

Wing Tips

108th Air Refueling Wing
New Jersey Air National Guard
February 2004 Volume 4 Issue 2



108 ARW Command Chief visits troops in Turkey

By Chief Master Sgt. Joe Ortu
108 ARW Command Chief Master Sergeant

The wing mission in Turkey has changed and the base certainly looked different, but our people continue to do a great job no matter what the circumstances. The weather was cold and rainy. We had people working around the clock, doing whatever needed to be done to complete the mission. The last two times I was there, I stayed in "Tent City," but that is now gone. Our people stayed in hard billets and the accommodations were much better. The number of people on base was a lot less and it seemed we were a big part of the base population.

The duration of this trip was short for most people, although some volunteered for the entire trip. It was the first deployment for some and we had others who have been to Turkey on many occasions. Many, like Tech. Sgt. Rich Finaldi, AMXS Crew Chief, has been there numerous times. Like Rich, they are the kind of guys and gals who get the job done, no matter what. They didn't care what the weather was like, or how tired they were.

The one thing that sticks out in my mind on every trip, is how everyone pulls together to get the mission accomplished. None of the circumstances or conditions are as good as at home station, but each area and everyone involved contributes to getting the job done. And of course, there is always time for building relationships and camaraderie. I only regret that I couldn't have stayed longer and visited with each and every 108th unit member.

(Photos courtesy of Maj. Gen. Clark Martin and Col. Michael Cunniff)



During the wing's deployment to Turkey, Dec. through Feb., "America's Best Air Refueling Wing" refuels a C-17 (above) over international waters.



Master Sgt. Michael Lake (right), 108 MXMS, and Senior Airman Luis Ruiz (left), 108 MXMS, were part of the first rotation to Turkey in Dec. through mid Jan.



Master Sgt. Edwin Quinones (right) and Senior Airman Robert Atkisson (left), 108 MXG, work on a KC-135 engine while in Turkey.

NJANG members “coined” by General Martin

By Chief Master Sgt. Paul M. Gunning
NJANG Command Chief Master Sgt.



Maj. Gen. Clark Martin, NJANG/CC, (above) presents a coin to Master Sgt. Jim Granato, 108th AGE for his volunteerism.

Maj. Gen. Clark Martin, NJANG/CC, (right) thanks members of the Aerospace Ground Equipment section for their service during the recent heightened Homeland Security alert, that saw members of the New Jersey National Guard deployed under state active duty.



Joint Operations Center and at the Teaneck Armory.

Coined were Capt. Devon Hanson, Chief Master Sgt. John Artigliere and Staff Sgt. Diane Hess from the Joint Forces Headquarters Air Component and Master Sgts. Jim Granato and Fred Gonzalez, and Staff Sgt. Keith Czczuga from the 108th Aerospace Ground Equipment section.



Maj. Gen. Clark Martin, NJANG/CC, (above) presents a coin to and shakes the hand of Staff Sgt. Keith Czczuga as Master Sgts. Jim Granato and Fred Gonzalez look on.

Front and Center

Name: Carroll Hopkins

Rank: Master Sgt.

Total time in service: 19 years 11 months of total military service, 8 years active duty, 10 years Air Force Reserves and 2 years with the 108th

Job in the 108th: Logistics Manager

Family: Enu, Tiki, Jax (my dogs)

Favorite food: Lasagna with sweet Italian sausage

Favorite movie: “Omega Code 2” (because Satan has to bow down and confess!)

Favorite Actress: I have none, they all seem to do a good job

Favorite author and last book read: “His Eye is on the Sparrow” by Ethel Waters

Favorite music genre: Gospel and Jazz

Favorite sport: Basketball (Go Lakers!!)

What I do with my spare time: Racquetball, reading or taking my dogs to the park

Person I most look up to: My mom

Dream vacation: The Caribbean

Dream car: An Expedition and a Jaguar

My goal is: Forget what is behind and move toward what is ahead, pressing toward the goal to win the prize for which God has called me heavenward in Christ Jesus

Words to live by: The fear of the Lord is the beginning of wisdom; Wisdom is the principal thing, therefore, get wisdom and with all thy getting get understanding; work out your own salvation with fear and trembling

Pet Peeves: People pointing out the speck in someone else's eye

What I like most about the 108th Air Refueling Wing: Interacting with the people

If I were commander for the day I would: Give everyone a raise and time off



Odds and Ends

Vacancy Announcements

Maintenance Squadron

The 108 ARW has a vacancy for a lieutenant colonel, Aircraft Maintenance Squadron Commander, AFSC 21A3. The minimum military grade is major and is open to current New Jersey Air National Guard members. Officers desiring consideration for this position should prepare a military resume and letter of intent. Applicants must possess qualifications or be willing to become qualified as outlined in AFMAN 36-2105 and ANGI 36-2005. Application packages should be sent to, 108 MPF/DPMPE, TECH SGT TANIA PRAIRIE, 3324 CHARLES BLVD, MCGUIRE AFB, NJ 08641-5406, 609 754-2308 and must be received no later than close of business Feb. 22, 2004.

New mail requirements

The United States Postal Service now utilizes high-speed automated optical character readers (OCRs) to process all envelopes. This equipment can read and sort mail to specific streets, buildings or even floors within a building.

In order to take advantage of automation, mail processed through the OCR must be OCR readable. New requirements have been implemented for addressing all out-going 108th mail. For more info, contact 108CF/SCBI, 609-754-5806/6153.

Air Force parent pin program

Parents of active duty, Guard or Reserve airmen can display their pride with a new lapel pin the Air Force is distributing under the AF Parent Program.

Parents will receive personalized letters from AF Secretary James Roche and Chief of Staff Gen. John Jumper, along with a blue lapel pin displaying the AF symbol with a "P" cradled between the wings.

Military personnel can log onto www.yourguardiansoffreedom.com to order pins for their parents or parental figures.

Come fly with us!

The 108th Air Refueling Wing has resumed its orientation flight program. New unit members, spouses of military members and civilian employers of Guard members are invited to participate in an air refueling mission. To apply, visit <Y:/show/108pa/flight> requests for the applicable form. Submit forms to 108ARW/PA via email: pa.108arw@njmcbgu.af.mil or by fax at 609-754-4460.

Wing Tips deadlines

The deadline for March *Wing Tips* is Feb. 23. Articles/photos should be emailed to: pa.108arw@njmcbgu.af.mil. Please ensure digital photos are a minimum of 400 dpi, and send the raw file, do not alter it. Photos and graphics need to be in .jpg or .tif format. Articles must be in Word format. Deadline for April *Wing Tips* is April 1 and May *Wing Tips* is April 30.

What's happening

February

Feb. 29 Leap day

March

March 17 Saint Patrick's Day

March 20 Spring begins

April

April 4 Daylight savings time begins

April 6 1st day of Passover

April 9 Good Friday

April 11 Easter Sunday

Tax statements posted on my Pay

Tax statements are now posted on myPay for all military members, Department of Defense and Department of Energy civilian employees, military annuitants and military retirees. W-2 and 1099 statements are available for these groups to view and print immediately, allowing them to submit their tax returns quickly.

The statements are available at <https://mypay.dfas.mil>. For assistance, call myPay customer support at 800-390-2348. MyPay is an online pay accounting system that allows individuals to take control of their pay information in a safe and secure manner. The system offers faster enhanced services, security, accessibility and reliability to all customers.

First Sergeant Announcement

The recent vacancy announcement for the First Sergeant, 108th Security Forces Squadron, was posted prematurely. Members should continue to review the *Wing Tips* and the UTA Bulletin for future vacancy announcements.

2004 Guide to Military & Veteran Education Available

Service members and veterans interested in using their GI Bill benefits now have a new resource. The 2004 Guide to Military & Veteran Education has been released and is available at no cost to Military.com members. The guide provides valuable information and tips on using GI Bill benefits, getting college credit for military service, accelerated degree programs and finding additional money to fund education. The guide is free, and is available to all service members, veterans and dependants who request information on degree programs from military-friendly schools. Request information at <http://www.military.com/Education/Lead1>.

Food for Thought

From the desk of Maj. Jacqueline Veasey
108 MSG Executive Officer

Grazing to good health

Meals that get squeezed out because of busy schedules may be replaced successfully by “grazing” on a series of carefully planned snacks. People choose to graze for a variety of reasons:

- Eating style. Some people prefer to eat small snacks throughout the day, rather than three traditionally large meals.
- Maximize time. Others prefer to exercise at lunchtime and grab a bite later.
- Circumstance. Unplanned events may interfere with meals. For instance, if your alarm clock fails to go off, you may have to skip breakfast to get to work on time.

Grazing can take the form of mini-meals. A pair of snacks that can be eaten

easily during the day may replace lunch. But unless you plan your grazing, you may end up devouring the first food morsel that comes your way. Here are a few easy suggestions:

Breakfast grazing. Fat-free cream cheese on raisin toast; cereal and fat-free milk; fruited non-fat yogurt and dry cereal; toasted pita triangles with cinnamon.

Fast-food grazing. Try these low-fat options – regular hamburger (hold the cheese), bean burrito, low-fat or fat-free muffin, broiled chicken breast sandwich, baked potato or side salad with low-fat dress. Add juice or fat-free milk as a beverage.



McGuire closing gate at South Bolling Blvd.

McGUIRE AFB – Residents of the Falcon Courts North military housing complex will be unable to use the South Bolling Boulevard gate through May 20.

While the South Bolling Boulevard checkpoint is rebuilt, residents should use the gates along Jones Mill Road, base officials said.

During the construction, drivers should expect increased traffic on Jones Mill, Crowshaw, Sykesville and Defense Access roads, officials said.

Wing Tips on 3 Web sites

Wing Tips is now accessible to unit members, retirees and the public on three different Web sites.

It can be accessed on the following public Web sites – <http://roups.yahoo.com/groupm McGuireairguardians> and <http://www.108arw.ang.af.mil>.

Unit members will also find it on the members-only Web site at <https://108mbr.ang.af.mil>.

Printed color copies will be distributed to buildings 3305, 3306, 3324, 3333, 3369, 3390 and 1818.

AF IDEA Program

The Air Force IDEA Program (Innovative Development through Employee Awareness) is an incentive program that recognizes Air Force people for their approved ideas on how to save resources, increase efficiency or improve processes, products or equipment.

Anyone, individuals, teams or groups, may submit an idea for consideration. Awards may be monetary or non-monetary. Cash awards range from \$200 to \$10,000, depending on the validated tangible savings and/or intangible benefits.

- Eligibility criteria for ideas include:
- Must be the submitter’s own thought or a new application of an old principle
 - Must be submitted with the intent to benefit the U.S. government
 - Must outline a specific area for improvement, state a workable solution and incorporate expected benefits

Ideas submitted to the program must include specific recommendations, not merely thoughts or opinions. “The AF IDEA Program changes your world, one idea at a time.” (Chief, AF IDEA Program, Nov 03) Submit ideas at <https://ideas.randolph.af.mil>. For additional information, contact your local manpower/personnel office.

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Above, General Richard Meyers, Chairman of the Joint Chiefs of Staff, poses for a picture with Staff Sgt. Michael Voicu, 108th Safety Office, during the National Day of Independence of Romania celebration in Washington D.C.

In December 2003, the Romanian Ambassador to the U.S., Sorin Ducaru, once again invited Staff Sgt. Michael Voicu as an honored guest at the ambassador's residence in Washington D.C. to celebrate the National Day of Independence of Romania.

Voicu was selected to attend this event because he was born in Romania and was given a Hero's Proclamation by the Romanian Government in June 2002 in Bucharest, Romania, for his participation in search and rescue operations at 'Ground Zero' on 9/11 and the days that followed.

Voicu spoke about his experiences to the distinguished guests, which included the Chairman of the Joint Chiefs of Staff, General Richard Meyers and Supreme Court Justice Antonin Scalia.

Boom Box

While deployed to Turkey, Senior Airman Stephanie Marshall, 227 SOF, (middle) sits in the jump seat during an incentive flight on one of the air refueling tracks used during the deployment. The KC-135 *Stratotanker* was piloted by Maj. Bruce Hamilton, 150 ARS, (left) and Capt. Marty Ryan, 141 ARS (right).



While deployed to Turkey, Tech. Sgt. Christopher Schmidt and Senior Airman Robert Atkisson, 108 MXG, were part of a team that swapped out a KC-135 engine in just one day.

108th Air Refueling Wing unit members pose for a picture in front of a KC-135 while deployed to Turkey in January of 2004.



108 ARW members worked diligently to de-ice a KC-135 during one of the snow storms on Tuesday, Jan. 27, 2004.

KUDOS

Congratulations to the following satellite NCO graduates:

- Tech. Sgt. William Barnes, MXS
- Tech. Sgt. James Beihl, AMXS
- Tech. Sgt. Jacek Demczuk, Comm
- Tech. Sgt. Joseph Hammell, CES
- Tech. Sgt. Rosemary Huntbey, OSF
- Tech. Sgt. Stephen Johnson, MXS
- Tech. Sgt. James Massano, SFS
- Tech. Sgt. George McDowell, LRS
- Tech. Sgt. Elizabeth Nixon, LRS
- Tech. Sgt. Thomas O'Rourke, CES
- Tech. Sgt. Mark Ramos, CES
- Tech. Sgt. Richard Saccone, AMXS
- Tech. Sgt. Keith Sentak, LRS
- Tech. Sgt. Frank Unterkoefer, LRS
- Tech. Sgt. Barbara White, CES
- Tech. Sgt. Felix Zamot, SFS

Special thanks to our Distance Learning Instructors, Senior Master Sgts. Shawn Jones and Robert Edelschein, Master Sgts. Michael Sylvester, Donald Newlin and Russell Butts.

108th Services Flight

Ready when you are...and even when you're not!

By Tech. Sgt. Ronald Tuminelli
108 ARW/SVS

Here are some tips to help make your experiences with the 108th Services Flight smoother for everyone.

Lodging: All members are reminded that in order to secure a room for the UTA, you must sign up with your Unit Lodging Monitor. This should be accomplished on Saturday of each UTA. All lodging lists are turned in to the Services Lodging Office by 10:00 a.m. on Sunday of the UTA. Only members outside the commuting area are authorized a room.

Lodging tips: When staying in lodging on- or off-base, please remember that there is a charge for making phone calls. Even if you use a prepaid phone card, the All-American Inn on base charges a 35 cent fee. You must pay these charges upon check-out.

Cancellations: To cancel your room for the UTA, please contact the Lodging Office at 609-754-2514 during the

week. Cancellations can be made up until Thursday before each UTA. If you must cancel after that, please call the 305th Lodging front desk at 609-754-4667 and then notify the 108th Services Lodging Office on Saturday of the UTA. Failure to cancel your room in a timely manner or pay your phone charges may affect your lodging privileges.

RUTA status: Members in RUTA status who require lodging must come to Services for a lodging card. They must present a copy of their RUTA slip then the Services Office will provide the member with a lodging card to present to the 305th Lodging Office to get a room. No room cards will be given out without the member having their RUTA slip. Members should not go directly to the 305th front desk without getting their room card from the 108th Services Lodging Office first.

Annual training status: Members in annual training status who require lodging services must also come to the 108th

Services Office for a lodging card, present their orders, receive their card, and are required to make their own reservations with the 305th Lodging Office at 609-754-3336 or 609-754-3337.

If you are unsure about lodging policies or if you have any questions about how this affects you, please contact your lodging monitor or the 108th Services Lodging Office at 609-754-2514 during the week, or on UTAs at 609-754-3303. Our goal is to give you, our customers, the best service possible! You make up the best air refueling wing in the New Jersey Air National Guard and the United States Air Force!



This month in Air Force history

By Staff Sgt. John Lacomia
108 ARW Wing Historian

Feb. 1, 1959 - BMEWS (Ballistic Missile Early Warning System) becomes operational.

Feb. 2, 1974 - The YF-16 makes its first official flight.

Feb. 3 1995 - U.S. Air Force Lt. Col Eileen M. Collins became the first woman to pilot a space shuttle. She was at the helm of Discovery.

Feb. 4, 1944 - The Bronze Star was established.

Feb. 4, 1941 - United Servicemen's Organization founded. USO centers have served as a home away from home for hundreds of thousands of Americans.

Feb. 6, 1964 - The last KC-50 tanker was phased out of the Tactical Air Command inventory and retired to the Air Force Museum.

Feb. 7, 1995 - The B-2A *Spirit* made its first drop of live bombs during a Red Flag exercise at Nellis Air Force Base, Las Vegas, Nev.

Feb. 12, 1959 - The last operational B-36 was decommissioned.

Feb. 12, 1973 - The beginning of Operation *Homecoming*. During this operation, the Military Airlift Command flew missions into North Vietnam to repatriate 591 American prisoners of war.

Feb. 14, 1968 - Over a four-week period, Air Force Reserve C-124s flew 186 missions in the Military Airlift Command operation that deployed the 82nd Airborne and 3,000 Marines to Southeast Asia.

Feb. 16, 1938 - Six Boeing B-17 *Flying Fortresses*, under the command of Lt. Col. Robert Olds, left Miami Beach, Fla., on a goodwill flight to Buenos Aires, Argentina. The return trip to Langley Field, Va., was the longest non-stop flight in Air Corps history.

Feb. 20, 1962 - John H. Glenn, in the Mercury-Atlas-6, became the first American and third man to orbit Earth. Glenn made three Earth orbits.

Feb. 20, 1948 - The first Boeing B-50 was delivered to the Strategic Air Command.

Feb. 20, 1917 - The first submarine was sunk by an aircraft.

Feb. 21, 1996 - The U.S. Air Force's 24 remaining EF-111 *Ravens* (429th Electronic Combat Squadron at Cannon Air Force Base, N.M., the Air Force's only EF-111 squadron) reached a milestone when they amassed 2,000 consecutive days of operational support in the Persian Gulf region since Sept. 1, 1990.

Feb. 22, 1967 - Twenty-three U.S. Air Force C-130s provided airlift for the first personnel parachute drop of the Vietnam War.

Feb. 24, 1949 - The Republic XF-91 jet rocket aircraft unveiled by the Air Force.

Feb. 26, 1949 - Lucky Lady II, SAC B-50A, is flown on the first nonstop flight around the world. The 23,452-mile flight took 94 hours, 1 minute and required four midair refuelings.

Feb. 27, 1920 - An official world altitude record of 33,113 feet was set at McCook Field.

Feb. 28, 1947 - An F-82B set a record by flying non-stop from Hawaii to New York in 14 hrs., 33 minutes.

Top Five Dress and Appearance Violations

Here is a list of the top five violations to AFI 36-2903, Dress and Appearance of Air Force Personnel:

1. Hair length and sideburns – Females: Hair is not to be worn in an extreme or fad style or violate safety requirements. It will not extend below the bottom edge of the shirt collar at the back of the neck. It will not exceed three inches in bulk, prevent proper wear of headgear, or include hair ornaments such as ribbons and jeweled pins. If hair is dyed, it will look natural.

Males: Hair is not to be worn in an extreme or fad style or violate safety requirements. Hair must have a tapered appearance on both sides and back, not touch the ears and only closely cut hair on the back of the neck may touch the collar. Hair will not exceed 1/4 inches in bulk, regardless of length and not contain any attached foreign items. Sideburns will be neatly trimmed and tapered in the same manner as the haircut. They will not extend below the lowest part of the exterior ear opening.

2. Headgear – Hats are to be worn outside and while operating two-wheeled vehicles that don't require the wear of protective headgear. Hats are not to be worn inside unless worn by armed Security Forces personnel or others bearing arms while performing duties. Organizational baseball caps may be worn, however, BDU caps are required for all deployments, field training and mobility exercises.

3. Eyeglasses and sunglasses – Eyeglasses and sunglasses will be free of ornamentation on frames and lenses (e.g. name brand on frames). They will have conservative, clear, slightly tinted or photosensitive lenses indoors or in formation. Conservative lenses and frames outdoors (faddish styles and mirrored lenses are prohibited). No sunglasses are permitted while in formation.

4. Outerwear – The light-weight blue jacket is an outer-garment, therefore, it is to be worn outdoors and removed in an office environment. Jacket must be zipped

up at least half way. It can be worn with civilian clothing if grade is removed.

The blue cardigan sweater may be worn as an indoor or outdoor garment. When worn indoors, it may be buttoned or unbuttoned. When worn outdoors it must be buttoned.

5. BDUs and undergarments – commanders may prescribe color, unit designation and cloth or silkscreen emblem to be worn on left side of chest not to exceed 5 inches in diameter. Wearing black T-shirts with non-unit print or printing on back is unauthorized.

BDU blouses may be removed in the immediate work area. All other areas require wear.

BDU trousers must be bloused over boots. Trousers may be tucked into the boot as long as it presents the appearance of being bloused over the boot.

Air Force board game debuted Dec. 1

by Staff Sgt. Melanie Streeter
Air Force Print News

11/18/2003 - WASHINGTON -- A new game is scheduled to hit the shelves of base exchanges Dec. 1 when the Army and Air Force Exchange Service introduces Air Force Edition Monopoly.

"This is a one-of-a-kind board game dedicated to the men and women of the United States Air Force," said Chris Burton, of the exchange service.

According to the game box, "You've been appointed a joint air-component commander and must assemble your forces to deploy and fight the enemy. As you accumulate air expeditionary squadrons and wings, remember the words of the Air Force chief of staff, 'Victory belongs to those who can most quickly collect intelligence, communicate information and bring capabilities to bear against targets around the globe.'"

In classic Monopoly risk-taking, deal-making style, players compete to control aircraft, rocket and satellite properties, Burton said. Instead of traditional houses and hotels, the Air Force edition

features air expeditionary squadrons and air expeditionary wings.

"Also, the chance and community chest cards have been changed to airman's legacy and commander's call cards, with comments referring to the Air Force," Burton said.

Players navigate the board with a B-2 *Spirit*, an air traffic control tower, the F/A-22 *Raptor*, a satellite, an unmanned aerial vehicle or a C-17 *Globemaster III*. Even the money is custom made to complement the Air Force theme.

The Air Force edition comes after the success of the Army Monopoly game in August 2002, Burton said.

Officials plan to stock the game for as long as customers demand the product, Burton said. Based on sales of the Army edition -- the No. 1 board game sold by AAFES -- Burton said the Air Force edition is expected to be as successful or better.

Customers can purchase the game at their local BX/PX or online at www.aafes.com.

108th Honor Guard Needs You!

If you are a sharp individual, the Honor Guard is in need of new Ceremonial Guard members. No experience is required and all training and equipment will be provided. Candidates must comply with AFI 36-2903, Dress and Appearance, and AFI 40-502, Weight Management. There are no height requirements for Base Honor Guard personnel. Individuals should be in good physical condition and live by the Air Force Core Values - Integrity First, Service Before Self and Excellence in All We Do. For more information, contact Master Sgt. Don Newlin, Honor Guard Superintendent, at 609-754-4675 or honorguard.108arw@njmcbgu.af.mil.

Recreation information on the Web

Want to know what's happening on McGuire AFB? Get ticket and travel information, Youth Center activities, Wright Bros Café/Pudgy's menus and daily specials, Falcon Creek Golf Course events, MAFB Library programs and more by visiting www.305services.com.

11 tips for sticking to fitness resolutions

By Courtney Campbell
5th Services Squadron

MINOTAIR FORCE BASE, N.D. (ACCNS)
— It happens every New Year. The gym fills up and aerobic classes overflow with new faces eager to make a change. Thousands of Americans will decide to get fit and lose weight in 2004, and what better time because the New Year is a time for new beginnings.

But by the time February rolls around, most of these New Year's "resolutionaries" will give up and wait to try it again next year. Why does this happen to so many people every year? We're a society that demands instant gratification and results, but deciding to make fitness a part of a New Year's resolution has to be a lifestyle change.

Sorry, but there are no short-term, get-fit-quick plans.

Here are some tips to help you fight the urge to give up on this resolution.

- First, change your attitude about fitness. All too often, people think of exercise as punishment - painful, time consuming and obligatory. If this is how you feel, you have already set yourself up for failure. Instead, think of it as a chance to unwind from a stressful day; a little time all to yourself and a way to improve your quality of life.
- If you are a beginner, start small. Try walking for 30 minutes three or four times a week. Take the stairs instead of the elevator and park in the back row of the parking lot. The aerobics program on base also offers a "getting started" class. If you're looking to up your current fitness level and need more of a challenge, pick a sport or activity that piques your interest. Try a kickboxing class, use a rock climbing wall or train for a 5- or 10-kilometer run.

- Choose an exercise buddy who will hold you accountable and help motivate and encourage you. If your buddy can't make a workout session, you should still go. Stay the course and get your workout done. Experts say anything done for 21 days is habit forming and when done for six months, it becomes part of your personality.
- Schedule your workouts as you would any other appointment and commit to them. Make it a convenient time like when the kids have left for school or as soon as you get off work. If your job allows you time to

work out during the day, take advantage of the time. You will go back to work feeling rejuvenated.

- Use the facilities you have around you, like the base gym and its excellent equipment. The base offers a variety of group fitness classes, including step aerobics, spinning, kickboxing, yoga and Pilates.

- Set attainable goals for yourself and write them in a journal. Track your progress, workouts and meals in it. This gives you a visual record of your strengths and weaknesses and acts as a guide to show you where you need to work a little harder or make course corrections.

- Reward yourself after attaining your goals. Buy a new pair of shoes for sticking to your first week of workouts, get a massage after you've lost your first 5 pounds, buy a new outfit for working up to 25 push-ups and take a vacation for dropping two dress sizes. You deserve this.

- If your goal is to lose weight, avoid getting on the scale day after day. Your weight fluctuates as much as eight pounds between morning and night. You may be retaining water or it may be that you have added on lean muscle mass, which weighs more than fat. Do an initial weigh in and taping, then repeat this every six weeks to check your progress. In between weigh-ins, depend on the mirror and the way your clothes fit to see if you're making positive strides.

- Be prepared to work out whenever you have time. Keep a gym bag packed and readily accessible so you don't have to scramble before a workout. Pack your lunch to avoid the trip through the fast food drive through. If you get the munchies halfway through your day, load your office fridge with healthy snacks and water. Be prepared for minor setbacks that can hinder your workout and diet, like sickness or schedule changes. Make adjustments if you can, or simply pick back up where you left off.

- Learn healthy eating habits. Eat at least five servings of fruits and vegetables and drink eight-ounce glasses of water a day. Switch to whole wheat and whole grain breads, rice and pasta. Also, eating a variety of healthy, natural foods helps the body to recover from workouts faster and allows you to train harder. Don't skip meals. It can slow your metabolism and hinder weight loss. The Health and Wellness Center has pamphlets on healthy eating.

- The next step is up to you. Go check out what the gym has to offer, pick a couple of group fitness classes to participate in and stock your cabinets and refrigerator with healthy food choices. Don't be afraid to ask questions. If you're unsure about exercises or machines at the gym ask their staff for help. If you're not sure which aerobics class is for you, ask an instructor.

Now go and do it. You'll love the way you feel.

Recent laws help Guard members

By Lt. Col. Edward Ramras
108 ARW/JA

Just before they adjourned for their December break, Congress passed a number of laws that have a positive impact on full-time and traditional Guard members.

Aside from appropriating money for our salaries and military equipment, the National Defense Authorization Act for FY2004 made a number of changes to the Tax Code that can benefit you. One of those changes helps traditional Guard members and Reservists who travel more than 100 miles to get to drills. Transportation costs, lodging, and 50% of meal costs are now an "above-the-line" deduction. That means that it doesn't have to be more than 2% of your adjusted gross income to be deductible, although you still have to itemize your deductions to take advantage of it.

Another law, the Servicemembers Civil Relief Act, tightened up a number of loopholes and ambiguities in the old Soldiers and Sailors Civil Relief Act. Most notably, the law now allows for termination of auto leases without penalty if a member is PCSing or receives orders for a 180-day or longer deployment. The 6% interest cap, automatic stays of civil court proceedings and protection against evictions have also been improved for reservists called to active duty.

For more information, call the 108th Legal Office at 609-754-3870.

New MRE entrées coming soon

By Donna Miles
American Forces Press Service

12/23/2003 - WASHINGTON (AFPN) — Servicemembers in the field about to grab a Meal, Ready to Eat combat ration might want to choose the Jamaican pork chop, the pasta with alfredo sauce or the beef with mushrooms.

These entrees will soon be gone from the MRE inventory, and replaced by new dishes that food technologists at the U.S. Army Soldier Systems Center at Natick, Mass., said will be a bigger hit with servicemembers.

New this year to the MRE menu board are pot roast with vegetables, barbecue pork ribs and vegetable manicotti. New side dishes are hearty New England clam chowder and a carbohydrate-fortified applesauce.

Servicemembers with a sweet tooth will soon be able to bite into two new cookies: a vanilla waffle sandwich and a chocolate mint. They can also enjoy peanut butter and crispy versions of M&M candies, and almond poppy seed and pumpkin pound cakes.

The changes are designed to maintain variety while keeping pace with warfighters' taste preferences, said Janice Rosado, a food technologist for the Department of Defense combat feeding program at the center.

"People like what's new, and we get a lot of requests for more ethnic foods and for vegetarian meals," she said.

In recent years, new MRE entrees have reflected those preferences, with several Italian, Mexican and Oriental selections offered. New in 2004 will be an entrée Rosado said she is convinced will be a big hit: Cajun rice with sausage. In addition, four of the 24 MRE entrees are meatless, she said.

That does not mean that some of the perennial favorites, like spaghetti and beef stew, are going to go by the wayside, Rosado said. Both have remained on the MRE menu list since the pouched combat rations were first widely introduced in the early 1980s.

"We try to keep a combination of items that remain popular along with new items that keep the selection interesting," she said.

MREs undergo intensive shelf-life testing. Test items that do not survive several weeks of storage at 125 degrees are automatically pulled from consideration, Rosado said. Besides scorching heat and frigid cold, center testers expose potential MREs to impact tests to ensure they do not break open when airdropped and nutrition tests to make sure they meet prescribed requirements.

But no matter how well MRE items perform in these tests, Rosado said they never enter the military inventory until they survive one of the toughest tests of all: the

troop taste test. Food scientists take all potential new MRE selections to the field, where warfighters conducting military exercises get the final say in whether they will make the cut.

Based on successful field tests, Rosado said center officials plan to introduce three new entrees next year: Cajun rice with sausage, a veggie griller in barbecue sauce, and a jalapeño-laced Mexican macaroni and cheese.

Also new in 2004 will be a Kremsicle cookie that tastes just like the ice cream bar, carrot cake (without the cream-cheese icing) and red-hot candies.

And because MREs generally take about two-and-a-half years to develop, test and get approved, Rosado said she already knows what is on the radar screen as far out as 2005.

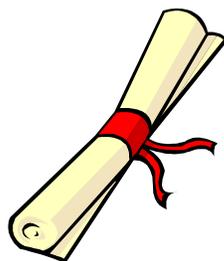
In 2005, she said to look for chicken fajitas with tortillas, a cheese omelet with vegetables, penne with spicy tomato sauce, and sloppy joes. Also to be introduced are hash browns with bacon and a blueberry-cherry cobbler that is full of fruit.

"It's a never-ending process here to develop and field the very best combat rations possible," Rosado said. "We listen closely to what the warfighters tell us they want, and we do our best to give it to them."

Servicemembers may have college credits

Over the past few years, the DoD has increasingly encouraged service members and veterans to take advantage of the GI Bill, both during active duty as well as after transitioning out. Over 50 percent of GI Bill benefits are not used within the 10-year span of eligibility after separation.

Many service members and veterans do not realize they have likely earned college credit through their military training, course work and occupational specialty. These credits will reduce the amount of time it will take to complete a degree and save tuition dollars. Service members and veterans who



are interested in receiving credit for their service can get tips on doing so, as well as find schools that award credit for military service, at Military.com - http://www.military.com/Content/MoreContent1/?file=college_credit&ESRC=MR.nl.

Volunteers Needed!

Do you have a little spare time on your hands? Are you looking for something fun to do? Would you like to be involved more when your loved one deploys? Why not volunteer with Family Readiness, times are flexible, volunteer from home or come down to the center and help out, there is always something going on! If interested please contact Tiffany Colby at 609-754-4479 or tiffany.colby@njmcgu.ang.af.mil for more information. We look forward to seeing you!

Chaplain's Corner

Making friends with the "tuff stuff"

By Ch. Maj. James Vandellune
108 ARW Wing Chaplain

We are already 30+ cold, windy, snowy, icy days, and one deployment, into the new year. How's it going? Is '04 already a disappointment, or are you, like the stock market, soaring to new heights of happiness?

I'm still hearing "happy New Year" as people see each other for the first time in 2004. What makes a happy year? If we have no trials, no obstacles too big to climb, no demands that stretch us to the breaking point, would that be the recipe for a blessed, happy year? Many of us might say, "yes! That is exactly what I want." And, we would be wrong.

Happiness/blessedness comes not out of days of ease, but out of the crucible of trial. Happiness is the product of encountering, surviving and overcoming the unexpected, the unknown and, often, the unwanted. If we want to really grow, to experience the very best of God's goodness, to have a truly "happy and blessed year," then we should be prepared for some turbulence. Expect too much, too hard, too

little, too many, too long, too short, too tired... One of the writers of the New Testament, James the Just, wrote this bit of wisdom: "count it all joy my friends when you encounter various trials." He doesn't say *if* you experience trials, but *when*. It's to be expected because it's a normal, necessary part of life. How so?

For Christians, the Biblical world view declares that trials will come, and that their purpose - there is one - is to refine us and make us stronger. The great Supreme Court Justice, Oliver Wendell Holmes said: "If I had a formula for bypassing trouble, I would not pass it around. Trouble creates a capacity to handle it. I don't say embrace trouble, but I do say meet it as a friend, for you'll see a lot of it."

Examples are everywhere. Kites and airplanes soar best against a stiff wind. Fruit trees and roses bloom best when they have been pruned. The sculptor needs to gouge, chisel and hammer before she makes a work of beauty. The giant redwood tree may serve as the best example of all. Do you know how the redwood manages to live so long and be so strong while other trees rot and die?

Redwood bark contains a substance, tannin, that wards off killer insects in the soil. Tannin also provides a "fire retardant" to the redwood's bark. Where the trunk of other trees burn like so much dried timber, redwoods don't. It's not that they aren't tested. They are, but they are also protected. Amazingly, fire is a friend to the redwood; testing by fire is necessary for the redwood to reach its full potential. How? Fire removes the clutter and allows the redwood to soar. What's more, the seeds of this mighty tree do not germinate until fire clears away all that litters the forest floor. The fire is necessary! Is it just a coincidence that the author of Psalm 1 compares the "Blessed (Happy) Man" to a tree (Ps 1:1-3)?

Like gold and silver, and redwoods, we are refined and made stronger through the crucible of trial. This year may bring "tuff stuff," but it goes with the territory and shouldn't surprise us. There is purpose in it: to make us stronger, more effective and to help us tune-in to the One who is the Giver of all good things in our life. A happy, blessed, soaring year to you all!

New driving laws in New Jersey

By Lt. Col. Robert Dougherty
108 ARW Chief of Safety

Now more than ever, drivers in New Jersey must watch what they drink and how they use the cell phone.

New Jersey will become the second state in the country to outlaw the use of hand-held cell phones while driving and it ended a holdout against a federal push to lower the legal limit for driving while intoxicated.

First-time offenders with a blood alcohol reading of .08 will lose their driver's license for three months and pay \$250 to \$400 in fines. With a blood alcohol of .10 or higher, first-time offenders face fines up to \$500 and a license suspension from seven months to one year.

The old law mandated fines of up to \$400 and license suspension from six months to one year for first offenses.

Cell phone use while driving has also been changed. Under the law, which takes effect July 1, motorists caught using

the cell phones could pay fines up to \$250. Hands-free cell phones are exempted. New York is the only other state to have such a prohibition.

The measure, however, does not make it illegal for drivers to take their hands off the steering wheel to dial cell phones. Drivers can be ticketed only when stopped for another infraction.

The National Highway Traffic Safety Administration estimates that at least 25 percent of crashes reported to police involved some form of driver distraction.

An earlier study by AAA put cell phone use eighth on a list of driver distractions. Reaching for things in the car, tuning the radio, eating and grooming all were rated as more frequent distractions.

Governor McGreevy also signed a bill that mandates jail time for repeat drunken drivers. Those convicted of a third offense must serve 180 days in jail.

Just a reminder to drive safe, drive smart and "arrive alive."

We want you!

Have you, or someone you know, recently received an award, certificate or recognition for your accomplishments? If you would like to be recognized in *Wing Tips*, please send a short description of the accomplishment and, if possible, a photo (min. 400 dpi) to pa.108arw@njmcguire.af.mil or mail them to the 108TH AIR REFUELING WING, ATTN PUBLIC AFFAIRS, 3327 CHARLES BLVD, MCGUIRE AFB NJ 08641-5406.