

WING

MAY 2015 *Tips*





Let us save you some time...

By Lt. Col. Patricia Wesch, 108th Medical Group

Summer is almost upon us and with it comes increased demands. Summer is a time for family celebrations, vacations, deployments, inspections, and therefore, more responsibilities and not enough time!

Trying to “cram” all of that into a drill weekend is difficult and sometimes impossible. Is all the computer based training, more commonly known as CBTs, consuming your afternoon? Does completing your travel vouchers on DTS (defense travel system) have you pulling your hair out? Are you late for a meeting or training? Let the Medical Group save you some valuable time so you can concentrate on other important matters.

If you received your annual dental exam and have the form to prove it, don't get in your car to travel to the other side of the base to deliver your AF 2813. Instead, just fax it to us at (609) 754-5767 and make sure to save a copy and your receipt for your own records.

Also, summer time is the time to bring your physical fitness outside. As you prepare for your annual physical fitness test by running outside, please be careful, share the road, hydrate and remember to stretch. But in the rare occasion that you might have over worked yourself, feel ill, or injured yourself just prior to your PT test, know that your commander can excuse you from your physical fitness testing for 30 days. You do not need approval from the Medical Group. Work it through your chain of command and complete your test the following month.

Furthermore, many of you are continuously available between drill weekends to complete your training requirements. If you are on orders, the 87th Medical Group - the active duty side of the clinic - will complete your immunization requirements. The lines are shorter between drills and you can be “in and out” in

less time, once again giving you more time to concentrate on other more important matters, such as completing more CBTs, preparing for a deployment, or finalizing last minute checks before an inspection.

Finally, in the case of an emergency please dial 911 instead of contacting the clinic. There are many talented medical personnel at the clinic, but we are not authorized to treat. Consequently, do not transport the patient to the clinic, instead utilize your self-aid-buddy-care skills and stabilize your fellow wingman until the emergency medical technicians arrive.



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

Lt. Col. William Desautelle, a pilot with the 141st Air Refueling Squadron, 108th Wing, New Jersey Air National Guard, Joint Base McGuire-Dix-Lakehurst, N.J., awaits the arrival of four F-15E Strike Eagles from the 334th Fighter Squadron, 4th Tactical Fighter Wing, Seymour Johnson Air Force Base, N.C., April 8, 2015. Desautelle's tanker will dispense 6,000 pounds of fuel to each of the F-15s. (U.S. Air National Guard Photo by Master. Sgt. Carl Clegg/Released)



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- Col. Robert A. Meyer Jr. - Commander, 108th Wing
- Maj. April B. Doolittle - Chief, Public Affairs
- Master Sgt. Carl Clegg - Superintendent, Public Affairs
- Master Sgt. Mark C. Olsen - Photojournalist
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Team Spirit aids depot maintenance process

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



The KC-135R Stratotanker repair facility at the Oklahoma City Air Logistics Complex at Tinker Air Force Base, Okla. (U.S. Air National Guard photo by Master Sgt. Tony Steele/Released)

The best way to describe a KC-135R Stratotanker from a maintenance standpoint is that it is more than a million parts flying in close formation.

Most maintenance takes place at the Wing level, either in the hangar, or on the flight line. However, at certain times during an aircraft's life cycle, it needs to be flown to the Oklahoma City Air Logistics Complex at Tinker Air Force Base, Okla., where it will be overhauled – a process that takes up to six months.

What that means is that the aircraft gets taken apart; the instruments, engines and tail are removed and the floorboards are pulled up; in summary it gets stripped down to the frame. After this is done, the aircraft is ready to be rebuilt. The aircraft are also checked for corrosion, which, if it is severe enough, then the skin is taken off the fuselage and wings.

...more than a million parts flying in close formation.

It was during this programmed depot maintenance that five-members of the 108th Team Spirit visited the Air Logistics Complex to check up on aircraft 58-0010.

“National Guard Bureau has identified certain items as high interest items on the KC-135,” said Tech. Sgt. Justin M. Fletcher, Quality Assurance Inspector, 108th Aircraft Maintenance. “These items should be corrected at the depot level as opposed to being corrected at home station.”

“Peer-to-peer teaming between home station (Team Spirit) and source of repair personnel (the Air Logistics Complex) enables both to improve the overall quality and process,” said Senior Master Sgt. Jeremy J. Maupin, Team Leader and Maintenance Supervisor, 108th Aircraft Maintenance.

“We were there to minimize the turn-around time once the aircraft returns to the Wing for our part of the acceptance inspection,” said Fletcher.

The acceptance inspection, which is started at the depot and finished at the Wing, is the final inspection done before the aircraft is restored to flying status. The idea behind the visit was to have a second set of eyes on the aircraft that would make sure that all the National Guard Bureau high interest items were done prior to the aircraft returning to the 108th.



Photo above: Staff Sgt. Ray J. DeMarco checks a repair on a KC-135R Stratotanker April 9, 2015. (U.S. Air National Guard photo by Master Sgt. Tony Steele/Released) Photo below: Team Spirit members, left to right, Senior Master Sgt. Jeremy J. Maupin, Staff Sgts. Murray Burgan, Ray J. DeMarco and Justin M. Fletcher, and Master Sgt. Tony Steele stand in front of a KC-135R Stratotanker. (Courtesy photo)



By reducing the acceptance inspection time at the Wing, it means the Wing gets an aircraft that can return to flying status quicker because the high interest items and repairs were done at Oklahoma City.

“Depot does their job and we have a safe airplane ready to fly when it gets back,” said Fletcher.

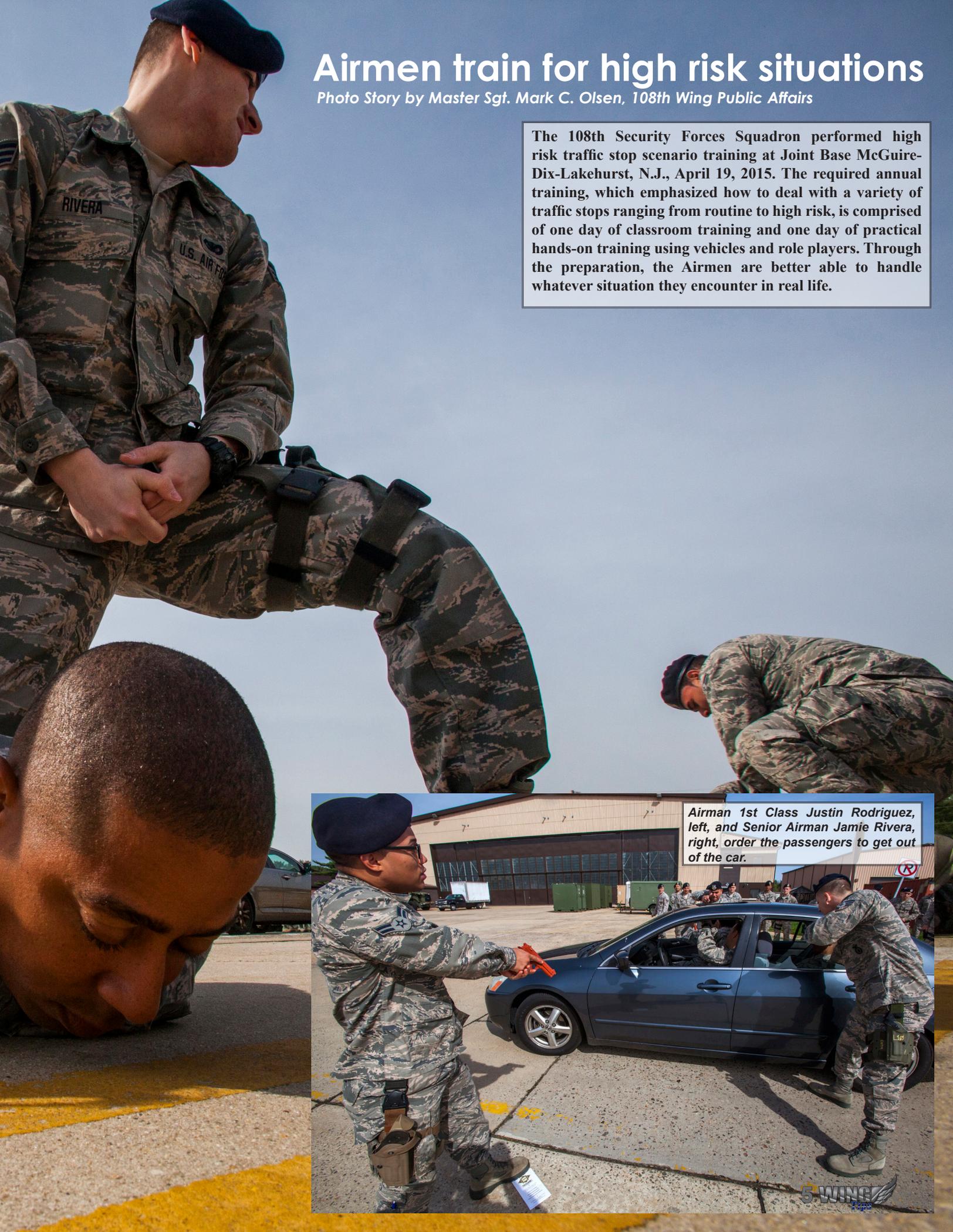


Role player Master Sgt. Rafael Morales Jr., left, complies with Airman 1st Class Justin Rodriguez's, right, order to exit the car, while Senior Airman Jamie Rivera, provides back-up support.

Airmen train for high risk situations

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

The 108th Security Forces Squadron performed high risk traffic stop scenario training at Joint Base McGuire-Dix-Lakehurst, N.J., April 19, 2015. The required annual training, which emphasized how to deal with a variety of traffic stops ranging from routine to high risk, is comprised of one day of classroom training and one day of practical hands-on training using vehicles and role players. Through the preparation, the Airmen are better able to handle whatever situation they encounter in real life.



Airman 1st Class Justin Rodriguez, left, and Senior Airman Jamie Rivera, right, order the passengers to get out of the car.

Airman wins ALS leadership award

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

Senior Airman Megan Fisher, a supply systems analyst from the 108th Logistics Readiness Squadron, received the Commandant's Leadership Award after completing the Airmen Leadership School in McGhee Tyson, Tennessee, on Feb. 12, 2015.

The Commandant's Leadership Award is presented during graduation to the student who has displayed all the characteristics of an effective leader. The recipient is picked based on peer and instructor ratings. The top rated move on to an interview with the ALS Commandant a few days prior to graduating. Fisher was recognized out of 75 other Airmen.

"It was very difficult," said Fisher, "They throw a lot of work at you. You have to be able to juggle all the assignments and be good under pressure. It's not to be taken lightly."

Air National Guard Airmen have a choice between distance learning or going in person to the school. Airmen who are interested in going must submit an application to their unit. A select few are chosen based on the amount of the unit's funding.

"I felt very privileged to be selected to go to ALS," said Fisher.

ALS is the first professional military education that Airmen encounter. It is necessary for those who want to put on the rank of staff sergeant. Fisher went in front of a board on May 15, 2015 to be evaluated for a promotion to staff sergeant. Results will come at a later date.

"I like helping people," said Fisher, "I hope to be a first sergeant of a unit someday."



108th Mission Support Group position opening



Position: 108th Mission Support Group Superintendent (9G100)

Announcement Date: April 28, 2015

Closing Date: June 14, 2015

Area of Consideration: All current 108th Wing Chief Master Sergeants and promotable Senior Master Sergeants, and possess an AFSC within the Mission Support Group and Wing Staff, are eligible to apply. This is a deployable, Drill Status Guardsman position. The Group Superintendent will be a tenured, experienced, and well broadened individual with a good working knowledge of the Mission Support Group.

Position Description: The Group Superintendent is a member of the Commander's staff and performs duties at the operational competence and strategic vision levels of leadership. The Group Superintendent provides leadership and management in organizing, training, equipping, and mobilizing the group to meet home station and expeditionary mission requirements. A Group Superintendent will serve a minimum three-year tour. Additional responsibilities are detailed in ANGI 36-2109, The ANG Command Chief Master Sergeant Program.

Application Procedures: Interested persons should submit a Letter of Intent, Military Resume, current Record Review RIP, Letter of Recommendation from Unit Commander (Squadron Commander or above), Letter of Recommendation from a 108th Wing Chief Master Sergeant, and a current passing Fitness Assessment.

Submit applications to SrA Laura Piper, Bldg. 33-27, Charles Blvd., Joint Base McGuire-Dix-Lakehurst, NJ 08641-5406 (or electronically to laura.piper@ang.af.mil) NLT COB 14 June 2015. Qualified applicants will be contacted for an interview over July UTA.



Col. Andy Keane, center, 108th Wing Vice Commander, administered the oath of enlistment to 10 reenlisting Airmen at the Wing's headquarters conference room April 18, 2015. Back row, left to right, Staff Sgt. Olav K. Yeboah, 108th Medical Group; Master Sgt. Joseph G. Tabor, 108th MDG; Staff Sgt. Victor T. Pascale, 108th Logistics Readiness Squadron; and Master Sgt. Rafael Morales, Jr., 108th Security Forces Squadron. Front row, left to right, Senior Master Sgt. Michael J. Edmiston, 108th Wing; Staff Sgt. Jaime L. Rudy, 108th LRS; Tech. Sgt. Rachel M. Sevi, 108th MDG; Staff Sgts. Daniel J. Vergara, 108th LRS; Richard A. Rodriguez, 108th Aircraft Maintenance Squadron; and Senior Airman Ryan J. Galante, 108th AMXS. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)

May is National Mental Health Awareness Month No Health without Mental Health

By Jill Barrett, 108th Wing Mental Health and Wellness Director

Each year, millions of Americans face the reality of living with a mental health condition. In 2013, President Barak Obama proclaimed May as National Mental Health Awareness Month and brought the issue of mental health to the forefront of our nation's thoughts. According to the National Institute of Mental Health, an estimated 43.7 million American adults, or 18.6 percent of all U.S. adults, suffer from a mental illness, and only approximately 13 percent receive treatment.

The reasons why people who struggle with mental illness do not get the care they need are complex, but each of us can help solve the problem through increasing our understanding and combatting the stigma associated with mental illness. Mental illness is a treatable condition like other physical illnesses but it is often associated with more shame and guilt because the symptoms may not be outwardly visible, and our society continues to view mental illness through a moral lense.

We may all have a loved one, friend or colleague who is dealing with a mental health condition. You do not need to be an expert to talk with them. Engaging in open conversations about mental illness will reduce the stigma surrounding it. Here are some suggestions for supporting someone with depression or other mental illness.

Take the lead. If you know someone who is not well, don't be afraid to ask how they are doing. They might not want to talk about it, but they may be grateful for the chance to open up. Either way, just letting them know they don't have to avoid the issue with you, is helpful.

Listen. Let the person talk and try to avoid offering advice or using cliché's like 'cheer up' or 'pull yourself together.' You

won't always understand what's going on but lending an ear is important. Additionally, some helpful things to say might be: "I know that if you had a choice in the matter, you wouldn't choose to feel the way that you do" or "What you are going through is treatable even if it doesn't feel that way" or "Don't give up working on it and allow me to help" and lastly, "You don't have to do this alone."

Don't just talk about mental health. Having a mental illness is just one aspect of a person and does not define them. Keep talking about the things you have always talked about.

Recognize their courage. In our society, we view people with illnesses such as cancer or heart disease as courageous. Often we don't offer the same perspective to those with mental illness. It takes tremendous courage to return to normal life after a hospitalization or to battle the symptoms of mental illness every day.

Know where to get support. If you know someone who is struggling, or you think you might have a mental illness, there are many supports, services and treatment options that may help. A change in behavior or mood may be the early warning signs of a mental health condition and should never be ignored.

Lastly, if it's an emergency in which you or someone you know is suicidal, you should immediately call the National Suicide Prevention Lifeline at (800) 273-8255, call 911 or go to a hospital emergency room. Make an appointment with a primary healthcare provider if the symptoms are mild to moderate. Contact the New Jersey chapter of the National Alliance on Mental Health at (732) 940-0991 or at their website, www.naminj.org. Contact the 108th Psychological Health Program at (609) 754-2159 for a free and confidential consultation.



Hopson retires

Col. Thomas P. Coppinger, left, 108th Wing Operations Group commander, presents a Certificate of Retirement to Lt. Col. Keith A. Hopson of the 141st Air Refueling Squadron at the 108th Wing Operation Group's conference room at Joint Base McGuire-Dix-Lakehurst, N.J., April 17, 2015. Hopson served four years in the United States Navy before joining the New Jersey Air National Guard in 1997. During his time with the Wing, Hopson served in a variety of positions and deployed in support of numerous operations, including Northern Watch, Noble Eagle, Enduring Freedom and Iraqi Freedom. (U.S. Air National Guard photo by Senior Airman Kellyann Novak/Released)



Bullock retires after 30 years

Col. Robert A. Meyer Jr., right, presents Dawn Bullock, center, a Certificate of Retirement during a ceremony in Mt. Holly, N.J. culminating 30 years of service with the 108th Wing, New Jersey Air National Guard, at Joint Base McGuire-Dix-Lakehurst, N.J., May 1, 2015. Bullock started her federal career in April 1985, as a temporary employee for the active duty Air Force, McGuire Air Force Base as a clerk typist. Her most recent assignment began in August 2008, when she served in the 108th Wing's human resource office. (U.S. Air National Guard Photo by Master Sgt. Carl Clegg/Released)



Sylvester makes chief

Col. Thomas P. Coppinger, left, 108th Operations Group Commander and retired Senior Master Sgt. Lisa Sylvester, right, promote Senior Master Sgt. Michael Sylvester, 108th Operations Group Superintendent, 108th Wing, New Jersey Air National Guard, to chief master sergeant April 18, 2015, at the Wing's headquarters at Joint Base McGuire-Dix-Lakehurst, N.J. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)



ESGR honors employer

Left to right, Michelle Gonzalez, Silvia Zircher, East Windsor Regional District; Staff Sgt. Emilio Gonzalez and retired Lt. Col. McKinley Williams, N.J. Employer Support of the Guard and Reserve, pose for a photo after Zircher received the Spouse Patriot Award May 11, 2015. The Award recognizes the efforts made to support Citizen-Warriors. In one year, Sgt. Gonzalez was away from home for 130 days for his temporary duty assignment, technical training school and Airmen Leadership School. As Mrs. Gonzalez's supervisor, Zircher provided support to the family. (Photo by Jennifer Carrol)



Senior Airman Laura Piper



Time in Service: Five years, four months
Job with 108th: Admin Support Technician
Favorite Food: Pizza with ranch
Favorite movie: Furious 7
Favorite TV Show: Martin
Favorite Book: 50 shades of grey
Favorite Music Genre: Reggae
Favorite Sport: Football
What do I do in my spare-time: Read books
My Hero is: My Grandmother
Dream Vacation: Brazil
Dream Car: Tesla
My Goals for the Future: Open a daycare in a corporate office.
What I like about the 108th: Education benefits.
If I Was Commander for a Day: We would all go to a theme park.

Photo by Master Sgt. Mark C. Olsen, 108th Wing Public Affairs



Asian Pacific Islander Heritage Month Luau!

Date: May 30, 2015

Time: 1600 - 2030

Location: Tommy B's

For Tickets, please contact POCs

POCs:

Tech. Sgt. Bone - florencio.bone@us.af.mil

Tech. Sgt. Adams - diana.adams@us.af.mil

Ms. Fely Shuler - felicitas.shuler@us.af.mil

Ms. Gloria Basa - gloria.basa.2@us.af.mil



What does Memorial Day mean to you?

Photos by Senior Airman Kellyann Novak, 108th Wing Public Affairs



"A day spent with family and remembering our fallen veterans."

Senior Airman Amanda Morgan, 108th Global Mobility Readiness Squadron



"Remembering and honoring those who have fallen and who have allowed me to serve."

Senior Airman Ainjel McDonald, 108th Global Mobility Readiness Squadron



"To me, it means honoring those who have served, are serving and will serve."

Airman Natalia Howard
108th Student Flight



"It means honoring those who served and made the ultimate sacrifice, and those who continue to serve."

Airman Nicole Flora
108th Student Flight



"Reflecting on those who have served and have put forth their life for the better of this country."

Airman Sherri Morrell
108th Student Flight



"Memorial Day is to pass on the legacy of those wounded or killed in action to the next generation."

Airman Adam Chen
108th Student Flight