

WING Tips

JANUARY 2015



Reflecting on your career and legacy

Starting the New Year is a great time to reflect on why you volunteered to serve your state and nation and what kind of legacy you wish to leave behind.

Maybe you joined to become the most knowledgeable and skilled computer technician, heavy equipment operator or jet engine mechanic? Perhaps your long-term goal was to seek opportunities to get commissioned or to get promoted to the rank of Senior Master Sergeant or Chief? Possibly you volunteered as a way to ease the financial burden while obtaining a college degree? Then again, maybe you wanted to be a part of something bigger than yourself and to give back to your country and community?

Regardless of why you joined, I am happy you did and even happier you decided to stay.

I am happy you stayed because collectively we make up the most educated, skilled and competent Wing in the Air National Guard. This Wing's efforts – your determination, each and every year, support this statement. This includes supporting military operations and real-world events – such as hurricane relief operations – participation in military exercises, and even successfully passing inspections.

We are the best at what we do because you are committed to your unit and your commanders are committed to supporting you.



This mutual support is critical for us to maintain this high level of success.

Maintaining this commitment takes time and communication. That's why I think the start of a New Year is a great opportunity to reflect on both your reasons for volunteering to serve and, even more importantly, why you choose to continue serving. It's possible the reasons are different. That's okay. The most important thing is for you to understand and be aware of your choices so you can communicate them to your supervisors, chiefs and commander. When your chain of command has a clear understanding of why you're committed to serve and what you aspire to achieve, they can work with you and find creative ways to align your goals and aspirations with the Wing's mission and objectives. They are committed to supporting the people that

accomplish the mission – YOU!

So find time to reflect on your personal reasons for serving, your goals and your legacy. It will enable you to gain greater focus and clarity on what you want to accomplish as you serve State and Nation.

Happy New Year.

By Capt. Walter Dragon,
Commander, 108th Communications Flight

Sharing the stage

Five 108th Wing Airmen were chosen to be on the podium as United States of America President Barack Obama addressed a crowd of service members and Department of Defense civilians to thank them for their service to their nation at Joint Base McGuire-Dix-Lakehurst, N.J., Dec. 15, 2014. (U.S. Air Force photo by Russ Meseroll/Released)



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President visits joint base

By Staff Sgt. Scott Saldukas, 87th Air Base Wing Public Affairs



Approximately 200 108th Wing Airmen were among the audience as United States of America President Barack Obama thanked them for their service to their nation at Joint Base McGuire-Dix-Lakehurst, N.J., Dec. 15, 2014. (U.S. Air Force photo by Russ Meseroll/Released)

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. - United States of America President Barack Obama visited Joint Base McGuire-Dix-Lakehurst to express his gratitude to service members and Department of Defense civilians for their service to their country during a meet and greet event Dec. 15, 2014.

The event allowed more than 3,000 military and civilian personnel to listen to their commander-in-chief discuss current conflicts and mission readiness, but more importantly to thank the attendees for their service and dedication to their nation.

"Part of the message I'm here to deliver on behalf of the American people is very simple: It's just to say thank you," the president said. "Thank you for your extraordinary service. I thank you as your president because you inspire me. And of all the privileges I have in serving in this office, nothing comes close to the honor of serving as your commander-in-chief."

He explained how differences and disagreements will always be around; however, when it comes to service members and their families, Americans will always stand united.

"That's especially true now, during the holidays," he said. "We can gather with family and friends because you're willing to hug yours goodbye and step forward to serve. After a long day, we can come home because you're willing to leave your home and deploy. We get to celebrate birthdays and anniversaries and holidays, go to soccer games and go to dance recitals because you're willing to miss those in your family. We're free and safe and secure over here because you're willing to serve over there."

The president noted how the selfless character of today's military force is a precious gift that is given all year every year.

"What makes us special, what makes us the best is all of you,"

Obama said. "It's your character and your willingness to say, 'send me.' Your dedication to duty, your courage, and your readiness to defend our values and our ideals of freedom and liberty, not just for us, but for people all around the world. You are the backbone of the greatest nation on Earth, and you always will be that. And for that, America is eternally grateful, and I am incredibly proud to serve as your Commander-in-Chief. So, happy holidays, everybody and God bless you. God bless your families. God bless our Armed Forces. God bless the United States of America. Thank you."

Joint Base McGuire-Dix-Lakehurst was one of three bases up for consideration for the presidential visit. On Friday, the White House officially announced the president's trip to JB MDL.

"We are very proud to be the home of the DoD's only tri-service led joint base where we provide tremendous rapid global mobility, training, mobilization and innovation for America enabled by the great Soldiers, Sailors, Airmen, Marines, Coast Guard and DoD Civilians from across the Joint Base," said Maj. Gen. Rick Martin, commander of the U.S. Air Force Expeditionary Center. "It is a great privilege and honor to host our Commander-in-Chief. His visit is a testimony to the remarkable impact each of you make every day around the world."

Obama also thanked YN2 Cary Chavez, assigned to VR-64, for reciting the Pledge of Allegiance and Staff Sgt. Ashley Montgomery, assigned to the 87th Force Support Squadron, for singing the national anthem prior to his remarks.

Leaders from across all services, elected officials and community leaders who support the men and women of JB MDL were also in attendance.

Equipping our Airmen

By Lt. Col. Barry Little, 90th Operation Support Squadron commander



Photo by Master Sgt. Mark C. Olsen

F.E. WARREN AIR FORCE BASE, Wyo. (AFNS) -- When I entered the Air Force 16 years ago, my father-in-law, who is retired Army, shared a bit of service rivalry with me. He said that it's well known the Air Force "mans equipment" while the Army "equips men."

For those of us in blue, it's an insulting idea. When I look in the mirror though, I have to admit that there is some truth to it. We need to better equip our Airmen for the mission and the future by developing them as thinkers and leaders.

This is different from taking responsibility for things. When we take responsibility for things, we try to control them. When we take responsibility for people, we coach them, guide them and prepare them for more.

In our effort to do more with less, we lost this piece.

I've been part of a career field focused almost exclusively on equipment and process for the past 16 years. We have been perfecting processes in order to eliminate the potential for human error since World War II.

At initial training, I was taught that perfection was not only possible, but it was "the standard." Perfection could be achieved with an unrelenting focus on technical proficiency. If our processes were good enough, we could guarantee a perfect outcome. Over time, we lost sight of the fact that it takes people to make it happen.

Contrast this with the way the Navy managed its nuclear reactor program during the same period under command of Admiral Hyman Rickover.

The Admiral is reputed to have interviewed every applicant for nuclear power training personally. The stories about the gruel-

ing interviews he put sailors through are incredible, but behind them is a fundamental difference in approach.

The Admiral recognized once a ship left port, the ship had "sailed." Therefore he had to focus on ensuring he had the right people and they were trained to think and adapt independently.

Over the past few years our nuclear enterprise endured several rounds of scrutiny both internally and externally. In an attempt to deliver the highest level of nuclear surety, our culture has focused narrowly on processes -- sometimes to the exclusion of people. In many ways, we have acted as though our tools were the most important part of our profession. We've been manning equipment.

Instead, we need to focus on equipping our Airmen with the right physical and mental tools to do the mission and lead us into the future. We're off to a good start with the Force Improvement Program: we are equipping our security forces with new gear, bolstering our maintenance budgets, and reinventing operations training and evaluation. But this is just a start.

The next change we need is to see ourselves in a new way at every level. Supervisors need to create an environment where Airmen are trusted to make decisions, are mentored when they stumble and are encouraged to take responsibility for people as well as things.

We can't just develop our processes; we have to develop our Airmen. Without their energy, ingenuity and commitment, all the equipment in the world won't matter.

To stay the best in the world, we can't just man equipment; we have to equip our Airmen.



Above: Airmen from the 108th Wing join New Jersey Army National Guard Soldiers in listening to Edith T. Nowels, at podium, as she praises the actions of her brother World War II Medal of Honor recipient Cpl. Horace M. Thorne at a Wreaths Across America ceremony in the Registry Room, also called the Great Hall at Ellis Island, Jersey City, N.J., Dec. 10, 2014. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)

Below: Local Smoke BBQ donated 10 percent of their proceeds to Top Two in Blue, which used the funds for the purchase of the plaques awarded to the Airmen of Quarter and yearly winners. The fundraiser was organized by Senior Master Sgts. Carmine Giangeruso and Maria Hamlin and Master Sgt. Warren Paul. Top Two in Blue thanks everyone who participated. (Courtesy photo)



It's 1700 somewhere

By Capt. David Liapis, 92nd Air Refueling Wing Public Affairs

FAIRCHILD AIR FORCE BASE, Wash. (AFNS) -- Its side effects can range from confusion to induced sprinting for cover, to feelings of pride. It has the power to stop people in their tracks and causes self-induced paralysis for nearly two minutes at a time.

Reveille and Retreat ceremonies occur on most military installations across the U.S. at the beginning and the end of the duty day, typically 7 a.m. and 5 p.m. Some include playing the ceremonial music over the installation public address system.

While it's easy to follow commands given while in the vicinity of the flag pole, what about while across base at the running track or while driving down the road on base? The general rule is to cease all activities and render honors when the music is played (unless you're taking an Air Force fitness assessment or it would otherwise cause a safety hazard).

While some reading this might be thinking, "well, duh!" there is a reason for this commentary. It seems that many people have forgotten their customs and courtesies or choose to ignore what to do when the music is played. In spite of some vehicles stopping and people standing still and saluting, some people don't clue into the fact something is happening that requires their attention. This ignorance, willful or not, bothers me and many other military members.

I spent two years in Turkey, where the only U.S. flags I saw were either the one in front of the wing headquarters building on base, the one at the U.S. embassy, or the ones being burned by protesters. The sweet sound of the Star Spangled Banner rang through the air only once a year at this base. I can tell you this, that once-a-year treat sent chills down my spine and brought tears to my eyes. To quote an old song, "you don't know what you've got 'til it's gone."

Our flag is special and deserves our respect. It flies all over our great land reminding us of the freedoms we love. It's carried into battle to inspire those willing to fight for it. It drapes over the caskets of our fallen heroes who gave their all for it.

Remember the above reasons next time the music starts and you're tempted to keep driving, run into the nearest building or duck into your vehicle. Take advantage of that minute or two while standing and showing honor to the flag and think about those who have defended it and those who still defend it. Rather than turning up the radio and pretending to ignore the music so you don't get two minutes behind schedule, stop and roll down your window and think of how privileged you are to live in this great nation.

So, since I'm already quoting song lyrics, how about "it's time we stop, hey what's that sound..." next time you realize "it's five o'clock somewhere."



Photo by Master Sgt. Mark C. Olsen. Image created using Hipstamatic application

Reveille and Retreat - showing proper respect

Reveille signifies the beginning of the official duty day, and the raising of the flag. When Reveille sounds, military personnel in uniform are to face the flag or the music if the flag is not visible, and stand at parade rest. At the first note of "To the Colors", they should come to attention and salute.

Civilian personnel on the installation should face the flag or music and place their hand over their hearts for "To the Colors".

All vehicles should come to a stop and remain so until the last note is played.

Retreat signifies the end of the official duty day and the lowering of the flag. Individuals outdoors and in uniform should face the flag or the music if the flag is not visible, and stand at parade rest during the sounding of Retreat. At the first note of the national anthem, come to attention and salute, holding the position until the last note of the anthem is sounded.

If in civilian clothing, both military members and civilians should take the same actions as in uniform, with a few exceptions: Men will remove their hats with their right hand and hold it at the left shoulder with the right hand over the heart. Men without hats and women stand at attention and place their right hand over their heart.

All vehicles should come to a stop and remain so until the last note has ended.



Re-enlistments



Six re-enlist at years-end

Surrounded by their supervisors, six 108th Wing Airmen re-enlisted Dec. 13, 2014 at the Wing's headquarters at Joint Base McGuire-Dix-Lakehurst, N.J. Front row left to right, Senior Airman Thomas R. Moss, Staff Sgts. Jeffery L. Stich, Lawrence J.

Aiello, Christopher B. Howe, Tech. Sgt. Terence Roundtree, 1st Sgt. Marcie L. Montalvo, and 108th Wing vice commander Col. Andy Keane who performed the Oath of Enlistment. (U.S. Air National Guard Photo by Tech. Sgt. Armando Vasquez/Released)



Chief coins Airmen

Command Chief Master Sgt. Daryl K. Fortner, left, coins Tech. Sgt. Michael Hickey and Staff Sgt. Jacquelyn Vasvari-Toke during the 108th Wing's staff meeting Dec. 13, 2014, at Joint Base McGuire-Dix-Lakehurst, N.J. Eleven 108th Air-

men were recognized during the morning staff meeting for their accomplishments in service to the Wing, State and Nation. (U.S. Air National Guard photos by Master Sgt. Mark C. Olsen/Released)



Viva Las Vegas

A 108th Wing KC-135R Stratotanker passes through a "bird wash" while on deployment to Andersen Air Force Base, Guam. (U.S. Air National Guard Photo by Master Sgt. Anthony Steele/Released)



Where are you in this photo?

Col. Robert A. Meyer Jr., 108th Wing Commander, addresses the Citizen-Airmen of the New Jersey Air National Guard unit located at Joint Base McGuire-Dix-Lakehurst, N.J., dur-

ing Commander's Call Dec. 14, 2014. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released) (This images was created using the iPhone 6+ panorama application)

IF IT'S INTERESTING, WE'RE INTERESTED. CALL PA AT 754-4173

What anger teaches us

By Jill Barrett, director, Psychological Health

So how are you doing on your New Year's resolutions?

If your answer is anything but resoundingly positive, it might be time to get mad. Often we see anger as destructive, but it can also be used constructively to create change.

This weekend, the Psychological Health Program will offer an anger management workshop that will focus on how to harness our anger and let it guide us toward a goal. Anger is not inherently negative. It is an important and useful emotion that can be used as a motivating force. Anger only becomes negative when it is used in a manner that hurts others, ourselves and the systems around us.

Based on the research of Dr. Jennifer Lerner and her team at the Harvard Decision Science Laboratory, in the workshop we will learn how anger both encourages people to believe that they can control their future and then



motivates them to take risks. Don't waste your anger on the coworker who slighted you, use it as a guide to initiate the positive shifts you need to feel more in control of your life.

Much of how we react when we are angry is learned behavior. We can unlearn this behavior and avoid damaging our relationships, health, careers and personal well-being. The skill is to shift our anger away from external circumstances and instead focus on what we desire to change within ourselves.

Anger is like a motor. If you started the New Year revved up about what is missing in your life, shift that grumbling energy to a plan for what you want to passionately create in your life.

The lunch and learn session - "What anger teaches us and how to use it for positive change" - will be held Jan. 10, from 11:30 to 12:30 in the Wing headquarters break room.

ANG Strong Bonds Marriage Training

Jan. 23 – Jan. 25

Experience in a group setting dynamic discussions and exercises designed to improve relationships through communication.

Enjoy a paid weekend of Marriage Training in Princeton, N.J.

Registration is limited to the first 20 couples.

Sign up online at:

<https://airguard.ang.af.mil/A1/A1S/HCSBonds/HCSBRegister4SBWingEvents.asp?TN=15-108WG-000>

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Included hotel room and meals

Friday Dinner, Saturday Breakfast, Lunch and Dinner, Sunday Breakfast



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ESGR is a Department of Defense office established in 1972, develops and promotes employer support for Guard and Reserve service by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws and resolving conflict between employers and service members.



STAFF SGT. ORLANDO VELEZ

Time in service: 12 years Army Guard, two and a half years Air Guard

Job with 108th Wing: Patient Administrative Specialist

Civilian job: Clinical Social Worker

Favorite food: Enchiladas

Favorite movie/movie last seen: The Godfather

Favorite actor/actress: Al Pacino

Favorite TV show: Homeland

Favorite music genre/artist: Salsa

Favorite sport: Soccer

Favorite Book: The Alchemist by Paulo Coelho

What I do in my spare time/hobbies: Read and watch TV

My hero: All military service members

Dream vacation: Alaska

Dream car: Lexus

Goals for the future: To have my own private practice

What I like most about the 108th: It functions as a family

If I was CC for a day: Everyone would have the day off



Photo by Staff Sgt. Jacquelyn E. Vasvari-Toke

CYBER OPERATIONS SQUADRON POSITIONS OPEN

The 108th Wing will be gaining a Cyber Operations Squadron in the summer of 2015. The 71-person unit will be responsible for performing a cyber-defense mission aimed at protecting Air Force, Department of Defense and national information systems.

The squadron will consist of 14 cyber operations officers (Air Force Specialty Code 17DXX), 30 enlisted positions (AFSC 1B4X1) and a commander's support section. The requirements for officers are a science, technology, engineering or math degree. The requirements for enlisted are Armed Services Vocational Aptitude Battery scores of 64 general science and 70 electronics information. Additionally, there are military entrance processing station tests that must be passed prior to attending technical school. Schools are approximately five months long to obtain the basic AFSC and are offered at Keesler Air Force Base, Miss., but additional schools will be required to



attain mission ready status.

Currently, the Wing is seeking qualified applicants to fill leadership and supervisory roles within the squadron. Although no personnel moves can be accomplished until the manning document is published in mid-2015, interested individuals are encouraged to submit a military resume and letter of intent to the 108th Operations Group commander at the earliest opportunity.

For more information, contact Master Sgt. Rodney Harris at 754-6104.



*“As an office,
what was your
biggest
accomplishment
in 2014?”*

Photos by Airman 1st Class Kellyann Novak

Wing Leadership

*The never-ending accomplish-
ments of the awesome men and
women of this organization!*



Command Post

*Trained more than half of the
Command Post staff and success-
fully passed the UEI!*



Finance Office

*Surviving DEAMS (a new account-
ing system) and the end of the
year closeout!*





Chaplains Office

Successful Strong Bonds training and expanding our staff!



Safety Office

Passed the OSHCAMP...the Occupational Safety and Health Compliance Management Program Inspection!



Legal Office

Receiving an "Excellent" in our Article VI Inspection!

