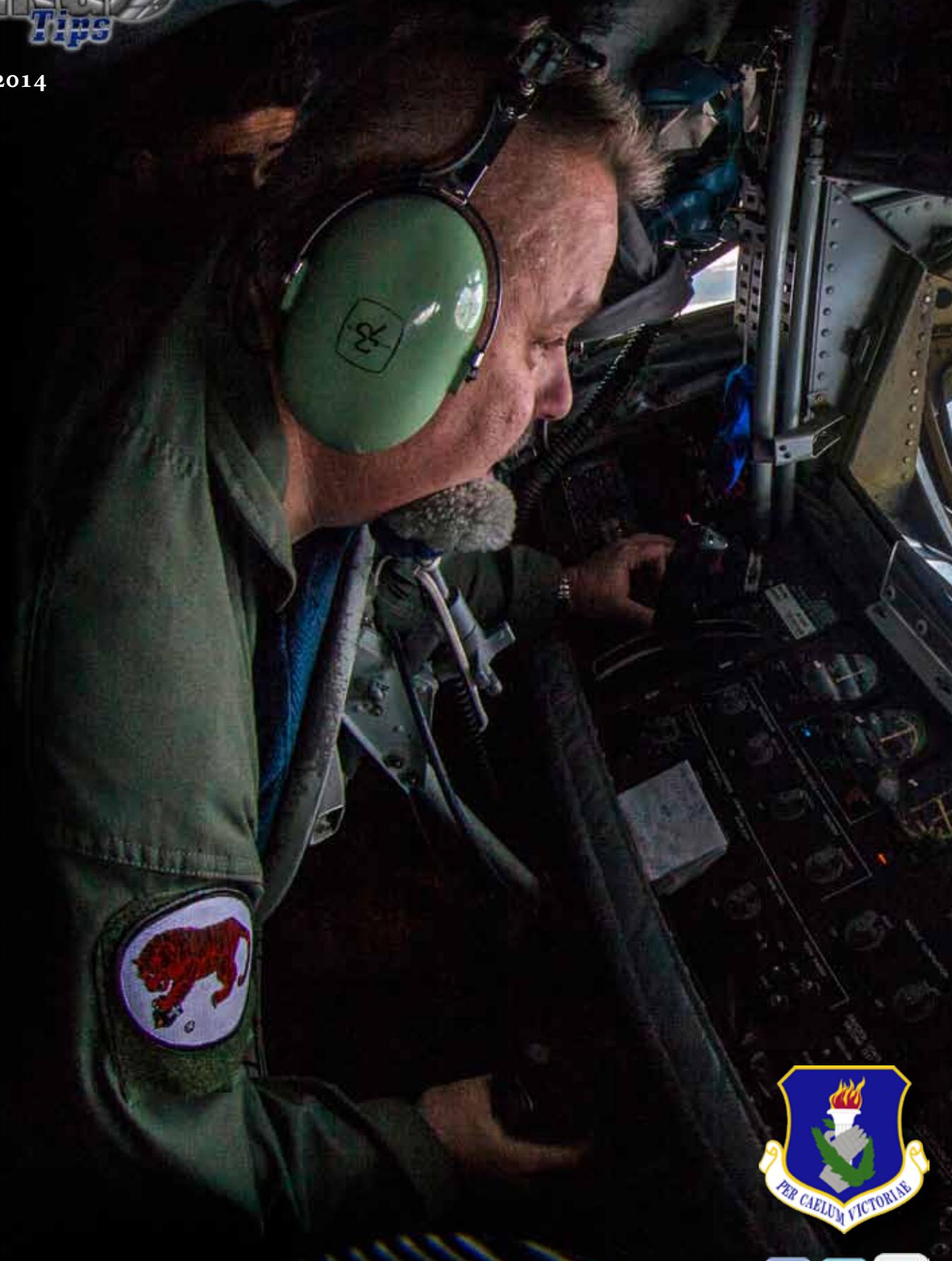


APRIL 2014





COMMENTARY

UEI: Doing your job correctly is key to success

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

Here we are, one month out from the Unit Effectiveness Inspection Capstone Event: the mother of all inspections - a Frankenstein monster constructed from the corpses of CIs, ASEVS, LCAPS, HSI, MSETs, etc. As such, we should all be running around building continuity binders and blowing dry signatures on never-before produced appointment letters, right?

Absolutely not!

Last summer, the Chief of Staff of the Air Force determined the philosophy on inspections needed to change from an Inspector-Driven model to a Commander-Focused approach. He saw wasted energy and inefficient practices as units would spend months preparing for inspections. This ramping-up led to short periods of very-high readiness followed by years of neglect. His vision is one of continual self-regulation through the Commanders Inspection Program, emphasizing the areas the commander feels are essential to mission success. This is a good thing.

Years ago, when I was a young captain on active duty, I was able to witness firsthand the results when a unit focuses too much on inspection preparation and not enough on performing the mission correctly. At the time, I was in Air Education Training Command and my base was receiving an aircrew standard evaluation visit inspection. Like most units, we performed well in our day-to-day mission, but there were some areas

that needed a little attention to bring them up to "Inspection Ready." For the months leading up to the inspection, our commanders decided it would be best to spend our energies sprucing up the squadron to make a good first impression on the inspectors. We ordered all new binders and folders, repainted walls, dusted the tops of lockers and cabinets, removed and re-hung all of the pictures on the walls, and dug up a slightly crooked sidewalk to replace it with slightly straighter one. Instead of focusing on training our students correctly and properly documenting their progression, we were re-decorating the squadron and inventing new, unnecessary and unusable programs. The result: we had a good-looking sidewalk and matching binders, but we received a "marginal" for mission effectiveness.

The shame of that score was that we were performing the mission very well up until the point that we began to prepare for the ASEV. Did we need to do some house-cleaning and standardization? Yes, but we went far overboard in these areas, and stopped doing the proper training and documentation we had previously done so well. We spent our time "painting the grass green rather than fertilizing the lawn." We were trying to dazzle the ASEV inspection team with straight sidewalks and fancy binders instead of showing how well we were doing our jobs.

What can we learn from this experience?



The first lesson is that the new Air Force Inspection System (AFIS) is an improvement over the old one. This new AFIS places a priority on continuous unit readiness verified by the self-inspection and wing-based inspections. It increases our effectiveness by ensuring a constant level of performance and reduces wasted resources - the most important one being our Airmen's time. In addition, the new AFIS allows commanders to determine what areas of their wings need to be examined and where their resources can best be utilized to meet the mission. Com-

Continued on page 10

WORKING THE BOOM: Master Sgt. Marshall N. Rice Jr., methodically works the control panel that operates the refueling boom of a KC-135 Stratotanker in preparation to refuel a B-2 Stealth bomber April 2, 2014. The 108th Wing invited 25 Air Force ROTC cadets from St. Joseph's University, Philadelphia, Pa., to observe the air refueling mission as part of the 108th Wing's orientation flight program. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)



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- Staff Sgt. Bethany Ranford - Photojournalist
- Senior Airman Kellyann Novak - Photojournalist



SUICIDE PREVENTION IS EVERY AIRMAN'S RESPONSIBILITY

By 1st Lt. David C. Moore, 108th Suicide Prevention Program Manager

Suicide is an act that has a significant affect and impact to our Wingmen community's health and wellbeing. It is every Airman's responsibility to be supportive and watchful of their Wingmen for signs of need. The loss of a comrade, teammate, and friend has repercussions to their unit. The 108th Wing, Air National Guard, and Air Force offer assistance to prevent suicides and promote resiliency among its Airmen.

Since 2009, 137 Guardsmen have taken their lives. Active duty suicide trends provide additional insight into at-risk groups. In 2013, the vast majority of suicides were enlisted (92 percent) and male (92 percent). Just over half of the suicides were linked to marital or relationship problems. In addition, legal problems accounted for 24 percent, and depression was attributed to 16 percent of all suicides. The career fields with the most suicides were Maintenance, Cyberspace Support, and Civil Engineering; however, this does not mean those career fields are predisposed to suicidal tendencies.

The National Guard and Air Force offer many off-ramps on the road to suicide. Furthermore, the 108th Wing's Suicide Prevention Program facilitates trainings whose goal is to avert potential suicides or suicide attempts. The Wing also has a full time mental health professional on hand to counsel Airmen experiencing difficult times.

If you or a fellow Airman is in need of counseling contact our Wing chaplains, your first sergeant, or Wing Director of Psychological Health, Andrea LoPresti, at 609-754-2159.

Another avenue is New Jersey's toll free 24-hour Helpline Vet2Vet, open to both service members and their families, at 1-866-838-7654. In addition, Military

U.S. AIR FORCE

ASK YOUR WINGMAN

- Have the courage to ask the question, but stay calm
- Ask the question directly. Are you thinking of killing yourself?

CARE FOR YOUR WINGMAN

- Calmly control the situation; do not use force; be safe
- Actively listen to show understanding and produce relief
- Remove any means that could be used for self-injury

ESCORT YOUR WINGMAN

- Never leave your buddy alone
- Escort to chain of command, Chaplain, behavioral health professional, or primary care provider
- Call the National Suicide Prevention Lifeline

National Suicide Prevention Lifeline: 1-800-273-8255 (TALK) <http://chppm-www.apgea.army.mil/>

OneSource offers a free 24/7 Military Crisis Line at 1-800-273-8255, then press 1. Finally, a valuable resource is the Air Force's Wingman Project website which offers trainings, intervention tips, and much more. To get more information on this valuable resource, please visit <http://nj.wingmanproject.org/en>.

On a last note, resiliency training teaches us to withstand, recover, and grow in the face of stressors and changing demands. Offer your friendship, support, and guidance to your fellow Airmen. We must work together to overcome and thrive in the face of challenges.

Orientation flight fuels B-2 bomber and cadet's pilot goal

Story by Tech. Sgt. Armando Vasquez

It's not unusual for a child to dream of becoming an airplane pilot when he grows up. And when that child grows up in a military family, the dream becomes more intense.

Nick Strittmatter, 19, a Barnegat, N.J. resident, grew up in a military family: His father, Lt. Col. Martin Strittmatter, is a KC-135 Stratotanker pilot with the 108th Wing and a commercial airline pilot with United Continental. So obviously the young Strittmatter knew he wanted to become a pilot, just like his father.

"I never pushed him towards the military," said Martin Strittmatter. "He's been around the military all his life. It was a decision he made all on his own."

Nick Strittmatter had thought about going to the Air Force Academy at Boulder, Co., but he was not sure of that path. Since his father went to the Academy and had experienced the military environment of the college, he knew that was not his plan. "I wanted to experience college life," said Nick Strittmatter.

So as Nick Strittmatter researched colleges to attend, his father introduced him to the ROTC concept and now he is a cadet at St. Joseph's University in Philadelphia, Pa., Air Force ROTC program.

Orientation flights are the Air Force's community relations program that provides individuals an opportunity to observe Airmen perform their jobs in a real-world environment.



Chief Master Sgt. Brian S. Kilpatrick, front, boom operator, 108th Wing, New Jersey Air National Guard, assigned to Joint Base McGuire-Dix-Lakehurst, N.J., refuels a B-2 Spirit bomber assigned to the 509th Bomb Wing April 2, 2014. The air refueling mission provided 25 Air Force ROTC cadets from Detachment 750, St. Joseph's University, Philadelphia, Pa., the opportunity to observe the mission as part of the 108th Wing's orientation flight program. The orientation flight offers the cadets an opportunity to observe the pilots and aircrew perform their jobs in a real world environment. The B-2 Spirit, which is part of Air Force Global Strike Command is a multi-role bomber capable of delivering both conventional and nuclear munitions, is stationed at Whiteman Air Force Base, Mo. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)

“He's been around the military all his life. It was a decision he made all on his own.” Lt. Col. Strittmatter



Lt. Col. Martin Strittmatter, a 108th Wing KC-135 Stratotanker pilot, and his son Nick, an Air Force ROTC cadet, pose for a photo in front of a KC-135R Stratotanker at Joint Base McGuire-Dix-Lakehurst, April 2, 2014. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)

The flights are intended to motivate and educate Air Force cadets about the Air Force and its mission.

Consequently, Cadet Strittmatter, a sophomore, and 24 of his fellow cadets were invited to the 108th Wing's orientation flight April 2. At this event, the cadets got the unique opportunity to observe the aircrew refuel a B-2 Stealth Bomber out of Whiteman Air Force Base, Mo., mid-air over the skies of Alabama.

At this air refueling mission, Martin Strittmatter was the pilot and his son, Nick, sat in the jump seat and listened and observed the interaction between the pilots, boom operator, and air control.

As each cadet was given the opportunity to go into the KC-135's cockpit and/or the boom pod when the B-2 Bomber approached the aircraft, their eyes lid-up in disbelief at how close the two aircrafts came.

For the young Strittmatter, it only reinforced his desire to become a pilot.

STRESS

Submitted by 108th Wing Safety Office

Take a piece of paper and write the word stress at the top. Now write down all the words and images that come to your mind as you think about this word.

It is different things to different people. To a maintainer it is the challenge of launching the aircraft on time. To the supervisor it can be the pressures of making sure his employees are safe. To the wing inspection team, it can be inspection pressure.

Most people respond to the word stress in negative ways. They see it as a destructive, debilitating force. However, not all stress is negative. The word eustress has been coined to describe positive stress. Eustress results from exhilarating experiences. It is the type of stress you are likely to experience when you inherit a large amount of money or receive an unexpected promotion or reward. Eustress is the stress of winning and achieving.

Negative stress is distress. It is the stress of losing, failing, overworking and not coping. Distress affects people in a negative often-harmful manner. We all experience distress from time to time. It is a normal, unavoidable part of living.

The Consequences of Stress

One of the pioneers of stress research, Dr. Hans Selye wrote, "... stress is essentially reflected by the rate of all the wear and tear caused by life."

His research convinced him that the body has only a finite reserve of adaptation energy to apply to the stressors of life. Selye likened this reserve to a bank account upon which we can make withdrawals from time to time but into which we cannot make deposits. It is a non-renewable reserve of energy that we draw on throughout life until eventually it is

consumed and death results. Some people squander their reserves and experience premature ageing as a result; others exercise more discretion and so they maintain a supply over a longer period of time.

Over a long period of time the stress response begins to take a toll on the body. One of the prime targets affected is the thymus gland (a mysterious pale gray gland that sits behind the breastbone, above the heart), which plays a key role in the body's immune system. The thymus gland pumps out millions of lymphocytes each day to patrol throughout the body and to kill off bacterial invaders. Killer cells called macrophages literally eat invading bacteria. They operate in all parts of the body and we depend on them for our survival. A steroid called cortisol that is released by the adrenal gland when we experience stress weakens macrophages. A weakened immune system makes us vulnerable to infection and this is why people under stress often experience regular attacks of colds and flu.

Psychological stress does have physical ramifications. We can do ourselves a great deal of harm by stressful thinking. We can flood our body with stress hormones and this can create a vicious cycle making us more and more stressful. So STOP stressing yourself out. Take control of your stress instead of it (stress) controlling you. Think positively and enthusiastically and tune out all those negative stressors so that you can enjoy life.





STUDY TO HELP WOMEN VETS COPING WITH MST

Story by Tom Cramer, VA Staff Writer

The Department of Veterans Affairs is preparing to launch a study this year to determine if a practice called Mindfulness-Based Stress Reduction can help relieve symptoms of posttraumatic stress in women Veterans suffering from military sexual trauma (MST).

About one in five women in the military will report experiencing sexual trauma while serving their country.

“That’s about 20 percent of women Veterans,” said Dr. Autumn Gallegos, a researcher with VA’s Center of Excellence for Suicide Prevention in Canandaigua, NY. “Exposure to MST is a significant public health concern and is associated with both mental and physical health burdens, including risk of suicide.”

Gallegos said the negative mental health consequences of military sexual trauma are extensive, and include posttraumatic stress and other anxiety disorders, depression and substance abuse.

Returning to the Scene of the Crime

“A traumatic event, such a sexual assault, has the potential to detach you from your own body,” Gallegos explained. “After all, your body itself was the crime scene. So, one of our major goals is to help you learn how to re-connect with your body, to have your body once again become a resource for you, a source of comfort and peace.”

Women selected for the study will participate in two-hour group sessions, once each week, where they will engage in four mindfulness practices: sitting meditation, walking meditation, mindful movement (similar to yoga poses) and a body scan.

“During a body scan, you’re simply paying very close attention to sensations in different regions of your body,” Gallegos said. “Through meditations that focus on body awareness, participants gradually begin to reconnect to their bodies, to regard their bodies as a source of strength.”

Promoted to Captain

“All these practices are designed to foster a calm, non-judgmental awareness of your sensations and feelings,” she observed. “We call it Mindfulness-Based Stress Reduction. The idea is to be present in the moment, to be fully aware and alive. And if you can do that, you can choose how you’re going to respond to unpleasant events or memories. You become the captain of your own ship.”

“For women who have been physically and sexually victimized,” she continued, “the practice of reappraising thoughts and physiological sensations with mindful awareness may improve their ability to successfully regulate their emotions, thereby mitigating trauma symptoms. We want to see if this approach to stress reduc-

tion is effective for women Veterans who’ve experienced military sexual trauma.”

The Blame Game

Gallegos said that following a sexual assault, victims tend to engage in a lot of self-blame. Along with that, the victim tends to re-experience the event repeatedly, like a broken record playing in her head.

“With Mindfulness-Based Stress Reduction, you learn to observe yourself and how you’re reacting to a stressful event, or a stressful memory,” the researcher explained. “If you’re able to observe what’s going on inside you, you may be able to train yourself to respond to the stressor in a different way.”

“When all is said and done, we’re teaching you that you have a choice,” she said.

Mindfulness-Based Stress Reduction, however, wasn’t developed exclusively for victims of military sexual trauma. Veterans Brenda Voorhees and Kelly Lannon tried it out for other reasons.

Hitting ‘Pause’

Voorhees, an Air Force Veteran who served from 1979 to 1986, recently took a Mindfulness-Based Stress Reduction class designed to help participants improve their heart health.

“When you meditate, you’re silencing the mind,” she said. “Most of the time we’re multi-tasking, so it’s nice to slow down and do one thing. And now that I’m a bit older, I like slowing down.”

The 59-year-old compared Mindfulness-Based Stress Reduction to hitting the ‘pause’ button.

“It helps me slow down and see the world,” she said. “For example, today I went to the post office. There were maybe eight people ahead of me and only one clerk. It was funny watching everybody fidgeting. But instead of getting caught up in the process, I just watched the movie of life unfold.”

“I’m going to need that tomorrow because I’ll be going to the airport,” she laughed.

Let it Be

Kelly Lannon, an Air Force Veteran who served during Operation Iraqi Freedom, said practicing mindful awareness has helped put an end to the sleepless nights she endured after leaving the military.

“I tried medication,” she said, “but I didn’t like it. I wanted to try something more natural.” She’s glad she did.

Continued on page 10

DOD salutes children during military child month

By Terri Moon Cronk, American Forces Press Service

WASHINGTON, – The Defense Department believes military children serve their country alongside their service member parents, DOD's director of the office of family policy/children and youth said.

When military children serve, they do so by making sacrifices when parents are deployed, through frequent moves, starting new schools and making new friends on a continuing basis, Barbara Thompson said in a recent interview with The Pentagon Channel for the Month of the Military Child that's being celebrated in April.

"We feel it's important for the nation to know that military children also serve their country," Thompson said.

To honor military children for their sacrifices and service, DOD and the services have planned activities this month that range from installation-based fairs, parades, and literacy and art events, she said.

Military Kids Day, April 15, marks the third-annual "Purple Up!" day when adults wear purple to show support of children from all the services, Thompson said.

DOD has numerous year-round programs and awareness efforts to honor military children, and Thompson elaborated on some of those initiatives.

To help children build their resilience, DOD has coordinated programs with Sesame Street to help with ongoing change in military children's lives, Thompson noted.

"Sesame [Street] has been an outstanding contributor to the well-being of military children," she said, naming a series of DVDs that cover such topics for military children as divorce, grief, separation and deployment, resilience skills, and visible or invisible injuries.

Sesame Street also recently launched two new smartphone applications.

"One [app] covers relocation, and another is to help children learn self-regulation skills so they become more resilient," Thompson said.

"And everything is free."

Thompson emphasized that April also is Child Abuse Prevention Month and said awareness in this arena is important to DOD.

"Child Abuse Prevention Month is particularly important because it's a social responsibility for all of us to make sure children are safe and their well-being is protected," she said. "Everybody has a responsibility."

Giving parents the tools to make them strong supporters of their children and to keep them safe from predators and from violence within the family is crucial, she added.

"Parenting is tough, regardless of the situation and the age of the child. They each bring their nuances to the table, whether it's children at [age] 2 who say 'no,' or a teenager who's sometimes a little defiant," she said.

DOD offers parenting skill resources, Thompson noted, such as the newly launched Parenting Course. The course, she explained, examines parenting from the context of the military lifestyle, which revolves around deployments and parental separations from their children at different stages of their development.

And an installation-based initiative, the new Parent Support Program, involves home visitation for new parents of children up to age 3, "to help parents reach their full potential working with and being responsible for their children," Thompson said. The Marine Corps' program supports parents with children up to age 5, she added.

"The New Parent Support Program is a part of the Family Advocacy Program, which has a prevention piece that offers courses and opportunities for support groups. We want to make sure we address the stressors in families' lives before they escalate," Thompson said.

"Sometimes [certain] things really push our buttons," she added. "So we need to have the tools, to know how to cope with those kinds of stressors and how we react to them."



AROUND THE WING



Airmen from the 108th Wing, New Jersey Air National Guard, re-enlist at a re-enlistment ceremony held at the Wing's conference room at Joint Base McGuire-Dix-Lakehurst, N.J., March 1, 2014. From left to right are Tech. Sgts. Sidney F. Dos Santos and Raymond Nieves, Senior Airman Richard L. Ortiz, Staff Sgt. Anthony Thomas, Senior Master Sgt. Victor G. Aguilera, Staff Sgt. Stephen J. Lisi and Col. Andy P. Keane, who conducted the oath of re-enlistment. (U.S. Air National Guard Photo by Master Sgt. Mark C. Olsen/Released)

Col. Andy P. Keane, 108th Wing vice commander, and Airmen Tyler Shillings's sponsor give the traditional "tacking on" of a new stripe to the recently promoted Airmen at the 108th Operations Group's conference room March 3, 2014 at Joint Base McGuire-Dix-Lakehurst, N.J. Several Airmen were promoted to their new rank, as well as welcomed into the ranks of noncommissioned officers and senior NCOs during the ceremony. (U.S. Air National Guard photo by Senior Airman Kellyann Novak/ Released)



Check out the "108th Commander's Channel" on channel 08 at 0830 and 1330 for a Commander's Call Video about the Unit Evaluation Inspection!

Submit content to Public Affairs at 108arw.pa@ang.af.mil or call 754-6358

FRONT AND CENTER

AIRMAN 1ST CLASS HANNAH BARTLETT

Time in service: One year; entered service March 7, 2014

Job with 108th WG: Knowledge Operations Management

Civilian job: Child care

Favorite food: Fettuccine Alfredo

Favorite TV show: Grey's Anatomy

Favorite music genre: Classic

What I do in my spare time: I enjoy relaxing and doing outdoor activities.

Person I most look up to: My mother. She is amazing and I hope to be half the person she is.

My hero: My father. He was in active duty Air Force and juggled a career and family while giving 100 percent to his country.

Dream vacation: Italy

Dream car: Black Audi R8 Spyder

Goals for the future: Finish my CCAF, get a bachelor's degree in elementary education, and a minor in special education

What I like most about the 108th: Everyone has welcomed me with open arms and helped me out so much with learning my job, as well as making me knowledgeable in many departments.

If I was CC for a day:

I would try to have a stress-free environment and make sure everyone in my unit knew their roles and responsibilities and came to work happy.

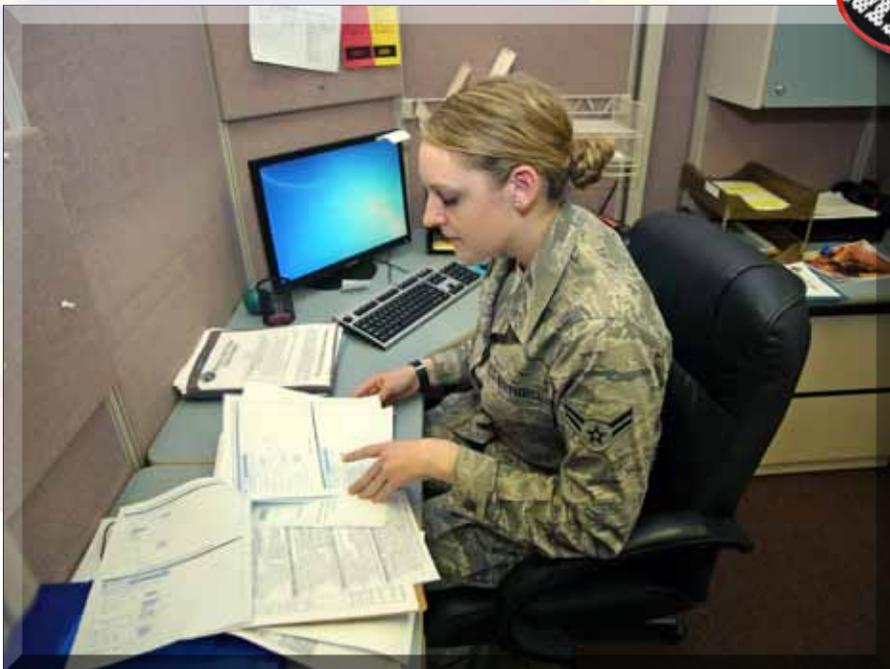


Photo by Staff Sgt. Brian Carson



Tech. Sgt. Duy Nguyen



Tech. Sgt. Timothy Fiordaliso



Lt. Col. Paul Novello



Master Sgt. Andrew Christiansen

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MADNESS

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Personnel Services Videos

[electronic Learning Tools (eLTs)]

Need help on a personnel service? Electronic Learning Tools (eLTs) are videos designed to give an overview, or in some cases details, of a particular service or personnel process and provide instructions on what to do. They are available on the myPers website, mypers.af.mil, under the “I Would Like To...” section, at the link “View Personnel Services Videos [eLTs],” or the Air Force Portal, Career and Training Tab, www.my.af.mil.

There are two types of eLTs: mini and extended. Mini eLTs run from 3-5 minutes; providing a quick overview and a follow-along “how to.” Extended eLTs are longer as they have

more information and include “guide me, try me, and show me” features. Extended eLTs are on the Advanced Distance Learning System (ADLS) and include additional access requirements of a .mil computer and a CAC log on.

The eLT library includes topics such as an introduction to myPers, submitting online service requests, checking statuses of requests, correcting your military records, awards and decoration nominations, DD Form 214 procedures, and information on retiring and the retirement process. Check often for new ones.

If you would like to suggest a topic, send an email to ngb.a1xo.kbm@us.af.mil with your recommendation.

MST

CONTINUED FROM PAGE 6

“Sometimes, when it’s hard to sleep, I do the body scan meditation,” she said. “It makes you focus on what’s going on with your whole body. When you’re doing that, it’s hard to focus on anything else.”

“If I’m really stressed out, the negative thoughts will still come in,” she admitted. “But I don’t push them away— that’s what they taught us in the class— not to push them away. So I just let them be.”

“I just continue with the body scan meditation and let the thoughts be there. Eventually they leave. If you try to push them away, that just makes it worse. The more I push them away, the stronger hold they have on me.”

Of the four types of meditation involved with Mindfulness-Based Stress Reduction, the moving meditation is Lannon’s favorite.

“I really like the Yoga,” she said. “But I haven’t been practicing it on my own. Instead, when I need to slow down during the day, I’ll just sit quietly, close my eyes and breathe. I set aside some time each day to do that.”

As calming as meditation is, however, it can’t compete with Lannon’s absolute favorite stress reduction technique.

“I like a good massage,” she said. “I think that’s wonderful. The only thing is, it’s expensive.”

To learn more about how VA is helping Veterans with PTSD, visit www.ptsd.va.gov.

To find out more about health care services available for Veterans who have experienced MST, visit <http://www.mentalhealth.va.gov/msthome.asp>.

UEI

CONTINUED FROM PAGE 2

manders now have continuous access to how their unit is meeting mission requirements through wing IG-run exercises and MICT-based self-assessments. Instead of waiting every five years for a Command-Directed Inspection Team to inform the commander how ready their unit is, they can determine that at any time.

The second lesson we can learn from my ASEV experience is that we need to keep our eye on the ball.

First, let me state that there are times when you need to perform housekeeping, and you have to standardize publications, but you should not neglect these items until a few months before a major inspection. These, like all areas of our jobs, should be reviewed on a periodic basis. We build processes to ensure all of our required training and documentation is up to date at all times.

And finally and most importantly, we do our jobs well. The same way we do them every day. We do not try to re-invent how we do business because an inspection team is visiting. We show them that we are good at our jobs, because we are. If we have a culture of excellence that we practice every time we come to work, the inspection team will see that. They will know we focus on the mission and the people.

And if the sidewalk is a little crooked, they probably won’t notice.



Col. Robert A. Meyer, Jr., left, presents the 108th Mission Support Group's colors to Col. Vito Di Micco at the 108th Logistic Readiness Squadron's warehouse in Joint Base McGuire-Dix-Lakehurst, N.J., during an assumption of command ceremony March 1, 2014. Di Micco will command the 108th MSG, which provides vital mission support for the 108th Wing through engineering, security, mission support, services, supply, transportation, contracting and deployment readiness programs. (U.S. Air National Guard photo by Tech. Sgt. Armando Vasquez / Released)

ACTIVE SHOOTER

BEV READY

WHAT IS AN ACTIVE SHOOTER?
An active shooter is an individual actively engaged in killing or attempting to kill people in a populated area. In most cases, active shooters use firearms and there is no pattern or motive for their selection of victims. In some cases, active shooters use improvised explosive devices to create additional victims and to injure first responders.

ACTIVE SHOOTER FACTS
- Fitchburg, MA, Police Academy killed four and wounded 23 with a semi-automatic rifle.
- Chicago, IL, Elementary schoolyard shooting killed eight with a semi-automatic rifle.
- Missouri State Penitentiary shooting killed eight.
- Fort Hood, TX, Military base and surrounding area, semi-automatic rifle.
- Fort Dix, NJ, Army garrison, "isolated incident" planned to start upon the automatic rifle.
- Fort Hood, Texas Army Major killed 14 and wounded 41 with pistol.

KNOW THE TERMS
Lockdown - An announcement issued on the threat of an imminent or a security measure to confine and restrict movement of all individuals, including military personnel, students, National Guardsmen, contractors, dependents, or other people on an installation so a threat can be contained or neutralized when lockdown is declared.
Shooting - An incident where an individual or individuals use a firearm to kill or attempt to kill one or more people.
Isolated incident - A shooting where the shooter is not affiliated with the target and the shooting is not planned.
Immunized - A person who has received a vaccine to protect against a disease.
Immunization - The process of making a person's body more resistant to a disease by the introduction of a vaccine.
Immunization card - A record of a person's immunization status.

DID YOU KNOW...
- An active shooter is a person who is actively engaged in killing or attempting to kill people in a populated area.
- An active shooter is a person who is actively engaged in killing or attempting to kill people in a populated area.
- An active shooter is a person who is actively engaged in killing or attempting to kill people in a populated area.

BEFORE
- Assess the situation and identify the threat.
- Listen for gunfire and other sounds.
- Observe the area for suspicious activity.
- Take cover if you are in a high-risk area.
- Stay away from the incident area.
- Do not use elevators or escalators.
- Do not use public restrooms.
- Do not use public telephones.
- Do not use public computers.
- Do not use public printers.
- Do not use public copiers.
- Do not use public fax machines.
- Do not use public scanners.
- Do not use public copiers.
- Do not use public printers.
- Do not use public copiers.
- Do not use public printers.

DURING
- Stay away from the incident area.
- Do not use elevators or escalators.
- Do not use public restrooms.
- Do not use public telephones.
- Do not use public computers.
- Do not use public printers.
- Do not use public copiers.
- Do not use public printers.

OUTSIDE THE IMMEDIATE INCIDENT AREA
- Stay away from the incident area.
- Do not use elevators or escalators.
- Do not use public restrooms.
- Do not use public telephones.
- Do not use public computers.
- Do not use public printers.
- Do not use public copiers.
- Do not use public printers.

INSIDE THE IMMEDIATE INCIDENT AREA
- Stay away from the incident area.
- Do not use elevators or escalators.
- Do not use public restrooms.
- Do not use public telephones.
- Do not use public computers.
- Do not use public printers.
- Do not use public copiers.
- Do not use public printers.

INFORMATION TO PROVIDE TO LAW ENFORCEMENT OR 911 (if available)
- Name of the shooter.
- Location of the shooter.
- Physical description of the shooter.

108 Wing Family Day

Sunday
August 3rd 1200-1630
Doughboy Field

\$5 per Person
Children 5 years old and under free

See Your Family Day Rep For Details

108TH WING BY-LAW PROGRAMS

Intelligence Oversight
POC: Maj Nicholas G. Breiner (609) 754-2873

SAPR (Sexual Assault Prevention Response)
POC: Capt. April Doolittle (609) 694-9426

Suicide Prevention
POC: 1st Lt David C. Moore (609) 754-2635

Equal Opportunity
POC: Capt Eugene Davis (609) 754-2109

CTIP (Combatting Trafficking in Persons)
POC: Lt Col David C. Zink (609) 754-5051

Voting Assistance
Transition Assistance
Relocation Assistance
POC: SMSgt Douglas C. Ridgeway (609) 754-4479

Records Management
FOIA (Freedom of Information Act) – Privacy Act
POC: MSgt Ashley L. Shatkus (609) 754-5806

Personnel Accountability
POC: MSgt Floyd Henry (609) 754-6075

SAPR

SEXUAL ASSAULT RESPONSE COORDINATORS (SARC)

108th Wing Primary: Capt. Doolittle (609) 694-9426

Joint Force Headquarters (609) 864-1194

24/7 Safe Helpline 1-(877) 995-5247

Believe the Victim

Like us on Facebook at:
www.facebook.com/pages/108th-Wing

108TH WING

OUR VISION:

AMERICA'S PREMIERE WING. AN ELITE TEAM OF HIGHLY QUALIFIED AND RESILIENT CITIZEN-AIRMEN EQUIPPED WITH THE LATEST TECHNOLOGY SERVING THE NATION, STATE AND COMMUNITY THROUGH GLOBAL ENGAGEMENT.



OUR MISSION:

TO PROVIDE FULLY MISSION-READY MOBILITY FORCES, AIRCRAFT AND EQUIPMENT FOR RAPID DEPLOYMENT PROVIDING CRITICAL COMBAT AND SUPPORT CAPABILITIES TO THE STATE AND NATION IN THE MILITIA TRADITION.

