

# WING

## Tips

June 2016



## Narcotic Disposal: Protect Yourself and Your Family

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

Do you know it's illegal to take prescription medications that were not prescribed for you? That's right, the hydrocodone or oxycodone that your family member takes daily is only for your family member! Do you know that if you take a prescription pain medication that is not prescribed for you, you are jeopardizing your military career? I guarantee you that opiates and benzodiazepines will show up in your urine sample during a random drug test.

I am sure you have had a healthcare provider prescribe a narcotic pain medication at some time in your life. Maybe it was the time you sprained your ankle, your wisdom teeth were pulled or when you pulled your back out? Every time your healthcare provider prescribes you a narcotic medication it is your responsibility to bring that prescription to the Medical Group so we may document it in your health record. If you re-injured yourself a few months later or injured another part of your body, it is not ok to take the left over medication from your last injury. It is also not ok to self-medicate with your friend's or your family member's prescriptions, even if it's "only" a Percocet or Vicodin. Try some RICE... Rest, Ice, Compression, and Elevate.

All medications can affect an individual differently. The same medications that are used to decrease pain, inflammation, and improve range of motion can also make you sick. Opiates are addictive! Opiates can cause sedation, a decreased level of consciousness, nausea and vomiting, and decrease your reaction time. If caught driving under the

influence of a controlled substance severe penalties can be imposed.



Furthermore, unused medications that collect over time are subject to misuse and theft. According to the CDC, America's prescription drug abuse problem is currently an epidemic. In 2012, approximately 500,000 children aged 12 and older admitted to using narcotic medication for non-medical purposes. These medications were easily accessible in their own home. It is estimated that every day 2,500 youths are taking prescription narcotics for the purposes of getting high. Also, it is estimated that approximately one-fourth of individuals that abuse drugs in the last year started with prescription narcotics. The number of American teenagers currently abusing prescription narcotics is estimated to be greater than those who use cocaine, hallucinogens and heroin combined.

How do we protect ourselves and our family members? Safe and secure medicine disposal. The New Jersey Division of Consumer Affairs has developed Project Medicine Drop. This allows individuals and families to safely dispose of left over narcotic medications. Anonymously, seven days a week and 365 days a year, individuals may take unused and expired medications to their local participating police departments for safe disposal. These secure locked boxes are easily identifiable and labeled "Project Medicine Drop RX". For more information about this program, visit their webpage at [www.NJConsumerAffairs.gov/meddrop](http://www.NJConsumerAffairs.gov/meddrop).

Protect yourself! Protect your family!

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

### On the cover

Spectators view static display aircraft and vehicles at the Power in the Pines Open House and Air Show on Joint Base McGuire-Dix-Lakehurst, N.J., May 14, 2016. (U.S. Air National Guard photo by Tech. Sgt. Matt Hecht/Released)



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# DIGNITY - PRIDE - HONOR

Join the 108th Wing Honor Guard  
for an opportunity to build  
confidence & leadership



## Potential Benefits:

Paid Status for All Details  
Gain Recognition  
Positive Bullet Statements for  
Quarterly Awards &  
Promotion Packages

### For more information contact:

Staff Sgt. Paula Daniels - 609 754 2716 – [paula.t.daniels2.mil@mail.mil](mailto:paula.t.daniels2.mil@mail.mil)  
Master. Sgt. German Sandovalovalle – 609 754 3371 – [german.e.sandovalovalle.mil@mail.mil](mailto:german.e.sandovalovalle.mil@mail.mil)

For the June UTA we will meet with anyone interested to discuss all aspects of the Honor Guard Program and answer any questions that you have, Saturday 1400 in the Honor Guard Room:

Wing Headquarters Room 135, Bldg. 3327, POC: SSgt Daniels 609-754-2716

# Getting recognized

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

The 204th Intelligence Squadron is at it again! With its members' remarkable technological advances in the intelligence community along with their dedication and hard work, they've set the bar very high and paved the way for other units to follow.

Col. Keith Andrews, Air Mobility Command's Director of Intelligence, Surveillance and Reconnaissance, announced the 2015 Air Force ISR Awards Program winners at the AMC-level.

"The competition was very tough again this year, with all nominations reflecting outstanding organizations and professionals. I would also like to thank all the supervisors and commanders for putting in the time and effort to recognize their people and units. These nominees will represent AMC for this prestigious award at the Air Force level," said Andrews.

"AMC as a whole has nearly 49,000 active duty and civilians, 42,000 Reservists and 35,000 Air National Guard members with over 150 field units stationed and deployed worldwide. Every year AMC has an annual award for the best and most outstanding Airman, Non-Commissioned Officer, Senior NCO, Company & Field Grade Officer, support personnel, instructor and unit for the Mobility Air Force Community. The recipients of these awards are then submitted for the entire United States Air Force Intel Surveillance & Reconnaissance Awards," explained Lt. Col. Robert M. Kelly, 204th commander.

Of the 18 categories that were recognized, the 204th brought home five awards!

Under the leadership of Kelly and Chief Master Sgt. Stephen Zinner, the 204th collectively received

the Outstanding ISR Unit of the Year award.

Four members from the 204th were recognized individually for their accomplishments within the AMC intelligence community: 2nd Lt. Desiree A. DelaGarza won the Outstanding Air Reserve Component ISR Company Grade Officer of the Year award; Master Sgt. Toni M. Martinez won the Outstanding Air Reserve Component ISR Senior Non-Commissioned Officer of the Year award; Staff Sgt. Joseph M. Walsh IV won the Outstanding Air Reserve Component ISR Non-Commissioned Officer of the Year award; and Senior Airman Jessica M. Villalba won the Outstanding Air Reserve Component ISR Airman of the Year award.

"To receive this award as a guardsman, shows me that the 204th is doing something great for AMC and that I signed up to be a part of one of the best teams in the guard," said Villalba. "I owe everything to my leadership in the 204th for allowing me to be a part of so many projects and products that not only impact the 204th internally, but any aircrew in the Air Force."

Once a quarter, the entire 204th squadron comes together to brainstorm new ideas. "It's a forum for people to come up with ideas with no fear of being judged and to discuss products, morale events and how we can better improve the 204th," said Kelly. Consequently, the 204th is constantly looking for ways to stay on the cutting edge of technology and how to improve the overall intelligence community. Because of this, the awards the 204th and its members have received this year proves they are on the right track and are leading the way for other units to follow.

## *The 140th CyberOperations Squadron is looking for Cyber Warfare Operations Officers*

Applicants must have a degree in one of the following to become a Cyber Warfare Operations Officer:

Computer and Info Sciences, Support Services, Computer Engineering, Engineering Physics/Applied Physics, Industrial Engineering, Electromechanical Engineering, Electronics and Communications, Electrical/Electronics/Communications Engineering Technologies, Computer System Technology, Cyber/Electronics Operations and Warfare, Mathematics and Computer Science, Accounting and Computer Science, Computational Science, Management Info Systems and Mathematics.

Additionally any S.T.E.M. (Science, Technology, Engineering & Mathematics) Degrees will be considered

If you would like to apply please submit the following to Maj Walter Dragon 140 COS/DO:

- 1) Professional Resume
- 2) College Transcripts
- 3) AF Personal Data Printout from VMPF
- 4) AF PT Test
- 5) Letter of Recommendation from Unit Commander
- 6) AFOQT

**Packages are due by COB 12 Jun 2016**

Any questions contact Maj Walter Dragon at 609-754-0332 or [walter.f.dragon.mil@mail.mil](mailto:walter.f.dragon.mil@mail.mil) or MSgt Clark at 609-562-

# AMC prepares for tomorrow's Rapid Global Mobility

By Jodi Ames, Headquarters Air Mobility Command

In an era where the phrase “doing more with less” has become a mainstay, Air Mobility Command leadership remains focused on sustaining readiness and preparing mobility forces for the future.

As noted in the Air Force strategy titled, “America’s Air Force: A Call to the Future,” senior leaders recognize “... The future and its host of challenges, is fast upon our doorstep.”

Considering this notion, Air Force Chief of Staff Gen. Mark A. Welsh III has previously explained, “The Air Force’s ability to adapt and respond faster than our potential adversaries is the greatest challenge we face over the next 30 years. We must pursue a strategically agile force to unlock the innovative potential resident in our Airmen and turn a possible vulnerability into an enduring advantage.”

In light of this challenge and the demands presented by the current operating environment, AMC leaders continually address the importance of providing the training, resources and modernization necessary for innovative Mobility Airmen to lead the way for the force of the future.

Recently, Gen. Carlton D. Everhart II, AMC commander, released his Rapid Global Vision, which lays the path for the future of air mobility.

“The uncertainty of the future environment, coupled with constrained resources, demands that we take actions now to ensure enterprise-wide success in the future,” Everhart said.

One recent development made toward championing Rapid Global Mobility is AMC’s first Mobility Guardian exercise.

Mobility Guardian is expected to be one of the most realistic, real-world, scenario-driven exercises the command has ever undertaken, said Maj. Gen. Jerry Martinez, AMC director of operations.

“The objective is to execute Rapid Global Mobility missions we see today, as well as those we anticipate in the future, to enhance mobility partnerships,” Martinez said. “Exercising with allies we depend on every day will enhance the ability of our Mobility Air Forces Airmen to overcome challenges and achieve

national objectives.”

While a large-scale exercise will provide Airmen with an opportunity to test and hone the skills necessary to sustain the command’s mission of providing global air mobility, bold and innovative ideas are also needed to pave the way toward modernizing Air Force capabilities and preparing mobility forces for tomorrow.

“It is the responsibility of air mobility professionals everywhere to lead the transformation of the force of today into the force of the future,” Everhart said. “We need bold, innovative Airmen now more than ever.”

AMC’s directorates have implemented a number of initiatives to ensure mobility air forces are prepared to provide unrivaled global reach for years to come.

Tanker recapitalization, simulator training, force structuring and process improvements are a few examples of AMC’s efforts to collaborate, share benchmarked processes, gain efficiencies and enhance the command’s ability to answer the call of the nation and coalition partners.

AMC’s communications directorate, A6, continually sets the standard in improving efficiencies and establishing benchmarked processes, such as the development and implementation of their electronic flight bag program.

Similarly, AMC’s Fuel Efficiency Division provides oversight and guidance, which bolsters the effort to conserve energy, decrease fuel consumption and implement cost-saving initiatives across the Mobility Air Force.

In order to continue transforming processes and programs like these, Mobility Airmen must rise to the challenge and help shape the future of Rapid Global Mobility.

“The future of Rapid Global Mobility is one of opportunity and promise,” Everhart said. “We must innovate, evolve and adapt to the ever-changing environment, and we will leverage other investments in technology, human capital and education to remain the preeminent air mobility force in the future.”

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## 108th Wing Family Day - Potluck Dessert!

When: Sunday, August 14, 2016  
1200 hrs to 1600 hrs

Where: Doughboy Field, JBMDL

Sign up with your Family Day POC to bring a dessert!

For more information, contact your group POC:

Wing: Capt Cano-Hewitt / MSgt Clegg  
MXG: CMSgt Evans / SMSgt Stromberg /  
TSgt Minger / TSgt Lamola  
MSG: MSgt ChinQuee / MSgt Sandoval  
OPS: SMSgt Giangeruso / MSgt Weaver  
MDG: SSgt Castillo / SrA Gray

-Nothing perishable  
-No cream-cheese based desserts  
-Needs to be able to withstand heat for four hours  
-Must be labeled with ingredients for any allergy concerns

# MICAS to ESS: It's on YOU!

By Lt. Col. Aaron Dunn, 108th Logistics Readiness Squadron Commander

"If you are missing items from your mobility bag – don't wait, come and visit Supply now to begin the process of accounting for and replacing those items immediately"

Beginning this August, in an effort to better utilize, track and sustain assets, the Air Force is transitioning the accountability of its mobility gear from the Mobility Inventory Control Accountability System to the Enterprise Solution Supply. What does this mean to you? Maintaining accountability of the items you sign for from the 108th Logistic Readiness Squadron is imperative, more now than ever, for the duration of your career. What you sign for, you are responsible for. If an item from your mobility training bag is lost, damaged or stolen, a Report of Survey must be initiated and the results from the investigation could lead to you being financially liable for those items.

Act now! Start taking precautions to ensure you have all your gear locked in a safe, reliable place where only you can access it. Ensure you are stopping by LRS before you out-process or retire to turn in all your items. LRS mobility personnel are standing by should you have any questions as to what you have signed for and ultimately, what you are responsible for.



U.S. Air National Guard graphic design by Tech. Sgt. Matt Hecht



Air Show visitors board a KC-135 Stratotanker from the New Jersey Air National Guard's 108th Wing at Joint Base McGuire-Dix-Lakehurst, N.J., during the Power in the Pines Open House and Air Show on May 15. As the nation's only tri-service joint base, JB MDL's Power in the Pines Open House and Air Show boasts demonstrations from each branch of the armed forces. (U.S. Air National Guard photo by Tech. Sgt. Matt Hecht/Released)



# People first, mission always

By Senior Master Sgt. Claus Peris, 660th Aircraft Maintenance Squadron, photo by Airman 1st Class Julia Pyun, 108th Wing Public Affairs

If you've been around long enough, you've heard the phrase "mission first, people always."

Today's Airmen are busy. Whether its high ops tempo, constant deployments, or low manning, our Airmen are being asked to do more and more every day. Nothing is more important than accomplishing the mission - except for taking care of the people you supervise.

For me, the phrase should read, "People first, mission always."

Unfortunately, over the years I've seen supervisors at every level becoming more and more disconnected with our Airmen. It's time for us to reengage, reconnect and interact with our people.

Supervisory actions speak volumes. How you interact, communicate, and recognize your people sets the foundation of your relationships. Do you recognize the Airmen's accomplishments with an e-mail or do you leave your desk, seek them out, look them in the eye, shake their hands and thank them in front of their peers? Face-to-face interaction takes more time, but creates better relationships.

As supervisors, we need to train our Airmen to become independent thinkers. Instead of a culture of conformity that older leaders struggle to maintain, why not foster a climate that allows its members to use their experience and knowledge to make decisions at appropriate levels? Who knows better how to improve a product or process, the technician with boots on the ground or the supervisor that never leaves his desk?

Good ideas have no rank; the newest Airman may have the solution to your problems. It could also lead to mistakes, but allow your people to fail from time to time. Good Airmen make mistakes, great supervisors see them through the process of learning and growth that comes from making mistakes.

As I have moved up in the ranks, I realize the single biggest impact I can make to the mission and my unit is to take care of my Airmen. This does not mean doing the job for them, but giving them what they need to get the job done. You don't have to be their best friend, turn a blind eye to un-professionalism or hook up your Airmen at the expense of the mission.

It means providing the guidance, resources and, many

times, the top cover to allow them to succeed. It means mentoring folks when they make mistakes, rewarding them when they excel, celebrating accomplishments in public and addressing improvements in private. It means treating people with respect and dignity while keeping the bar high and supporting your Airmen as they accomplish something they never thought was within



their reach. It means, in the end, to ensure your Airmen are better when they leave the unit than when they came in. If you are able to deliberately develop your Airmen this way, the mission will be accomplished.

Leading the Airmen of today can be one of the most challenging yet rewarding tasks. Today's Airmen are noticeably different than the Airmen who stepped off the bus with me at Lackland 22 years ago.

Today's Airmen are skilled multi-taskers, agile decision makers and social networkers, eagerly cooperative and extremely flexible to change. They are hungry to learn and apply their knowledge and want nothing more than to be a part of something bigger than themselves. As present day leaders, we must take every measure to ensure we develop their full potential.

Mission sets vary across a wide array of career fields, but the mission is and always will be there. The hard part is ensuring that our Airmen stick around and go the distance. Let's refocus on our supervisory relationships with our Airmen, get involved, mentor and groom future leaders. "People first, mission always" should be the new charge.

# ***Fitness/Activity Trackers are Not Authorized to be Worn in Classified Areas***

*By Maj. Jason Neumann, 108th Wing OPSEC Program Manager*

Many of you may have seen the memo from the Air Force Enterprise Authorizing Official authorizing the wear of personal wearable fitness devices within and around collateral classified information, up to and including secret. Within the campus of the 108th Wing, our Wing Commander, Col. Andrew Keane, has decided that the risks outweigh the benefits and therefore, is not implementing this policy. Consequently, the 108th Wing will continue to ban fitness

and activity trackers from introduction into classified areas, primarily because of all of the restrictions that were placed on the introduction of these devices and the inability to easily control and regulate these restrictions. Let me show you a quick snapshot of these restrictions and explain our inability to easily control and regulate these.

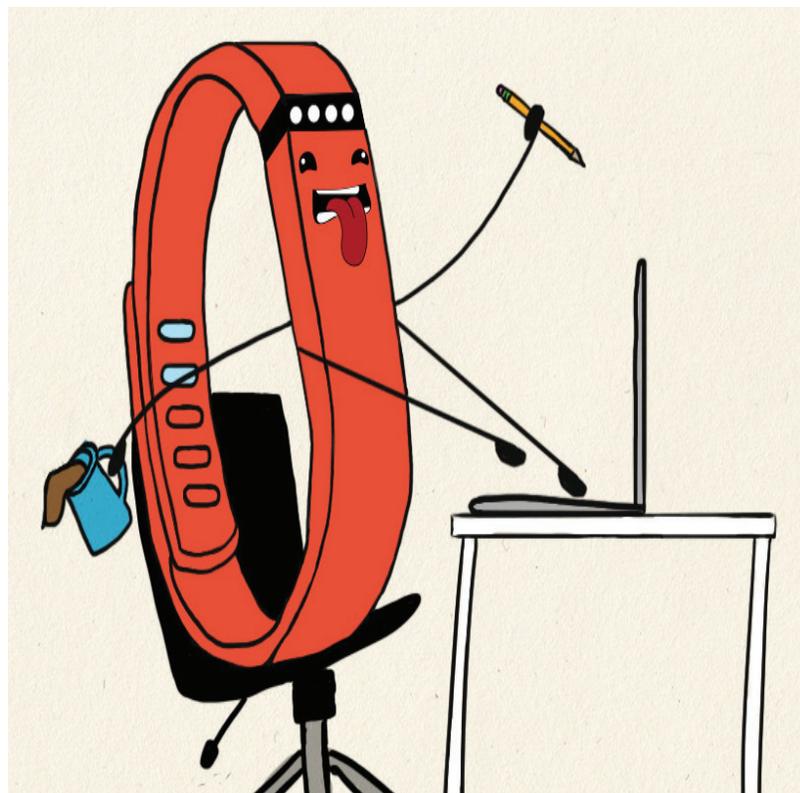
The fitness/activity tracker cannot have microphone, camera or video capability, cellular communications capability, or Wi-Fi capability. Merely disabling these functions while in the proximity of classified information is not acceptable and therefore, these devices are not authorized.

Additionally, the fitness/activity tracker can only have vendor-supplied software updates, meaning that if the owner of the device adds or alters the device's software in anyway, then that device will not be authorized. The device must not exceed 100 milliwatts, such as wearable Smart watches. The fitness/activity tracker must have been purchased by the individual that is wearing it, or received as a gift from a friend or family member. If the device was won in a contest, given to the individual as part of a promotional campaign, or given to the individual as part of an exchange of goods and/or services, then the device would not be authorized.

The memo from the Air Force Enterprise Authorizing Official does narrow it down to a good starting point for determining which fitness/activity trackers would be authorized by stating that the only authorized features that are authorized would be Global Positioning

Service, an accelerometer, an altimeter, a gyroscope, heart activity monitor, a vibration feature for the sole purpose of notification of fitness-related goals achieved, and Near Field Communications. The two primary issues that have been recognized and led to the conclusion to continue to ban fitness/activity trackers from classified areas is that it would be impractical to inspect each fitness/activity tracker to verify that it contains only the authorized features and it would be all but

impossible to determine whether or not each individual received their fitness/activity tracker by purchasing it or by receiving it from a friend or family member. Cellular telephones, laptops, tablets, Smart watches, Google glasses, among a vast array of other electronic devices are still banned from classified areas and it is not too much to ask that the members of the 108th Wing remove their fitness/activity trackers prior to entering a classified area as well. Until a couple of weeks ago when this memo came out, everybody should



have been removing all of these devices and securing them prior to entering a classified area. Remember, it is everyone's responsibility to protect our classified information and being a little extra cautious pays a lot more dividends than setting ourselves up for failure by implementing this new policy for the 108th Wing.

In summary, there are no changes to the policy of what electronic devices are allowed into a classified area. As of this writing, no electronic devices, except for those devices issued by the government that have been cleared for classified information, are authorized into classified areas and/or briefings. Those devices that have been cleared for classified material should be secured in a security container when not in use, unless left in an open storage area; therefore, should for the most part stay within the classified areas. If there are any questions about this matter, please reach out to the Information Protection office at 609-754-2672.

Information protection is vital to mission success!

Department of Defense

JUNE 2016

# LGBT PRIDE MONTH



Lesbian Gay Bisexual Transgender Pride Month

# Celebration

#DoDPRIDE



#DoDPRIDE





## AIRMAN 1ST CLASS MICHAELLES W. MARTINEZ

Photo by Senior Airman Kelly Ann Novak, 108th Wing Public Affairs



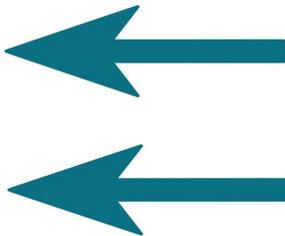
**Time in Service:** 15 months  
**Job with 108th:** Cyber Transmission  
**Civilian Job:** Design Engineer  
**Favorite Food:** Curry Chicken  
**Favorite Movie:** Lord of the Rings  
**Favorite Music Genre/Artist:** Crossmovement  
**Favorite Sport:** Basketball  
**What I do in my Spare-Time:** Coach softball/basketball

**My Hero:** Capt. America and my father  
**Dream Vacation:** Spend time with friends/family  
**Dream Car:** Bugatti  
**My Goals for the Future:** Become commissioned  
**What I Like About the 108th:** The people (they are driven)  
**If I Was Commander For a Day:** I would have a full-day basketball tournament for Groups vs. Groups.

## FINANCE TIP OF THE MONTH

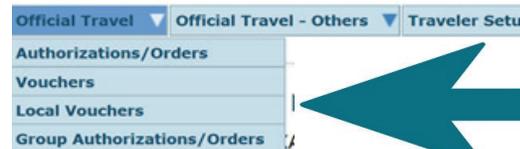
### MILPAY Tip:

- When establishing or switching Direct Deposit information. Ensure provide ample time for processing before closing the old account.
- When filing for pay if your orders are a Long tour (More than 30 days) e-certify at the start of the order.



### Travel Pay Tip:

- Filing for Travel in DTS involves two steps; creating an Authorization and Filing the Voucher.
- Members cannot claim expenses outside the order dates.
- All claims should be submitted within five working days of return to or arrival at the PDS.



FM Customer Service Contact Information  
 3327 Charles Blvd  
 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](mailto:108-wg.mbx.wg-fm-customer-service@mail.mil)



## Refueling bombers



A 108th Wing KC-135 Stratotanker with the New Jersey Air National Guard, assigned to Joint Base McGuire-Dix-Lakehurst, N.J., refuels a B-52H Stratofortress assigned to the 343rd Bomb Squadron, May 24, 2016. The B-52H, which is stationed at Barksdale Air Force Base, La., is a long-range, heavy bomber that can perform a variety of missions. The bomber is capable of flying at high subsonic speeds and can carry nuclear or precision guided conventional ordnance with worldwide precision navigation capability. The KC-135R Stratotanker provides the core aerial refueling capability and enhances the Air Force's capability to accomplish its primary mission of global reach. It also provides aerial refueling support to Air Force, Navy, Marine Corps and allied nation aircraft. (U.S. Air National Guard photo by Staff Sgt. Ross A. Whitley/Released)

## Chief Grover Awarded

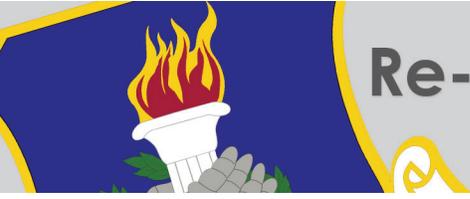


Chief Master Sgt. Timothy Grover, right, 108th Civil Engineer Squadron Superintendent, is awarded the 2015 Major General Richard "Craig" Cosgrave Chief's Award. The award honors chief master sergeants that demonstrate superior performance, community service, professionalism and leadership. (Courtesy photo)

## Operation Arctic Care



Several Airmen from the 108th Wing, New Jersey Air National Guard, participated in Operation Arctic Care in Kodiak, Alaska this past April. Capt. David Moore, Staff Sgt. Maria Castillo, Senior Airman Karen Foulds, Staff Sgts. Samantha Hardy and Nicole Murillo, Senior Airman Christy Gray, and Chief Master Sgt. Tori Hill spent two weeks providing healthcare and veterinary support to more than 1,000 native Alaskans during the operation. Since 1995, Operation Arctic Care has provided free medical, dental, psychological, vision and veterinary care to Alaska's underserved communities through a joint effort between active and reserve components from the U.S. Armed Forces. (Courtesy photo)



# Re-enlistments



Members of the 108th Wing decide to continue to “support and defend the Constitution of the United States” and further their careers in the New Jersey Air National Guard during a reenlistment ceremony at Joint Base McGuire-Dix-Lakehurst, N.J., May 21, 2016. Col. Andrew P. Keane, 108th Wing commander, performed the Oath of Enlistment for the Airmen. Pictured from left to right are Chief Master Sgt. Robert M. Hansen, Tech. Sgt. Odessa Q. Voght, Staff Sgt. Michael J. Pando, Jr., Senior Airman Justin W. Hendrix and Col. Andrew P. Keane. (U.S. Air National Guard photo by Senior Airman Kellyann Novak/Released)

## ***The National Guard Members’ Journey: Expanding Capacity and Maintaining Balance***

*By Jill Barrett, Director of Psychological Health, 108th Wing*

The life of a military member is a never ending challenge of balancing responsibilities, prioritizing goals and finding time to actually ‘have a life.’ Understanding this challenge, the 108th Wing has several offices and programs designed to educate and help our members optimize performance and overall well-being.

The 108th Wing’s support programs are formalized together through a committee called the Integrated Delivery System committee. This team includes, but is not limited to, the Psychological Health Program, Airmen and Family Readiness Program, Chaplains’ Office, Safety Office, Sexual Assault Prevention and Response Program, Equal Opportunity Office, Chiefs’ and First Sergeants’ Council, Education and Retention Office, Public Affairs and Yellow Ribbon representatives. The committee’s overarching goal can be summarized as follows: 108th Wing members and families are provided tools to thrive while navigating military service/civilian work/life balance, and these tools contribute to effective mission readiness and per-

sonal well-being.

Based on this goal, the committee plans and executes initiatives to support the ability of Wing personnel to fulfill their mission responsibilities while ensuring personal well-being.

Drill weekends can be extremely busy and we can’t always take the time to seek out and participate in support programs. Many of the committee’s team members are available during the month on workdays and can provide resources and assistance over the phone or email. We encourage members to utilize the resources that are available as we all try to succeed while striving for balance in our lives.

I am the point of contact for the IDS team and if you would like more information about our initiatives and the resources that are available, please contact me at 609-754-2159 or [jill.c.barrett2.civ@mail.mil](mailto:jill.c.barrett2.civ@mail.mil). Not all jobs are one man/woman jobs and a second set of eyes on something can help resolve it quickly and more efficiently. Don’t wait until you are completely out of balance and tipping over before you call!

# What is one of your most memorable moments with your father?

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



*“Recently, when he came to my graduation and looked very proud of me. He had just come home from a trip to India and he was tired. He looked tired but you could still see how proud of me he was.”*

Airman 1st Class Sonam Bajracharya 108th Force Support Squadron



*“When I was seven, we were fishing for striped bass. The fish almost pulled me overboard and he grabbed me.”*

Airman 1st Class Malik Cisson, 108th Force Support Squadron



*“How he used his military experience to teach me excellent work ethics. He was in the Navy.”*

Airman 1st Class Joshua Ganesh, 108th Force Support Squadron



*“After basic training and just the look in his face when he saw me in my blues and how proud he was.”*

Airman 1st Class Tiffani Paulus, 108th Security Forces



*“Driving with my dad in his 1964 Cadillac Coupe Deville around the block. He let me drive it. I was around 6-years old.”*

Airman 1st Class Michael Imbriani, 108th Security Forces Squadron



*“When I graduated BMT and he was there. Two months without seeing your family and then I saw him, and I started crying.”*

Airman 1st Class Viviana Santos, 108th Force Support Squadron