

WING Tips

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COMMENTARY

Mentoring: A "Two Way Street"

By Lt. Col. Chris Houseworth, 108th Contingency Response Group commander

Building a strong organization starts with good mentoring. The mentoring toolbox is filled with everything from officer's personnel record, enlisted personnel record, feedback forms, technician appraisals and a variety of other formal forms and programs which define mentoring.

Truth be told, mentoring is as simple as getting to know your people better. Take an interest in their goals and help them achieve those goals by building a roadmap for future progression. Clearly state what a member needs to do to reach a goal or obtain a certain position. Mentoring starts with good communication and clear understanding of expectations. If we view mentoring as a positive way to move the mission forward and work together to improve communication, then we are building a stronger organization.

Consequently, mentoring is a two way street. A good mentor is more like a coach and the person receiving the information is the player. The goal in the end is the same, improvement.

One way to establish good communication is through feedback. Some may view a feedback session as a negative process because of misperception. During this session, no one likes to hear about flaws or weaknesses. Let's face it; we can all improve in one way or another. Sometimes mentors need to call it as they

see it; otherwise they would not be doing a good job. If everyone received a trophy and mentors painted a picture of perfection without addressing areas requiring improvement, how can we move forward?

However, mentors need to listen to their people and address their concerns. These concerns could be preventing improvement. Furthermore, mentors need to provide individuals with the tools and opportunity to improve and move forward. Together, you should build a roadmap which highlights the necessary steps to achieve a goal. Give your folks a plan. What position do you see in their future? Be specific with members on what they need to do to achieve that position. At that point, it's up to the member to make the adjustments necessary to achieve their goal.

In addition, mentoring is vital to enhancing a person's skill set and improving on areas of weakness. Let's face it; no one likes to be told about weaknesses or negative tendencies. However, the key is in the delivery. We should approach feedback sessions in the same manner a coach addresses a player on a sporting team. The coach can only make recommendations to improve your game and point out your strengths and address your weaknesses. It's the individual's responsibility to make those corrections and improve or focus on their own weaknesses. It's a two way street and the delivery of the advice is crucial to success of the message.

One thing is clear; we need to make mentoring a priority as the force changes over time. Airmen who are not receiving feedback should request a meeting with their supervisors. Thereafter, it is the supervisor's responsibly to conduct these sessions. Each member in the organization deserves feedback and a roadmap to the future. The only way to develop this roadmap is through a cooperative environment where mentors (Coach) deliver feedback to members (Player), which clearly addresses future expectations on both sides.

Lastly, listen to your Airmen and help them help you. Good mentoring hinges on trust, good communication, equal respect and a clear roadmap to the future for all parties involved. Just remember, we are all on the same team trying to move the ball forward.



Cover: Tech. Sgt Carl Clegg, a videographer with the 108th Wing Public Affairs office, prepares to record the introduction for a video production for the Sexual Assault Prevention and Response stand down Aug. 6, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)



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WING COMMANDER'S MESSAGE ON SEXUAL ASSAULT: "PROTECT EACH OTHER!"

By Staff Sgt. Armando Vasquez, 108th Wing Public Affairs Office

In Fiscal Year 2012, there were 3,374 reports of sexual assaults involving service members according to the Department of Defense's Annual Report on Sexual Assault in the Military. Furthermore, the number of service members anonymously reporting a sexual assault grew by more than 30 percent in the past two years according to the report.

These are statistics the U.S. Air Force has found troubling and sees as a counter to the Air Force cover values. Consequently, DoD is pushing for new sexual assault and prevention measures to eliminate what is being called a stain on the honor of service men and women who honorably serve the Nation.

Therefore, the more than 1,000 Airmen from the 108th Wing, New Jersey Air National Guard, attended a commander's call Aug. 11 at one of their hangars at Joint Base McGuire-Dix-Lakehurst, which was the precursor for the Wing's Sexual Assault Prevention and Response stand down training.

Led by Col. Kevin J. Keehn, wing commander, the Airmen heard the implications of committing these types of crimes, as well as new resources now available to potential victims. In addition, Keehn reinforced his stance on this epidemic and how he depends on his Airmen to prevent it.

"We all have a role to play in sexual



Col. Kevin J. Keehn, commander, 108th Wing, New Jersey Air National Guard, speaks to Wing members during the Sexual Assault Prevention and Response Stand Down at Joint Base McGuire-Dix-Lakehurst, N.J., Aug. 11, 2013. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)

assault prevention," said Keehn. "We might not have created this problem but we are all charged with preventing it."

During the training event, Keehn discussed the Air Force core values as well as the Wingman concept, telling his Airmen to look out for one another. Fur-

thermore, the Airmen watched several videos, which detailed Air Force Chief of Staff, Gen. Mark A. Welsh, III message on sexual assault, and instructional videos on possible scenarios of sexual assault and how to spot it and prevent it.

"This is the military's effort to take a final step to fight this epidemic," said Lt. Col. Toni Waters, sexual response coordinator at the 108th Wing. Waters has been the SARC for the past eight years and will be handing off those duties upon her retirement to Capt. April Doolittle, public affairs officer.

If you are a victim of sexual assault or a witness to this crime, there is a support network at your base available to each Airman led by trained sexual assault coordinators, victims' advocates and chaplains. You may also contact your chain of command or local law enforcement – military or civilian. Furthermore, a live, one-on-one confidential help line is available at www.safehelpline.org or by calling 877-995-5247.

As Keehn concluded the training he charged his Airmen with helping to eradicate this problem. "Hopefully, this training will bring this issue front and center," said Keehn. "And we can do something to help prevent it."



Airmen from the 108th Wing, New Jersey Air National Guard, gather materials prior to the Sexual Assault Prevention and Response Stand Down at Joint Base McGuire-Dix-Lakehurst, N.J., Aug. 11, 2013. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)

New Air Force app addresses 'problem solving'

by Tech. Sgt. Beth Anschutz, Air Education and Training Command Public Affairs

9/23/2013 - JOINT BASE SAN ANTONIO RANDOLPH, Texas -- Airmen can now download an Air Force mobile application designed to help them better get at the root of workplace problems.

Air Force Smart Operations for the 21st Century, or AFSO21, is the Air Force's 8-Step Problem Solving method and the application puts AFSO21 resources right at their fingertips. The application, available for free download from the two most popular mobile marketplaces, provides a breakdown of problem solving steps with common tools and a rubric for each step. A glossary of AFSO21 terms wrapped up with tools and methodologies related to other problem solving models is also available.

The Air Force 8-step problem solving model is taught to Airmen through AFSO21 and Professional Military Education programs to generate efficiencies and improve combat capabilities across the Air Force. Although the application was developed with a focus on AFSO21 facilitators, any Airman will benefit from the application's user-friendly steps when working through a problem.

"This application will make problem solving information more readily available to any Airman who wants to help improve processes within their organization," said Dan Kjolhede from the Air Education and Training Command Chief Learning Office. "Instead of having to rely on a piece of paper, they can use their smart device. The steps are available to them anytime, anywhere."

Process improvements come in different forms, from a quick fix to a more complex problem that requires time and coordination through several organizations. The AFSO21 application provides a one-stop resource with detailed information on each step in the problem-solving process and interactive tools providing users with an avenue to take photos, record data, populate charts and graphs, and store their inputs on their mobile device.

The AETC Chief Learning Office used this development project as a reconnaissance mission of sorts with hopes of paving the way for more applications. With



Airmen can now download an Air Force mobile application designed to help them better get at the root of workplace problems. The AFSO21 application, available for free download from the two most popular mobile marketplaces, provides a breakdown of problem solving steps with common tools and a rubric for each step. (U.S. Air Force photo by Tech. Sgt. Beth Anschutz)

service-wide budget cuts, the Air Force is transforming its training model to maintain its edge in education and training.

"Our mission is to transform education, and mobile applications will play a big part in that," said A.J. Ranft, AETC's Chief Learning Officer. "This was a great way for us to build a mobile device framework for use in the future."

Although the CLO team learned a lot through the application development process, they hope to gain even more information from the users.

"Feedback functions are embedded into the application," Kjolhede said. "We're looking forward to feedback from our users to make this application even better."

According to the CLO, the bottom line is facilitating better problem solving.

"It's very helpful to have a reference and to go through the problem-solving steps instead of just jumping to a solution ...

that's what we tend to do," Ranft said. "The Air Force has sanctioned this methodology for problem solving and this application gives all Airmen a resource to really work through problems effectively."

There are two AFSO21 applications available on the market, so Airmen should search their smart device's application store for "AFSO21" and choose the application developed by Griffin Mobile. The Griffin, the 367th Training Support Squadron at Hill Air Force Base, improves Air Force combat capability through world-class interactive multimedia instruction for aircraft and munitions maintenance training for Air Combat Command and Air Mobility Command. The application is also searchable by the terms Lean Six Sigma, Continuous Process Improvement, CPI, Smart Operations, Air Force, AETC or DMAIC.

Legal Matters

By 1st Lt Timothy Ellis, Deputy Staff Judge Advocate 108th Wing Legal Office

Have a legal issue? Make an appointment with your 108th Wing Legal Office by calling them at 609-754-5049. The legal office is proud to serve all members of the 108th Wing and is located at the Wing Headquarters in building 3327.

Furthermore, the 108th Wing legal office, among other important duties, provides legal assistance in connection with members' civil legal matters. They are here to support troop readiness and assist members with specific legal questions and issues. Air Force attorneys and paralegals, acting in an official capacity, can assist you with legal matters, including, but not limited to, the following:

- Counseling members on the function of a will and preparation of basic wills to enable Airmen to distribute their property after death according to their wishes.

- If a member's needs require advanced estate planning, the legal office can alert you so that you seek the proper legal assistance in the private sector.

- Prepare advance medical directives including living wills and medical powers of attorney. A living will states a person's desires regarding the termination of life support in the event of a terminal, incurable medical condition. A client uses a medical power of attorney to appoint a trusted person to act as a health care agent to make medical care decisions in the event of incompetence or inability to communicate decisions or desires.

- Prepare general and special powers of attorney to allow Airmen to grant authority to another person to legally act in their name.

- Advise clients on the Soldiers' and Sailors' Civil Relief Act (SSCRA). SSCRA protects persons in military service by suspending the enforcement of certain civil obligations.

- Similarly, advise veterans of their re-employment rights under the Uniformed Services Employment and Reemployment Rights Act (USERRA). Legal assistance attorneys advise service members on USERRA eligibility, their obligations to provide appropriate notice to their employers, and their reemployment rights and benefit entitlements under USERRA.

- Review lease agreements prior to signing and propose changes to best pro-

tect the service member's interest as either tenant or landlord, especially with respect to: Specific statutory military clauses allowing for early termination on a tenant's receipt of permanent change of station orders or reentry of a military landlord on receipt of orders to return to the property's location.

- Provide counseling on a wide range of consumer issues such as bankruptcy, consumer fraud, identity theft, retail purchases, and vehicle leases.

Provide counseling on family law issues, limited to general information regarding divorce, child custody and child support FAQ's and procedures.

As important as it is to know what legal assistance can do for you, it is also important to know what it cannot do for you. Air Force attorneys, acting in an official capacity, may not enter into an attorney-client relationship in the following areas:

- Official matters in which the Air Force has an interest or is involved in the final resolution.

- Criminal issues under the Uniform Code of Military Justice (UCMJ), or any local, state or federal criminal law and administrative separation actions initiated by the 108th Wing.

- Due to a conflict of interest for the above two areas, all 108th Wing members should make an appointment with the 177th Fighter Wing legal office in such instances by calling 609-761-6059.

- Advice on issues involving personal business enterprises (unless such advice is related to the Soldiers' and Sailors' Civil Relief Act).

Furthermore, base legal attorneys are not authorized to draft or review real estate purchase, sale or closing documents, separation agreements or divorce decrees. They cannot actually represent a client in a court or administrative proceeding. Advice may not be provided over the telephone or via e-mail except in unusual or compelling circumstances. Nor can they provide advice to a third party – they are here to exclusively serve members of the 108th Wing. Privileged attorney-client relationships require personal and private communication. Except when the client is unable to communicate adequately, advice or assistance will not be provided through a third party. For example, each individual client requesting a will must be interviewed personally by a legal assistance attorney or paralegal at the legal office prior to execution of the will.

When command representatives seek information or assistance on behalf of service members, they will normally be instructed to have the service member personally obtain a legal assistance appointment. Bona fide requests for command services shall be referred to Maj. Hector Ruiz, staff judge advocate charged with providing advice and assistance to the command concerned.



Airman of the Year



Lt. Gen. Stanley E. Clarke III, the director of the Air National Guard, left, and Chief Master Sgt. James W. Hotaling, Air National Guard Command Chief, right, recognize Tech. Sgt. Jamie L. Jones, 108th Wing, New Jersey Air National Guard, as one of the six Outstanding Airmen of the Year with awards for excellence during the Director's All-Call event at the ANG Readiness Center, Joint Base Andrews Md., Aug. 14, 2013. (U.S. Air National Guard photo by MSgt. Marvin R. Preston/ Released)



Re-enlisted!

The 108th Wing held its re-enlistment ceremony with Col. Vito Dimicco Jr., left, administering the oath of enlistment to, left to right, Chief Master Sgt. John Early, Tech. Sgts. Erick T. Contreras, Knalidi V. Hinkson and Jonathan T. Arochas, Master Sgt. Patrick J. Applegate and Tech. Sgt. Heyward T. Wiggins at the Wing headquarters at Joint Base McGuire-Dix-Lakehurst, N.J., Aug. 10, 2013. (Air National Guard photo by Master Sgt. Mark C. Olsen/Released)

CHAPLAIN'S CORNER: ENOUGH

by Capt. David Leung Kahler, 108th Wing Chaplain

With continued wavering reports about our economic outlook for the next few years, many Airmen at our Wing are facing present and future finances with uncertainty.

Consequently, a number of members are combatting our present economy with their spirituality. Spiritual resiliency can help shape our view of finances and bolster our personal economic outlook.

One of the ways spirituality can help us is by redefining what is "enough"? How much is enough?



Here is a modern day parable: There was a businessman who was walking on a beach during his vacation and noticed a lone fisherman, in his late 30's, putting a fish in his bucket and getting ready to leave. The businessman complimented the fisherman on the quality of his fish and asked how long it took to catch the one he just caught and the other three in his bucket? The fisherman replied, "Only a little while."

The businessman then asked why he didn't stay out longer and catch more fish? The fisherman said he had enough to

support his family's immediate needs. The businessman then asked, but what do you do with the rest of your time? The fisherman said, "I sleep late, fish a little, play with my children, take a siesta with my wife, stroll into the village each evening where I enjoy playing music with my friends; I have a full and busy life."

The businessman scoffed, "I am a Harvard MBA and I could help you. You should spend more time fishing and with the proceeds buy a boat. With the proceeds from the boat, you can buy a bigger boat; and with those proceeds you could buy several boats; eventually you would have a fleet of fishing boats. Instead of selling your catch to a middleman, you would sell directly to the processor and eventually open your own cannery. You would control the product, processing and distribution. You would need to leave this small coastal fishing village and move to the big city where you would run your expanding enterprise."

The fisherman asked, "How long will this all take?" To which the businessman replied, "15-20 years." The fisherman then asked, "But what then?" The businessman laughed and said, "That's the best part! When the time is right you would announce an IPO and sell your company stock to the public and become very rich. You would make millions." Astonished, the fisherman asked, "Millions? Then what?" The businessman said, "Then you would retire. Move to a small coastal fishing village where you would sleep late, fish a little, play with your kids, take a siesta with your wife, stroll to the village in the evenings where you could play music with your friends."

Spirituality can help us redefine how much is enough by reevaluating what is important. Changing our attitude about finances can often change our view of a situation. Joy and contentment come readily when we actualize what is "enough" for us.

So what about you? What is enough for you and how can your spirituality get you there?

LODGING MODIFICATION



Defense Travel System A New Era of Government Travel

Effective immediately please suspend the practice of reimbursing lodging if the lodging expense was incurred the night before the AT order began.

For example, if the AT orders starts on 2 Sep, do not reimburse lodging incurred on the night of 1 Sep. The DTS Compliance Tool has begun to flag these payments as erroneous and has/will cause members

to incur debts. Members are not authorized to be reimbursed lodging expenses if it was incurred outside the dates of the AT order. A policy memo is being coordinated through NGB for approval to address this issue. While this memo goes through the approval process we must prevent members from incurring further debt. If the DTS Compliance Tool identifies an er-

roneous lodging payment, a debt must be placed on the member's record and the debt must be repaid. Compliance Tool notifications are monitored by DTMO, SAF/FM, and NGB/FM.

If no action is taken by the responsible unit, the debt will be placed on the member's record at this level or above.

Hispanic-American was aviation pioneer, tactical genius

by Jim Garamone, *American Forces Press Service*

He was an aviation pioneer, an organizer of Allied victory during World War II and a Hispanic American.

He was Elwood R. "Pete" Quesada.

Quesada was the son of a Spanish businessman and an Irish-American mother. His military career spanned aviation history from post-World War I era biplanes to supersonic jets.

Quesada was born in Washington, D.C., in 1904, a few months after the Wright Brothers flew at Kitty Hawk, N.C. He grew up with aviation.

World War I imposed hothouse growth on all things connected with planes. In 1914, when the war began, primitive aircraft scouted enemy formations. They did not fire at each other nor did they drop bombs on the enemy troops. The aviators themselves began the first moves toward arming the craft. The pilots shot at each other first with pistols and rifles and then machine guns. Bombs and rockets came next.

The U.S. Army used aircraft to good effect during the St. Mihiel offensive of 1918.

All through the war, the opposing sides developed planes that flew longer, farther, faster and could do more things. After the war, aircraft development continued. The 1920s were a time of experimentation. Plane design changed from biplanes at the beginning of the decade to sleek monoplanes by the end.

Quesada started his military career in the middle of this ferment. He entered the Army Air Service as a flying cadet in 1924. He went through flight school at what is now Brooks Air Force Base, Texas (then called Brooks Field) and advanced training at neighboring Kelly Air Force Base.

Having only a reserve commission, Quesada found the active Army Air Service had no space for him. He returned to civilian life, playing baseball for the St. Louis Cardinals. In 1927, he returned to the Air Service and received a Regular Army commission. He reported to Bolling Field in Washington.

Bolling Air Force Base is now an administrative center, but its runways in 1927 were full of aircraft flown by some of the most innovative thinkers in the Army Air Corps. Pete Quesada joined then-Maj. Carl

"Tooeey" Spaatz and then-Capt. Ira Eaker in developing air-to-air refueling.

On Jan. 1, 1929, a three-engine Fokker C-2A rose into the air from metropolitan Airport in Los Angeles. It did not land again until Jan. 6. Quesada, Spaatz and Eaker shared piloting duties aboard the plane, dubbed the "Question Mark."

Throughout their five days aloft, the Fokker crew took in fuel from a Douglas C-1C that passed a hose in flight -- as well



The crew of the Question Mark: Maj. Carl Spaatz, Capt. Ira Eaker, Lt. H.A. Halverson, Lt. E.R. Quesada and Sgt. R.W. Hooe. (U.S. Air Force photo)

as oil, water and food. In all, the Fokker crew made 37 mid-air transfers and flew more than 11,000 nonstop miles.

Today, air-to-air refueling is almost routine. The United States bases the B-2 bomber in Missouri, knowing that no spot on the globe is too far away thanks to in-flight refueling. This started with the flight of the Question Mark.

But Quesada's larger contribution came during World War II. The fabulous Allied air-ground machine that chewed up Nazi forces in Europe didn't just materialize. It was Quesada's baby.

Even before the war, Quesada -- like many others -- had been thinking of the place of air power. But where others looked to strategic bombing, Quesada concentrated on the tactical application of air power. During classes at Maxwell Field, Ala., and at the Command and General Staff College at Fort Leavenworth, Kan., Quesada began to build the concept of close air support. He predicted the next war would require "all sorts of arrange-

ments between the air and the ground, and the two will have to work closer than a lot of people think or want."

He got the chance to put his theories into practice. In December 1942, he was promoted to brigadier general and sent to North Africa to command the 12th Fighter Command. He put his ideas through the crucible of combat, and they evolved into Army Air Forces field regulations "Command and Employment of Air Power," published in July 1943.

At the heart of these regulations is the premise that air superiority is the prerequisite for successful ground operations. Further, he said, the air and ground commanders must be equals and there had to be centralized command of air assets to exploit the flexibility of air power.

In October 1943, Quesada went to England and assumed command of the 9th Fighter Command and readied that unit for the Normandy invasion. During the build-up and breakout that followed the invasion, Quesada was at his best. He placed forward air observers with divisions on the ground, and they could call for air support. He mounted radios in tanks so ground commanders could contact pilots directly. He pioneered the use of radar to vector planes during attacks. This was particularly helpful during the Battle of the Bulge in December 1944, when bad weather hid many German targets.

The air-ground apparatus he put together was the best in the world. After the war, he was the first commander of TAC -- Tactical Air Command. He moved the headquarters from Tampa, Fla., to Langley Air Force Base, Va., so he could be close to the headquarters of the Army Ground Forces. When the Air Force became a separate service in 1947, he went along as a lieutenant general.

Quesada retired from the Air Force in 1951. He was disillusioned with the emphasis placed on Strategic Air Command at the expense of tactical air. He served as the first head of the Federal Aviation Administration and held positions in private firms.

Quesada died in Washington in 1993.

MENTAL WELLNESS APPS

NATIONAL CENTER FOR TELEHEALTH & TECHNOLOGY



The National Center for Telehealth & Technology (T2) leads the Department of Defense's efforts to advance the use of technology for the prevention, assessment and treatment of a range of health conditions affecting service members, veterans and their families.

Online Resources



t2health.org

Learn about T2 products and services including mobile apps, Web resources and other technology solutions for health care.



AfterDeployment.org

Videos, self-assessments, workshops and more on PTSD, sleep, anger, depression and other topics.



MilitaryKidsConnect.org

Interactive website connecting kids ages 6-17, parents, caregivers, and educators.



MilitaryMentalHealth.org

Mental health and alcohol self-assessments.



National Center for Telehealth & Technology
9933 West Hayes Street
Joint Base Lewis-McChord, WA 98431
253-968-1914

www.t2health.org | AskUs@t2health.org



facebook.com/T2Health



twitter.com/T2Health



linkedin.com/groups?gid=4135318

T2RCARD-REC-04042013-004



Mobile Apps

t2health.org/mobile-apps



APPS FOR SERVICE MEMBERS, VETERANS AND THEIR FAMILIES



T2 Mood Tracker

An electronic diary to rate your moods and track progress over time.



Breathe2Relax

Deep-breathing exercises to manage stress.



PTSD Coach

Learn about and manage your PTSD symptoms.



Positive Activity Jackpot

Plan enjoyable activities to improve your mood.



Tactical Breather

Get control over stress through regulated breathing.



LifeArmor

Take self-assessments and learn about PTSD, sleep, anger, depression and more.



BioZen

Use the therapeutic benefits of biofeedback.



At Ease

A game to help kids cope with stress.

HEALTH CARE PROVIDER RESOURCES



Co-occurring Conditions Toolkit

Guide to management of mTBI and PTSD.



mTBI Pocket Guide

mTBI injury assessment and treatment guide.



PE Coach

Improve patient participation during the clinical treatment of PTSD.



Provider Resilience

Strength for those who serve with care.

FAMILY



OCTOBER 2013

(See page 5 for Domestic Violence Awareness Programs)

FAMILY ADVOCACY PROGRAM

- 87 Medical Group Bldg - 2B31
- 3458 Neely Rd JB MDL, NJ 08641



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Registration is REQUIRED for all classes. Dates are subject to change.			2 	3 	4 	5 
6 	7 	8 	9 	10 	11 	12 
13 	14 	15 	16 	17 	18 	19 
20 	21 	22 	23 	24 	25 	26 
27 	28 	29 	30 	31 	31 	31 

- Open Mondays-Fridays
- 0730-1630 hours
- 609-754-9680
- DSN 650-9680
- Fax 609-754-9567

HELPFUL NUMBERS:

Behavioral Health Locator 877-747-9579

Child/Spouse Abuse 609-754-9680

Domestic Violence Advocacy Center 609-265-9000

Law Enforcement 609-562-2001

Mental Health 609-754-9324

Mil Fam Life Consultant 609-273-9770

Mil Child Life Consultant 609-500-1402

Military One Source 800-342-9647

Parent Stress Line 800-843-5437

Providence House 877-871-7551

(Domestic Violence 24-hour Hotline)

Victim Advocacy 609-754-9680

WIC 609-267-4304

QUICK REFERENCE

Anger Management
1st four Fridays of the month
1300-1500 hours (HAWC)

Breastfeeding
At 87th MDG ERC
1700-1900 hours

Daddy Boot Camp
Quarterly at the HAWC
1300-1500 hours

Bundle for Babies
Every 2 months at the Military & Family Support Center 754-3154
0900-1100 hours

Sweethearts Seminar
Dix Community Center
Hours TBA

Breastfeeding Support Group
Every Thursday at the Family Advocacy Office, 1000-1100 hours

Baby Basics
1st Tues of the month at MDG ERC
1700-1900 hours

Childbirth Preparation
1 Saturday a month (Bring a pillow and a blanket.)
0900-1600 hours (ERC)

Playgroup
Weekly at the Dix Youth/Teen Center Bldg
1279 Locust St.
1000-1130 hours

Pregnancy 101
Every other month at 87th MDG ERC
1400-1630 hours

You & Me + Baby Makes 3
Quarterly at MDG ERC
1700-1900 hours



OCTOBER 2013: Domestic Violence Awareness Month



Myth #1: Domestic violence is rare as it affects only a small percentage of the population.

Myth #2: It is usually a one-time, isolated occurrence.

Myth #3: Battered women are masochistic and provoke the abuse. They must like it or they would leave.

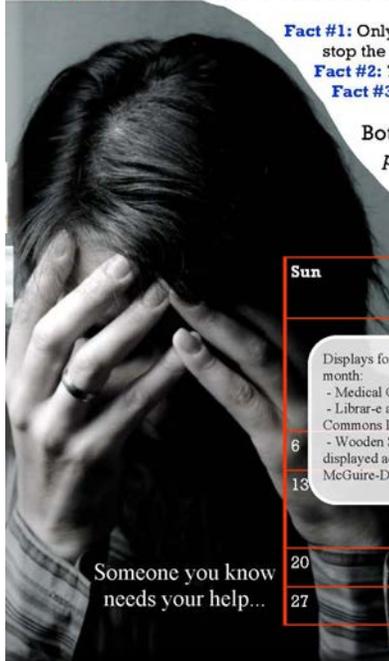
Fact #1: Only the batterer has the ability to stop the violence. Many battered women who hope to stop the abuse make many attempts to change their behavior, but this does not work.

Fact #2: 70% of the cases show that people who abuse their partners, abuse their children as well.

Fact #3: Battering happens regardless of income, profession, ethnicity, educational level, or race.

Bottomline... Domestic violence (physical, sexual, economic, emotional, and psychological abuse) is EVERYONE's business.

Visit any of our events and displays to learn more!
Call **Family Advocacy at 609-754-9680** for inquiries.



Someone you know needs your help...

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid gray; border-radius: 10px; padding: 5px; width: fit-content; margin: auto;"> Displays for the whole month: - Medical Group Table - Librar-e and Resource Commons Display Cases - Wooden Silhouettes displayed across Joint Base McGuire-Dix-Lakehurst </div>		1 JB MDL Gate 900-1100 hrs PX/BX table 1000-1300 h	2 Installation Update Brief at 1000 hrs	3	4 BCC Silent Witness Proj at 1300 hrs (Mt. Holly)	5
		6	8	9	10	11
13	14	15 PX/BX table 1000-1300 h	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

PROGRAMS



FRONT AND CENTER: BRITANI LEE



Time in Service: March 2007

Job with 108th: currently a member of the 108th medical group, previously a member of LRS

Civilian Job: Medical Assistant for Cooper University Hospital & Rowan University Student

Favorite Food: Kimchi and Sweet & Sour chicken

Favorite TV Show: Scandal & Flashpoint

Favorite Music Genre: Anything that makes me dance.

Favorite Sport: Football

What do I do in my Spare Time: Write poetry & Dance

Person I Most Look Up To: Jessie M. Butler (my grandmother)

My Hero is: My late best friend Dominique Johnson

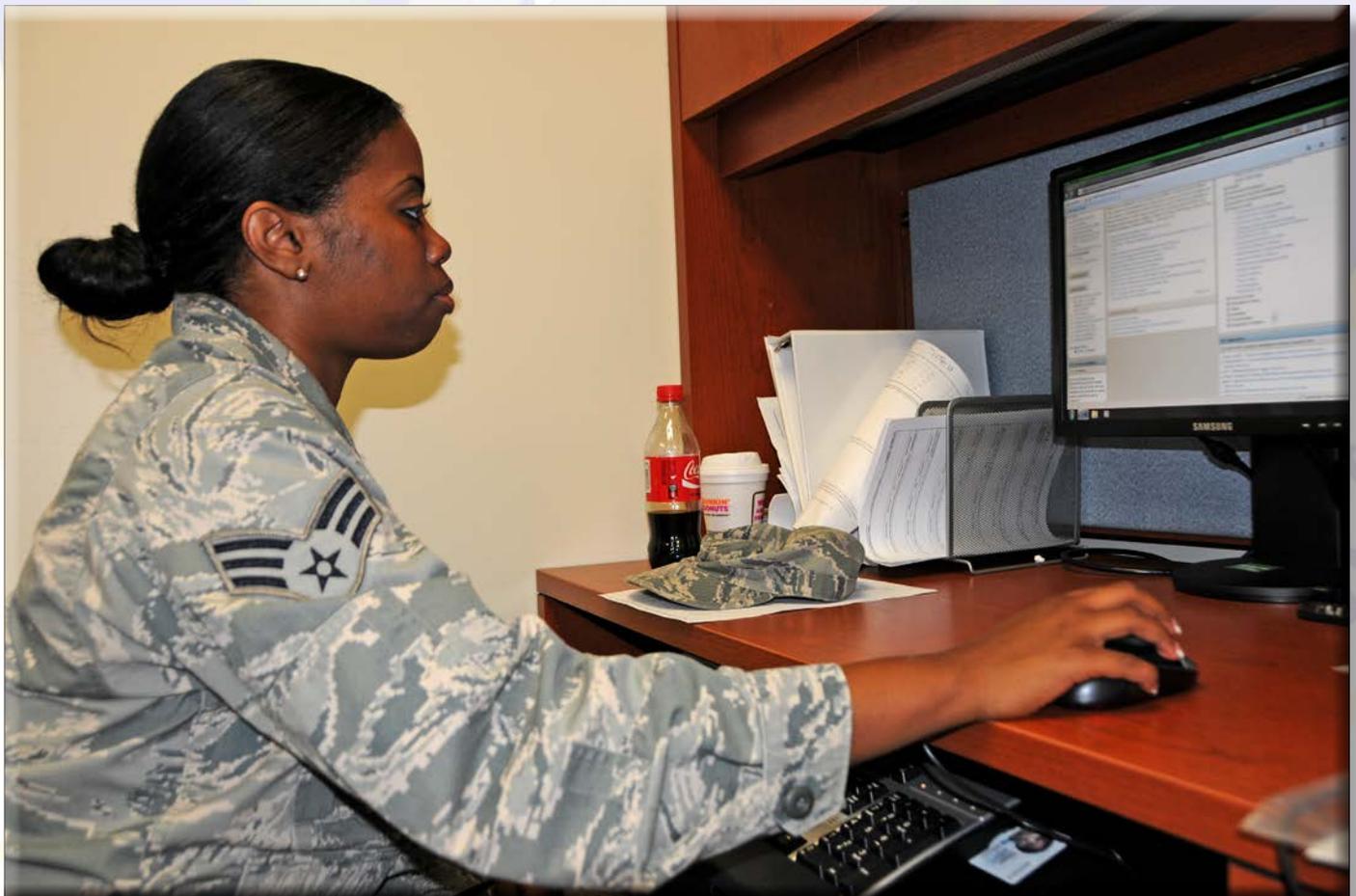
Dream Vacation: To visit all the exotic islands of the world.

Dream Car: R8 Audi

My Goals for the Future: Become a Medical Doctor Anesthesiologist with pediatrics.

What I like about the 108th: The 108th is one BIG Family. Everyone is determined to complete our mission successfully and safely.

If I Was Commander for a Day: If I was commander for a day, I honestly don't know what I would do.





MAN ON THE STREET

“Which football team is your favorite?”

Photos by Senior Airman Adrian R. Rowan, 108th Wing Public Affairs



“Giants.”
- Staff Sgt. Ted Freeman



“Eagles, I like Vick and Foles.”
- Master Sgt. Kemmery Kendrick



“Giants, I used to live five minutes from the stadium.”
- Capt. Kris D’Erasmus



“Broncos.”
- Maj. Andy Snedeker



“Broncos”
- Senior Airman Brad Caruso



“Steelers.”
- Airman 1st Class Vince Stokes



“NY Giants.”
- Capt. Mike Jewell



“Giants.”
- Senior Airman Christina Krajcsovics