped in as the unit's Alert Operations and Scheduling officer and flew on many of the Combat Air Patrol missions.

From 2003 through 2006 he served as the Wing's Alert Detachment Commander. In 2006, he deployed in support of Operation Iraqi Freedom as the unit's Assistant Operations Officer. In 2007, he was appointed as the Operations Group Commander and in 2009 he was selected as the 177th Fighter Wing Commander. In March 2012, Bolton became the Deputy Commander of the New Jersey Air National Guard. 



Maj. Devon E. Hanson, left, and Chief Master Sgt. Thomas C. Fahnstock, right, furl Maj. Gen. Maria A. Falca-Dodson, back row, second from right, the outgoing New Jersey Air National Guard commander, while Brig. Gen. Michael L. Cunniiff, back row left, The Adjutant General of New Jersey; incoming NJANG commander Col. Robert C. Bolton, back row second from left and State Command Chief Master Sgt. Vincent Morton observe during the Change of Command ceremony. Falca-Dodson was the first female to be promoted to the rank of major general in the New Jersey National Guard and the first woman to command the NJANG.



"The Resiliency Triad"

Continued from page 2

it makes the nuclear strategy weakened and vulnerable to attack. Similarly, if an area of your triad is weak, then that reduces your ability to be resilient when responding to a significant life event.

The stigma once assigned to mental health issues is slowly eroding. In fact, it shows strength to seek treatment just as you would take medicine to get rid of the flu. Often times in minor cases you don't even lose your security clearance while getting back to your 'same size and condition'. Even airline pilots have been approved by the Federal Aviation Administration to fly with anti-depressants.

Hopefully, you're still reading my commentary and have

picked up one or two things to think about.

My hope is that every one of us remains as resilient as we can be in these difficult times, and that if you need to strengthen your triad that you take the steps to do so. We need every officer and Airman in the Wing to perform at their very best. You are a vital part of our team and success. 



National Guard military review: A living part of history

By Sgt. Sherwood Goodenough, 444th Mobile Public Affairs Detachment; Photos by Master Sgt. Mark C. Olsen, 108th Wing Public Affairs



Carrying on a military tradition dating back to 1893, the New Jersey National Guard conducted a formal Military Pass and Review at the National Guard Training Center in Sea Girt Sept. 30.

Gov. Chris Christie reviewed

Airmen and Soldiers from the major New Jersey Army and Air National Guard commands at the first Military Review in more than a decade to be open to the public.

The ceremony opened with an airborne demonstration by the Army National Guard parachute team and flyovers by a 108th Wing KC-135R Stratotanker and two 177th Fighter Wing F-16 Fighting Falcons. Soldiers from the 3rd Battalion of the 112th Field Artillery fired a 19-gun salute with 105-mm howitzers.

In his introduction The Adjutant General of the New Jersey National Guard, Brig. Gen. Michael L. Cunniff, spoke about the importance of taking time to recognize those veterans and fallen heroes who defend America's interests at home and abroad.

"In each of your faces, I see the best of America," said Cunniff. "Today's event is the perfect opportunity to call attention to those who fight to keep our nation free."

Since Sept 11, 2001, the New Jersey National Guard has deployed thousands of Soldiers and Airmen around the globe to serve our state and nation where they were

needed most, from the battlefields of Afghanistan to areas hit hard by Hurricane Irene.

Gov. Chris Christie, the Commander in Chief for the New Jersey National Guard, spoke about the grandeur and the cost of the hard-won peace of mind earned by America's fighting women and men. Before the ceremony, Christie joined the wife and young daughter of a deployed Soldier in a teleconference with the officer from his base in Afghanistan.

Afterword, Christie told the crowd at the military review that the day was a tribute to the state's Soldiers and Airmen.

"It's an opportunity for us as civilians to pause and say thanks," Christie said. "Along with the glory comes the sorrow. Along with the service comes sacrifice."

Military family member, Jeanette Roma, the spouse of Capt. Robert Roma, sat in the audience with couple's 2-year-old daughter Halee, both beaming with pride, as the captain helped put on the ceremony.

"I just find it so amazing that we're so supported; that the governor came and supports us; that everyone comes out," she said tending to her daughter as she played on the bleachers. "I find it so empowering what my husband does. I come for (my daughter), so she can get a whole new look at what daddy does."

"It almost brings tears to my eyes that people around the world thank these Soldiers for what they do," she said. 🇺🇸



Gov. Chris Christie, Brig. Gen. Michael L. Cunniff, The Adjutant General of New Jersey and Brig. Gen. James J. Grant, chief of the Joint Staff review the Airmen of the 108th Wing as well as the other major commands of the New Jersey Air and Army National Guard on board a high mobility multipurpose wheeled vehicle.

A HAND UP - 108TH AIRMEN AID VETS

Story and photos by
Master Sgt. Mark C. Olsen
108th Wing Public Affairs

Airmen from the 108th Wing provided medical assistance to homeless veterans during Stand Down 2012 at the National Guard Armory in Cherry Hill on Sept. 28.

New Jersey National Guard Airmen and Soldiers have been major participants alongside the numerous groups of volunteers working with the homeless veterans. Stand Down is co-hosted by the New Jersey Department of Military and Veterans Affairs and the Stand Down of South Jersey Committee, Inc.

The event was created to provide homeless veterans with access to healthcare, mental health screening, substance abuse counseling, social services - food stamps and unemployment, legal services, religious counseling, a hot meal, a haircut and winter clothing.

Since 1996, the South Jersey Stand Down has served as a catalyst that enables homeless veterans to re-enter mainstream society. Stand Down is a military term refer-



Senior Airman Emilio D. Gonzalez, right, bioenvironmental engineer, helps a homeless veteran try on a pair of reading glasses.

ring to exhausted combat units that were removed from the battlefield to a place of security and safety for rest and recovery. Today, Stand Downs are grass roots, community-based intervention program to help veterans' battle life on the streets. 



Public health officer 1st Lt. Gyasi J. Mann, right, helps a homeless veteran choose a pair of reading glasses. Homeless veterans also

received access to social services, legal services, religious counseling, a hot meal, a haircut and winter clothing.

Eagle Eyes: Your eyes and ears, our best defense

From the 108th Security Forces Squadron

The Eagle Eyes program is an Air Force anti-terrorism initiative that enlists the eyes and ears of Air Force members and citizens in the war on terror.

Eagle eyes teaches people about the typical activities terrorists engage in to plan their attacks. Armed with this information, anyone can recognize elements of potential terror planning when they see it. The program provides a network of local, 24-hour phone numbers to call whenever a suspicious activity is observed. You and your family are encouraged to learn the categories of suspicious behavior and stay attuned to your surroundings.

Surveillance: Someone recording or monitoring activities. This may include the use of cameras (either still or video), note taking, drawing diagrams, annotating on maps or using binoculars or other vision-enhancing devices.

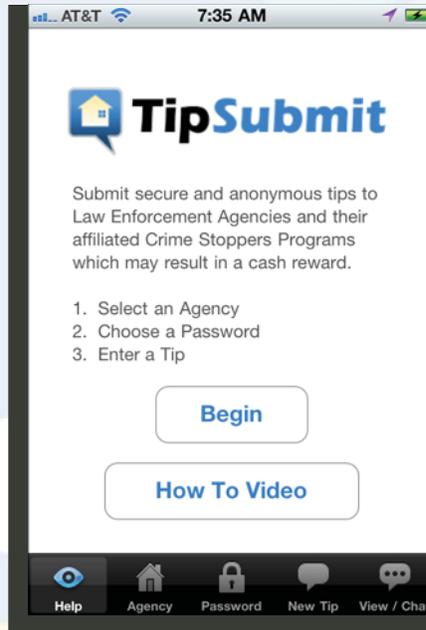
Elicitation: People or organizations attempting to gain information about military operations, capabilities, or people. Elicitation attempts may be made by mail, fax, telephone, or in person. Examples could include being approached and asked about what's happening at the base; asking for troop strength numbers; the number of airplanes on base, or deployment procedures.

Tests of security: Any attempts to measure reaction times to security breaches or to penetrate physical security barriers or procedures in order to assess strengths and weaknesses. Examples: a person grabs the base fence and shakes it and sees how long it takes for police to respond; a driver approaches the front gate (without ID and/or car sticker) and pretends to be lost or to have taken a wrong turn, just to learn the procedures of how he is dealt with and how far into the gate he can get before being turned around.

Acquiring supplies: Purchasing or stealing explosives, weapons, ammunition, detonators, timers, etc. Also includes acquiring military uniforms, decals, flight manuals, badges or any other controlled items.

Suspicious persons out of place: People who don't seem to belong in the workplace, neighborhood, business establishment, or anywhere else. This category is hard to define, but the point is that people know what looks right and what doesn't look right in their neighborhoods, office spaces, commutes, etc, and if a person just doesn't seem like he or she belongs, there's probably a reason for that.

Dry run: Putting people into position and moving them around according to their plan without actually committing the terrorist act. This is especially true when planning a kid-



How to Report Tips to AFOSI by Smart Phone App

1. Download the Smartphone app, from your mobile provider's marketplace.
2. Choose Manually Select an Agency
3. Choose Federal/Military then select Air Force Office of Special Investigations
4. Create a Password
5. Select New Tip
6. Fill out form with as much information as possible
7. Select Submit Tip

napping, but it can also pertain to bombings. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow. Take note of people moving around from place to place without any apparent purpose and doing it, perhaps, many times.

The appropriate example here is the Sept. 11 hijackers, who are now known to have actually flown on those exact flights several times before Sept. 11. Their purpose was to practice getting their people into position, working out arrival times, parking, ticketing, going through security. By taking note of everything around them, in one sense they were conducting surveillance and testing security, but they were also doing a dry run of the actual activity.

Deploying assets: People and supplies getting into position to commit the act. This is a person's last chance to alert authorities before the terrorist act occurs. Look for people loading up vehicles with weaponry/explosives, etc, and/or parking that vehicle somewhere, or people in military uniforms (who don't look right) approaching an installation or getting into a vehicle, or people who seem out of place standing by at a certain location as if waiting for something to happen.

One fairly good example of this is the attack on the Khobar Towers in Saudi Arabia. When the explosives-laden truck pulled up to the fence line (which was the "deploying assets" step) and the driver jumped out and ran away, that was seen by a spotter on the roof of the dormitory, who recognized this as suspicious activity. He then sprinted down stairs and began pounding on doors, rousting people out of bed and getting them out of the building. Because of that, he saved many, many lives, and it's all because he recognized the "deploying assets" element. 

Airman gains motivation from family, tradition, Airman's Creed

By Donna Clementoni, director of employer outreach for NJ ESGR

In retrospect, it will be fierce determination that advances Courtney Beard's career to an enviable status.

At 23-years old, she already has her staff sergeant stripes on her arm and a stunning list of achievements. New Jersey Air National Guard State Command Chief Vincent Morton confirms, "she is going places."

The first stop will be Long Beach, Calif., when she attends the Enlisted Association of the Nation Guard United States (EAN-GUS) Conference. She is the NJANG, 2011 Airman of the Year and will represent the state at the convention while a national winner is announced.

But the accolades continue – Beard was also named the 2011 U.S. Air Force Intelligence Surveillance & Reconnaissance (ISR) Non-Commissioned Officer of the Year.

Her Airmen comrades from the 108th Wing claim her to be the "Airman of the Century" and an older unit member jokes that she "wants to be like Beard" when she grows up.

Now a staff sergeant, Beard greatly appreciates the recognition for her achievements, but she has already set her focus on the next challenges.

Though she is perfectly coiffed in her dress uniform, she is not afraid to get 'down and dirty.' From a deep level and stemming from a family tradition, Beard is a warrior.

Her family can trace their military involvement back to the Revolutionary War. Her grandfather, Harold Allen Beard Sr., was a Marine. Her parents, both in the U.S. Air Force at the time, met at Lakenheath Royal Air Force Base in England, where Beard was born. Her brother, Harold Allen Beard III, recently enlisted in the Army and her youngest sibling, Jacob, is sure to respond to the call of duty.

But behind every success there is usually an equivalent sacrifice. For Beard, it was her mother, Heather, that made the decision to not stay in the Air Force when she discovered she was pregnant with her daughter. Motherhood became a priority that she wholeheartedly embraced. She took pride in her decision to 'invest in her children and support their development.' In addition, she had to be ready to 'deploy' when her husband's civilian career required them to relocate.

By all accounts, Heather Beard's crucial decision has paid dividends when she reflects on her daughter's accomplishments. It is easy to see where Courtney Beard's patriotism and desire to serve her country stems from. Her mother eloquently



Senior Airman Courtney Beard, poses for a photo with her spurs and III Corps belt buckle, which she earned by completing the 18-hour Spur Ride, a series of mental and physical tests, held by the U.S. Army's III Corps, Task Force Phantom in Iraq. (U.S. Air Force photo by Staff Sgt. Michael Longoria/released)

explains, "Freedom isn't free, and some parents are sacrificing everything (their lives)." Possibly she surmises, "Because they believe that is in the best interest of their children."

History aside, it was pure grit and determination that made Courtney Beard the first female and the first Airman to complete the Army's grueling 18-hour Spur Ride. The Order of the Spur is a Cavalry tradition within the United States Army. The Spur Ride takes those up for the challenge through a grueling series of mental and physical tests. As she was serving with a Cavalry Unit during her 2010 deployment to Bagdad, Iraq, Beard was able to compete in, and complete the Spur Ride and earn the honor of being the first female and first Airman to "march, low-crawl and sweat her way into history."

1st Sgt. Brian McCutcheon, U.S. Army, was on hand to provide that extra edge of motivation when on the 14th hour; Beard thought she expended her last ounce of energy. "Finishing the Spur Ride would forever be proof that she could attack any obstacle head on and be successful," he said.

In all that day, twenty-seven participants 'earned their spurs'. With the exception of Beard, they were all male and all Army. Beard knew she earned their respect when the III Corps commander asked her to switch 'from blue to green'

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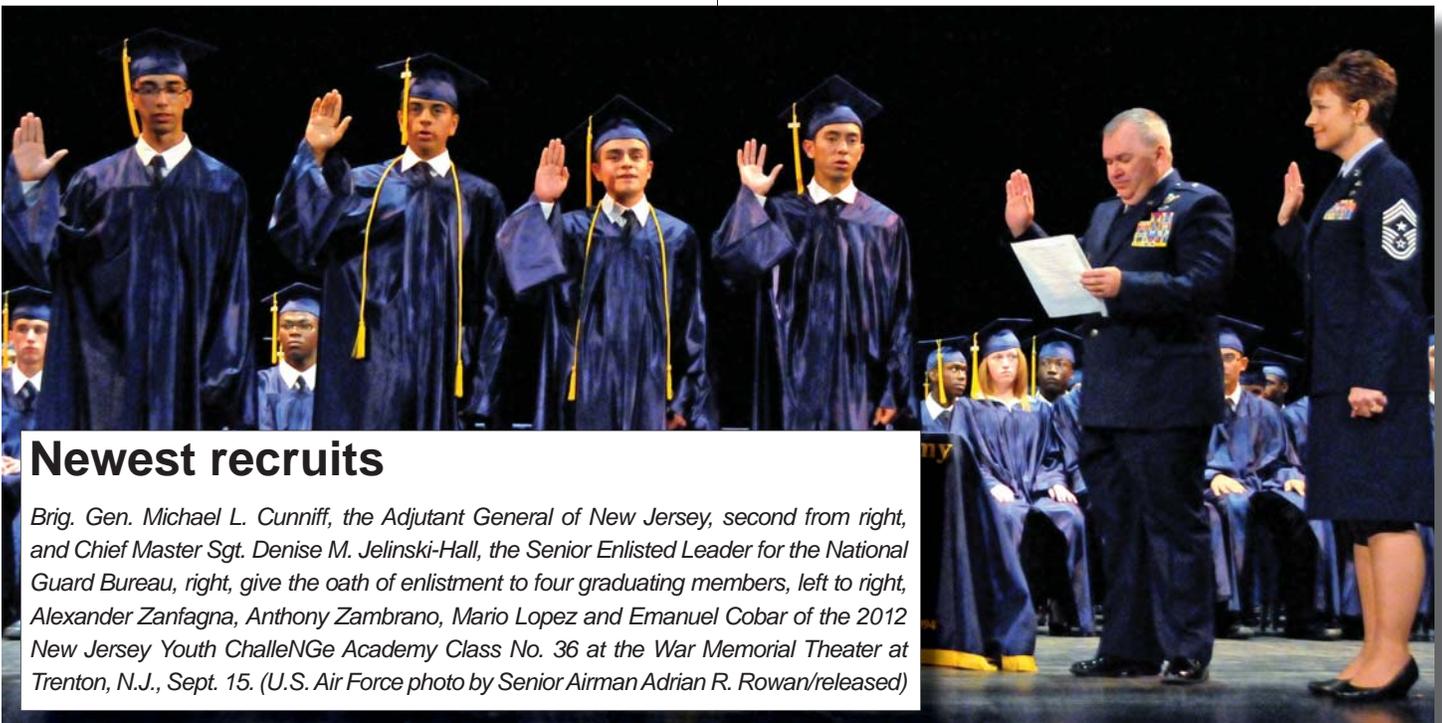


TAG lends a hand

Airmen from the 108th Contingency Response Group, left to right, public health officer 1st Lt. Gyasi J. Mann, bioenvironmental engineer Senior Airman Emilio D. Gonzalez and independent duty medical technician Tech. Sgt. Jamal J. Hogan pose for a photo with Brig. Gen. Michael L. Cunniff, The Adjutant General during Stand Down 2012 at the National Guard Armory in Cherry Hill Sept. 28. For more about the Stand Down, turn to page 6. (U.S. Air Force photo by Master Sgt. Mark C. Olsen released)

Gubernatorial promotion

Airman Kyle Battle, center, is promoted to Airman 1st Class by Gov. Chris Christie, right, and Brig. Gen. Michael L. Cunniff, The Adjutant General of New Jersey, Sept. 30, during the Military Review at the National Guard Training Center at Sea Girt, N.J. For more about the Military Review, turn to page 5. (U.S. Air Force photo by Master Sgt. Mark C. Olsen/released)



Newest recruits

Brig. Gen. Michael L. Cunniff, the Adjutant General of New Jersey, second from right, and Chief Master Sgt. Denise M. Jelinski-Hall, the Senior Enlisted Leader for the National Guard Bureau, right, give the oath of enlistment to four graduating members, left to right, Alexander Zanfagna, Anthony Zambrano, Mario Lopez and Emanuel Cobar of the 2012 New Jersey Youth ChalleNGe Academy Class No. 36 at the War Memorial Theater at Trenton, N.J., Sept. 15. (U.S. Air Force photo by Senior Airman Adrian R. Rowan/released)

Being a Wingman: Simple tap of an app could save a life

By Master Sgt. Leisa Grant, National Guard Bureau

ARLINGTON, Va. -- Smartphone applications, or apps, have no shortage of uses and can include nearly everything from sharing an exercise route with a friend to finding nearby restaurants.

For Air National Guard members and families, one app serves as a potential lifesaver.

With the goal to enhance communication, the Wingman Project, a collaborative solution to address suicide intervention for Air National Guard members and families, recently leveraged an effective tool for a technologically savvy audience - the Wingman app.

The app features the A.C.E. suicide prevention model, which reminds them to ask, care and escort. It also allows the user to create reminders to be good Wingmen and check in on their fellow Airmen, who may live as close as two streets or as far as several states away.

The National Suicide Prevention Lifeline number is conveniently listed under the 'Lifeline' tab of the app and, if called, there is military members-only option to seek help immediately.

App users can also tap on the 'warning signs' and 'risk factors' listed. While some may seem more evident, some of the listed signs that could potentially be overlooked are agitation and irritability, or changes in appetite and sleep patterns. Risk factors range from relationship problems to a lack of social support to a history of suicide attempts.

Knowing the signs and risk factors are what makes it possible to intervene.

Intervention in many cases is as simple as asking someone if they are alright, said Dr. Andrea Gonzalez, a senior policy liaison with the National Guard Psychological Health.

"Friends, families and coworkers are very often the ones who know an individual best, and are better able to connect on a regular basis," Gonzalez said.

"Humans are, by nature, social creatures and usually need some form of meaningful connection," she said. "Having connections to resources within the community ensures that even when not on drill status, Airmen have access to the support they need."

The Wingman app is just one of several communication tools available and there are many ways Airmen and their families can feel connected, especially when thoughts of suicide are present.

Since its inception in 2007, the Wingman Project has undergone an expansion of video resources, a greater development of social media tools and the creation of Wingman Day training materials.

Many of the newer initiatives were designed to specifically address the unique situation of most Air



The Wingman application, or app, provides Airmen with a quick link to suicide prevention materials other resources that can be accessed through their smartphone.

Guard members - distance.

An added challenge in addressing suicide prevention for traditional, not full-time, Guard members is they do not report to their units daily, as do active duty service members, said Col. John Slocum, Air National Guard director of safety.

The man who brought the Wingman Project into fruition in 2007, Air Force Col. Edward Vaughan, agreed.

"Air National Guard families are often geographically separated from the bases where they serve," said Vaughan, former deputy director of ANG safety who currently serves as the ANG advisor to the commander and president of The Air University.

"Wingman Project reaches out across the miles to help family members and families address suicide intervention, regardless of where they live," Vaughan said, adding that the ultimate goal is to steer members in need of professional help to the right resources quickly.

With numerous websites dedicated to suicide prevention, it is important to note that some sites go beyond just being a simple page with graphics and contact numbers.

"Wingman Project is much more than a website," said Slocum. "It's a comprehensive and far-reaching initiative to effectively reach out, educate and empower our Guardsmen and their families to ensure every Guardsman makes it home safe."

The Wingman Project includes support from chaplains, family support groups, the medical community and the safety office. The program is endorsed by the U.S. Air Force and the Department of Defense.

PROMOTIONS & AWARDS



CONGRATULATIONS TO EVERYONE

Determination drives Airman

Continued from page 8

and join the Army team.

Though flattered, there is no doubt in Beard's mind that the Air National Guard is the perfect fit for her.

While in high school in Brooklyn, N.Y., Beard was active in the Jr. ROTC program and had extensive interaction with recruiters from all the military branches. "I did my homework," said Beard, as she recalls on how she researched all of her options before taking her oath to be a member of the New Jersey National Guard in July of 2007. "I am definitely re-enlisting."

But Beard wasn't content to stay stateside as a traditional Guardsman. "My leadership knew I wanted to be deployed," she explained. "When the opportunity came in 2010, I accepted."

Voluntarily, her six-month tour in Bagdad - where she served with the 467th Expeditionary Intelligence Squadron - was extended to one year. Beard felt that during the early months overseas she learned the "ins and outs of the job and could stay and help the process run smoother." The extended tour enabled her to "stay out there and make a difference," she said.

The confident staff sergeant currently sees another deployment in her five year plan, but she understands deploying puts her life on hold. "I find the mission to be very important and that is all you want to focus on," said Beard.

Currently, her focus reflects in several strategic directions. Beard recently moved to Aberdeen, Md., where she is working at Aberdeen Proving Grounds as an IT Help Desk technician for Software Engineering Command, Army Material Command.

She is progressing on her studies toward a bachelor's degree in Computer Sciences at Thomas Edison State College. In the meantime, Beard has the distinct honor of being

chosen as one of the first ten students accepted into the 'Warrior to Cyber Warrior' Cyber Security training program, where hundreds of applications were submitted.

Beard's unit, the 204th Intelligence Squadron of the 108th Wing, is the first Air National Guard Squadron that is solely dedicated to providing intelligence instruction and training products to the Expeditionary Center's Mobility Air Force Training course. It is the first course of its kind in the intelligence community that integrates active duty, National Guard and reserve students.

Beard is hoping to become a certified instructor for her unit and is considering Officer Candidate School when she finishes her bachelor's degree.

She will have lots of time to look back at her accomplishments, but for now she is driven toward success at an exhilarating pace. She wants to make her father's dream come true, which is to have his children succeed further than he has. As the Airman's creed professes, "I am faithful to a proud heritage, a tradition of honor, a legacy of valor."

With his own storied list of accomplishments, she has her work cut out for her. In addition to being a New Jersey National Guardsman with the 108th Contingency Response Group, Harold Allen Beard Jr. works at Washington, D.C. at the Central Office with the Department of Justice.

"He is my professional hero," she proclaims. "He has motivated me. Just by example and the path he has chosen for himself."

Courtney Beard takes personal pride and derives motivation from the Airman's Creed. She can recite it flawlessly and passionately without looking at her notes, as she did recently when former State Command Chief Michael Francis selected her to read it at his retirement.

"I am an American Airman...I will never falter. And I will not fail." 

TIME TO VOTE!

From the Federal Voting Assistance Program

There are less than 10 days until the Nov. 6 general election!

If you have not requested your absentee ballot for the 2012 general election, go to www.FVAP.gov and use the online registration and absentee ballot assistant or contact your unit or installation voting assistance officers.

If you didn't receive your ballot by Oct. 6, use the Federal Write-In Absentee Ballot (FWAB) as your back-up ballot! Go to www.FVAP.gov and use the automated assistant.



**For information:
www.fvap.gov**

For each office for which you vote, write in either a candidate's name or their party designation.

Help spread the word - Pass this on to spouses, voting age dependents, other military voters, and overseas voters.

If you would like more information on the Federal Voting Assistance Program or need help with the absentee voting process, contact FVAP at vote@fvap.gov or call 1-800-438-8683, DSN 425-1584. 



Fortner new Wing command chief

Chief Master Sgt. Daryl Fortner, right, accepts the 108th Wing's guidon from Col. Kevin Keehn, commander of the 108th, during a Change of Authority ceremony at Joint Base McGuire-Dix-Lake-

hurst, N.J. Sept. 16. Fortner assumed authority as the 108th command chief from outgoing Chief Master Sgt. Vincent Morton. (U.S. Air Force photo by Airman 1st Class Kellyann Novak/released)

WITHAM NAMED AS ANG DEPUTY DIRECTOR

By Col. Nahaku A. McFadden, National Guard Bureau

ARLINGTON, Va. (AFNS) -- Brig. Gen. James C. "JC" Witham has been named the next deputy director of the Air National Guard. Witham had served as the chief of staff of the California National Guard and the commander of that state's Air National Guard.

"I am thrilled and humbled for the opportunity to lead the best Air National Guard in our nation's history; a force that is proven in combat and domestic crises," Witham said. "I look forward to ensuring the investment the American people have made in the Air Guard continues to pay dividends."

As deputy director, Witham will be part of the leadership



team responsible for formulating, developing and coordinating all policies, plans and programs affecting more than 106,000 Air Guard members throughout the United States, the District of Columbia, Puerto Rico, Guam and the Virgin Islands.

Witham also was nominated for appointment to the rank of major general. The nomination is pending U.S. Senate confirmation.

Witham was commissioned in 1980 as a distinguished graduate from the United States Air Force Academy, in Colorado Springs, Colo. He also was a distinguished graduate from undergraduate pilot training and subsequently the outstanding graduate from the F-15 Fighter Weapons Instructor Course.

On September 11, 2001, Witham was responsible for executing the initial airborne defense of the National Capital Region and establishment of the permanent alert facility at Andrews AFB, Md. A command pilot with more than 4,000 flying hours, primarily in F-15 and F-16 aircraft, Witham has combat flying experience in Operations Northern Watch, Noble Eagle and Iraqi Freedom. 

What you can do to end domestic violence

By Jill Barrett, Wing Director of Psychological Health

The annual Presidential Proclamation declaring October National Domestic Violence Awareness Month was published on Oct. 1 and all Americans are encouraged to do their part to end violence against intimate partners. An excerpt from the proclamation reads:

...all Americans can play a role in ending domestic violence. Each of us can promote healthy relationships, speak out when we see injustice in our communities, stand with survivors we know, and change attitudes that perpetuate the cycle of abuse. We must also ensure that survivors of domestic violence know they are not alone, and that there are resources available to them. www.whitehouse.gov

Each of us at the Wing can make a difference by understanding the nature and consequences of domestic violence, and we must be willing to support and intervene with a fellow airman who may be the recipient or the perpetrator of battering.

Battering, according to the National Coalition Against Domestic Violence, is a pattern of behavior used to establish power and control over an intimate partner through fear and intimidation, often including the threat or use of violence. Battering happens when one person believes that they are entitled to control another. Battering generally falls into one or more of the following categories: physical abuse, emotional/psychological abuse, and sexual assault, and the behaviors commonly escalate over time.

The consequences of domestic violence don't only affect the intimate partners but permeate the entire family. The NCACD states that children who witness domestic violence and live in an environment where abuse occurs may experience the same type of trauma as children who are directly abused. Children may become fearful, inhibited, withdrawn, depressed, aggressive, antisocial, sleep disturbed, and behaviorally challenged at school. Adolescents may act out or exhibit risk-taking behaviors like alcohol and drug use, sexual promiscuity, and criminal activity.

The NCACD offers workplace guidelines on what to do if you are the co-worker or supervisor of someone who may be involved in domestic violence. For more information you can visit the website at www.ncadv.org. The guidelines include these important steps.

If you suspect an employee may be involved in domestic



violence, but the employee has not disclosed this to you, focus on any job performance issues that may have arisen and express concern about those changes in job performance.

If there are signs of abuse, either physical or behavioral, be prepared to discuss these signs in a supportive and non-confrontational manner.

Reach out to on-site support services for guidance and resources on how to assist the individual and where to make appropriate referrals.

Maintain confidentiality at all times and remember that it is important for the individual to self-disclose for his/her own safety. Be sensitive to the seriousness of the situation.

Offer referral information for resources and encourage the individual to get support.

If you witness an incident of domestic violence in the workplace, contact your supervisor or law enforcement immediately and make sure that the incident is documented.

Resources available for consultation and support here at the Wing include the Chaplains Office, the Airmen and Family Readiness Program Manager, the Sexual Assault Response Coordinator, and the Director of Psychological Health. The National Domestic Violence Hotline is a 24 hour resource found at 1-800-799-SAFE, or by visiting www.The-Hotline.org. If you would like additional information please contact the Director of Psychological Health, Jill Barrett, Licensed Clinical Social Worker, at 754-2159 or jill.barrett@ang.af.mil.

No one deserves to be hurt and this October we pause to reflect on what each of us can do to stop the cycle of domestic violence. 



FRONT AND CENTER: TORI M. HILL



Rank: Chief Master Sergeant

Time in service: 21 years

Job in 108th: Medical Group Superintendent

Favorite food: Pasta

Favorite TV show: Jeopardy

Favorite music genre: Gospel/Jazz

Favorite sport: Track and field

What I do in my spare time: Art, drawing and painting

Person I most look up to: My mother

My hero is: My grandmother

Dream vacation: Italy

Dream car: 7 series BMW

Goals for the future: Retire healthy

What I like most about the 108th: It's like family

If I was commander for a day: No CBTs!



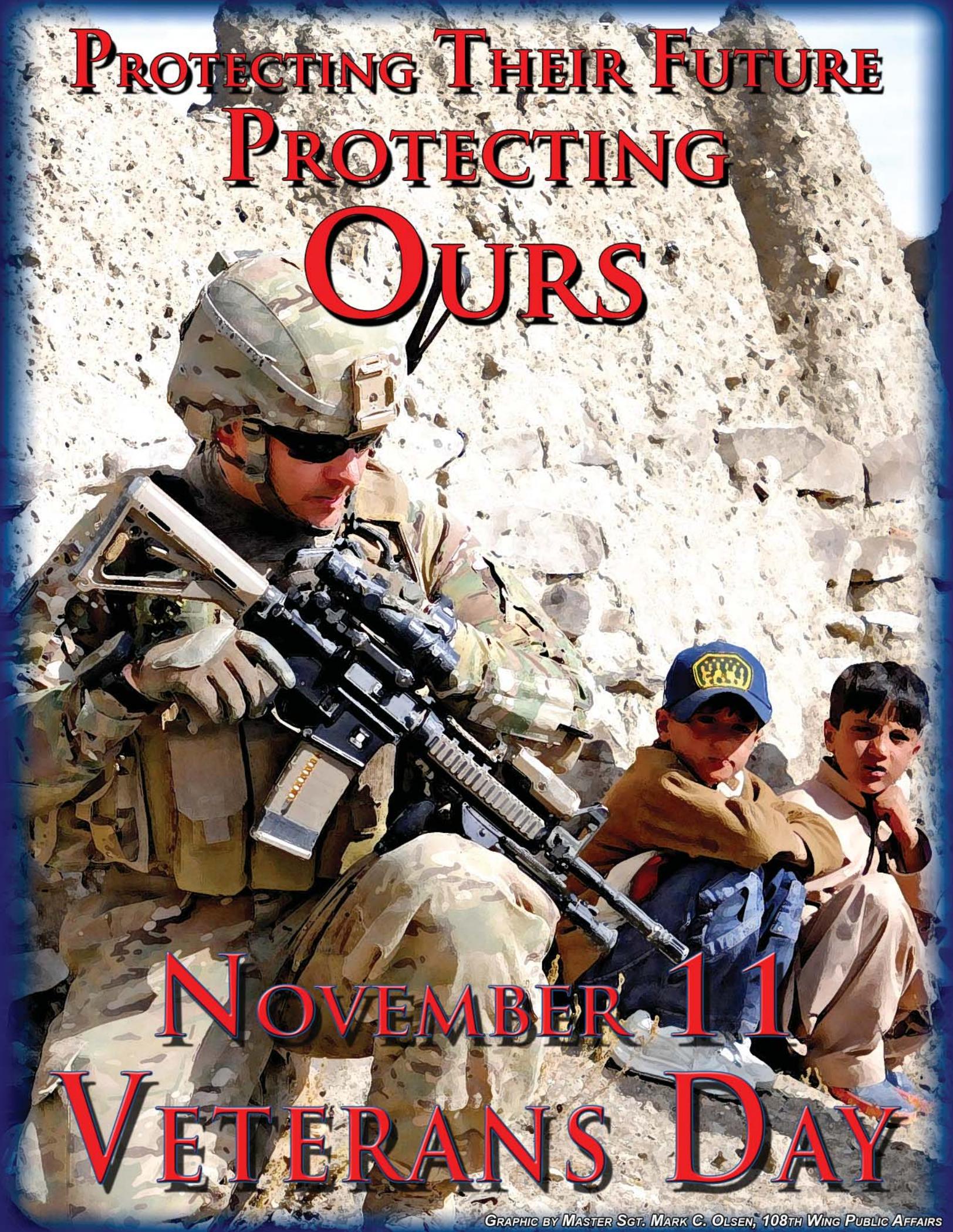
(U.S. Air Force photo by Senior Airman Adrian R. Rowan/released)



Reenlisted!

Airmen of the 108th Wing pose for a group photo after their reenlistment at Joint Base McGuire-Dix-Lakehurst, Sept. 15. Back row: Tech. Sgt. Adam L. Purtell, Tech. Sgt. Jacob E. VanKampen, Tech. Sgt. Dennis P. Callan, Master Sgt. Sean S. Nurse and Tech. Sgt.

Jacinto Rivera Jr. Front Row: Lt. Col. Steven Rothstein, Senior Airman Robert J. Oakes, Senior Airman Ashley J. Cioffi, Tech. Sgt. Tabitha G. Carl, Staff Sgt. Steven T. Atkinson and Tech. Sgt. Daniel A. Johnson. (U.S. Air Force photo by Tech. Sgt. Eric Erbe/released)



PROTECTING THEIR FUTURE
PROTECTING
OURS

NOVEMBER 11
VETERANS DAY