

WING

Tips

OCTOBER 2015



Crunch Time!

By Lt. Col. Stephen J. Henske Jr., 108th Maintenance Squadron Commander

Ladies and Gentlemen, it is the proverbial crunch time!

We have been here before. We have struggled to be ready, attacked the challenge and succeeded, time and time again. So what makes this time different? Deployments, alert commitments, high ops tempo, changing finance systems that seem to constantly cause us issues and take our time until we learn them, ancillary training, changes in leadership, another inspection with different rules that sometimes cause more questions than answers? We can focus on the issues, struggles and problems or we can do what we have been trained to do, understand the problem and attack it!

The only difference between an inspection and how we do our job under normal conditions is that when we screw up and work to fix our problems, there is someone who you don't know shaking their head and writing it down. So our response before they get here is to try to prepare, think through all the possible scenarios, stress out and try our best to be ready. That is a very draining process...on us as individuals and as an unit. It causes tension and stress, and at the end of the day it can bring the best and worse out of us.

Someone once said, "The only difference between a crisis and an event is experience." We all have been here and done that. This is an EVENT, so let's follow these simple steps to move forward and succeed:

Make sure you have a clear understanding on what is going to be inspected. What is your role in the ORI, your programs, MICT, IGEMS?

Take a good look to see where your shop really is - good, bad or ugly.

Develop a list of things you want to fix, tighten up, or show off to the IG.

Communicate! Fill your team in on what has to happen, give clear direction with timelines, consider the other things going on in the unit.

Keep calm and hit one thing at a time. When I was in the IG Shop, out mantra was "How do you eat an apple...one bite at a time!" Don't try to eat the whole apple at once.

Finally, have a good attitude! Ensure you have positive teamwork going in. Any IG who sees that you know what to do and have a good attitude, will see that it is not only how you execute, but how you meet problems, when grading us.

The best thing I did in my Air Force career was to come to the 108th. Not only do we have pride in what we do, but as the one and only Senior Master Sgt. Jim Granato says, "We have passion to do the job!"

Ladies and Gentlemen, face crunch time with composed urgency and meet this challenge as we do all others! Straight on together!

Good luck Team!



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

Staff Sgt. Shaquan Williams, from the 108th Wing, New Jersey Air National Guard, maintains watch at the Benjamin Franklin Bridge, located between Camden, N.J., and Philadelphia, Sept. 27, 2015. The joint New Jersey National Guard task force, comprised of Soldiers with the 1st Squadron, 102nd Cavalry, and 108th Wing Airmen, are assisting New Jersey civil authorities and the Delaware Port Authority with security during Pope Francis's visit to Philadelphia. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)



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Staff Sgt. Brian Carson - Photojournalist
Senior Airman Kellyann Novak - Photojournalist
Airman 1st Class Julia Pyun - Photojournalist
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October is Domestic Violence Awareness Month

Story by Jill Barrett, 108th Wing Director of Psychological Health

Domestic violence is a pattern of coercive, controlling behavior that can include physical, emotional and psychological abuse, sexual abuse and financial abuse in the form of using money and financial tools to control a partner.

During the month of October we take the opportunity to acknowledge that domestic violence is a pervasive and life threatening crime that affects millions of individuals across the United States and the world.

One question that often baffles people about domestic violence is why do the victims stay with and often return to the partners who abuse them. For someone who has never experienced domestic violence, the question can be very difficult to understand. There are many reasons why women and men stay in an abusive relationships and the following list compiled by The Advocacy Center (theadvocacycenter.org) can explain some of them.

Fear

Abusers often threaten over and over that they will hurt the victim, their children, a pet, a family member, friend or themselves. Abusers may even threaten to kill the victim or themselves if his or her partner leaves. A victim may stay in the relationship because they are scared of what the abuser will do if they leave.

Low self-esteem

When an abuser calls their partner names, puts them down and plays mind games it can make the victim feel bad about themselves. Many times, victims believe that the abuse is their fault or that they deserve the abuse.

Money

Victims may depend on their abuser for financial support. Victims may not leave because they are scared that they will not have enough money to support themselves - a fear that often intensifies if they have children.

Children

It is very common for a victim to stay with an abusive partner because they do not want to "break up" their family and are afraid that it might be hard on their children if they leave. Victims may be afraid that the abuser will take the children away or that they might hurt the children if he or she is not there to protect them.

Control

Victims often think that they can control their partner's abusive behavior by doing exactly what he or she wants and by doing everything perfectly. But victims have no control over their partner's actions. The only people who can control the violence and the abuse are the abusers themselves.

Hope for change



Fake bruises are moulaged on Staff Sgt. Elizabeth Velez as part of the Black Eye Campaign Oct. 3, 2014, at Aviano Air Base, Italy. To help promote Domestic Violence Awareness Month, officers, enlisted, civilian employees and spouses roamed the base with fake bruises to see if fellow Airmen and co-workers would step up and ask them if they are OK. Velez is from the 555th Fighter Squadron. (U.S. Air Force photo by Airman 1st Class Deana Heitzman/Released)

Abusers often promise that they will change and that the abuse will not happen again. Many victims want to believe this is true, and hope that the abuse will end and things will get better.

Pressure from friends and family

The friends and family of a victim may not be supportive. Victims may not be believed, told that the abuse is their fault or that all relationships have bad times and that he or she should try harder. Friends and family may also get angry because the victim stays with the abuser or has left and gone back to the abuser so many times. Plus, friends and family may be scared about their own safety - what will happen if the victim stays at their home

Doesn't realize that help is available

Many abusers isolate their victim from their friends and family in order to gain more control. By the time the victim decides they want to leave, he or she may feel like they have no one to turn to and nowhere to go.

The most important question to ask when exploring how to end domestic violence is "Why do men or women continue to abuse their partners?" However, clarifying some of the reasons why an individual might endure ongoing abuse helps reduce the shame and stigma for victims of domestic violence. Deciding to end an abusive relationship has risks and when a victim decides to leave, it is safer to get support. Support is available through the New Jersey Coalition to End Domestic Violence - www.njcedv.org - which provides a confidential and anonymous hotline at 800-572-7233.

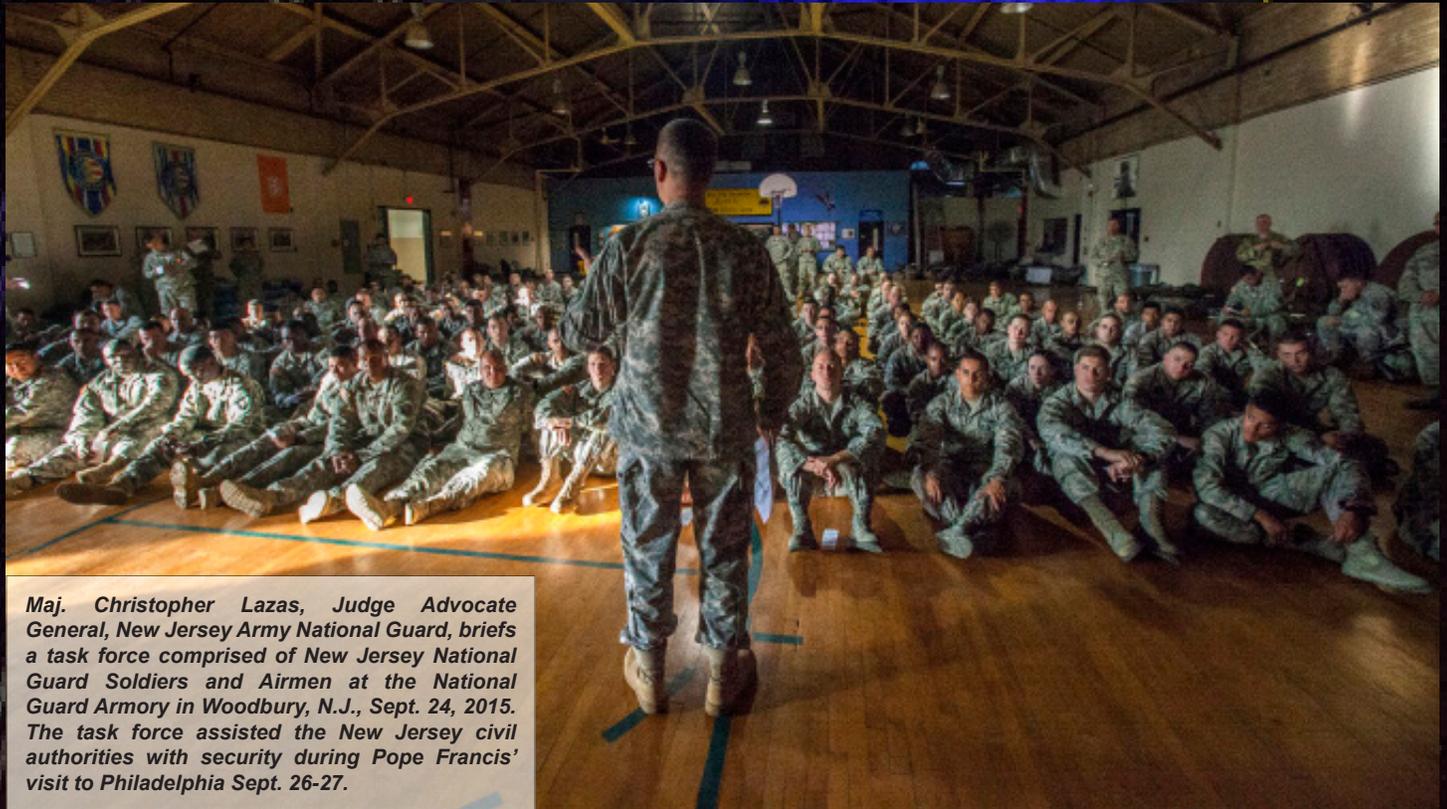
The Coalition offers multiple services including consultations on legal rights, divorce and child custody, housing and children's services, and safety planning.

If you or someone you know is a victim of domestic violence, please reach out for support. You can call the hotline or reach out to your Psychological Health Program at 609-754-2159.

NJ National Guard provides security for Pope's visit

Story by Master Sgt. David Moore, Joint Force Headquarter Public Affairs

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



Maj. Christopher Lazas, Judge Advocate General, New Jersey Army National Guard, briefs a task force comprised of New Jersey National Guard Soldiers and Airmen at the National Guard Armory in Woodbury, N.J., Sept. 24, 2015. The task force assisted the New Jersey civil authorities with security during Pope Francis' visit to Philadelphia Sept. 26-27.

When Pope Francis arrived in Philadelphia Saturday, Sept. 26, New Jersey National Guard Soldiers and Airmen were already on mission providing a safe and secure environment.

Approximately 200 Soldiers of the A and B Troops, 1st Squadron, 102nd Cavalry and Airmen of the 108th Wing provided security at the Benjamin Franklin Bridge, which crosses the Delaware River between Camden and Philadelphia, for the historic religious leader's visit to Philadelphia, while the Pennsylvania National Guard covered the city.

"Our mission is to provide an extra set of eyes for law enforcement and the Cav has the tools to do that for this state mission of providing military support to civilian authorities," said Lt. Col. Jeffrey Brownlee, task force commander.

The 102nd Cavalry mission for the state is to serve as a quick reaction force during a state of emergency since the organization has such tools such as the long range advanced scout surveillance system, which has the capability to track suspicious activities or packages at great distances. In addition, personnel were provided with a secure cell phone system that tracked assigned tactical vehicles and personnel on the ground

"It's great getting out and do something like this by helping out our state making sure everyone is safe and everything is going right without any incident."

during vehicle and foot patrols.

On Friday, shortly after 10 p.m., Guard personnel in Humvees joined Delaware River Port Authority personnel and shut down vehicle traffic across the Benjamin Franklin Bridge and blocked closed toll booths. There were certainly safety concerns during the entire operation but early Saturday morning people crossing the bridge both ways were exercising, walking or taking pictures. Many Guard members performing their security duties became local diplomats having their pictures taken with families or taking pictures of individuals who wanted to see a military Humvee up-close.

For Airman 1st Class Derrick Flitcroft, a KC-135 Stratotanker crew chief, he was impressed with the security mission operations.

“It seemed to be put together quite fast. But it was certainly well organized,” Flitcroft said of the assigned schedules, accommodations and meals.

Guard members from the 108th Wing and the 102nd Cavalry used three assembly locations to launch operations – the Delaware River Port Authority, Campbell’s Soup headquarters, Camden and the Battleship New Jersey where personnel slept on the fantail of the historic ship. The headquarters for the Cavalry operations was the National Guard Armory in Woodbury, normally home to the 1st Battalion, 114th Infantry.

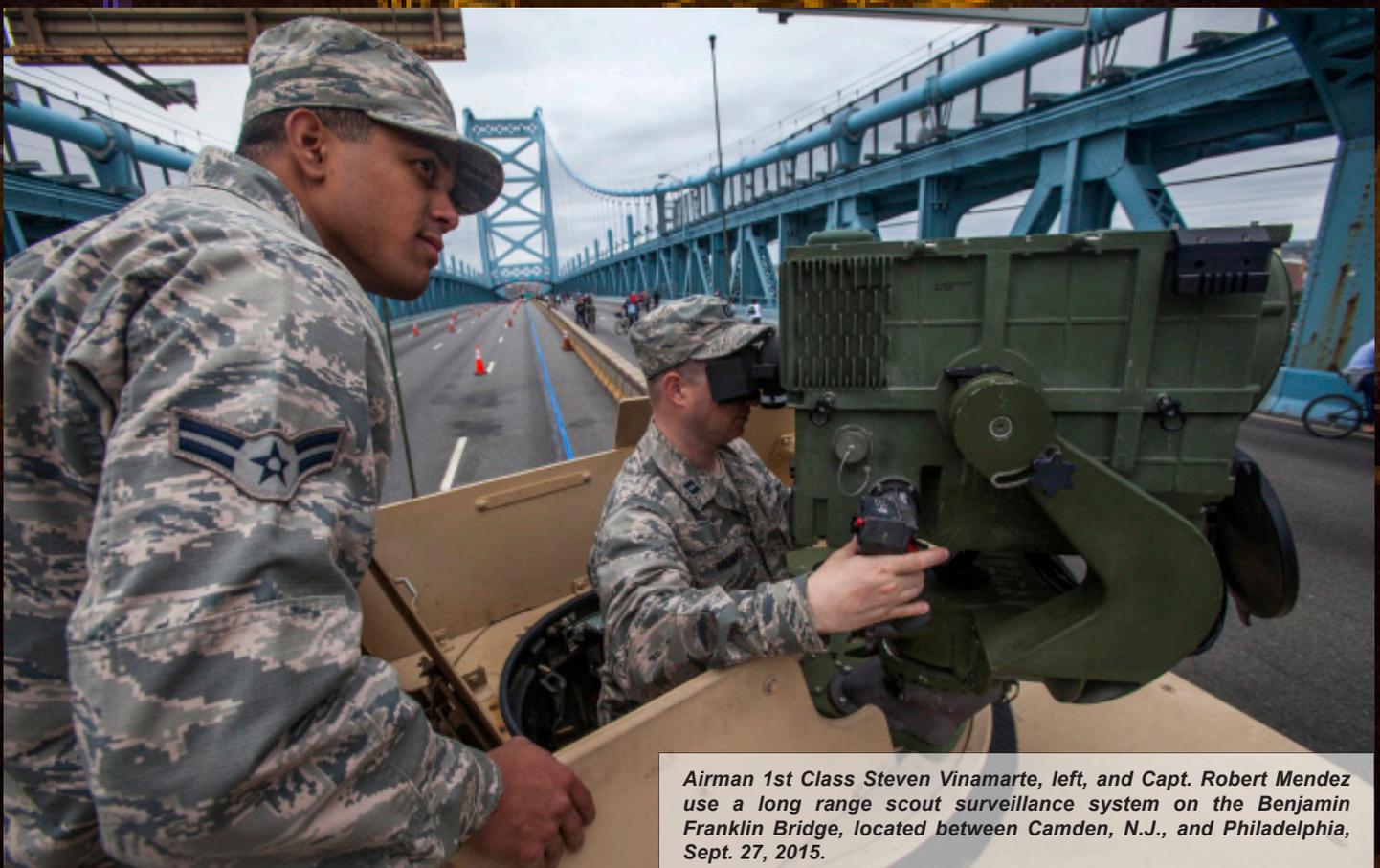
While most of the activities focused in and around the road area around the Benjamin Franklin Bridge, Guardsmen were also prepared to support traffic congestion issues that could have occurred on roadways leading to the Walt Whitman Bridge area.

While serving on his first state active duty mission by guarding the toll plaza at the Benjamin Franklin Bridge, Pfc. John Rowe of the 102nd Cavalry summed up the mission:

“It’s great getting out and do something like this by helping out our state making sure everyone is safe and everything is going right without any incident.”



Senior Airman Kristine Rodriguez, from the 108th Security Forces Squadron, maintains watch at the Benjamin Franklin Bridge, located between Camden, N.J., and Philadelphia, Sept. 27, 2015.



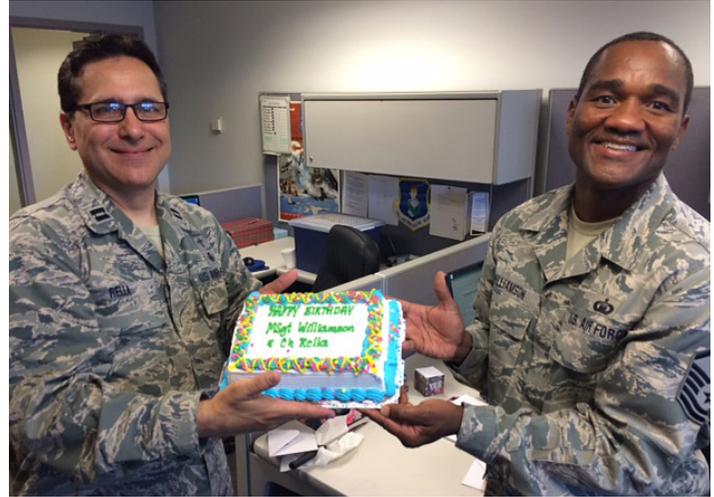
Airman 1st Class Steven Vinamarte, left, and Capt. Robert Mendez use a long range scout surveillance system on the Benjamin Franklin Bridge, located between Camden, N.J., and Philadelphia, Sept. 27, 2015.



Around The Wing



Airman 1st Class Raymond Guadalupe, left, and Airman 1st Class Michael Martin bring and load their gear to be transported to the New Jersey Army National Guard's Woodbury Armory in support of local authorities in maintaining public safety during Pope Francis' visit to Philadelphia. The Airmen were called to active duty by Gov. Chris Christie. (U.S. Air National Guard photo by Tech. Sgt. Armando Vasquez/Released)



Capt. Francis Rella, a 108th wing chaplain, left, and Master Sgt. Andre Williamson, the superintendent of the 108th Wing chaplain's office, take a photo with their birthday cake at Joint Base McGuire-Dix-Lakehurst, N.J., Sept. 19, 2015. (Photo provided by Lt. Col. James D. Buckman)



Staff Sgt. Brian Carney, a paralegal specialist with the 108th Wing Judge Advocate office, is administered the officer's oath of office by Maj. Hector Ruiz, a 108th Wing Staff Judge Advocate, and is subsequently promoted to the rank of first lieutenant in the Wing Headquarters building at Joint Base McGuire-Dix-Lakehurst, N.J., Sept. 15, 2015. (U.S. Air National Guard photo by Master Sgt. Carl Clegg/Released)



Tech. Sgt. Gary Sills, left, poses for a photo with Col. Andrew P. Keane during the 108th Wing Staff meeting at Joint Base McGuire-Dix-Lakehurst, N.J., Sept. 19, 2015. Sills was awarded the Air Force Commendation Medal. (U.S. Air National Guard photo by Airman 1st Class Julia Pyun/Released)

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More than just a new ribbon

Story by Master Sgt. Carl Clegg, 108th Wing Public Affairs



Remember a time when the team you played for won the championship trophy? Maybe it was baseball, football, cheerleading or for some, it was Dungeons and Dragons. You had a sense of pride - a real sense of accomplishment and that trophy symbolized that emotion. Consequently, Airmen of the New Jersey National Guard's 108th Wing can feel proud that the unit was recently awarded the Air Force Outstanding Unit Award for their exemplary performance from Nov. 1, 2012 through Oct. 31, 2014.

For some Airmen, this award may only mean a new ribbon to add to their rack, but for many around the Wing, it means much more because of the significance and the hard work it took to earn the award.

The Air Force Outstanding Unit Award was established more than 60 years ago and is the oldest Air Force unit award. According to Air Force Instructions 36-2803, The Air Force Military Awards and Decorations Program, the Outstanding Unit Award is awarded by the secretary of the Air Force to units that have distinguished themselves by exceptionally meritorious service or outstanding achievement that clearly sets the unit above and apart from similar units.

The crowning achievement of the 108th Wing during the award time period was the Unit Effectiveness Inspection in May of 2014. At that time, the Wing received the highest score awarded to a unit in the new inspection system: Highly Effective.

"It is due entirely to the hard work and effort by this team out here," said the former 108th Wing commander, retired Col. Robert A. Meyer Jr. "We should all be very proud of ourselves. It is important to keep this momentum going. This is going to be the way of the future."

The medal is a symbol of what the 108th Wing Airmen have accomplished in the past, and what they can again achieve during their upcoming inspection.

It will take the Air Reserve Personnel Center one to two months to add the award to personnel's files and be visible on Virtual MPF. Once it is added, 108th Wing Airmen will then be authorized to wear the ribbon. In addition, depending on inventory, the ribbon will be provided to unit awards monitor to be distributed among the Wing. Please do not go by the 108th Flight Support Squadron to get this ribbon.

National Anthem Singers Needed!



Interested?
Please contact Capt. Cynthia Cano-Hewitt for more information!
DSN: 650-3683
Comm: 609-754-3683

Senior Airman Janelle Stokes sings the national anthem during a change of command ceremony at Joint Base McGuire-Dix-Lakehurst, N.J., June 22, 2014. A change of command ceremony is a military tradition that represents the formal transfer of authority and responsibility for a unit from one commanding or flag officer to another. (U.S. Air National Guard photo by Master Sgt. Mark C. Olsen/Released)

Helpful Airmen Aid Homeless Vets

Story and photos by Master Sgt. Carl Clegg, 108th Wing Public Affairs

Members of the 108th Medical Group, New Jersey Air National Guard, provide blood pressure checks to homeless veterans at the New Jersey Department of Military and Veterans Affairs Stand Down at the John F. Kennedy Recreation Center in Newark, N.J. on Oct. 10, 2015. Stand down allows veterans to get much needed care and services from a wide array of state agencies and nonprofit organizations.

Members of the 108th Medical Group have been providing care at Stand Downs for more than 10 years and are providing blood pressure checks as a means to have conversations with the veterans about their overall health and wellness. “We service [the veterans] doing blood pressure checks and we ask them about their health history,” said, 1st Lt. Sara Kucharski, registered nurse. “We are more of a counselor than a provider of medical services,” Kucharski added. Kucharski has been volunteering at the Newark stand down event for the past three years and has been a nurse with the 108th Wing for about the same time.

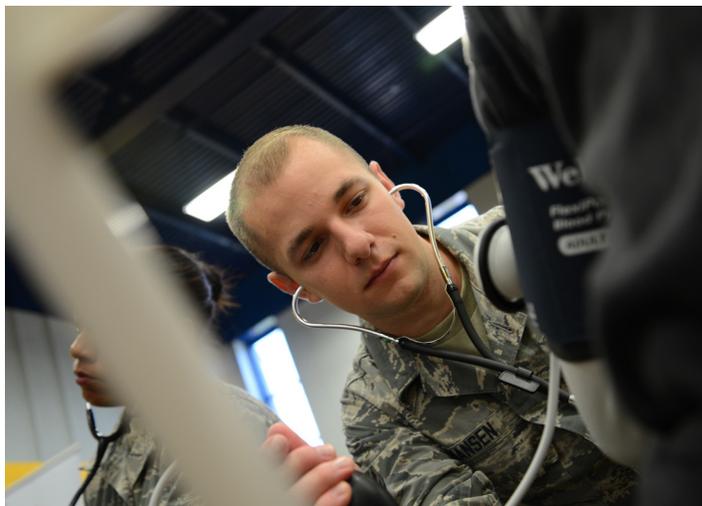
This year’s participation may have been life saving for one veteran Kucharski encountered. The veteran had not seen a medical provider in a few years and his blood pressure was extremely high. Kucharski and her team had him transported to the emergency room at the nearby Veterans Administration hospital for monitoring and continued care. The Veteran promised Kucharski that he would use the incident as a wake up call and get seen by a doctor more frequently.

“I’m homeless right now,” said Blaise Jones, a U.S. Navy veteran from Newark, N.J. “I’m here to see what kind of help they can offer.” After getting his blood pressure checked by 1st Lt. Stan Pang, Jones learned that it was a little higher than normal and that he needed to continue with frequent checks, exercise more and possibly modify his diet if it says high. Pang took the opportunity to educate many veterans like Jones about the risks of high blood pressure, including stroke and heart attack, and how to combat those risks



Top: 1st Lt. Stan Pang, left, Staff Sgt. Stefany Jones, center, Airman 1st Class Daniel Hansen, front right, and Lt. Col. Mauricia Alo, provide blood pressure checks to homeless veterans.

Bottom: Airman 1st Class Daniel Hansen checks the blood pressure of a homeless veteran.



with diet and exercise.

The one thing that stood out to Kucharski the most was the care being provided by the many organizations to the veterans and, in turn, the appreciation the veterans showed back to those organizations. The day included a hot lunch provided to the hundreds of veteran attendees by Soldiers from the New Jersey National Guard’s 2nd of the 113th Infantry.

Stand Down is a military term referring to exhausted combat units that were removed from the battlefield to a place of security and safety for rest and recovery. Today, Stand Downs are grass roots, community-based intervention program to help veterans' battle life on the streets.



TECH. SGT. IAN SALCEDO

U.S. Air National Guard photo by Senior Airman Kellyann Novak/Released

Name: Ian Salcedo
Time in Service: 13 Years
Job with 108th: Quality Assurance Inspector
Favorite Food: Steak
Favorite TV Show: The Walking Dead
Favorite Music Genre: Rock
Favorite Sport: Shooting
What do I do in my Spare Time: Spend time with my family.
Person I Most Look Up To: My Grandfather
My Hero is: Jimmy Doolittle
Dream Vacation: Tour across Europe
Dream Car: Lamborghini Aventador
My Goals for the Future: Make Chief
What I like about the 108th: Family closeness

Want to be in the new Cyber Operations Squadron?

The 108th Force Support Squadron will now be conducting the Electronic Data Processing Test for the 1B4X1 AFSC in the new Cyber Operations Squadron.

The EDPT is a requirement for entry into 1B4X1-Cyber Network Defense. You must have a General Score of 64 on your ASVAB test in order to be able to take the EDPT.

The test will be given twice a month. The next two dates are going to be Thursday October 15 and Thursday October 29, both at 8 a.m.

Please contact anyone at Recruiting and Retention for information regarding the EDPT or 1B4X1, as well as to sign up for the test.



Airmen from the 108th Wing pose for a group photo to commemorate the formation of the wing's new Cyber Operations Squadron at Joint Base McGuire-Dix-Lakehurst, N.J., July 19, 2015. This was the squadron's first Unit Training Assembly after the mission conversion that took place on July 1, 2015. The new cyber security mission was accepted in the place of the 108th Contingency Response Group's mission. (U.S. Air National Guard photo by Senior Airman Kellyann Novak/Release)

The inspectors are coming!

By the 108th Wing Inspector General Office

As the 108th Wing heads into November, two big inspections are on the horizon: the Nuclear Operational Readiness Inspection and the Unit Effectiveness Inspection midpoint visit. While most Airmen are familiar with the NORI and have participated in more than one, this is the Wing's first mid-point UEI. In addition, this UEI will be run in conjunction with the NORI, making it the first time the Air National Guard has combined both inspections. This article will explain what the mid-point is, who it affects, and what to expect when the Air Mobility Command Inspector General team arrives.

As you may know, the UEI cycle is a continuous one, whereby units are constantly inspecting their own programs and validating their effectiveness. Instead of major inspections run by the Major Commands that capture only a snapshot of a wing's programs, the UEI works as a "photo album". As part of this "photo album", AMC/IG plans at least one midpoint visit. This visit allows AMC/IG to "watch" a base-level exercise, real-world deployment or wing identified event. For ANG wings with KC-135s, the midpoint coincides with the NORI.

Now that we've covered what a midpoint is, let's talk about how it will be run. This visit starts virtually, whereby AMC/IG personnel or their designated representatives look at our Management Internal Control Toolset communicators to ensure that we are in talking to our functional area managers, noting what we

can and cannot do. They also look at which functions the unit performs, which, along with the MICT virtual inspection, will determine the midpoint team size. In our case, there should be around six to 10 inspectors. This team will arrive with the NORI IG personnel but will not be part of that inspection.

Since they won't be part of the NORI, we need to know what sort of items the midpoint IG personnel will observe. First, they will likely review open deficiencies from our May 2014 UEI capstone event. Secondly, they will look at special- and command-interest items. Third, the IG team will likely look at our applicable items from Attachment 3 of Air Force Instructions 90-201 and its AMC supplement. Both of these items can be found at the AMC/IG site on the Air Force Portal (see below). Most importantly, the AMC/IG team will verify that we are accurately reporting our units' status in systems such as MICT. As such, it is vital that we all look at our MICT communicators regularly.

Overall, our mid-point visit is AMC's method of ensuring that our inspection program is accurate and on track with AMC's requirements. This mid-point is an excellent chance for the 108th to show the AMC community that we are the benchmark for others to follow!

If you have any questions or concerns, please feel free to visit the 108th Wing's IG office in the Wing's headquarters building 3327.



CYBERSECURITY

AWARENESS MONTH

OCTOBER 2015



Col. Thomas Coppinger, left, the 108th Operations Group commander, poses with several re-enlisting 108th Wing Airmen in the Wing Headquarters building at Joint Base McGuire-Dix-Lakehurst, N.J., Sept. 19, 2015. From left to right are Master Sgt. Steven Wescott, Senior Master Sgt. Eric Smith and Master Sgt. Michael Ping. (U.S. Air National Guard photo by Airman 1st Class Julia Pyun/Released)

FINANCE TIP OF THE MONTH



Travel Pay Tip:

- Flat Rate PerDiem- Travelers performing TDY for more than 30 days in one location (CONUS and OCONUS) will receive a flat rate per diem. Ensure your Authorization is built correctly to avoid overpayment.
- Partial Payments- If you receive Partial Payments while TDY, you must file a final Voucher at the end of the trip to finalize payment.

MILPAY Pay Tip:

- Effective Oct 1, 2015-All NGB 105's for Inactive Duty (RUTA, AFTP, PT, & TPPA) will be submitted for pay through AROWS. See orderly Room for Details.
- EFT information & Address changes can be updated at any time through the MYPAY Website. <https://mypay.dfas.mil/mypay.aspx>

****Did you get Paid for Duty? If not, check all "Outstanding Orders Listing" (Late 458 & OTO). Located on the 108 CPTF SharePoint –Outstanding Orders listing. If you believe there is a discrepancy contact FM.**

FM Customer Service Contact Information
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Joint Base MDL, NJ 08641

Customer Service Line: 609-754-4178
Customer Service Fax: 609-754-2110
Customer Service E-mail: 108-wg.mbx.wg-fm-customer-service@mail.mil



The 108th Wing has been awarded the Air Force Outstanding Unit Award, what does this mean to you?

Photos by Master Sgt. Carl Clegg, 108th Wing Public Affairs



"It means that the unit went above and beyond; it is exceptional."

Airman 1st Class Justin Addison, 108th OSS



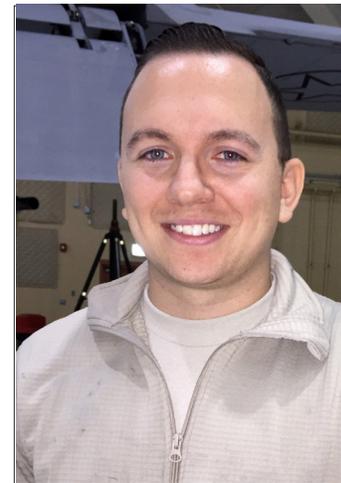
"It is something to take pride in and is good for morale."

Master Sgt. Brian Calhoun, 108th MXS



"It means the unit is growing in cohesion."

Senior Airman Mostafa Eldasher, 108th MXS



"It means that we are well trained and we perform as expected."

Staff Sgt. David Faralli, 108th MXS



"It means that we are doing our jobs."

Senior Airman Leon Jackson, 108th MXS



"It means that our extra work has paid off, that we and our families put in our part."

Staff Sgt. Christian Lescano, 108th MXS



"It means that we are on par with active duty, that we know what we are doing."

Staff Sgt. Adam Malgieri, 108th MXS



"It means that we are more prepared."

Staff Sgt. Ivan Martinez, 108th MXS