

WING

Tips

November 2012, Vol. 13, No. 10



108th Wing

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The Dual Mission of the ANG

By Lt. Col. Steven Jamison, 108th Maintenance Group commander

"I, (NAME), do solemnly swear that I will support and defend the Constitution of the United States and the State of New Jersey against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; and that I will obey the orders of the President of the United States and the Governor of New Jersey and the orders of the officers appointed over me, according to law and regulations. So help me God."

When the Airmen of the 108th Wing take this oath, they enter into a very special agreement that is unique within the United States military. As New Jersey Air National Guard members, we have both a federal and state mission. This dual mission, a provision of the U. S. Constitution, results in each guardsman holding membership in the National Guard of his or her state, and also in the National Guard of the United States. During time periods when Air National Guard units are not mobilized or under federal control, they report to the governor and fall under the supervision of the adjutant general of their respective state or territory.

Since 9/11, the federal mission has been in the forefront of our efforts at the Air National Guard. The men and women of the 108th have deployed around the world in support of our national security efforts. In addition to these federal commitments during the past decade, we maintained a strong presence as a state asset. As representatives of the New Jersey governor, we promoted a State Partnership Program with Albania, deployed civil engineers, security forces and bottled water to New Orleans, and recently provided critical aide to New Jersey residents in response to Hurricane Irene and Superstorm Sandy.

Within hours of Sandy's destructive impact, the National Guard mobilized approximately 7,400 Citizen-Soldiers and -Airmen from 11 states to accomplish emergency relief operations. Airmen from the 108th Wing immediately volunteered to help our friends and neighbors who were affected by the storm's aftermath. We established a

Wing Emergency Operation Center, running 24-hour operations in support of the various emerging state tasking. Additionally, our people deployed to numerous locations throughout the state where they sheltered families who were displaced when their homes were uninhabitable; conducted extensive search-and-rescue efforts; provided vital equipment and vehicle support, and directed critical security and stability actions to the most affected areas along the coast. These efforts directly contributed to the rapid restoration of infrastructure throughout New Jersey and ensured civil order and security during this time of crisis.

In the near future, we will again federally mobilize 108th Airmen to deploy to the Central Command theater in support of Operation Enduring Freedom. Many of these men and women also directly participated in our state response to Superstorm Sandy.

The brave and selfless actions of these 108th members personify the nature of the Air National Guard; providing support of continuing federal missions around the world while simultaneously serving and protecting the citizens of the New Jersey.



Cover: After the Storm - Tech. Sgt. Steven Fielding and Senior Airman Richard Ortiz, 108th Wing Security Forces Squadron, stand watch on the bayside of the Township of Mantaloking, N.J., Nov. 6, 2012. The Airmen were there to provide security on the Island in the aftermath of Hurricane Sandy. (U.S. Air Force photo by Capt. April Doolittle/Released)



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108th Airmen support New Jerseyans during and after Hurricane Sandy

Above and below: Airmen of the 108th Wing, New Jersey Air National Guard, being processed at Joint Base McGuire-Dix-Lakehurst, N.J., before being sent out to assist fellow New Jerseyans at various emergency shelters set up throughout the state prior to the landfall of Hurricane Sandy, Oct. 28, 2012. (U.S. Air Force photo by Master Sgt. Mark C. Olsen/Released)

seyns at various emergency shelters set up throughout the state prior to the landfall of Hurricane Sandy, Oct. 28, 2012. (U.S. Air Force photo by Master Sgt. Mark C. Olsen/Released)

The 108th Wing activated this past month approximately 150 Airmen to conduct defense support to civil authorities in the aftermath of Hurricane Sandy's landfall.

"Their individual civilian and military skill sets will greatly enhance the support they provide to law enforcement, municipalities, and residents of our great state," said Col. Kevin J. Keehn, commander of the 108th Wing.

When the governor of New Jersey, Chris Christie, declared a state of emergency Oct. 27, 2012, the New Jersey National Guard began mobilization of its Soldiers and Airmen to support and assist local authorities with emergency response operations.

"The New Jersey National Guard has prepared an aggressive joint - Army and Air - plan in anticipation of the need for a military first response," said Brig. Gen. Michael L. Cuniff, the Adjutant General of New Jersey.

The 108th Wing's Airmen were stationed at Monmouth University and Arthur Brisbane Child Treatment Center at Wall Township to provide screening and in-processing support at these two shelter locations.

Also, the Airmen supported screening and in-processing support at the following state supported reception points within Monmouth County: Neptune Township High School; Croydon Hall in Middletown; and Long Beach

Middle School in Long Branch.

Following the completion of those missions, the 108th Airmen were assigned security and control tasks at several beach towns in New Jersey. They were also assigned with assisting at a shelter for displaced Jersey City residents at the New Jersey National Guard's armory in Jersey City. These missions are still ongoing, with other 108th Airmen replacements every two weeks.





THE ELECTRICIAN

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

Staff Sgt. Robert Jentsch, left, shines a flashlight onto the control panel of a gas-fired generator for Staff Sgt. Carl Hilpl, both with 108th Wing, as Hilpl prepares to start the system so the shelter at

Veterans Memorial Middle School in Brick will have power. More than 2,000 Airmen and soldiers from the New Jersey National Guard have been mobilized in response to Hurricane Sandy.

New Jersey Air National Guard Staff Sgt. Carl Hilpl is standing with the rest of the electric crew in the parking lot of the Ocean County Medical Center in Brick, N.J.

The temperature has fallen to 33 degrees and the rain is turning to snow. Nor'easter Athena will soon be dumping snow, rain, high winds and tidal surges on an area already hard hit by Hurricane Sandy.

It's day 10 of the New Jersey National Guard's mobilization for Hurricane Sandy.

Hilpl along with Tech. Sgt. Nate Worthy and Staff Sgts. Robert Jentsch and Pete Tomos, all aircraft electricians from the 108th Wing, New Jersey Air National Guard, have been called out to fix a generator at the hospital.

Normally, these Airmen work on the electrical systems of a KC-135R Stratotanker air refueling aircraft.

Yet, when the state of emergency came, they worked just as well fixing electrical systems in shelters, schools hospitals - wherever their skills were needed.

This is the nature of the National Guard.

When they arrive, the team of Citizen-Airmen find out that emergency personnel called them to take care of light pole are afraid it will fall on the surrounding tents during the upcoming Nor'easter.

Since Hilpl and his team have come on duty, they have

been hooking up generators and making sure they were compatible with existing electrical systems.

At the Long Branch Middle School shelter, their work kept the lights on.

Before arriving at the hospital, Hilpl was able to get the gas-fired generator at Veterans Memorial Middle School in Brick working.

But it isn't just about generators. At one point, Hilpl went out to check on the power at the home of an elderly couple. The husband was suffering from leukemia and the wife has cancer. Hilpl discovered that the wife was running out of life-giving oxygen.

For the next several days, every 12 hours, Hilpl took new oxygen tanks to their home.

Not part of his training as an aircraft electrician, but certainly a duty as National Guardsman.

Back at the hospital a cutting torch is brought in. Hilpl and team have removed the cover at the base of the light pole and he begins to cut the bolts off.

After they finish, Hilpl, Worthy, Jentsch and Tomos will climb into their up-armored high mobility multipurpose wheeled vehicle and move on to the next generator.

Keeping New Jerseyans from going into the dark.

108th Airmen Provide Shelter, Comfort, Compassion to Displaced Jersey City Residents in Aftermath of Superstorm Sandy

Story and photos by Staff Sgt. Armando Vasquez,
108th Wing Public Affairs

“What the heck was I thinking,” said Air Force Master Sgt. Steven Sabato. “My wife and kids are at home.”

Those were the words that kept repeating on Sabato’s mind Sunday, Oct. 28, as he rode on the bus from Joint Base McGuire-Dix-Lakehurst, N.J. towards the New Jersey Army National Guard’s Jersey City armory.

Sabato, an aircraft mechanic, along with more than 100 other Airmen from the 108th Wing had volunteered for the governor’s call up of the National Guard in support of civil authorities as Hurricane Sandy was approaching New Jersey.

“I was kicking myself in the butt,” said Sabato, as he realized that if the hurricane damaged his home, he would not be around to help his family.

Luckily, Sabato’s home was not impacted and his mind was at ease.

And being able to concentrate on his mission has been critical. Mainly, so that he and the other Guardsmen can effectively help the residents displaced by the hurricane. “Nobody was trained in any of this,” said Sabato. “My job as an aircraft mechanic has nothing to do with this. We learned as we did things.”

What the New Jersey National Guardsmen have been doing at the Jersey City armory has been providing sheltering to the hundreds of residents of Jersey City that were displaced when Hurricane Sandy hit the area.

“At the height of all of this, we had approximately 300 hundred residents seek shelter here,” said Senior Master Sgt. Michael Edmiston, also from the 108th Wing.

Edmiston said some were homeless before the hurricane and had nowhere to go when Hurricane Sandy made impact, so they came to the armory to seek shelter.

Since the hurricane hit Jersey City, these Guardsmen have provided sleeping cots, shower locations, fed and security for their guest at the armory. But they have also provided comfort and an ear to listen. They have showed compassion for anybody who needed someone to talk to during these difficult times.

“This facility is extremely incredible,” said Sabato. “When we first got here, there was the Army and Air Force sections, but as time went by and we continued working together to help these people, we didn’t see our different branches. We just worked as one team, with one goal: To help.”



Top photo, Master Sgt. Steven Sabato takes a small break from his duties at the shelter location in Jersey City, Nov. 7 to eat some breakfast. Middle photo, Sabato listens attentively to the request of one of the displaced residents at the shelter. Bottom photo, Senior Airman Mohammed Siddiqui, 108th Wing, sweeps the sleeping area for displaced residents at Jersey City. The New Jersey National Guard is providing shelter for displaced Jersey City residents at the Jersey City armory.

Keeping Stress in Check During the Holiday Season

By Jill Barrett, 108th Wing director of Psychological Health

As the holiday season approaches, here are some tips on how to deal with the fast pace environment that comes along with the season:

- ✓ **Remember What's Important** – Commercialism can overshadow the true sentiment of the holiday season. When your holiday expense list is running longer than your monthly budget, you should scale back. Remind that family, friends, and the relationships in your life are what matter most.
- ✓ **Set Realistic Expectations.** No holiday celebration is perfect; expect a few hiccups and view them as opportunities to demonstrate flexibility and resilience. Create a realistic budget and remind your children that the holidays are not about expensive gifts. Discuss holiday expectations with loved ones and make sure everyone is in sync. This will avoid disappointments and misunderstandings.
- ✓ **Take Time for Yourself** – Taking care of yourself helps you to take better care of others in your life. Do something you enjoy: go for a walk, read something that interests you, or listen to your favorite music. By pacing yourself and slowing down for a little while, you may find more energy to accomplish your holiday goals.
- ✓ **Don't Judge Your Feelings** – Loss and nostalgia can be felt more acutely during the holidays. Allow yourself



to process these feelings and don't judge yourself for not feeling happy all the time. Balance the positives of the present with the losses of the past.

- ✓ **Take Some Deep Breaths** – When you are stressed, your breathing tends to become shallow and your heart rate increases. Deliberate slow, deeper breathing will automatically put you in a more relaxed state.

- ✓ **Volunteer** – Many charitable organizations face new challenges because of Hurricane Sandy and difficult economic times. Find a local charity, such as a soup kitchen or a shelter where you and your family can volunteer together. Helping others can put any hardships you have in perspective and build stronger family relationships.

- ✓ **Support Each Other** – Talk about stressors related to the holidays with your wingman, friends, and family. Learning how others are dealing with similar situations can help you work toward a solution.

- ✓ **Laugh** – A good laugh promotes a sense of well-being by releasing endorphins (the natural feel good chemical in the brain).

If you continue to feel overwhelmed, contact your Wing Director of Psychological Health, Jill Barrett for additional stress management resources. She can be contacted at 609-754-2159 or via cell phone at 609-234-3556, or via email at jill.barrett@ang.af.mil.



Gen. Frank J. Grass, Chief of the National Guard Bureau, coins Staff Sgt. Janice Rivera at Stafford Township, N.J., Nov. 2, 2012 for helping displaced residents in the wake of Hurricane Sandy. (U.S. Air Force photo by Staff Sgt. Armando Vasquez/Released)



Tech. Sgt. Carl R. Clegg, 108th Wing Public Affairs, documents the destruction wrought by Hurricane Sandy on Long Beach Island, N.J., Nov. 1, 2012. (U.S. Air Force photo by Master Sgt. Mark C. Olsen/Released)

GEN. WELSH WELCOMES NEW AF CHIEF

By Gen. Mark A. Welsh III, Chief of Staff

To the Airmen of the United States Air Force:

After more than 30 years of service to our great nation, Chief Master Sergeant of the Air Force James A. Roy has announced he will retire at the end of January. During their tenure, Roy and his wife, Paula, teamed to tackle our biggest challenges and cheered our greatest accomplishments. We owe them a huge thank you. I hope you will join Betty and me in wishing them "blue skies" as they begin the next chapter in their lives.

Being CMSAF is a big deal, and finding the right Airmen to be our next one was a little bit intimidating. It's also the most important decision I'll make as your Chief of Staff...and probably the hardest. I reached out to our former CMSAFs for guidance and took nominations from senior leaders throughout the Total Force. I reviewed the records of the best and brightest chief master sergeants in our Air Force and personally interviewed five of them here in the Pentagon. I'm very comfortable that I've made the right choice.

I'm pleased to announce Chief Master Sgt. James A. Cody as our Service's 17th Chief Master Sergeant of the Air Force, effective Feb. 1, 2013. Cody and his wife, Athena, a retired chief master sergeant herself, have a very unique understanding of the Air Force family and they share a passion for Airmen—their son also happens to be one. If you know



Chief Cody, you'll be excited about this selection. If you don't know him, you'll get excited as soon as you do meet him. He's smart, talented, engaged and driven to make our Air Force a better place to live and work...and I'll be proud to have him as my partner in this job.

Please join Betty and me in welcoming Chief Cody and Athena to their new roles. They're eager to represent you and to better understand those things you care most about. I look forward to introducing them to you in just a couple of months. You're gonna love 'em!

Tradition of the Challenge Coin

By Staff Sgt. Janice Rivera, 108th Logistic Readiness Squadron/
Junior Enlisted Council member

Do you know what that coin you have in your pocket represents? Do you know why it's such a big deal that you always have one with you?

In observance of Veterans Day, I wanted to take the time to give some background as to what the challenge coin represents, past and present.

As young Airman we may know that getting a coin is a big deal, but during the Vietnam War and World Wars I and II, it was even more significant. The coin symbolized unit identity and esprit de corps, and today it still symbolizes these values.

The tradition of challenge coins were given to American forces deployed to the far reaches of the globe securing the nation's freedom. Soldiers in the Civil War and World War I, left for battle with a coin from home in their pocket and kept it after the conflict as a lasting remembrance of their wartime experiences. This long standing tradition of

carrying a special coin is vital to all military branches.

The popularity of the challenge coin spread during the Vietnam War, inspired by Special Forces units who minted coins to express the unique identity and strong bond forged between them. Other units wanted their own coin to build camaraderie and symbolize their pride of membership in an elite group. A challenge coin is not merely a token.

Challenge coins today are tangible source of pride for American Warriors at every level in the chain of command. Most important a challenge coin should be carried at all times. Coin checks are still a part of military life, and various penalties (some fun others not so fun) are still handed out for those found without their coin.

Finally, in 2007 the Air Force celebrated their 60th Anniversary with a minted coin, it was a big deal for the Air



Force to commemorate such an occasion and what better way than to make a coin.

Today and always, we will have a new found respect for our coins and always carry it because you never know when there will be a challenge.

To all who serve and uphold the tradition of the challenge coin: Thank you.

Pictured above from left to right are: United States Air Force Europe coin presented to Chief Master Sgt. Robert Frink in 1956 when he completed USAFE NCO academy as top honor graduate of Class 56-G; The United States Air Force 60th Anniversary coin; and the 17th Infantry Coin of Korea, one of the oldest pure Challenge coins in existence, which was made during the Korean War 1950-1952.



FRONT AND CENTER: EMILIO D GONZALEZ



Rank: Senior Airman

Time in service: 3.5 years

Job in 108th: Bio Environmental Engineering, 108th CRG

Favorite TV show: NCIS & Suits

Favorite music genre: Rock

Favorite sport: Basketball

What I do in my spare time: I volunteer at my church helping the homeless community

Person I most look up to: My father-in-law (my mentor)

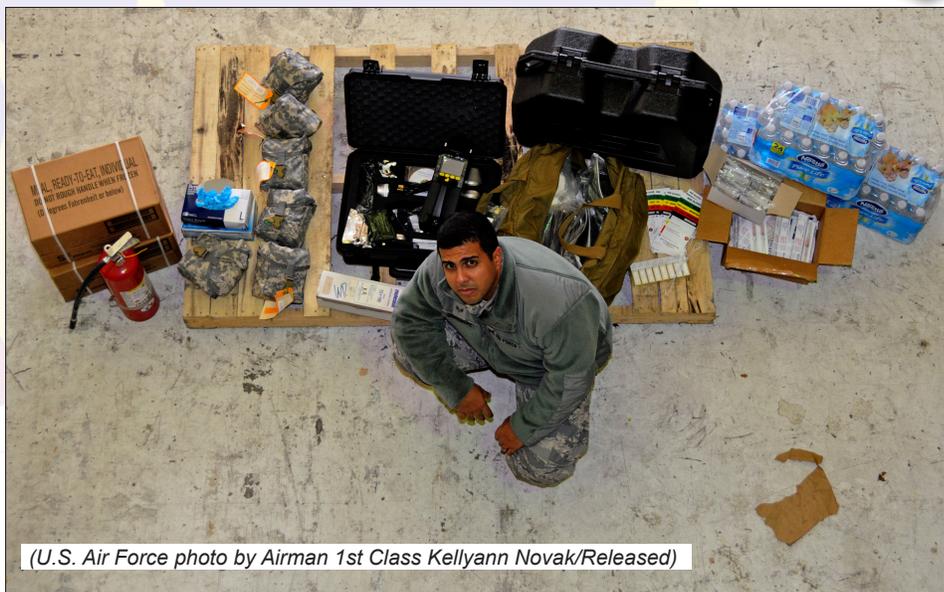
My hero is: My mom

Dream vacation: Bora Bora

Dream car: Lamborghini Diablo

Goals for the future: Finish Masters Degree

What I like most about the 108th: It's like my second home



(U.S. Air Force photo by Airman 1st Class Kellyann Novak/Released)

If I was commander for a day: Sit with the Junior enlisted Airmen and ask how can I improve their experience with the 108th Wing

Please help support the SNCO Council FOOD DRIVE

The SNCO Council will be donating food to a variety of local food banks so if you would like to help please bring any canned goods or non-perishable food items to any First Sergeant from now until noon on Sunday of November drill.

108TH WING'S RESPONSE TO HURRICANE SANDY



Airmen of the 108th Wing, New Jersey Air National Guard, being processed at Joint Base McGuire-Dix-Lakehurst, N.J., before being sent out to assist fellow New Jerseyans at various emergency shelters set up throughout the state prior to the landfall of Hurricane Sandy, Oct. 28, 2012. (U.S. Air Force photo by Master Sgt. Mark C. Olsen/Released)



New Jersey Air National Guardsmen from the 108th Wing operate in a Mobile Command Center, Nov. 6, 2012, in Long Beach Island, N.J. The Airmen are coordinating relief and security missions on the barrier islands damaged by Hurricane Sandy. (U.S. Air Force photo by Tech. Sgt. Matt Hecht/Released)



Airmen with the 108th Wing and 177th Fighter Wing, New Jersey Air National Guard assigned to Task Force South, work with civilian authorities in the wake of Hurricane Sandy Nov. 1, 2012. (U.S. Air Force photo by Master Sgt. Mark C. Olsen/Released)



Staff Sgt. Lawrence Robinson, 108th Maintenance Squadron, receives a haircut from Ayssa Miller, a hairstylist at New York Touch in Brick Township, N.J., Nov. 6, 2012. Miller showed her gratitude of the 108th Wing Airmen's assistance to the community by providing free haircuts to the Guardsmen assisting in Brick in the wake of Hurricane Sandy. (U.S. Air Force photo by Capt. April Doolittle/Released)



Maj. Patricia L. Wesch, installation inspector general, 108th Wing, New Jersey Air National Guard, coordinates personnel requirements at a shelter in Brick Township, N.J., in preparation for displaced New Jerseyans from Hurricane Sandy Nov. 7, 2012. (U.S. Air Force photo by Master Sgt. Mark C. Olsen/Released)

AROUND THE WING



What do the holidays mean to you?
 How often do you forget the meaning through the blur
 of the doing?
 Come find out how to strike a balance that works.

Where: Bldg 33-27 Wing HQ Break Room
 When: Sunday, Nov. 18 from 11 a.m. -12 p.m.
 Bring your lunch.
 Snacks and drinks will be served.

UNITED WE SERVE

We are seeing an upswing in people calling requesting to volunteer or donate to support the hurricane relief effort. If you are contacted or know someone who would like to help, please provide them the link below to the United We Serve web site. There they can find information on how they can assist the relief effort.

www.serve.gov/sandy

Saturday November 17th

Protestant Services - Wing Conference Room @ 11:30 a.m.
 Junior Enlisted Council Meeting bldg. 3333 @ 1 p.m.
 Senior Enlisted Council Meeting bldg. 3327 @ 10 a.m.
 Enlisted Promotions Ceremony bldg. 3390 @ 3 p.m.

Sunday

Wingman Standown 8 - 9:30 a.m.

CAUTION

The 87th Air Base Wing has awarded an asphalt project at year end to re-pave Broirdy Road from Texas Ave to (and including) the circle. The work is scheduled from Nov. 26 to Dec. 1, 2012. During this time the Thunder Road gate will be open for use.



Several members of the 108th Wing reenlist during the October Unit Training Assembly at Joint Base McGuire-Dix-Lakehurst October 27, 2012. (U.S. Air Force photo by Tech. Sgt. Eric Erbe/Released)



Col. Kevin Keehn, left, 108th Wing commander, receives a check from Veterans of Foreign Wars New Jersey State Commander, Warren George, center, Oct. 27, 2012 at the Wing's conference room. The VFW donated approximately \$4,700 to the 108th Wing Liberty Fund. (U.S. Air Force photo by Senior Master Sgt. Ray Knox/Released)



Staff Sgt. Rosendo Catala, right, is presented with the 108th Wing's Safety Award for the Fourth Quarter of Fiscal Year 2012, by 108th Wing Commander, Col. Kevin Keehn. (U.S. Air Force photo by Senior Master Sgt. Ray Knox/Released)