



January 2009

107th Airman goes above and beyond

By Senior Airman Peter Dean

107th Airlift Wing Public Affairs Office



Air Force photo / Senior Airman Peter Dean

Master Sgt. Danial Guiher, 107th Logistics Readiness Squadron, ensures that Airmen have the required gear prior to deploying. The sergeant is the first 107th member to be recognized in the National Guard Bureau's Above and Beyond program. The sergeant earned this honor through his hard work, both in the Guard and in his community.

Master Sgt. Danial Guiher has been a valued member of the 107th Airlift Wing for more than 14 years. In that time the sergeant has volunteered for numerous deployments and has been awarded countless citations and medals. The sergeant's deployments include Operation Iraqi Freedom, Operation Joint Forge and Hurricane Katrina relief, where he provided much needed medical support.

The sergeant's achievements don't end there. Out in the community he is a member of the Adams Volunteer Fire Department, holding the position of fire chief. The sergeant personally responds to more than 50 percent of the more than 700 yearly calls. He also maintains an Advanced Emergency Medical Technician Certification that enables him to provide the necessary emergency medical care when called upon. His certification doesn't come without a price. It requires him to attend more than 100 hours of annual training. While not fighting fires or resuscitating a heart attack victim, the sergeant spends his time on the Niagara River volunteering as a rescue diver with the North Tonawanda Dive Rescue Team. His duties include searching the cold murky waters for victims or evidence from a crime, rescuing stranded boaters and interviewing witnesses.

In the sergeant's spare time, he holds the position of Executive Officer, Western New York Young Marines which is a youth group for more than 45 youngsters between the ages of 8 and 18. The sergeant, along with other volunteers, works with the youths to guild them down a productive fruitful path.

Above and Beyond is a National Guard Bureau ran program designed to recognize

See Guiher Page 4

The IG's corner

By Lt. Col. Blair Webster

107th Airlift Wing Inspector General

Sometimes you might see something that you don't think "passes the smell test", but you don't want to get involved. In cases like that, you can submit an anonymous IG complaint. Just call the IG hotline 236-3276 at Niagara.

While anonymous complaints are not the recommended way to go, rest assured that your installation IG will treat it as a legitimate complaint and conduct a complaint analysis just as if you came in person. It may be harder to investigate all the details, but anonymous complaints do get reviewed and analyzed. Filing an anonymous complaint is certainly better than allowing fraud, waste or abuse to happen and doing nothing to stop it because you don't want your name involved in the situation.

Questions? Contact your installation IG, Lt. Col. Blair Webster, extension 3276, for help and/or assistance with your complaint or situation.



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Energy saving tips

U.S. Department of Energy

Audit Your Home Office for Energy Savings

Working from home is becoming increasingly popular, but office equipment can run up the electricity bills. Look for ENERGY STAR computers, copiers, printers and fax machines when purchasing new equipment.

ENERGY STAR products use about half the electricity of standard equipment. Turn off machines when not in use and make sure power management features are activated. Consider buying a laptop for your next computer upgrade; they use much less energy than desktop computers.

Insulate Your Home Against High Energy Bills

A good insulating system can help keep your home warm during winter and cool during summer. Check the insulation in your attic, ceilings and exterior Walls. Also check basement walls, floors and crawl spaces to ensure they meet the levels recommended for your area.

Insulation is measured in R-values — the higher the R-value, the better your walls and roof will resist the transfer of heat. Recommend R-values are attic R49, walls R-15 and floors R-25

The easiest and most cost-effective way to insulate your home is to add insulation in the attic.

A farewell message from Gen. Knauff



courtesy photo

To the Men and Women of the New York Air National Guard,

It's time to go.

For the past six months it has been no secret that I planned to retire in 2009. Sure enough, its 2009 and I have applied to retire effective March 1st. Colonel Tony Basile has been preparing to take my place as NYANG Chief of Staff and Commander, and he's ready. We've transferred the Chief of Staff responsibilities, effective December 15th, 2008; I'll remain the military Commander NYANG until my official retirement date.

I could write much about the health and well being of the largest and best Air National Guard in the world, but I would just be telling you what you already know. You are the best because you accept nothing less. You've understood that your value to your state and nation are a result of being engaged locally and globally; the Guard isn't about flying around the flagpole, but getting out and doing this country's business wherever it is.

There will always be challenges. Senior leadership changes, mission and hardware changes will all be part of the landscape in 2009 and beyond. I am confident that the airmen of NY will be able to overcome any obstacle in pursuit of what I believe is the goal of each and every one of us - to leave our part of the NYANG a little better than it was before.

Thank you for the best thirteen years of my Air Force career. I will miss you all.

Fondly,

Bob Knauff

ROBERT A. KNAUFF, Major General, New York Air National Guard



Energy management and conservation

By Chief Master Sgt. Earl McDonald

107th Airlift Wing Facility Manager

It is no secret that in the world we live in today energy conservation has become a hot topic. The 107th Airlift Wing has been continually moving forward in its efforts to reduce utility costs and utilize green forms of energy. The energy conservation fight is far from over. Every year new benchmarks and polices are established by both the state and federal governments which mandate more aggressive forms of energy management. The civil engineer squadron has the responsibility of establishing and maintaining energy conservation programs and instituting a 5-year energy plan. We are entering our third year of this plan, in which energy importance has only become a higher priority issue throughout the United States, the Air Force, and Air National Guard. The 107th's 5- Year Energy Plan has hit all the marks that were established thus far, but we still have a long way to go.

The biggest hurdle we are going to face in the next phase is attitude. The wing faces the same high costs for natural gas, electricity, water and sewer as we do at home. The utilities budget the wing receives comes from Guard Bureau. The rate, cost and amount of consumption of each type of energy is closely scrutinized each month and the amount being funded is not growing at the same rate as the projected utilities costs. We have to bring everyone into the fold now! We need lights turned off in areas where no one is working. We have to do all the things our parents told us when we were growing up, but didn't do until we had to start paying the bills ourselves. Those of us who are older and have children have to practice what we preach at the workplace.

We are looking for ideas to change the way we do business. It can be anything as simple as notifying



Tech. Sgt. Nicholas Dodge, CE Production Control at ext. 2406, three to four hours prior to an aircraft entering or leaving a hanger. CE can lower the thermostat before the hanger doors are opened, therefore we can save energy used to heat this space.

The 107th CES has several projects in the works that are way ahead of other units in New York State and the Air National Guard. We've have had to make adjustments due to the conversion and association with the 914th Airlift Wing. We share all of our information with the 914th AW during our joint quarterly energy meetings.

Energy is a high profile issue, therefore it is up to all of us to ensure we are in compliance with all energy saving initiatives. No one knows how to save energy in your work area better than you, therefore let's start 2009 on the right foot. CE looks forward to saving our tax payer dollars by initiating your suggestions for energy conservation.

Cont. from front page, Guither

Guard members that have distinguished themselves as high achievers in both the Guard and/or in their community. Above and Beyond recipients will receive world wide recognition through both printed and electronic publications. Additionally, the recipients will also be the envy of their fellow peers.

All supervisors that have members of the 107th that have performed above and beyond can submit the individuals name to the 107th AW Public Affairs Office. To complete the package both a military and civilian bio will be needed. Unit members who feel they are being overlooked by their supervisor can also submit the required information to the public affairs office via e-mail. PA.107AW@nyniag.ang.af.mil



“Above All”



The Guard, Taking it to the extreme

By Master Sgt. Donald Blady

107th Airlift Wing Security Forces 1st Sgt.

First, hopefully everyone had a safe and joyous holiday season and continued good health going forward. Taking it to the extreme, what does that actually mean? It could mean many things but when talking about the Guard, friendship, life changing events, travel, and career opportunities. These are some main ingredients of taking it to the extreme. The Guard gives all of this and more back to you if you seize the moment.

The friendships you make in the guard are exactly like the friendships you make in your civilian atmosphere. They can last a life time. I joined the Guard in 1985 after four years of active service. To this date I still communicate with fellow Airmen (friends) from the earliest days and continue to make new friends as time passes. Especially the type of friends that if I need some sort of help all I have to do is make a call and just like the famous line in the movie *Field of Dreams* "they will come". Making friends is also a valuable tool to have possible contacts for future endeavors like possible job interviews or just talking about and getting advice on how to fix something in your car or house. Friendship is so valuable, don't waste it!

You can always be affected by life changing events, some good and some bad. I've had the unfortunate experience burying two close friends and 107th members, Master Sgt. Joe Rubin and Tech. Sgt. Andy Hoelzl. The sadness is sometimes unbearable but with the friends you create throughout the Guard, you can work through it. Take a step back and think about the Twin Towers and how you felt at that very moment or when you are on deployments in the HOT zones or when you can help a fellow airman (friend) in changing his/her habits and achieving a positive credit rating. There are some many types of events large or small that can change your outlook for the future.

The Guard has been very kind to me and can be very kind to you if you once again seize the oppor-



tunity. I've enjoyed many visits around the world that would not have been possible in civilian life. Some of the places I have visited are Europe, the Middle East and numerous cities in the U.S. I've been able to see just how other individuals live, and some of the Seven Wonders of the World. Take advantage, seize the moment, its there.

The Guard has many different career fields to gain invaluable experience and personal satisfaction that you can utilize in the civilian world. Many civilian companies are huge Guard supporters because they realize the training you receive benefits them in numerous ways. These include leadership, management, supervisory skills and on the job training skills which help them spend fewer funds on training you for specific functions.

As you can see, the Guard can be life changing for individuals who want to seize the moment.

At this point in time, hopefully you're still reading this article and wondering why I'm communicating about this subject matter. By the time you read this, I will be retired after 27 years of service with the Air Force and National Guard. I can honestly tell you that I've learned so much and enjoyed the company and friendships of so many personnel that I have met over my career. I wouldn't trade it for anything. God Bless, take care and we'll meet again sometime.



Seeds of hope

By Chaplain (Major) Jackie Ann Rose Kraft

107 ARW Chaplains Office

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

Office: (716) 688-8677

Home: (716) 625-6266

“There is surely a future hope for you, and your hope will not be cut off.”

Proverbs 23:18

In her book, Scarred by Struggle, Transformed by Hope, Joan D. Chittister gives her readers a perspective on holding fast to hope. Hope she says is rooted in the past, but believes in the future, and hope is found not in the glory, but in the struggle. What a comfort it is for me to hear these words as we struggle to make our way in a world that keeps moving away from us. One minute, we are on top of the world, the next it's someone else's turn. As human beings we all are scarred by struggle and can be transformed by hope if we allow.

Chittister says the way we deal with struggle has something to do with the very measure of the self, with the whole issue of what it is to be a spiritual person. Every major spiritual revelation known to humankind, in fact, is based on the bedrock of hope. Hinduism sees life as the gathering of graces that leads, eventually, to the eternal ending of each of us into the energy that is God. Buddhism teaches the path to Enlightenment, to the end of suffering. Judaism lives in the life-giving laws of God and waits for the Messiah who will turn an unjust world into the eternal glory of God. Christianity embraces the Paschal Mystery and its movement from death to life through the crucifixion, death, and resurrection of Jesus Christ. Islam awaits the transformation from the physical burdens of this life to the spiritual freedom that comes with submission to God. Embedded in each is a spirituality of hope that permeates their followers with the power to believe in life, to cope with life, to live

life, whatever the burdens that come with the daily “dyings” of life.

All of us have stories of struggle and hope. In the cycle of struggle the seeds of hope can spring forth if we are open to the gifts that the struggle can give to us. When we are most vulnerable, just when we most want to let go, to give up, to quit, we find ourselves in the struggle of our lives, trying to survive, trying to go on. Why? Because going on is what life is all about, and because there is no other choice. The only question is whether we go on in the fullness of ourselves, or live wounded and negative for the rest of our lives. One way is depression; the other way is new life. One way is defeat; the other way is hope.

When we are becoming something new again, we have to go through isolation, darkness, fear, powerlessness, vulnerability, exhaustion and scarring. If we are willing to persevere through the depths of struggle we can emerge with conversion, independence, faith, courage, surrender, self-acceptance, endurance, purity of heart, and a kind of personal growth that takes us beyond pain to understanding. Enduring struggle is the price to be paid for becoming everything we are meant to be in the world.

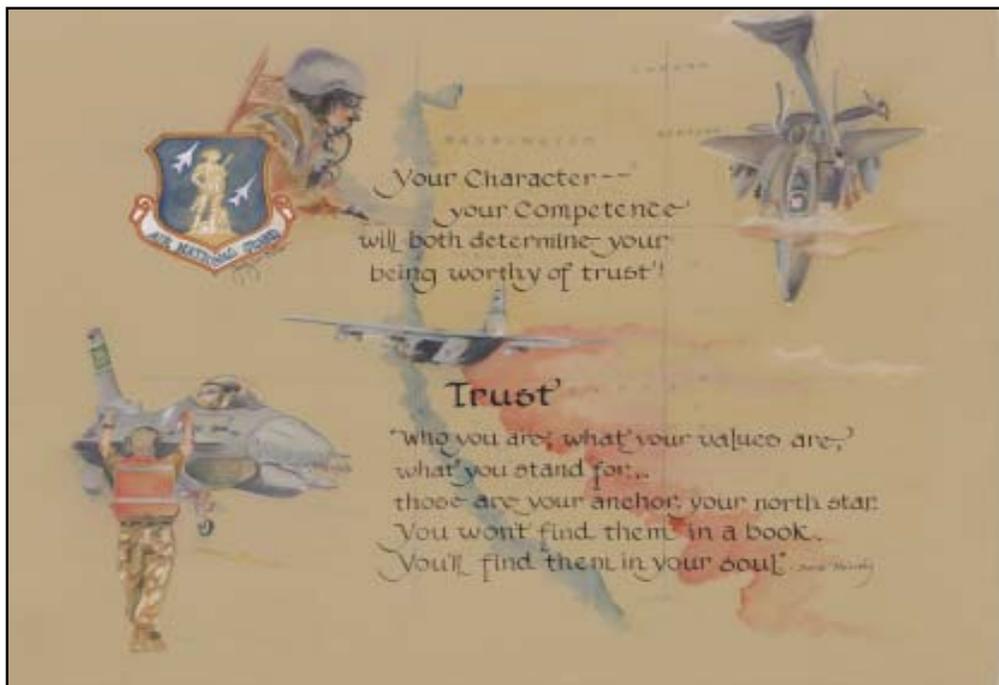
Let's encourage, challenge and inspire each other as we struggle in life bringing rise to seeds of hope and transformation for the 107th, our country and our world.

Don't forget to participate in the Readership Survey...see the back cover for information and instructions.

From you HRA- Trust

By Senior Master Sgt. Scott Green

107th Airlift Wing Human Resource Office



* Trust flows from being trustworthy! It is born from honoring commitments, speaking your truth, standing for what is right and listening to the voice of one's conscience.

* Be trustworthy. In order to lead, you must be trusted, to be trusted, you must be trustworthy. Your integrity can never be taken away.

* We are a disciplined ANG that puts mission first; flies, fights and wins as a team; knows the rules; pays meticulous attention to details; and is accountable for the final results. We can never allow ourselves to lose that enduring trust! It defines who we are, as well as what we do!

Dates of Interest

* February 17-20, SatPME Facilitator Course

- For members interested in facilitating our SatPME classes, please contact Senior Master Sgt. Scott Green. Requirements are; an associates college degree and in-residence PME credit of the class being facilitated or lower.

* March 03 - May 21; NCOA SatPME 2009 Class

- Upon success of the 107 AW's first SatPME class, we are registering technical sergeants for the next class, which begins March 03. For In-Residence PME credit while attending two nights a week and two weeks at the academy. ***Facilitators Also Needed***

· April 17 & 18; 4 Lenses / Teamwork Skills Enhancement Class

· Free, fun, and always useful! All positive feedback came from those that attended my 2008 4 Lenses / Teamwork Skills Enhancement class. Because of its success and continued interest, we are conducting two classes during the annual NYANG HRA Workshop, hosted for the first time by the 107 AW. From our commanders and Chiefs to our supervisors and youngest Airmen, all members are encouraged to attend. Space is limited call Senior Master Sgt. Scott Green to reserve your seat.

Diversity Training

For those that have attended "The 5 Reasons for Diversity" training, can you name the first reason to practice diversity? Reason 1- "It's The Right Thing To Do." Anyone interested in scheduling an annual refresher class for your section or to learn the remaining 4 reasons for DIVERSITY, contact Senior Master Sgt. Scott Green ext. 3006



Meal of the day; Turkey, stuffing, with a side of love



Courtesy photo



Air Force photos / Senior Airman Peter Dean

On Dec. 19, members of the 107th Airlift Wing spent their day volunteering at the local soup kitchen. The Love and Soul Soup Kitchen located in Niagara Falls feeds up to 150 people on a daily basis. “The kitchen is open to all,” said Sue, a soup Kitchen employee. “No one is turned away,” she added. Their clients include the homeless, the needy and anyone else that needs a nutritious meal. The soup kitchen serves one meal a day, lunch. Earlier in the month the generosity of the 107th members contributed more than \$1,700, which was used to purchase food staples for the Niagara Falls City Mission, which runs the soup kitchen. Pictured above from left to right, front row: Marcia (kitchen employee), snowman, Dana Borget, Aliza Adanza, Melissa Shenefiel, Chanda White, Back row: Scott Dixon, Virginia Ballester, Bob Mathewson, Gail (kitchen employee), Jeff Lewis. On left Roger Clark receives a saucy package from Sharon Gouchie. The two are part of a volunteer team that purchased and delivered the more than \$1,700 worth of food to the Niagara Falls City Mission.



Newcomers



Airman 1st Class Joshua Gilmore, LRS



Staff Sgt. Scott Callaghan, Ops.



Airman 1st Class Vanessa Gray, SC



Staff Sgt. Andrew Birtch, LRS



Newcomers & reenlistments



Tech. Sgt. Catherine Perretta, PA



Airman 1st Class Alicia Fisher, SFS



Airman 1st Class Christopher Bald, LRS

Welcome

Tech. Sgt. James Walsh
Staff Sgt. Paul Blakowski
Airman 1st Class Robert Cooney
Airman Basic Jacob Sternisha



Moving on up



Capt. Kevin Smith on left and Col. Timothy Vaughan on right pound on Ben McDonald's new strip. McDonald was promoted to Senior Airman. Senior Master Sgt. Paul Wiencek is in the back ground.



Chief Master Sgt. Dennis Pollow on left and Lt. Col. Douglas Hartley on right promote Scott Little to technical sergeant.



Master Sgt.

Kenneth Devole
Michele Waring



Tech. Sgt.

Jennifer Martin
Adam Wigdorski



Senior Airman

Justin Goerss



SFS, outstanding performers



Capt. Kevin Smith presented Senior Airman Jozef Moderacki an Air Force Achievement Medal for his outstanding performance during a recent deployment.



Capt. Kevin Smith presented Senior Airman Stephen Flateau an Air Force Achievement Medal.



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

Capt. Kevin Smith presented Staff Sgt. Jeffery Boyer an Air Force Achievement Medal, Senior Master Sgt. Paul Wiencek is in the back ground.



Farewell



Air Force photo / Senior Master Sgt. Raymond Lloyd



Air Force photo / Tech. Sgt. Catherine Perretta

Above left, Chief Master Sgt. Samuel Davies presents Chief Master Sgt. Richard Boxhorn with a departing gift. Above right Col. Jim McCreedy congratulates Master Sgt. Veronica Jadoch on her retirement. Below First Sgt. Derrick Harris presents Master Sgt. Paul Brundage a collage, representing Brundage's more than 20 years of Military service.



Air Force photo / Tech. Sgt. Catherine Perretta



Air Force photos / Senior Airman Peter Dean

The doors of Christmas



Doors cont.



Doors cont.



Doors cont.



Holiday festivities

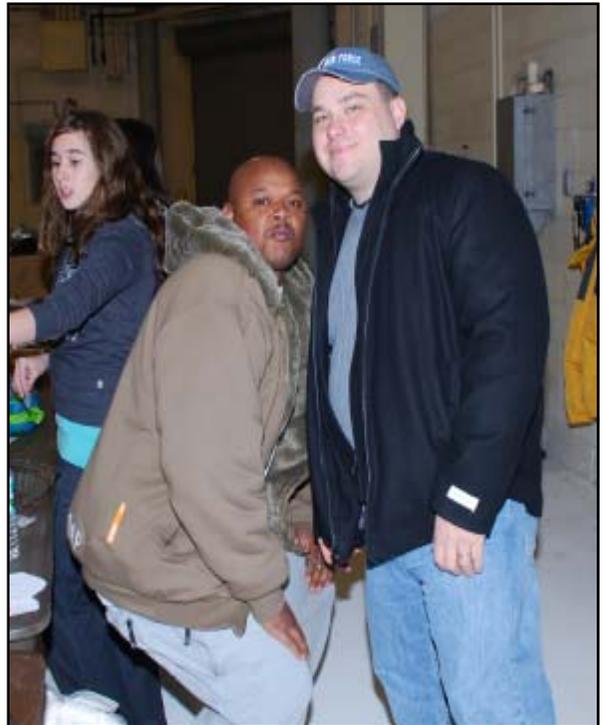


Above Staff Sgt. Rebecca Kenyon on left and Tech. Sgt. Charity Edwards taste cookies that were offered during the holiday cookie contest. Below three *live trees*, with the help of their five-man team compete in friendly competition that was held during the full timers Christmas party to be named best tree of 2008. Above right Col. Patrick Roemer voted by the crowd, best *live Christmas tree*.



Air Force photos / Senior Airman Peter Dean

Festivities cont.



On left Tech. Sgt. Gary Gouchie tries his luck at the hole in one contest. Better luck next year sergeant. Above right Master Sgt. Kevin Huff (on left) along with Capt. Bryan Dalporto guard the cookie table. Their strategy, hide the cookies in their stomachs. Below unit members gather for party festivities.



Air Force photos / Senior Airman Peter Dean