

WING Tips

MAY 2014





COMMENTARY

“I’m a Quitter!”

By Lt. Col. Scott A. Blum, 108th Medical Group commander

On Dec. 18, 1998, I had my last cigarette. I became a quitter. Now, I know what you are thinking: “this article will not apply to me,” if I am not a smoker; “quitting is too difficult,” if you are a smoker; or “been there, done that,” if you are a former smoker. Well, this article applies to everyone that is a smoker, knows a smoker, or could meet a smoker in the future. This article also applies to other types of tobacco users (dip, chew and snuff).

For the purposes of brevity, I will refer to “tobacco” or “nicotine”, not the form in which it is used (smoke, dip, chew, snuff).

As we all know, tobacco is addictive because of the nicotine found in it. This substance is actually used by your body as a neurotransmitter. What this means is that it helps your nerves fire up, which in turn helps with thinking. Make no mistake; nicotine is as addictive as any drug. Quitting is not easy. I encounter patients every week that want to quit, but, do not know how. They report having failed to quit multiple times.

The bad news is that tobacco use is directly related to chronic breathing disorders, cancer, diabetes, gum disease, pregnancy and fertility issues, and a host of other less debilitating issues such as stained teeth and bad breath. None of these issues address the actual cost of tobacco. It is an expensive addiction. You can do the math for yourself. One pack/can/tin a day costs \$7. Multiply that times 365 days and you can easily spend \$2,555 a year! If you are a heavy smoker, this total can almost easily double or triple.

The good news is there are so many products out there that can help to eliminate or lessen your dependence on tobacco products. These products are available by prescription from your physician, dentist, and other health care providers. Many products such as nicotine gum, lozenges, patches, mini mints and e-cigarettes are available over the counter. Each of these products can help you lessen your dependence on tobacco and help you quit.

The bottom line is “if you fail to try quitting, you will fail to quit”. Most quitters were bad at quitting. Successful quitters had quit often and learned something about their addiction each time



they quit. They learned to deal with their anxiety, depression and mood swings with the myriad of products and counselling available to them.

Put this URL in your smart phone or computer, www.njquit-line.org, and the next time you want to quit or help somebody else quit, check it out. Every quitter needs help and understanding to be successful!

FOD WALKING: Airmen from the 108th Maintenance Group conducted a foreign object debris walk in the early morning hours April 13, 2014 at the 108th Wing’s flight line at Joint Base McGuire-Dix-Lakehurst, N.J. The purpose of the FOD inspection is to ensure that any debris on the flight line is picked up and removed before it can cause any damage to the airplanes. (U.S. Air National Guard photo by Tech. Sgt. Armando Vasquez/Released)



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www.twitter.com/108thWing
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<https://www.youtube.com/user/108thWing>

WING TIPS STAFF

- Col. Robert A. Meyer Jr. - Commander, 108th Wing
- Maj. April B. Doolittle - Public Affairs Officer
- Senior Master Sgt. Raymond Knox - Public Affairs Superintendent
- Master Sgt. Mark C. Olsen - NCOIC, Photojournalist
- Tech. Sgt. Carl Clegg - Videojournalist
- Tech. Sgt. Armando Vasquez - Photojournalist
- Staff Sgt. Brian Carson - Photojournalist
- Staff Sgt. Bethany Ranford - Photojournalist
- Senior Airman Kellyann Novak - Photojournalist



Housekeeping Hazards to Keep in Mind

A message from the 108th Safety Office

When we think about all of the hazards that exist in our workplace, many of them probably come before poor housekeeping. However, poor housekeeping is a major factor in a wide variety of accidents and injuries.

Here are some general categories of housekeeping issues that we should all be aware of:

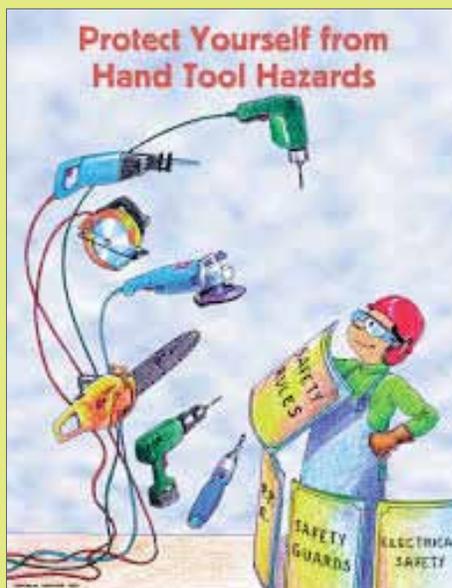
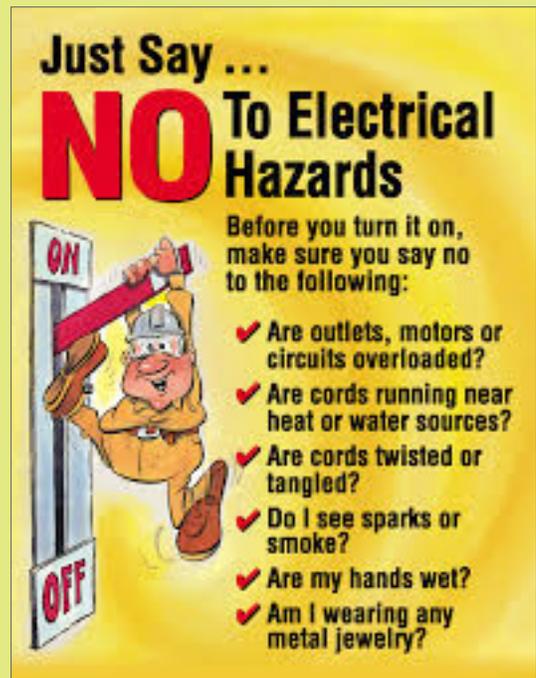
Slip, trip and fall hazards - Anything that is lying on the floor that doesn't have to be there must be removed.

Electrical hazards - A wet work area is not a good place for electrical cords or tools to be lying around. In addition, electrical cords should never be left near hot surfaces or objects.



Contact hazards - Tools must be stored properly. Anything that can bump someone or someone can bump into must be corrected.

Hand hazard - Be sure to put tools away after each use. Also, look out for other hand hazards, such as splinters and rough surfaces, and report them.



Chemical hazards - Chemical containers can spill or leak. Aside from potential exposed hazards, this can also create a slipping hazard. Always close chemical containers and return them to their proper storage place.



Vigilance Is Required - Everyone must keep their eyes open while walking through the work area and think about the many possibilities of how things might go wrong as a result of poor housekeeping.

Completing my family

Story by Tech. Sgt. Armando Vasquez

Melissa Pandolf knew she always wanted a big family.

It's no wonder she decided to join the second largest military family in the U.S. Armed Forces back in 1993: The United States Air Force.

Moving up through the ranks and several Air Force careers, the technical sergeant, a Patchogue, New York resident, longed for a family of her own. Thus, her and her husband, Doug, began a journey to adopt children.

"I always wanted four children," said Melissa with a smile in her Long Island accent.

Subsequently, when the adoption process started, Melissa and Doug were excited to be adopting two siblings from Russia. Unbeknownst to them, the journey to grow their little family would take them several years, four trips to Russia, one trip to Washington, D.C., and an unwavering support from her friends and second family, the 108th Wing.

What began as an adoption process for two children turned into a challenge for four children. Melissa and Doug were unaware the two children they were adopting had two other siblings who were also up for adoption.

They couldn't bring themselves to separate the children, said Melissa, currently a health technician with the 108th Medical Group. So keeping them together would be their goal for the next several years.

Many tears were shed when they brought the first two children home and had to leave the other two behind as the adoption paperwork worked its way through the process.

"Melissa is head strong, knowledgeable and will fight for what she knows is right," said Senior Master Sgt. Sondra Lee Ramos, the superintendent of nursing services at the 108th MDG, and a close friend of Melissa.

All these qualities are what helped Melissa and her husband through the arduous adoption process. In addition, her military family supported her efforts to complete her personal family.

They were very accommodating to her needs, especially when she needed to take time off to travel abroad to complete the adoption paperwork, said Melissa.

She said she learned a lot about the adoption process and how difficult it can be. In addition, she wished there were some sort of reference book to help someone navigate the process and help them deal with all the different emotions an adoptive parent goes through.

Consequently, Melissa, through trial and error of the adoption process, hopes her journey will help others. She has written a book in the hopes that someone will benefit from her experience. The book was released this



past winter.

Hopefully, her caring quality is appreciated by those who benefit from her book. For the Airmen of the 108th Medical Group, they've been benefiting from this quality for the past several years.

"She will make an excellent senior NCO and I see her becoming a first sergeant down the road," said Ramos. "She is a great medic and was a great medic, but the passion she has for standing up for other people will make her an amazing leader."

Not to mention, an amazing mom.



DoD Releases Suicide Event Report, Changes Reporting Methods

By Jim Garamone, American Forces Press Service

WASHINGTON, – Suicide is a serious problem at all levels of the U.S. military.

And now the department has a base against which programs intended to prevent it can be measured.

In 2012, there were a total of 319 suicides among active duty personnel and 203 among those in the reserve components.

Suicide causes immeasurable pain, suffering, and loss to individuals, families, survivors, military formations and military communities, said Army Lt. Gen. Michael Linnington, military deputy at the Office of the Undersecretary of Defense for Personnel and Readiness.

Linnington spoke in advance of the Department of Defense Suicide Event Report.

The 2012 suicide rate - expressed as a number per 100,000 service members - for the active component was 22.7. For the reserve components it was 24.2. Across the services in 2012, the Army had 155 soldiers commit suicide. A total of 57 airmen and 59 sailors committed suicide, with 47 Marines taking their lives.

A total of 841 service members had one or more attempted suicides in 2012.

The department does have preliminary readouts of suicide data for 2013, Linnington said. In 2013, the active component rate has come down about 18 percent. The reserve rates rose slightly, he said.

“With an 18 percent drop in 2013, something is going right,” the general said. “One suicide is always too many, but we have to focus our efforts now where we think they are most needed.”

And that effort and money must go into programs that pro-

mote wellness and resilience, especially in those community based programs that reach out to the reserve component personnel, said Jacqueline Garrick, the director for the Defense Suicide Prevention Office.

The report is important, she said, because it gives officials data to back up decisions.

“It allows us visibility on what the issues and problems are so we can look at our programs and see if we are matching up, and targeting the issues that we really need to target, specific to things that we know could help facilitate suicide prevention,” Garrick said.

Linnington said the data contained in the report ensures the department is not duplicating some efforts and leaving gaps in other areas.

Up through 2011, the department only captured suicide data on active duty numbers. This meant active duty component personnel and reservists serving on active duty.

Yet, doing that only covered about 10 percent of the reserve components. Active duty personnel get treatment at camps, forts, bases and stations versus reservists who need the community based programs.

“We weren’t gathering information on all reservists, and we didn’t have good data on what was going on in the communities where these reservists live, work, play and get treatment,” Linnington said.

The time is right to deal with this issue, Linnington and Garrick said. Congress has fully funded suicide prevention programs the

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Military Customs and Courtesies: It's a year-round tradition

Story by Senior Airman Kellyann Novak

Customs and courtesies are time honored traditions and ways of showing respect in the Armed Forces. Each branch of military service has its own version of customs and courtesies, though many are the same. U.S. Air Force's customs and courtesies derive mostly from the U.S. Army, but since the origin of the Air Force on Sept. 18, 1947, the Air Force has developed customs and traditions of its own. AF customs and courtesies include saluting a higher ranking officer, paying respect to the U.S. Flag or Air Force Song, and the way one should or should not behave whether in uniform or not.

A salute is a courteous exchange of greetings. When saluting, the junior member always salutes the senior first. The salute should be initiated with enough time to allow the senior officer to return it. There are times when saluting may not be possible, in this case, a verbal greeting or head nod may suffice. When indoors and a higher ranking officer enters a room, the first person to see him or her should call the room to attention, unless someone is assigned to do so.

Rendering courtesies also applies to the U.S. Flag, National Anthem, Pledge of Allegiance, Air Force Song, and other services. All military personnel in uniform outside

must face the flag and salute during the raising and lowering of the flag. Also, when the first note of the national anthem or "To the Colors" is played, all personnel in uniform should stand, face the flag, and salute. The salute must be held until the last note of music is played. When driving, all vehicles should come to a stop while all passengers sit quietly until the music ends. While in civilian clothes, military members should stand at attention, face the flag, and place the right hand over the heart.



Other than saluting and rendering courtesies to the U.S. Flag and certain songs, there are many other customs and courtesies that should be followed. When walking with senior members, the junior member should walk on the left side. Allowing the senior member to be on the right side is a form of respect. While in uniform, members should not put their hands in their pockets unless they are retrieving something from them quickly. Members should always act with professionalism, especially when in uniform, because they represent the Air Force and what it stands for. Show respect to the uniform and fellow members in it. The world is watching and the way members behave is how they perceive the military as a whole to be, so make a good impression!

GOT YOUR BACK



Story and photo by Master Sgt. Mark Olsen

Using graphic language and role acting, the facilitated discussion, Got Your Back, gave 108th Wing Airmen a better understanding of how our culture views sex, sexist language, and sexual predators and how we can be better Wingmen by standing up for others.

The discussion, led by presenters Kelley Ristow and Jack Reitz at Timmerman Theater, was part of April's Sexual Assault Awareness Month at Joint Base McGuire-Dix-Lakehurst.

"Sexual assault is an issue that touches on other issues that include gender, sex and feelings about our community," said Ristow.

The presentation discussed hooking-up, sexual assault and bystander intervention with emphasis on awareness and prevention.

In addition, the discussion ranged from graphic to humorous to sober.

"Each presenter group has their own dynamic. Jack and I aim to model a respectful male and female dynamic," said Ristow.

It began by getting the audience involved in making the connections between sexist language and stereotypes and how it affects women and men.

"The discussion is about having a conversation with the people in the room," said Ristow. "It requires a community effort and that requires a facilitated class."

The discussion moved on to examine how sexual predators operate and how society is reluctant to act when it should. The audience also learned about the differences between consensual sex and rape, as well as the methodology used by predators. The myths that rape is just a regretted sexual experience, and that the victim is to blame were shown to be methods that predators use to their own benefit.

"The audience learned that without realizing it, we create cultures in our workplace that allow for this very small number of perpetra-

tors to infiltrate and take advantage of us," said Capt. April Doolittle, 108th Wing Sexual Assault Response Coordinator. "As bystanders, we can make a big difference in preventing sexual assaults."

Joint Base's Sexual Assault Awareness Month activities are part of a much broader effort that the Air Force is taking towards increasing awareness and prevention and ending sexual assault.

This is in line with Air Force Chief of Staff Gen. Mark A. Welsh III's comments that: "Sexual assault has no place in our Air Force. We live in a culture of respect. We cherish our core values of integrity, service, and excellence. But in order to ensure all Airmen experience and benefit from those values, we must eliminate sexual assault in our ranks."

To accomplish that, Got Your Back examined who is responsible for helping, who should help and how we can make a difference.

"For Jack and I, we want everyone to understand that sexual assault is not a women's issue; it is everyone's issue," said Ristow.

"I want them to take away that talking about sexual assault is okay and that it is good for us to understand what each of us thinks about it," said Doolittle. "I want them to realize that sexual assault does happen among us, and it's our responsibility as Wingman to intervene when we see something wrong."

The 108th Airmen were shown where and how to intervene and were encouraged to act to end a climate that enables sex offenders to operate and go undetected.

"The training educated them on how perpetrators operate and what to look for so they know when to provide intervention," said Doolittle.

"I have received only positive feedback about the presentation: Comments have included, 'This training felt more realistic,'" said Ristow.

AROUND THE WING



Lt. Col. Michael Baldi, 108th Maintenance Squadron commander, performed the Oath of Enlistment for members of the 108th Wing during a re-enlistment ceremony at Joint Base McGuire-Dix-Lakehurst, N.J., April 12, 2014. Front row, left to right: Staff Sgts. Rachel Johnston and Samantha Hardy, Technical Sgts. Wei Hao Ye, Theron Cropper, Raymond Mansfield, Scott Allen and Jacek Demczuk, Lt. Col. Michael Baldi. Back row, left to right: Staff Sgts. James Day, James Torres, and Thomas Curtis, Technical Sgts. Thia Ramadhin and Charles Hester, Master Sgts. Jeffrey Officer and Jeffrey Calhoun. (U.S. Air National Guard photo by Senior Airman Kellyann Novak/Released)

The 108th Wing supported New Jersey Employer Support to the Guard and Reserve's orientation flight from Joint Base McGuire-Dix-Lakehurst, N.J., May 7, 2014 for several employers. NJ ESGR orientation flights take employers of our citizen Airmen and Soldiers and exposes them to the day-to-day challenges their Guardsman my experience as they serve the State and Nation's needs. During this trip, the employers were able to observe the 108th Wing's KC-135 aircrew conduct an in-air refueling mission. (Courtesy photo by Alan Zahn)



Col. Robert A. Meyer, Jr., center, 108th Wing Commander and Col. Andrew P. Keane, right, 108th Wing Vice Commander, personally thanks Staff Sgt. Jeanette Marrero, 108th Maintenance Group, April 10, 2014, for her hard work preparing for the upcoming

unit evaluation inspection. Leadership personally thank and provided encouragement to the troops for their hard work and dedication while preparing for the UEI. (U.S. Air National Guard photo by Tech. Sgt. Armando Vasquez/Released)

FRONT AND CENTER

AIRMAN 1ST CLASS
MOLLY BODRATO

Photo by Staff Sgt. Bethany Ranford

Time in service: one and a half years
Job with 108th WG: Logistics Planner
Civilian job: Divisional Administrator with Morgan Stanley
Favorite food: For me, picking a favorite food would be like picking a favorite child.
Favorite TV show: Jeopardy
Favorite music genre: 70s and 80s
What I do in my spare time: Read
Person I most look up to: My father.
My hero: My daughter.
Dream vacation: One that never ended
Dream car: Mercedes G-Class
Goals for the future: Live simply and travel more
What I like most about the 108th: The people... and the ample parking. LOL!
If I was CC for a day: Mandatory siesta

COMMUNICATIONS FLIGHT OFFICER VACANCY ANNOUNCEMENT

The 108th Communications Flight has a vacancy for a Cyber Operations officer.

Applicants must have a degree in one of the following to become a Communications Officer:

Computer Science, Cyberspace Security, Electrical, Computer or Systems Engineering, Physics, Mathematics, Information Systems, or Information/Security Assurance.

Graduate academic degrees in the above disciplines will also be considered.

Interested individuals should prepare a detailed resume of military and civilian experience; certified college transcripts; copy of the Air Force Officer Qualifying Test results;

AF personal data printout from vMPF; a letter of recommendation from your unit commander, or employer if non-prior service; and current PT test scores (military members only).

Submit the application and all supporting documents no later than close of business June 22, 2014 to: 108 FSS/Recruiting, 3324 Charles Boulevard, JB-MDL NJ 08641-5406; attention: Master Sgt. Shane Clark.

For information on the vacancy and position please contact Capt. Walter Dragon at 609-754-2965, walter.dragon@ang.af.mil or Master Sgt. Shane Clark at 609-754-4587, shane.clark.3@ang.af.mil.



Your Installation SARC's Sexual Assault Response Coordinators



JB-MDL SARC
Ms. Mary Kierstead
(609) 754-2988
(609) 203-6134

JFHQ Army Guard SARC
CPT Amy Glatz
(609) 562-0854
(609) 864-1194

FT DIX SARC
Janis Doss
(609) 562-4375
(609) 562-3849

108th WG Air Guard SARC
Maj April Doolittle
(609) 754-6358
(609) 694-9426

177th FW Air Guard SARC
Maj Toni Memmelaar
(609) 645-6206
(609) 385-3671

Other Resources (Free & Confidential)

NJ Coalition Against Sexual Assault WWW.NJCASA.ORG (800) 601-7200
NY Coalition Against Sexual Assault WWW.NYSCASA.ORG (518) 482-4222
PA Coalition Against Rape WWW.PCAR.ORG (800) 692-7445
SAFE HELPLINE (24/7) (877) 995-5247

SUICIDE REPORT

Continued from PG 5
department needs.

“Even under sequestration, Congress provided us continuing resolution funding and the administration has really put a spotlight on this issue,” Garrick said.

The Defense Department is working closely with the Department of Veterans Affairs and the Department of Health and Human Services on this issue.

“All the departments are joining forces so we’re tackling this problem with a unified front,” she said.

Suicide prevention requires committed leadership, Linnington said.

“Leaders at all levels need to take this on head on,” he said.

“Leaders are responsible for creating climates of dignity and respect in their units; cohesive environments where folks get help from each other when it’s needed, and reducing the barriers to care.”

This goes to the “heart of what it means to be a military professional: Taking care of subordinates, and building and maintaining those bonds of trust between each other is definitely part of the solution,” the general said.

He believes the message is beginning to permeate through the force. Service members “don’t listen when it’s a large groups listening to a lecture,” he said. “But when you get them in small groups, and talk about what it means to take care of each other, it

works. They understand the need to get involved when they need to get involved. We need to put this personally to them: What would they do if they see their battle buddies struggling with issues -- emotional, behavior, family, financial?”

“When you get to the lower levels, and it’s soldier helping soldier,” he continued, “that’s when you know you’re making progress.”

Suicide happens in the civilian community as well, Garrick said, noting it’s the 10th-leading cause of death among Americans.

“People come into the military with issues and problems and leave the military with issues and problems,” she said. “We know there will be some overlaps in trends with the civilian population.”

DOD partners with Health and Human Services and the VA on a military crisis line so service members, veterans and their families can get the help they need, Garrick said.

“What one person considers a crisis may not be what another one considers a crisis,” she said. “Just ask for the help, make the phone call, work with a professional that can help you get the resources and do the follow-up and help resolve whatever is going on.”

This Military Crisis Line provides confidential help and can be reached at 1-800-273-8255. Folks can chat online at www.MilitaryCrisisLine.net or send a text to 838255. In Europe call 00800-1273-8255 or DSN 118.

“Suicide is a very complex issue with complex set of solutions, and it really requires our best efforts from team leaders to four-stars,” Linnington said.

SGLI premiums changing July 1st

Effective July 1, 2014, the Service-members’ Group Life Insurance program will adjust the SGLI monthly premium rate from 6.5 cents to 7 cents per \$1,000 of insurance. This means, for example, a premium increase from \$26 to \$28 a month for service members with the maximum \$400,000 of life insurance. All service members will continue to pay an additional \$1 for Traumatic Injury Protection coverage. Please visit www.benefits.va.gov/insurance to view a table of the new rates for all coverage amounts and learn more about the premium change.

The Department of Veterans Affairs manages the SGLI program and always strives to keep SGLI premiums as low as possible while also ensuring that the program remains financially strong and competitive. However, due to the combination of the 2008 SGLI premium reduction and decreases in interest rates, SGLI reserve funds have decreased significantly, and it is now necessary to adjust the monthly premium rate by a half cent per \$1,000 of insurance.

The new premium rate will take effect on July 1, 2014. Service members with SGLI coverage can expect to see the adjust-



ed premium rate reflected in their Aug 1, 2014 Leave and Earning Statement. Members drilling for points towards retirement, or not receiving pay for other reasons, will be billed by their service for the higher pre-

mium on the regular billing schedule.

If you have any questions regarding the new rates or your SGLI coverage, please contact your military personnel section or visit www.benefits.va.gov/insurance.

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.