



April 2008

# 107th Airlift Wing born April 1



Illustration by Staff Sgt. Rebecca Kenyon

## By Staff Sgt. Rebecca Kenyon

107thAW Public Affairs

It's official. The 107<sup>th</sup> Air Refueling Wing became the 107<sup>th</sup> Airlift Wing April 1.

The name change is a result of a 2005 Base Realignment and Closure decision, which directed the 107<sup>th</sup> Air Refueling Wing to convert to an Airlift Wing and form an association with the 914<sup>th</sup> Airlift Wing.

This conversion to an Airlift Wing brings the loss of our KC-135 Air Refuelers. In their place, Niagara will have a full complement of 12 C-130H2 aircraft. Team Niagara, both the 107th and the 914th

Airlift Wing, will work together to employ these aircraft.

The association with the 914<sup>th</sup> Airlift Wing is the second-ever Air Guard and Reserve association in history, the first-ever in combat delivery.

This association will allow our guardsmen to share resources with the 914th reservists, while increasing mission effectiveness and decreasing duplication of effort.

It is not the first time the 107th has changed its name and its aircraft. The 107<sup>th</sup> became an Air Refueling Wing in 1994 after more than 40 years flying fighter aircraft.

Within those 40 plus years, the name was changed from the 107<sup>th</sup> Fighter Interceptor Group to the 107th Tactical Fighter Group to the 107th Fighter Wing. Then in 1994, the 107<sup>th</sup> became a Air Refueling Wing with the receipt of KC-135R's.

The 107<sup>th</sup> Airlift Wing will continue to provide support for state and around the globe operations with its new name and new mission, flying C-130H2's.

The C-130 offers flexible configurations for various airlift and medical missions. The C-130 is also capable of dropping troops and supplies into rough and hazardous terrain.

# Inside and In Brief



## 107th Airlift Wing

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Col. Patrick D. Ginavan

### Vice Commander

Col. Dale Howard

### Executive Officer

Lt. Col. Deanna Miller

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# Mountains and valleys

## -- and other words of wisdom and advice

In retrospect, my past 32 years of military service have gone by quickly. This is a brief overview of some lessons learned.

While serving at CENTCOM Headquarters, General Schwitters always kept a calm approach to serious and significant issues. He often reminded his staff to “take everything seriously, take nothing personally.” This was a reminder to accept criticism, learn from it and move forward.

Master Sgt. Chris Carlin encouraged all new members to attend every school you are offered. This is valuable advice, and impacts all phases of life.

Col. Mark Allen encouraged reading. He often loaned books and gave informal quizzes on selected topics. He also presented a wide variety of opportunities to deploy. He set an outstanding example of leadership and humility. He seldom accepted credit for successes, and was quick to remind security forces members that they were the operators who earned respect by outstanding performance.

Chief Master Sgt. Bruce Fromlack from the Pennsylvania Air National Guard had excellent negotiation skills. He always took time to listen attentively, carefully evaluate all options, and provide the best solution that met and exceeded expectations. On every mission, he took in the local culture and insured that his younger team members were included during all operational phases.

Tech. Sgt. Robert Barker from the Maine Air National Guard carefully prepared every class he taught, he was always on time, and a topic expert. He also had a perpetual smile that was contagious.

Lt. Col. Richard Janora encouraged participation in profes-

sional organizations. In particular, he was a strong proponent of the Canadian American Law Enforcement Organization (CALEO). He recognized that the border is often viewed as an obstacle to law enforcement and an opportunity for



criminals.

Along the same line, State Police Investigator James Knott (now deceased), saw the value of sharing intelligence and “best practices.” He recognized the value of sharing his knowledge. No matter how insignificant the question, “Jimmy” always took the time to answer and explain. He always made me feel like a peer.

Sgt. 1<sup>st</sup> Class John Supple was my platoon sergeant in the Army. He taught some valuable lessons about growing up. Primarily that soldiering is serious business, and the expectation is that you are an adult. As an adult there are expectations that must be met. I am grateful that he prepared me for my promotion to sergeant.

Chief Master Sgt. Steve Blocho demonstrated that success can be obtained through adversity. Like me, Steve also began his military career in the Army. He overcame

every obstacle that was placed before him and obtained the rank of Chief Master Sgt. as well as earning a Master’s degree. He was a positive role model. His expertise was often sought by other units in the Air Force. Steve also worked hard to insure that all of his “team” members were informed. This sharing of information resulted in trust among the staff. We may have had disagreements on issues, but at the end of the day we always presented a united front when departing the office. I was fortunate to work with him.

Col. Dale Howard often reminded unit members to appreciate what we have. It is an honor to be a member of the United States military, and we must remember the value of what we do, as well as what we stand for.

Master Sgt. Shawn Larrabee and I worked a criminal case. When egos are put aside and the focus is on results, everyone benefits. The case resulted in several arrests but more importantly it left a positive impression on the affected neighborhood.

Former Marine, and current Massachusetts State Police, Lt. Frank Hughes exemplified courage. After receiving his last rites as the result of a violent attack, Frank continued on with his career. He later earned a Master’s Degree, and graduated from the FBI National Academy. He takes great personal pride in every project. He has dedicated himself to public service, and brings honor to his profession every day.

**See Commander Page 12**

# GOT MY Enlisted Development Plan

By Senior Master Sgt. Scott Green

107th AW Human Resources Advisor

107<sup>th</sup> Airlift Wing Enlisted Airmen now have a professional development Web site on the portal designed to meet all their career development needs. MyEDP is designed as the Air Force's cradle-to-grave enlisted development tool used from the ranks of Airman Basic to Chief Master Sergeant.

MyEDP is targeted for Airman at every development milestone, allowing them to look at their current development progress and provide insight into future requirements for each stage of your career. Also available are forums where items of interest are discussed or debated, personal filing folders, individual education and training class completions, job experience, and leadership activities. For mentees, you can locate minimum requirements for promotion to the next rank and outline the appropriate steps to prepare for promotion. For mentors, you may view your mentees progress and offer respected guidance.

The primary and most important focus of the MyEDP is to maximize performance of Airmen through establishing positive mentoring relationships. Although we recognize that mentoring occurs both formally and informally, MyEDP allows Airmen to develop professional goals, draft a plan to goal achievement, and track their progress in their personal journal. Mentors will be able to view a protégé's progress and add comments for guidance. With an increase in mission requirements, deployments, and the busy sched-

ule of a drill UTA, mentoring is not a convenient process; therefore, the mentor and mentee relationship should be initiated and continued via MyEDP. Contradictory to common belief, it is not a program designed solely for the active duty Airman, it is just as valuable to the Guardsman and has specific links for the Air National Guard. With the 107 AW Community of Practice replacing the 107<sup>th</sup> Intranet, accessibility to MyEDP via the AF Portal will be convenient and "user friendly."

Occasionally, technology seems too much for those of us supervisors and Senior NCO's that did not have these powerful tools available 10 years ago, although, reality is quite the opposite. Supervisors and Senior NCO's will benefit from using MyEDP because professional military development is a continuous process. Additionally, nothing is more rewarding than having a younger Airman think highly enough of you to request you as their mentor. ***I challenge each of you*** to access MyEDP and register to be a mentor or choose a mentee. Remember, you may not need a mentor, but for that younger airman seeking professional guidance and leadership, you may be their avenue to career enhancement.

For anyone interested in learning more about MyEDP and how to access it, please contact your **107<sup>th</sup> AW Human Resource Advisor, SMSgt Scott Green** at [scott.green@nyniag.af.mil](mailto:scott.green@nyniag.af.mil) or [sgreen99@gmail.com](mailto:sgreen99@gmail.com). Look for past and future email instructions regarding how to use MyEDP, and it's FREE!



U.S. Air Force photo/Airman 1st Class Jason Epley

Tech Sgt. Tim Dodge, Field Training Detachment (FTD) Instructor, Hurlburt Field Air Force Base, shows Tech Sgt. Martin Latko, 107th MXS, a circuit breaker panel on an AC-130H Gunship. Latko and approximately 20 other airmen were part of the first wave of 107th maintenance personnel to attend the initial training for the transition from the KC-135's to C-130's.



# Chief looks back at yester year

**BY Chief MasterSgt. Thomas P. Casillo**

107th MXG Quality Assurance

Some of you are probably expecting an article written by the Chief of Quality Assurance to contain material regarding certain topics like: staying diligent-practicing safety during this critical conversion time-frame, always ensuring proper use of personal protective equipment when required, having and following the appropriate technical manuals, Air Force instructions, Wing and maintenance instructions during the performance of your jobs, or still doing the right thing when no one is looking. But I'm not going to do that. Instead, I decided to break away from traditional regime and try something a little different this time.

As I look around and see so many new faces and younger personnel in our organization, I thought it might be interesting to share a bit of nostalgia with you and share some of the events that were occurring in the world the year I joined the unit. But before I do that I want to clarify one thing, I was not around to write Caesar up for using the wrong axle grease on his army's chariots, no matter what you heard!

· Inflation was at 9.2% and we were in a recession (as recognized by President Gerald R. Ford)

· Dow Jones closed the year at 858, and Federal Reserve rates were 7.25%

· Average cost of a house was \$39,300.00

· Gallon of gas cost 44 cents and oil goes over \$13.00 a barrel

· Average price of a new car was \$4,250.00

· The 107<sup>th</sup> was flying F-101 aircraft that still had avionics with tube technology

· Vietnam War ends as Communist forces take Saigon and South Vietnam surrenders

· Margret Thatcher becomes Britain's first women leader

· Construction on the Trans-Alaska pipeline begins

· Bill Gates & Paul Allen develop a BASIC program for the Altair 8800

· The Microcomputer Altair 8800 is released

· Microsoft becomes a registered trademark

· Pocket sized calculators had only been on the

market for three years

· BIC launches the first disposable razor

· Sony introduces Betamax videotapes and Matsushita/JVC introduce VHS

· Popular films were Jaws, Towering Inferno, Young Frankenstein, Tommy, Godfather Part II and One Flew Over the Cuckoo's Nest

· Top musicians of the time were Aerosmith, Chicago, Bob Dylan, The Eagles, Elton John, Pink Floyd, Paul Simon, ZZ Top, Led Zeppelin, Bruce Springsteen, and The Who.

As you compare the list to what is going on today, it becomes apparent many of the items still remain in the news.

Gas prices today are obviously a bigger issue especially at \$3.39 a gallon (remember this was written in March) as is the average price of a new car which is now a staggering \$28,400.00!

Though computers and calculators aren't big news anymore, the advances of iPod and cell phone technology certainly are. Razors that started out with one blade, then two, then three, now have worked their way up to five (apparently we still haven't found a combination that works).

Sony, not forgetting about losing to JVC in the 70's, launched its' Blue Ray technology for DVDs to compete with Toshiba's HD format, and recently won. Many of the popular musicians and movies of my era seem to be making a comeback (the BPO recently had special concerts highlighting Led Zeppelin and Pink Floyd music).

And it looks like we might be heading into another recession, even though the current administration hasn't announced the fact. Come to think of it, the only things that have actually gone down in the past thirty plus years are inflation and mortgage interest rates.

So I guess I am guilty as charged as one of those individuals reflecting back to those nostalgic times, just like some of the "experienced" members did when I joined. Just imagine, someday thirty years from now, you will reflect back on these current times, share stories and fondly remember them as your "good old days."

**Dining Hall closed April UTA**

**Falcon Club open:**

**Saturday:**

**11 a.m. - 12:30 p.m. lunch**

**5 - 7 p.m. evening meal (\$8.50 allotment)**

**Sunday:**

**6:15 - 7:15 a.m. breakfast**

**11 a.m. - 12:30 p.m. lunch**

# Welcome to Sather Air Base, Iraq

Story and photo by Senior Airman Peter Dean

107th AW Public Affairs

The loadmaster announced, “buckle in and prepare for landing.” Minutes later, the battle rattle and Kevlar donned Airmen were secure in their seats. The plane banked sharply to the right, then to the left, then plunged into a steep descent, at such a high rate of speed that if you didn’t know better you may have thought the plane was going to crash. A combat landing they call it, the Airmen from the 107<sup>th</sup> Air Refueling Wing were now in a combat zone.

The engines kept running as the passengers and cargo were unloaded from the C-17 as fast as could be done safely; the flight crew didn’t want to stay at Sather Air Base, Iraq, any longer than they had to. Passengers were then directed into the in-processing room where they sat cramped, shoulder-to-shoulder, still wearing battle rattle while filling out paperwork.

The passengers were picked up by squad representatives and taken to the lodging headquarters, which is located in Sather AB’s recreation tent. After tent and trailer assignments were made, Airmen were driven to a central location in Palm Tree Resort, the name given to the living quarters. Palm Tree Resort consists of row after row of two-person trailers and eight-person tents. The long-term plan is to replace all the tents with trailers. After Airmen located their living quarters they spent the rest of the day personalizing the space they’d live in for the following four months.

The two-person trailers offer better climate control, a cleaner and fresher feel, and superior noise reduction. The eight-person tents offer only one advantage, privacy. With the use of shower curtains the tents are divided up into eight separate living quarters. Living in a tent, Airmen must condition themselves to the noise of an active, 24/7 combat zone air base. Blackhawk helicopters, C-17 cargo planes and small arms fire can be heard continuously, with each of the noisemakers only a stones throw away from Palm Tree Resort.

The command wastes no time preparing the new arrivals for what lies ahead. Briefings from both the

base command and the individual shops start one after another at 8 a.m. on day two. By that afternoon the

new arrivals are at work in their designated shop or with their squad.

Sather AB is located inside the center of the green zone at the Baghdad International Airport. Protected by numerous Army camps including Camp Liberty, Camp Victory, Camp Slayer and Camp Stryker, together known as Victory Base Complex. BIAP, a civilian airport, which isn’t under Coalition control, is



directly across the runway from Sather AB and considered Sather’s most viable threat.

After a few days most Airmen have settled in and are familiar with the amenities that Sather has to offer. Much like any other air base, Sather offers a fully equipped fitness center that is open 24-hours a day seven-days a week. The fitness center has equipment for cardio workouts, such as treadmills, elliptical machines and stationary bikes. It also offers both free weights and machines for those who want to bulk up.

In an effort to motivate Airmen to utilize the fitness center, organized activities such as basketball and volleyball are held on a regular basis. Events such as the Bench Press Competition and the Defenders Run create a friendly atmosphere to compete. The winners walk away with not only a t-shirt, but also bragging rights—at least for a week or two—until the next competition when they may be dethroned.

The recreation center is located next to the gym, in a similar tent, approximately 60 feet by 100 feet. It’s here that Airmen can play video games, watch a DVD on a large screen TV or sign out a DVD for the evening. The recreation center, like the gym, also works on improving morale by holding weekly tournaments in games such as poker, spades and euchre. Events such as 9-ball, foosball and bingo are also held. Prizes for all range from an AAFES gift card to a 14-inch color TV.

In order for Airmen to stay connected with the outside world Sather also has a Morale, Welfare and

**See Sather, Page 13**



# 107th Airmen leave marks in sand



courtesy photo



courtesy photo

Col. Fred Cheney 447th AEG Commander, presents Master Sgt. Squeak Csizmar, 107th AW, with the “Warrior of the Week” award in February. In a short period of time, Csizmar completed an inventory of thousands of biological and chemical warfare supplies. She also helped update the anthrax vaccine immunization program documentation, expediting the shipment of the vaccine.

Col. Fred Cheney, 447th AEG Commander, presents Master Sgt. Jennifer Mahoney, 107th CES, serving with the the 447th’s “Warrior of the Week” award in February at Sather Air Base, Baghdad, Iraq. During the Air and Space Expeditionary Force 1/2 rotation she inprocessed and outprocessed more than 165 civil engineers and increased the accuracy of the CE customer service database to 100 percent by removing erroneous data and finding deficiencies.



courtesy photo



courtesy photo

Senior Airman Derek Cutter, 107th LRS, is presented with a coin for his outstanding work as an airman in Iraq. Cutter is currently serving with the 447 ELRS, Sather Air Base, Iraq. In the Picture are Lt. Col. Dana Pelletier Logistics Group Commander, Lt. Gen. Gary North, 9th Air Forces and U.S. Air Force Central Commander, and Chief Master Sgt. Scott Dearduff, 9th Air Force and U.S. Air Force Central CommandChief. Cutter was one of the few who received a coin during the generals visit.

Deployed 107th Security Forces hold up the Buffalo Sabres flag in Iraq. From left to right: Tech Sgt. Jason Nowak, Master Sgt. Jason Folckemer, Senior Master Sgt. Paul Wiencek, Master Sgt. Mark Hajduk.



# 107th ARW helps local school children give to Iraqi children

By Staff Sgt. Rebecca Kenyon

107thAW PublicAffairs

For two weeks, students of the Holy Ghost Lutheran School collected more than 30 large bags of clothes for children who live on the other side of the world, children they will probably never know, but children who they heard— are in need.

It all started when Christine Lange read an email sent from the 107<sup>th</sup> Air Refueling Wing Family Support Center that announced children in Iraq are in need of clothes.

Christine's husband, Master Sgt. Bryan Lange, 107<sup>th</sup> ARW Recruiting Office Supervisor, forwarded the email to his wife to see if they had any clothes from home to donate.

Lange said she felt that the clothing drive was a great opportunity to get the school that their daughter and son attend involved.

"I felt if I got more people involved, there would be more clothes for the children in Iraq," said Lange.

Lange added children everywhere are important and when anyone is in need giving is the right thing to do.

Lange said once she mentioned her idea to Holy Ghost principal, Kevin Gundell, he was eager to help.

"Our hearts go out to those in need," said Gundell.

Gundell said Holy Ghost focuses on teaching their students to be mission minded.

"We regularly take on projects as a school to teach the children responsibility and to count their blessings and give to others," Gundell said.

On Wednesday March 26, the students presented 107<sup>th</sup> ARW members with the several bags of clothing they collected.



U.S. Air Force photo / Staff Sgt. Rebecca Kenyon

**Tech Sgt. Chris Zastrow talks to Holy Ghost Lutheran students about his recent deployment to the desert.**

Tech Sgt. Chris Zastrow, 107<sup>th</sup> ARW, talked to the children about his recent deployments to Al Udeid, Qatar and Afghanistan.

"When you go to another country, you see how we take for granted what we have," said Zastrow.

Zastrow told the students how the clothes they donated will help those who don't have the basics that many of us take for granted.

"Even though they don't get to see the kids they donated to, it gives them a sense of charity, they know that they are blessed for what they have," said Lange.

The bags of clothes that were donated by Holy Ghost Lutheran School children and 107<sup>th</sup> ARW members will be sent to deployed 107<sup>th</sup> security forces members in Iraq who will then distribute them to Iraqi children in need.

## 2008 fishing derby to be held in June

By Master Sgt. Duane Bores

107thAW/MXS Communications and Navigations Shop Supervisor

With the snowstorms behind us and warm temperatures, sunny days and summer fun on the horizon, it's time to think of this years Sewer Inspectors Fishing Derby.

Our 32nd annual fishing derby will be June 28 at Veterans Park in Tonawanda (same place as last year). As always, included is a shore lunch, door priz-

es and a commemorative t-shirt. Catching fish is optional.

First prize still goes to the largest Sheephead but prizes are given for the largest bass and walleye too. Catch and release is encouraged.

All 107<sup>th</sup> /914<sup>th</sup> members are welcome to attend and can bring family and friends.

For reservations and rules contact Steve Buja X-2359, Joe Hodkin X-2463, Gary Henning X-2588, Martin Latko X-2510 or Duane Bores X-2417 by May drill.



# Commissary stops at Niagara

By Staff Sgt. Rebecca Kenyon

107thAW PublicAffairs

A winter storm brought less than desirable weather to Niagara Falls on March 8, but that didn't stop the Defense Commissary Agency from bringing a commissary to members of the 107<sup>th</sup> Air Refueling Wing.

Inside building 902 at Niagara Falls Air Reserve Station, the high-bay was stocked with perishable and non-perishable food items, household goods, coupons, free samples and roaming shopping carts. Outside, snow piled and wind blew while employees and volunteers continuously unloaded trucks with goods and helped customers load their cars with groceries.

DeCA brings "mobile" commissaries to guardsmen and reservists to better match the benefits of their active duty counterparts. Guardsmen have the same commissary privileges as active duty members, but many guardsmen don't use these benefits because many don't live near a commissary.

The "mobile" commissary that came to Niagara was open to all military identification cardholders, and stayed open for most of the 107<sup>th</sup>'s drill weekend.

Senior Master Sgt. Gene Spino, 107<sup>th</sup> ARW, Maintenance Squadron, said he helped clear the high-bay out for the commissary and also shopped there.

"It was a good deal," said Spino, if there was a commissary here, members would use it."

Master Sgt. Joel Micoli, 107<sup>th</sup> ARW guardsman and fulltime military technician, said his wife made



U.S. Air Force photo / Tech Sgt. Catherine Perretta

**The high-bay was packed with good deals, set up much like a wholesale store, it brought in a steady flow of customers. A mix of airmen, spouses, and retirees shopped at the commissary Saturday and Sunday.**

two trips to the commissary sale and spent over \$150.

"My wife liked it. She's excited for the next one," said Micoli.

Smith said DeCA will present a brief to congressional members in Washington D.C. about the benefits of bringing commissaries to guardsmen and reservists in the near future.

Smith said this was the second time DeCA brought the commissary to Niagara, and they plan to return to the base in the summer of 2008.



Master Sgt. David Tanner retires after 33 years of service. He is presented with pictures to remember the 107th.





# Family News

## The 107th AW Unit Public Affairs Representatives

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### *Aircraft Generation Squadron*

Senior Airman **Jennifer Martin**  
Senior Airman **Kristan Smith**

### *Civil Engineer Squadron*

Staff Sgt. **Bill Dunlap**  
Senior Airman **Kristen Kochems**

### *Communication Flight*

Tech. Sgt. **Christopher Zastrow**

### *Logistics Squadron*

Tech. Sgt. **Ken Devole**  
Staff Sgt. **Tina Cox**  
Staff Sgt. **Kenya House**

### *Maintenance Gp/OF*

Staff Sgt. **Andrew Demmin**  
Staff Sgt. **James C. Malcolm**

### *Maintenance Squadron*

Master Sgt. **Bart Kelkenberg**  
Tech. Sgt. **Robert Spahn**

### *Medical Group*

Senior Master Sgt. **Virginia Ballester**  
Master Sgt. **Jeannie Mang**

### *Mission Support Flight*

Master Sgt. **Nella Perrine**  
Tech. Sgt. **Heather Sweeney**

### *Operations*

Capt. **Keith Walker**  
Tech. Sgt. **Lindsey Sorce**

### *Security Forces Squadron*

Staff Sgt. **Michelle Przybyl**  
Master Sgt. **Mark Hajduk**

### *Services Flight*

Chief Master Sgt. **Robert Leiser**  
Master Sgt. **Peter Voit**

## Congratulations

To Tech. Sgt. Mark Traxler for his selection as flight engineer.

Tech Sgt. Bob Albrecht, Tech. Sgt. Tim Griffin and Tech Sgt. Dan Kilmer for their selections as load-masters.

Senior Master Sgt. Robert Ward on his selection as 107th Air Cargo Specialist Supervisor.

Lt Col. Mike Mack on his selection as the next 107th Operations Group Commander

To Senior Master Sgt. Donald Fisher, Master Sgt. Timothy Heary, Tech. Sgt. John Carr on their retirements.

## Promotions



**Maj. Deanna Miller is promoted to Lieutenant Colonel March 8. Miller's father and Col. Ginavan pin on her new rank.**

## Congratulations!



**Giana Marie Re born Feb. 8 to Staff Sgt. Anthony Re and wife Nicole. Giana weighted in at 8lbs. 12oz.**



**1st Lt. Kevin Smith is promoted to Captain April 2 while his wife Deanna and Col. Timothy Vaughan pin on his new rank.**

Christopher J. Doherty, SFS, Jason P. McFarland, MXS, John M. Podlucky, MXS, Michael J. Senske, MXS, to **Tech. Sgt.**, Jill A. Jakes, CES, Philip M. Zizzi, OPS to **Staff Sgt.**



**Staff Sgt. Tad Wesser and wife Amber welcomed Samantha Jean into the world on March 8. Samantha weighed 7lbs 8ozs.**

## Newcomers

Airman 1st Class Michael Hagen, Airman 1st Class Keith Love, LRS, Airman 1st Class Garrett Mang, LRS, Airman 1st Class Leanne Wagner, SVS, Staff Sgt. Steven Dumbleton, MDG.



# Stress and stress management

By Lt. Col. James Jaeger

107thAW Chaplain

I recently completed an interactive healthcare stress test. It showed that I had high stress. It recommended that I reduce and manage stress. It also advised that I stabilize the amount of changes in my life. It suggested that I communicate better, manage commitments, and prioritize time. Lastly the prognosis: seek therapy or exercise.

This article will be my therapy in seeing that I'm stressed in print. It will be exercise as I move my fingers with a pen and share my emotions with you. Why is a Chaplain like me stressed?

For one, my two parishes are clustering with a neighbor. The present two priests in three churches will decrease to one. Those with blended families will understand what will go on when we become one faith community at the end of June.

Another major change with high impact is my reassignment. I will be moving from Palmyra on June 24. I will be serving the communities of Bath and Hammondsport. My homework and lifestyles will change with the move! No wonder I'm highly at risk in the health assessment that I took. I'm sure all readers have stress that can either be positive or negative. The following article is written by a Chaplain. It will

help all of us deal with the constant stress in our lives:

I feel completely calm having this months topic completed. I did my hourly PT workout with a pen. In my mind I see myself at the end of Kueka Lake by beautiful blue water. I feel a wave of sleepiness and contentment flood over me, as I pet my dog Gracie Ann. I'm in heaven as I put a sign up saying 'Gone Fishing'. It feels good to have no stress.



The following techniques for stress management were written by Chaplain Robin Sullens, in an article, *Anxiety Reduction* found In the Spotlight on the United States Department of Veterans Affairs Web site.

**Spiritual:** For those whose spiritual well-being is important, prayer or meditation may be helpful. Make time to take your concerns to a higher power. This often offers relief and comfort during anxious times.

**Mental:** For those who enjoy using their imagination, imagery can be used to manage anxiety in a creative way. During an anxious time, you can create a safe place by using imagery. Many people have a favorite vacation spot- a sunny beach or a beloved fishing lake with quiet, serene sights and sounds all around. Or, remember a comforting, well-used reading area in your home. The key is to remember a

place that can provide peace and refuge in your mind's eye during an anxious time. When anxiety comes, use your own imagination to place yourself in that safe, calming, comforting place.

**Physical:** Exercise - yes, that word again! Exercise can provide help to reduce and manage anxiety. Jog, walk (walk the dog), ride a bike, practice yoga, or engage in another activity that causes deeper breathing and the blood to pump stronger. Quite often, this will bring a sense of relaxation and well-being that is a natural body response.

**Relationships:** Many people have pets, or have access to a neighbor's pet. Pets can provide a calming influence. Petting a dog or a cat can help us focus on caring for something outside of ourselves. This can put us in a position to receive some unconditional love, when we let it in.

## Catholic Mass

Saturday 4 p.m., Base Chapel

## Protestant

## Worship

Saturday 4 p.m.,

Wing Conference Room, Building 901

## The Rosary

Fridays prior to UTA at noon,

Wing Conference Room, Building 901

For service schedules of **Buddhist, Jewish, Muslim, and Orthodox** communities, call extension 2395.

If you need to see a chaplain, please call Chaplain Services at extension 2395, or at the numbers listed below. Chaplains are always on call.

## Catholic Chaplain

Lt. Col. James P. Jaeger

St. Anne's Church

136 Church Street

Palmyra NY 14522

Phone: (315) 597-4571

## Protestant Chaplain

Maj. Jackie Ann Rose Kraft

Asbury United Methodist Church

3750 Millesport Highway

Getzville NY 14068

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## Commander Cont.

Major Linda Blaszak, who while enduring tremendous personal issues, kept focused on rules and regulations to a degree unmatched by people functioning without any distractions. It is a reminder that we are only limited in ability by our own choices.

Craig Harmon a former Drug Task Force Chief (now deceased), came to work every day regardless of how he felt. One day when he was terminally ill, he sat at my desk and we overheard a co-worker complain about the weather. He looked at me and said "I'm just happy to be alive today." I try to remember this every day.

At the Katrina Operation, I remember feeling a little tired and asking a sergeant where the washers and dryers were. She put down what she was doing to assist me. What she put down was a mud caked family photo that she was trying to salvage. It was another reminder of how fortunate we are, as well as the kind of people we are honored to work with.

Senior Master Sgt. Dean Tuthill always uses a gentle, straight forward approach. I never heard him utter a harsh word and yet he was the most effective security forces member at initiating change. His kindness and quiet professionalism were always welcome characteristics.

Staff Sgt. Warren Jones and the "Rochester Crew" remind us that new members can make an immediate positive impact on a unit when given the opportunity to do so.

When I was promoted in my civilian job to the rank of Investigator, Chief Mark Driess (who was an Investigator at that time) of the Drug Task Force was assigned as my partner. I told him that I had enough time to retire from the military and that with my new responsibility I thought that would be best. Mark protested against such a foolish decision. He pointed out that he could cover any absence I had from the department. This was true as he often did the work of two or three people. He also reminded me of the many unique opportunities provided by being a member of the military. The point is; we all receive a great deal of support from our friends, employers and our communities.

All of the unit members, who sat with Master Sgt. Joe Rubin during his final days. They demonstrated their commitment to each other through their actions.

I am often reminded of the quality of our young people in the military. There are not many professions where a leader can say something like "We have a mission, it is dangerous, we will be traveling, and do not have many details on duration and location." While such a speech might sound like it would deter people – This speech resulted in too many volunteers. I am awed by their willingness to volunteer to serve our country. It is inspiring to have been a small part

of this.

Sheriff Thomas Beilein who served as a U.S. Army medic in Vietnam always supported members of the military at the Sheriff's Department. It is a reminder that service in the military creates an unbreakable bond among us.

Former Sheriff Fran Giles. When he hired me, I offered to leave the military. He said "You better stay in the military, cause you're not going to get rich here." I appreciate the kindness he extended, as my military career could have ended then. However, today, I disagree with him. I only hope I have given as much as I have received during my career. "Richness" cannot be measured in dollars.

My parents:

Carolee Messina, who demonstrated that a parent can always make their children feel important even when their children may be struggling to be average.

Chief Master Sergeant Sam "Sal" Messina, who often sited the "Mountains and Valleys" phrase, he reminded me that there are many ups and downs in life. We can always move in a direction that leads up the mountain; if we choose. He also set an incredible example of a work ethic. I don't ever remember him missing a day of work.

My children:

Staff Sgt. Andrea Messina reminds me that there is humor in almost everything.

Cadet Phil Messina who has taught that patience is key as well as to dream big and to set goals that others may believe not possible.

Anthony Messina has taught many lessons about selflessness. He volunteers weekly and reminds us that there are many people less fortunate than us, and there is always something we can do to help.

Finally, Michele Messina MS, BSN, RN; my wife, mother, part time father who demonstrates organizational skills that are unmatched. This is also a reminder that our families take on many responsibilities in our absence. They are often forced into roles that are not always welcome, but often necessary to keep balance in our absence. This can be a thankless position with few rewards, or recognition for their service to our country. Our spouses deserve at least as much credit for what we do. I am truly inspired by her dedication and commitment.

Thank you to all who have touched my life. We could have never have accomplished our many achievements without your support. I will always be thankful for the dedicated professionals serving our country, I will never forget you.



## Sather cont.

Recreation trailer that allows Airmen have 24/7 access to computers and telephones.

Sather's chapel offers services to all denominations throughout the week. The education trailer offers Airmen the ability to continue their studies and take tests while deployed.

As for the chow hall, which serves four meals a day—breakfast, lunch, dinner and a midnight meal—it is much like any other you may have been in. The staff does their best to serve tasty, nutritious mass produced meals. The exception is that each individual controls his or her own portion. How many cheeseburgers, how many fries, how many scoops of ice cream on their pie is up to them. A recent article in Air Force Times is titled "Get Fat in Iraq." The article points out that the average troop gains 10 pounds while deployed. Without self-control it can easily happen.

The work schedule can vary from shop to shop. For instance, the security forces work three 12 hour

days and one day off; the civil engineers work six 12 hour days one day off; the rest of the shops fall somewhere in between. A day off typically includes a trip to a post or base exchange in one of the surrounding camps. The Sather AB Base Exchange is no bigger than a one-car garage, and has a limited supply of goods. Along with a larger PX, the surrounding Army bases have a Pizza Hut, a coffee shop and gift shops that carry local goods. The surrounding camps also offer the opportunity to see first hand the lifestyle Saddam Hussein was accustomed. Many of his palaces are located throughout the surrounding camps and are now occupied by the U.S. and allied forces.

Three months have now passed since the 107<sup>th</sup> ARW Airmen arrived. They are now preparing for their journey home. They are reducing their luggage by shipping items home, they are gathering addresses and phone numbers of their newly made friends, but most of all they are counting the days until they hear "Folks, buckle in and prepare for take off."

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