

WINGG

Tips

APRIL 2015



Know and do your job

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



Now that spring has finally arrived, we can turn our focus from shoveling snow and de-icing aircrafts to preparing for the myriad of events that are in stored for us the rest of the year. Not surprisingly, this year will present us with many challenges such as reduced funding and possible sequestration (again), major deployments and

mobilizations, and mass unit training exercises. Lest forget, in November we are scheduled for a Nuclear Operational Readiness Inspection. All of these missions are critical and we cannot fail them. Consequently, all of us have significant influence in ensuring these operations, exercises, and inspections are accomplished successfully. We each have an important job to do.

An old friend of mine and a former 305th Air Wing commander, Col. Rick Williamson says his philosophy for mission success is, "Know and do your job." On the surface, this phrase seems too simplistic. It is, however, a more complex and difficult undertaking than it first appears. As military professionals, we and those we command are entrusted with nothing less than the protection of the American way of life and security of her people. We work in hazardous environments where our decisions can have life or death consequences. We are also responsible for the proper use of the taxpayers' dollars. Therefore, in

order to succeed in these situations, we must be able to do our jobs efficiently and effectively.

The first part of this philosophy is knowing what our duties are and how to accomplish them. Complacency is our primary impediment to achieving this. We are all inclined to believe that we know or remember more than we actually do. For us to be experts at our jobs, it is imperative that we continually review our duties and governing directives. To fully develop in our occupation, we need to study our profession through reading and conferring with others. As our subordinates develop, we need to constantly challenge them with new assignments so that they can continually evolve and grow. This will bring out the best of their capabilities and develop within them a pride in doing their jobs well.

The second part is doing the job the right way. This involves not only following the proper steps and not taking short-cuts, but also making decisions that are morally and ethically sound. It is vitally important that we uphold the highest standards for our subordinates and ourselves. We have to set the example by always following the rules and displaying our commitment to greater cause. As leaders, our decisions have to be transparent and above reproach. We have to hold our subordinates accountable when they take short-cuts or fail to comply with either instructions or guidance. By preaching compliance with established regulations and reinforcing ethical and moral actions, we build an organization which will function safely and effectively in dangerous and chaotic environments.

The remainder of 2015 will challenge us and stress our capabilities. As the saying goes, the 108th Wing will "have to do more with less." By understanding our jobs and performing them to the best of our abilities, we will succeed in every mission assigned to us.

Our nation and state depend on us.

Tech. Sgt. Brian Waldron, 108th Wing, New Jersey Air National Guard, qualifies on the M4 Carbine at Joint Base McGuire-Dix-Lakehurst, N.J., March 8, 2015. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen and graphic illustration by Tech. Sgt. Carl Clegg/Released)



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108th dominates NJANG Airman of the Year competition

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

The 108th Wing has swept the New Jersey Air National Guard's Airman of the Year competition.

Security Force's Master Sgt. Olivia M. McMahon and Global Mobility Squadron's Senior Airman Thomas A. Shea respectively claimed the Senior Non-Commissioned Officer and Airman of the Year slots in this year's contest.

"McMahon and Shea are great examples of the dynamic, quality people that serve in the 108th," said Wing Commander Col. Robert A. Meyer Jr.

Both McMahon and Shea are traditional Guardsmen.

As the state's winners, McMahon and Shea will go on to compete at the national level against the best of the other states and territories. Should they win, they will then compete directly against their active duty and reserve counterparts.

Both Airmen have strong deployment backgrounds.

McMahon served as a security forces advisor at the Kandahar Air Wing in Afghanistan. While there, she directed the personal security for the group and wing commanders, as well as the NATO and Afghan Air Force leaders at the base. In addition, McMahon led 28 outside-the-wire-missions, leaving the safer confines of the base and going into enemy-held territory. She also synchronized the Fly Away Security Teams outside the wire missions. FAST teams are required to fly on specific missions when a location requires an extra measure of security to ensure the aircraft and crew are protected from hostile fire or on-board security breaches.

According to her commander, Lt. Col. Brian Grier, McMahon is a "hard charging senior NCO" who "epitomizes the Air Force core values".

"She is driven to excellence," said Chief Master Sgt. Lance C. Endee, 108th Security Forces Manager. "She is constantly

moving forward."

Shea deployed as an aerial port team chief to one of the busiest Department of Defense ports – Bagram Air Base, Afghanistan. As a port chief, he was responsible for ensuring that supplies arrived when needed. This was especially critical in the case where supplies needed to be airlifted to remote and in some cases, isolated forward operating bases. During his tour in Afghanistan, he deployed to the United States Marine Corps forward operating base, Camp Dwyer, located in the Helmand River Valley.

His commander, Lt. Col. Richard E. Friendlich, describes Shea as "mission oriented" and "the first to volunteer to deploy".

Both Airmen had significant personal accomplishments.

Shea graduated from Rutgers University with bachelor's degree in psychology with a 3.49 GPA. Using those skills, he develops individualized learning plans for children.

McMahon was chosen by the National Guard Bureau as the top senior NCO in Security Forces for the entire Air National Guard.

Both McMahon and Shea are heavily involved in their communities. McMahon is a Long Island police officer and participates in the Murph Challenge – named after Long Island resident and Medal of Honor recipient Lt. Michael Patrick Murphy – that supports the LT Michael P. Murphy Memorial Scholarship Foundation.

Shea provides mentorship and support to troubled youth for the Papa Ganache Project. In 2014, he helped more than 250 young people. He is a participant in the Colon Cancer Alliance Undy Run, the National Multiple Sclerosis Society-New Jersey Metro Walk, Toys for Tots and the Cystic Fibrosis Foundation.

New Jersey is definitely well represented in this year's competition.



A day at the range

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



“It’s short range combat where an Airman can react to insurgents at close quarters,”



There was snow on the ground – again.

The 108th Wing’s Combat Arms Training and Maintenance instructors took it in stride, the most important thing on that March day was to get the 15 Airmen qualified on the M4 carbine.

The CATM instructors are responsible for ensuring that the Wing’s 1,000 plus Airmen are trained on everything from the M16A2 service rifle, the M4 carbine rifle to the 9mm pistol.

This two-day training was divided between a day in the classroom and a day at the range. In the classroom, the Airmen learned about weapon safety, nomenclature – what’s what on the weapon, zeroing the weapon - this applies to the M16A2 and the M4, disassembling and cleaning the weapon, dry firing the weapon in various positions and extreme operating conditions. In addition, a new course of fire has been added to the curriculum.

“Today, they take what they learned yesterday and put it into practical practice,” said Tech. Sgt. Maurice M. Nelson, Non-Commissioned Officer in Charge, 108th Wing Armory.

Making this training requirement somewhat easier the Airmen are divided into two groups. Airmen in the alpha group – security forces for example – have to train annually. The bravo group, maintenance as an example, is trained every two years. The common training requirement for both groups is, if an Airman is deploying, then they need to requalify on the range 90 days before they deploy.

For this training, the Airmen arrived with their body armor and their M50 Joint Service General Purpose gas masks. In addition, some brought tarps so when they were in the prone firing position, they were at least somewhat insulated from the snow. Other Airmen relied on their All Purpose Environmental Clothing System parkas.

The Airmen received their ammunition, moved up to the firing line and told to load magazines with predetermined amounts of ammunition.

After everyone zeroed their weapons and went through the traditional firing positions, they learned a new course of fire.

It is preparation for close combat and it’s what the Air Force and the rest of the United States military has learned from the last two conflicts.

“It’s short range combat where an Airman can react to insurgents at close quarters,” said Nelson. “It is completely different from marksmanship.”

Instead of firing from the shoulder, Airmen wearing body armor place the M4 carbine stock closer toward the center of their chest. Because the M4 has a collapsing stock, Airmen with shorter arms found it easier to fire than the longer M16A2 rifle.

“This is a new course of fire,” said Nelson. “It is based on lessons learned from Operations’ Iraqi Freedom and Enduring Freedom.”

And that learning is something no one will take in stride.



Senior Airman Raymond J. Buckno, left, Combat Arms Training and Maintenance, helps Airman 1st Class Bryant A. Toro, both with the 108th Wing, adjust the M68 red dot sight on the M4 Carbine at Joint Base McGuire-Dix-Lakehurst, N.J., March 8, 2015.



Airmen pick up boxes of 5.56mm ammunition in preparation for qualifying on the M4 Carbine.



Airmen put classroom training to practice as they qualify on the M4 Carbine.

Seeing the unseen

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

They're known as the NDI shop and its Airmen have a simple mission: make the invisible, visible.

The job of making sure the 108th Wing's KC-135R Stratotankers are structurally and mechanically sound falls on the four Airmen of the Non-Destructive Inspection shop. They take safety seriously.

The Air Force NDI Program was established in 1958. And just like its name implies, it all about inspecting and checking aircraft parts and surfaces – the aircraft's skin – in a way that does not damage the part. Common inspections are the aircraft's high load and vibration areas, the aircraft skin and landing gear.

During the latest inspection, two of its members – NDI craftsman Staff Sgt. Dean C. Schwaner and journeyman Senior Airman Lucas Derflinger – were busy preparing their equipment to find out if there was anything wrong with some parts that could potentially threaten lives and the Wing's mission.

"NDI shop members attend a 10-week course in Pensacola, Fla.," said Master Sgt. Raymond J. Joubert, NDI noncommissioned officer in charge. "They must then complete 16 months of on-the-job training before they can work on any part of the aircraft without supervision."

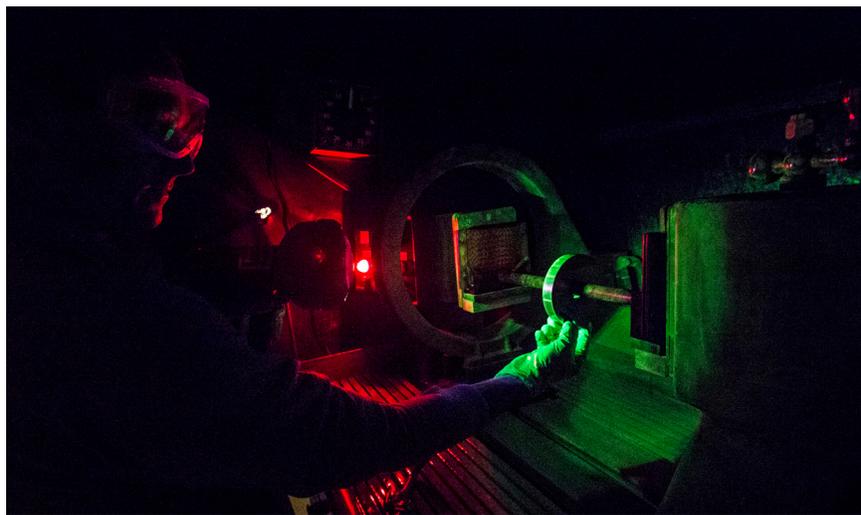
NDI also works on the flight line performing scheduled and unscheduled aircraft maintenance. Scheduled maintenance is based on trends of past airframe hours that result

in structural defects. The unscheduled maintenance occurs when a crew chief or a maintenance technician suspects there is a possible defect during a routine inspection.

At the Wing, NDI Airmen use a variety of methods for testing: Eddy current, ultrasonic testing, fluorescent dye penetration, magnetic particle and optical inspection. In addition, they also inspect engine oil lubricant for abnormal-wear metals. They are also trained to conduct x-ray inspections, but that is done working with the 87th using their equipment.



Photo above: Schwaner prepares to perform an eddy current inspection on a KC-135R Stratotankers' nose landing gear. **Photo below:** Derflinger performs a process control using a ketos ring and a central bar conductor.



"Some of the setup procedures can take hours or even a day," said Schwaner. "In some cases, the actual inspection may take only 30 minutes."

The shop, which is located in the corner of the maintenance hangar, has two rooms where the testing is done. In one room, Schwaner gets ready to perform an eddy current inspection on a set of tire rims for the Stratotankers nose landing gear. Next door, Derflinger is checking the magnetic particle inspection unit to make sure it is properly calibrated before inspecting aircraft parts.

"With the magnetic particle inspection unit, the part gets magnetized, creating north and south poles," said Derflinger.

Once the part is magnetized, it is then bathed in a suspended particle bath. This oil based bath contains fine iron particles which coat the part. The liquid seeps into the defects and when it is exposed to ultraviolet light – black light, causes the defects to become fluorescent and visible.

"This enables the technician to determine depth and length of the defect," said Derflinger.

The lights are turned off, plunging the room into near darkness. The only light comes from some red-lit switches on the inspection unit. Derflinger bathes a ketos ring – a round flat doughnut-shaped piece of metal used to calibrate the machine – with the suspended particle bath. He then turns on a hand-held black light unit and the ring glows in a sickly pale green color. Derflinger in-

creases the magnetic level and the calibrated defects on the ring appear brighter. The unit is now ready to test parts.

One of the items that gets a lot attention are bolts.

"We do 6,200 bolts using the bath," said Derflinger.

In the other room, Schwaner checks the eddy current tester by placing the probe on a test piece, which is shaped exactly like the Stratotanker's nose landing gear tire rims. The probe sends out a

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Col. Robert A. Meyer Jr., far right, Commander, 108th Wing, administered the Oath of Enlistment to members of the 108th Wing at the re-enlistment ceremony at the Wing's headquarters at Joint Base McGuire-Dix-Lakehurst, N.J. March 7, 2015. Left to right, Tech. Sgts. Rajhun S. George, Jerry C. Smith Jr. and Brian J. Belk, Senior Airman Mecca Jennings, Staff Sgt. Omar J. Navarro and Tech. Sgt. Roberto L. Oquendo. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)

Seeing the unseen

Continued from page 6:

current, which flows through the object creating a magnetic field. The test piece has built in flaws which appear as jagged lines on the readout screen of the test unit. A straight line means there are no flaws.

The tester checks out and Schwaner begins testing the three rims. Each rim is made out of solid aluminum and weigh close to a hundred pounds. The rims come in two pieces, so there are actually six pieces to test.

Schwaner lifts one of the rims and places it on a revolving table that looks like an oversized lazy susan. Placing the probe along the curved edge of the rim, Schwaner revolves the rim while watching the tester for any disturbing readouts. None appear and he proceeds to repeat the process with the next five pieces.

While the process is tedious, it is paramount to the safety of the air crew and to the success of the mission.

"It has to be right on the money," said Schwaner.





Wing gets new chaplain

Lt. Col. Yaakov Bindell, right, 108th Wing chaplain, administers the oath of office to Catholic chaplain, Capt. Francis Rella, at Joint Base McGuire-Dix-Lakehurst, N.J., Feb. 26, 2015. Rella comes to the 108th Wing from the 111th Wing, Pennsylvania Air National Guard, where he served as a chaplain and formerly as a critical care nurse. Rella becomes the first Catholic chaplain to serve the members of the 108th Wing in 13 years. (U.S. Air National Guard photo by Tech. Sgt. Carl Clegg/Released) (Cropped to focus on the subject)



Daley retires

A retirement ceremony was held for Chief Master Sgt. Kevin Danley at the 108th Wing at Joint Base McGuire-Dix-Lakehurst, N.J., March 12, 2015. Danley was the superintendent of the 108th Force Support Squadron. He served more than 25 years in a variety of active duty and National Guard positions before coming to the 108th Wing. He served in operations' Desert Shield and Desert Storm, and later served 12 years in recruiting and retention at the National Guard Bureau. (U.S. Air National Guard photo by Tech. Sgt. Carl Clegg/Released) (Cropped to focus on the subject)



Davis retires

Col. Andy P. Keane, 108th Wing vice commander, presents Capt. Eugene Davis, 108th Wing Equal Employment Opportunity officer, with a Certificate of Retirement in the Wing conference room at Joint Base McGuire-Dix-Lakehurst, N.J., March 8, 2015. (U.S. Air National Guard photo by Senior Airman Kellyann Novak/released) (Cropped to focus on the subject)



Light reading

Senior Airman Brian Kelley, a boom operator with the 141st Air Refueling Squadron, 108th Wing, Joint Base McGuire-Dix-Lakehurst, N.J., passes the time reading Air Force instructions on a return flight from a refueling mission on April 8, 2015. (U.S. Air National Guard photo by Tech. Sgt. Carl Clegg/Released) (Cropped to focus on the subject)

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



Master Sgt. John N. Charyk



U.S. Air National Guard photo by Airman 1st Class Julia Pyun/Released

Time in Service: 24 1/2 years

Job with 108th: Security Manager and Training Instructor, 108th Security Forces Squadron

Favorite Food: Pizza

Favorite movie: Star Wars

Favorite TV Show: Castle

Favorite Book: Star Wars

Favorite Music Genre: 60s

Favorite Sport: Soccer

What do I do in my Spare-Time: Golf. Take my kid out on the weekend because she likes to travel

My Hero is: My father. He allowed me to be who I was and taught me how to take care of other people.

Dream Vacation: Go with my family to Disney World.

Dream Car: Tesla

My Goals for the Future: Finish my college degree and hopefully become chief.

What I like about the 108th: The variety of personalities and working with them all.

If I Was Commander for a Day: Role reversal. Have the enlisted and officers switch places for a day to get a taste of the other side.

New uniform replacement guidance

Your attention please!

Please note the following changes to uniform guidance per memorandum from the National Guard Bureau:

Normal Fair Wear & Tear (FWT) replacements for unserviceable clothing items will not exceed one set of Rip-Stop ABUs (RABU) per Fiscal Year for full-time personnel or a 36 month period for part-time personnel.

Members must turn in the unserviceable uniform to receive the serviceable uniform without exception. In addition members are personally responsible for quantities over the established limit. Note: Weight gain/loss is not to be considered as criteria under the normal FWT program.

All members will deploy with their initial or replacement issued RABUs. Members will not receive an additional four sets of the RABU for deployments. Units will not be reimbursed for additional RABUs issued for deployments.



U.S. Air National Guard photo by Master Sgt. Carl Clegg/Released



What prank did you do for April Fools Day?

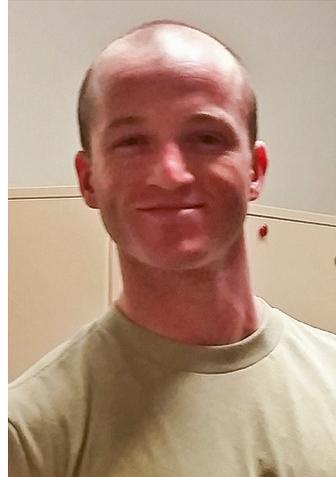
Photos by Airman 1st Class Julia Pyun, 108th Wing Public Affairs



I made caramel "apples" with onions. It looked like a caramel apple, until you bit into it and ate the onion instead!
Airman 1st Class Robert V. Schreiner II, 108th CF



I told my younger sisters that monsters were real and would know if they visited you if everything was upside down. While they weren't in their room, I flipped everything, and they were so scared.
Airman 1st Class Shawn P. Cunningham, 108th CF



Putting saran wrap between the toilet seat and bowl, makes for a big mess!
Airman 1st Class Christopher A. Calavas, 108th CF



Someone was warming up her car, and while she was inside I moved it to a different spot. She was going crazy trying to find it!
Master Sgt. Francisco Beltran-Bell, 108th FSS



I like putting fake bugs in people's food to gross them out!
Tech. Sgt. Jeffrey McGrath, 108th CPTF



I was born on April Fools' Day, so on my birthday, my parents gave me a big box from a bicycle all wrapped up. When I opened it, it was empty! I cried, but then they gave me the bike!
1st. Lt. Dominoe Strong, 108th CPTF



While at training, someone filled a guy's boots with shaving cream!
Staff Sgt. Theodore L. Condo, 108th CPTF



Rodeo emphasizes relying on your wingman

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

The rodeo is back in town.

Airmen are spread across the hangar floor adjusting their M50 Joint Service General Purpose gas masks, zipping up their Mission-Oriented Protective Posture gear, tugging on boots and pulling on protective gloves.

It's organized chaos.

It is also a great example of the buddy system in action.

During the Wing's annual Warrior Week, the 108th Global Mobility Squadron's hangar was turned into an oversized open classroom for the Expeditionary Skills Rodeo. On one side, Airmen were trained with their MOPP gear; on the other side, the chaos is traded for tables in a more traditional classroom environment. Members of the Wing's Medical Group refreshed a group of Airmen's emergency medical skills.

It's all about re-familiarization with the wearing of the MOPP suit and mask, self-aid and buddy care, as well as a host of other skills.

The Rodeo also covered Explosive Ordnance Reconnaissance, Counter-Improvised Explosive Device Awareness; Chemical, Biological, Radiological, Nuclear and Explosive Defense Awareness Course; CBRNE Defense Survival Skills, Training for Deploying Warfighters and Law of Armed Conflict.

"It gets us in line with NGB's (National Guard Bureau's) new

For me as an instructor, the more practice we get in with this skill set, the better prepared we are for a real world experience, as well as our overall readiness.

MASTER SGT. AMANDA L. MAROTTA
EMERGENCY MANAGEMENT SUPERINTENDENT

ancillary training program that basically streamlines our computer-based training and our hands-on training fundamentals," said Master Sgt. Amanda L. Marotta, Emergency Management Superintendent, Readiness and Emergency Management Flight, 108th Civil Engineer Squadron.

Each Airman ensures that their wingman's gas mask is on correctly, the MOPP suit's hood properly covers the gas mask; the boots that look like oversized winter

children's boots, are pulled over the combat boots and that the entire MOPP ensemble is properly sealed.

Each Airman is a second set of eyes during the training.

This critical training and its curriculums are tested and evaluated through exercises and inspections. These skills are the necessary foundation for all Airmen to work effectively in a hostile combat environment.

In a chemical, biological, radiological, or nuclear environment, each Airman's life will depend it.

And despite the heavy snowstorm, more than 340 Airmen completed the training.

"For me as an instructor, the more practice we get in with this skill set, the better prepared we are for a real world experience, as well as our overall readiness," said Marotta.



How to cope with family stress

By Jill Barrett, 108th Wing, Director of Mental Health

Each month we come together for our unit training assembly and give up time with loved ones. Often, fulfilling our monthly commitment means sacrificing important family functions. However, some months, a break from our family can feel like a reprieve. Being part of a family can be both immensely rewarding and infinitely challenging. When family stressors and crisis arise, it can be difficult to balance other responsibilities. This can cause our family stress to drain us of our strength.

It is important to remember, especially during the month of the military child, that when dealing with family stresses, we only control our own actions and reactions. It is challenging to take a step back and look at family situations with a clear head when we are managing the strong emotions invoked by those who are closest to us. Learning to manage our internal stress level cannot be underestimated and it can have a profound impact on the health of our entire family. As such, the Psychological Health Program will be hosting two 'Lunch and Learn' workshops this weekend that will focus on practical tools for dealing with difficult family issues.

The workshops will be held on Saturday and Sunday from 11:30 a.m. to 12 p.m. at the Wing's break room in building 3327. Please bring your lunch. Light refreshments will be provided.

Although the elements of family stress are varied and complex, we will discuss in detail five key steps that

can assist with difficult family situations.

1) Communicate – Be direct with family members and avoid vague language. Listen carefully and try not to formulate an opinion until you can clearly articulate your loved ones' point of view. Avoid blame. Even

if you are right, dwelling on past mistakes drains precious energy from planning a way forward.

2) Develop a support network – Coping with family issues is not a one person job and often a desire for privacy can lead to isolation and deterioration. Enlist the support of your personal, family and community connections to get through the challenges.

3) Take care of yourself – It can be easy to focus on every-

one else's needs at your own expense. You can't give what you don't have. Take time to replenish your internal resources.

4) Patience, Grace and Perspective – We are all human. Everyday kindness matters. Someone does have it worse.

5) Know when to get professional help – If you or any member of your family is experiencing prolonged symptoms of depression, anxiety or substance abuse, seek assistance from a professional source. Free and confidential counseling resources are available to all Guard members.

If you are unable to attend the workshop and would like more information, please contact me at 609-754-2159 or via email at jill.barrett@ang.af.mil.



U.S. Air National Guard illustration by Master Sgt. Carl Clegg/Released