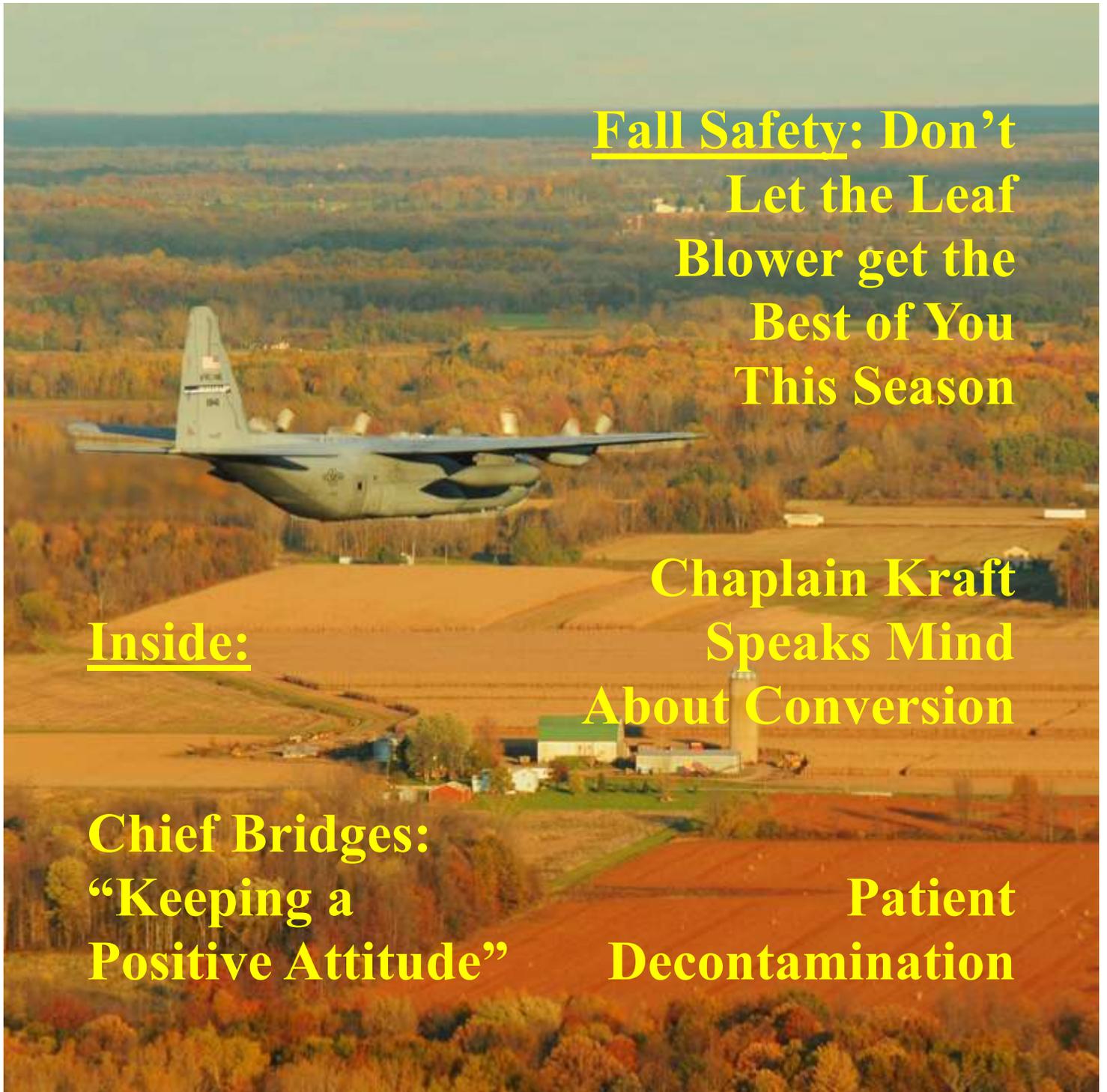




Fall 2013



**Fall Safety: Don't
Let the Leaf
Blower get the
Best of You
This Season**

Inside:

**Chaplain Kraft
Speaks Mind
About Conversion**

**Chief Bridges:
"Keeping a
Positive Attitude"**

**Patient
Decontamination**

The week prior to the September drill we hosted members of the ANG A-staff SATAF (Site Activation Task Force) team for our mission change to the MQ-9 Reaper. With the SATAF complete, the 107th has a clearer picture of our future. The new mission is different from anything this wing has previously been involved with, but it should prove to be an exciting conversion. We will be at the leading edge of Air Force technology and making an impact for our nation for years to come. We officially start our conversion sometime next year, but already we have started to send folks to training on the new mission. The conversion will be a long road as we work to Initial Operational Capability (IOC) in FY '17, but I'm confident that we will do it safely, efficiently, and that the 107th will embrace the new mission with gusto.

However, let's not forget we are still a Combat Capable C-130H2 Wing executing a combat deployment, and doing it well! Our deployed maintenance personnel have received awards for their efforts overseas, and they continue to set the benchmark for all the other maintainers. For two straight months they have achieved a 100% mission effectiveness rating. Outstanding work and what has been the 107th standard for years. At the end of August, our Aerial Port personnel returned home after a difficult and dangerous six month deployment where they too set benchmarks for cargo and passenger movement. CMSgt Bob Ward and his people did an amazing job and made the 107th proud! Finally, our aircrews and other support personnel are doing what they do best...supporting the warfighters every day with every mission. This is our job, our mission, our responsibility, and we don't fail. Col Higgins and I have

been extremely proud of the work that has been done overseas and at home, and we look forward to welcoming all our deployed folks back in November.

Finally, as we get closer to holiday season, I would like to talk about what makes the Guard so special. We all pride ourselves on the fact that the Guard is a family and we take care of our own. Many of you go above and beyond in supporting wing members, as well as our local community not just during the holidays, but year-round. One of the ways we can support our community, the Guard and our military family in general is through support of our local Veteran's organizations. Our own Wing Director of Psychological Health, Connie Przepasniak, is on the board of the Western NY Veteran Housing Coalition, a group that helps find housing for homeless Veterans. We have an alarming number of homeless vets these days, many suffering from PTSD and other issues from deployments to Iraq and Afghanistan, and they can use our help. You could also volunteer or donate to the VA hospital, Veterans' One Stop, and other agencies that serve the military. I just want to encourage you to help our extended family, our brothers and sisters who have worn our nation's uniform, as only a family can do. If you think you want to get involved, just talk to Connie.

Stay Safe.

Bob

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107th Airlift Wing

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Vice Commander

Col. Robert Kilgore

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THUNDERBIRD

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KEEPING A POSITIVE ATTITUDE

Like many of you, I find it a challenge at times to keep a positive attitude amidst all the happenings around us. There are many unanswered questions, pending decisions and things in limbo and it seems the only constant we have these days is change. With every recent retirement speech, ceremony and HHQ or DV visit we receive praises on our performance, thanks for our dedication and a brief on our history. This is to a small extent frustrating, since all else seems **moot until we know the details our Unit's** fate. This frustration seems to be the underlying theme in conversations with Unit members. We know we are one of the best units, the one truly successful ARC Associated Unit in the ANG. The hope of another opportunity to shine, is our reason to stay positive.

Traditionally, information flow has been a roadblock to a positive working environment. Miss Communication (pun intended) seems to have fulltime position here at Niagara and her job description states she has to disrupt our processes, create hard feelings, and force people to make decisions based on misinformation. It becomes cumbersome to



brief folks on every single news item, but on the other hand, it is extremely frustrating for leadership to not have the answers. The bottom line- without the most recent and **accurate information, we can't expect anyone to make quality decisions.** If you aren't getting new information, chances are your supervision has nothing new to share.

There are some lyrics floating around, **based on the song 'Don't Fear the Reaper.'** This is somewhat dedicated to our 914th brothers and sisters and our pending **disassociation.** This could also be our Unit's motto, since it just may be the greatest opportunity for unit members in the 107th's his-

(Continued on page 4)



(Continued from page 3)

tory! Perhaps we should have a lyric contest for the most upbeat version/verses for this song.

A detractor to our current and future mission, which has an immediate effect on morale and would possibly affect future working relationships in the new mission: gossip, grapevine, rumors, etc. Call it what you will, it is an ever-present evil in our society and is **simple human nature. I've heard everything** from we are getting tankers back, to Maintenance and APS are getting all the new jobs. How do you beat the grapevine? With the truth! For example, I was told a short time ago, someone had been promised a job on the new manning document. The truth of the matter, the conversation was watered down and morphed to inaccuracy. This verse sums up my feelings on the subject: Matthew **12:36** "But I say unto you, That every idle word that men shall speak, they shall give account thereof in the day of judgment." **I can't top that. The only advice I can give about gossip is, don't repeat it and get to the bottom of it.**

How do I stay positive? I am married to the love of my life. This November it will be 34 years. I/we joined the active duty Air Force three weeks after we were wed. In nearly every job I have held both private and military,

I have had the honor of being a team member. I have worked, on a part time basis, since I arrived here in June of 1985. I was hired as a full-time Technician in January of 1986. I roofed for 20 of those years, with my **family. It wasn't really quality time, but we** had time together. I currently work part time at Hamburg Honda, who welcomed me into their family nearly eight years ago.

This 'job' entails selling toys/parts, talking to people, finding out their needs, as well as talking powersports and outdoor activities.

I am involved in network marketing, currently studying to become a Financial Advisor and am a certified Motorcycle Safety Foundation Rider Coach. These activities have given me the opportunity to not only earn extra money, they have put me out into the private sector and allow me to experience some of the things Traditional Guardsmen are dealing with in their civilian lives and grow as a person. It has helped me accept the fact everyone has something they can teach me and **no one on this earth is a 'know-it-all.'** A very positive approach to people is to treat them as if you will gain by knowing them. This normally forms an immediate mutual respect and is a positive start in any relationship.

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(Continued from page 4)

Another way I keep positive is by contributing to charity. My personal favorite is The Ride for Roswell. Cancer took my father three years ago. Cancer has recently struck several unit members and their families as well. I rode my bicycle 62.5 miles last year, raising \$1,000 and challenged myself this year to ride the 104 mile. My Brother, Dave, and my Sister, Donna, led the ride and together. **We completed the 'Century' Ride and raised over \$4,500 in donations.**

With Sunday as my day off, friends and family gather at the farm for group therapy at the shooting range. There is a certain healing quality in the aroma of burnt gunpowder. My son and I have been clearing the property for a 300-yard range. There is something therapeutic in running a chainsaw for 3-4 hours and looking back at your paths of destruction, knowing it will heat your home for months.

When all else fails, and I need a check-up from the neck up, I flip my phone open and my three granddaughters appear with my **son's smile! I challenge you to find the one thing, which makes you smile in nearly any situation, whether it's a particular memory or a silly song about a fire breathing spy plane.** Probably the number one cure for a poor attitude, regardless of the cause, is to talk to

someone! I need to mention our resources: LtCol Deanna Miller and her team of victim advocates, Chaplain Kraft and her assistants, Connie Przepasniak, Wing Director of Psychological Health, our first sergeants and of course the 600+ wingmen in our unit.

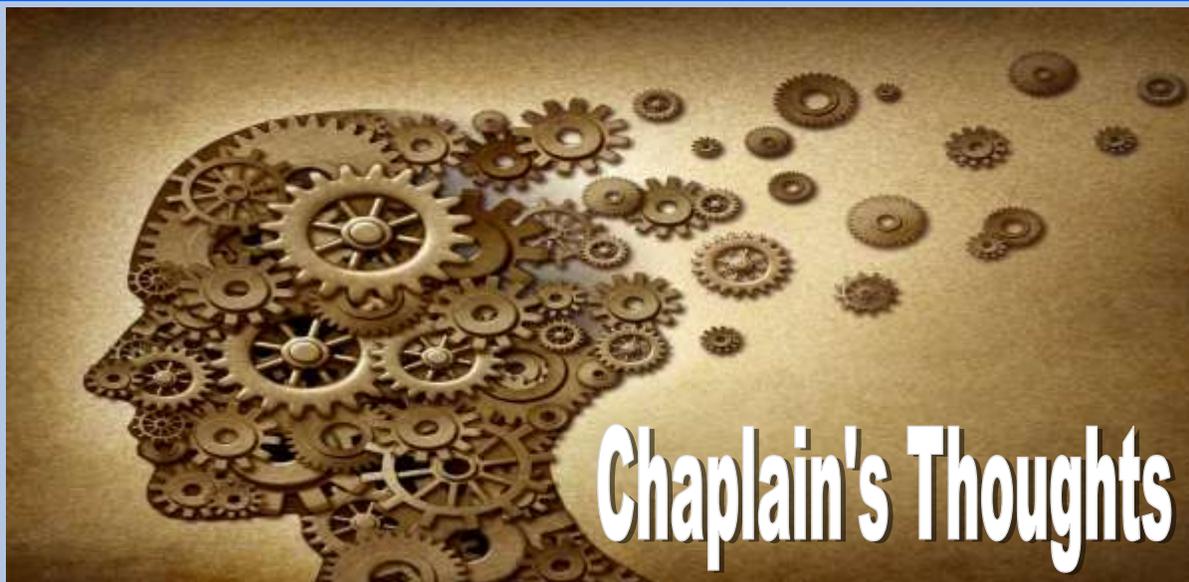
Please keep in mind, your customer today may be your co-worker, subordinate or supervisor tomorrow. Do unto others, as you would have them do unto you. **Employ the core values. Walk a mile in 'their' shoes.... When you hear "they said," ask who 'they' are or disregard everything after "said."** This mindset will improve our climate and help us all maintain a positive outlook.

I mention this last, because the last place **many folks go is to their faith. There's power** in brother/sisterhood and prayer. Pray more for our leadership and the decisions they have to make affecting the lives of their people. I continue to do so. Remember our deployed personnel and members of our unit who have needs. Listening to people and helping them with their issues can cure your woes. Keep paying it forward.

I bid you Godspeed,

Wayne





The word conversion means: change, transformation, adaptation, switch.

Change in this world is unavoidable. Even though we don't always know what that change will look like or when it will exactly happen, we can predict that change will happen. Individually and organizationally, change needs to happen within, if we are to continue to survive. Change is a constant in highly successful organizations. The 107th has a history of change and adaptation. We have gone from being a base of fighter jets to an air refueling wing, to an airlift wing and now to an attack wing.

Presently when we consider about the 107th we think: AMC, C130, Airlift Wing, Cargo Mission, MiCT, ORE/ORI, One IG, vehicle maintenance.

In the near future when we imagine about the 107th we will think: ACC, MQ-9, Attack Mission, CCIP, IG Plus Wing Plans – horizontal and vertical inspections, SAC-Self Assessment Checklists, computer technicians.

I remember reading the book *The Heart of Change* by John P. Kotter when the 107th mission went through its last conversion. Kotter is internationally known and widely regarded as the foremost speaker on the topics of leadership and change. Kotter named the eight stages of successful, large-scale change: increase urgency, build the guiding team, get the vision right, effectively communicate the vision and strategies, empower action, create short-term wins, don't let up, and make change stick. These eight stages apply to our conversion today as well.

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Predictability, change is also happening in the Chaplain's Office. Since January of this year, SSgt Janis Cordita moved from California to New York and changed from being a Cyber Systems Operator to a Chaplain Assistant. TSgt Gary Tim who has been with the 107th for about 17 years is making the change from being a Vehicle Operator/Dispatcher to a Chaplain Assistant. At the last half of his career he is going back to school for training. Like SSgt Cordita, TSgt Tim is adapting in order to be relevant for today's world here at Niagara Falls.

In a world that must constantly change there is only one thing that can be counted on not to change. The Scriptures tells us that God "...is the same yesterday and today and forever." God is our maypole, our rock, our "groundedness" in a world that needs to change or it will cease to exist. Our mission is changing and we need to adapt our careers for the future. My prayer is for your resiliency as we go through this conversion together. Remember that your chaplain office staff is the "maypole" that is the "Presence of the Holy" or the "Spiritual Compass" in a constantly changing world. We are here for you in the predictability of change.

Chaplain Services

Wing Chaplain

LtCol Jackie Ann Rose Kraft
Asbury United Methodist Church
P.O. BOX 743
850 Dodge Road
Getzville, New York 14068-0743
Office: (716) 688-8677
Home: (716) 625-6266
Chaplain Crisis Phone: (716) 228-7719



PROTESTANT SERVICE

Saturday-1600
Wing Conference Room-Building 901

CATHOLIC MASS

St. Leo's R.C. Church
2748 Military Road
Niagara Falls, NY
Sat. Mass 1600
Sun. Mass 0900

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

For Service schedules of other religious communities contact the Chaplains' office at ext. 2395.

Year in Photos 2013

Hurricane Sandy Deployment

CE Deployment

NEW Range

Chief Promotion

Change of Commands



MORE! Year in Photos 2013

Deployment Line

Kids Day

FOD Walk

Spy Camp

Command Chief



Niagara's New Team

of Certified Decontaminators



Members of the 107th Airlift wing volunteered for training a few days in September. They trained and became certified as a member of the In-Place Patient **Decontamination (IPPD) team**. **“We are** the first line of care for anyone that is contaminated and/or injured in some type of contamination event, said team chief, Chief Master Sgt. Virginia Balles-**ter of Medical Group**. **“We do not provide** the actual medical treatment; however we are **responsible for quickly and efficiently decontaminating patients** so they can receive much needed, potentially life-saving medical care. This IPPD kit is beneficial to both the unit and the local community and hope this fosters peace of mind for **residents.”**

The training was fast paced and lasted for three days. The kit contains a water heater, a tent, a hazardous material **containment bladder along with personnel’s**

protective equipment. Alex Ibarra, the instructor, taught and demonstrated the set up and use of these items. A written exam and a timed, hands-on requirement were used to establish competency of the group members. **“From the first day, everyone was actively involved in the training”**, said Balles-**ter**. **“The instructor was a wealth of** knowledge and experience. He informed us that to successfully complete the training we would be required to set up the entire decontamination processing line, don our Level C suits and respirators within 20 minutes. This seemed difficult, but after 2 1/2 days of intense training we were able to complete this task on the first attempt with time to spare. The team did fantastic and I am thankful for all of their hard **work.”**



The newly certified group of thirteen will be responsible for activating and responding to a potential chemical, biological, radiological, nuclear and high-yield explosive (CBRNE) incident. **“There was a diverse group of personnel from different career fields”, said Staff Sgt. Janis Cordita, a Chaplain’s Assistant. “It was cool to see all of us join together as a team and accomplish the goal of setting up to decontaminate patients. I feel that everyone should at least have a general knowledge on how to protect oneself and others from a hazardous situation.”**

The 107th Medical Squadron is looking to expand the size of this team. **“We**

now have a fully trained decontamination team, but **we are always looking for extra team members”, encourages Ballester. “Full-time personnel are preferred due to response time requirements, but all are welcome to this challenging and rewarding detail. Please contact me anytime if you are interested.”**

Story by Technical Sgt. Brandy Fowler



PHOTOS BY: Staff Sgt. Jeanette Valdez





I'd like to start out by saying that I am extremely proud and honored to be working as a contractor for the Air National Guard. I am the very proud daughter of a Vietnam veteran whom

served in the Air Force. Both of my grandfathers as well as four of my great uncles served in WWII. My father in law is also a Vietnam veteran whom served in the Air Force. My uncle, aunt, six cousins and my brother-in-law have all served in the military. Several have served in OEF/ OIF.

In the last 18 years, my experience in human services includes working with children, teens, adults, families and veterans in particular combat veterans. I have worked in residential, outpatient, substance abuse and private practice. My youngest client was a three-year-old victim of abuse and my oldest client was an 83-year-old WWII combat veteran. I have no words to express the healing that I have been able to bear witness to throughout my career. It is truly an honor to do the work I do. I specialize in trauma work, particularly combat PTSD. My work does not end at the end of my work day. I am involved in numerous veteran organizations, programs and committees. I am on the ladies Auxiliary for the Eden American Legion Post #880 and the Eden VFW Post. I am on the board of directors for the WNY Veterans

Housing Coalition, I am the treasurer for the Board of Directors of the Veterans One stop Center of WNY, I am on the Advisory Board for Compeers Vet to Vet Program, on the Joining Community Forces Committee, on the Erie County legislators Valor for Valor Committee, the Iraq and Afghanistan Veterans Memorial Committee and most recently I have been asked to join the Advisory Counsel for the University of Buffalo Partnership for excellence in veteran care. Last year I was also instrumental in bringing the traveling Vietnam wall to Eden. I was able to coordinate 32 mental health providers to be available to provide mental health support while the wall was displayed.

It is through my veteran affiliations that I am able to carry on the patriotism that is such a core part of my being. As the Wing Director of Psychological Health I would like to ensure the 107th Airlift Wing that I am here to support all of you. There is no problem too big or small. I can help you with military and non-military related issues. If you are experiencing grief, loss, depression, anxiety, PTSD, insomnia, anger, substance abuse, physical, emotional, sexual abuse, domestic violence, family violence, financial stress, work or home-related stress;

Please do not hesitate to contact me (office: 236-2401 mobile: 534-4209) Services are free and confidential.

I look forward to serving those who serve,

Connie Przepasniak, LMHC
Wing Director of Psychological Health



COLONEL DAY 'MEDAL OF HONOR' RECIPIENT SERVED AS ADVISOR WITH THE 107 TFG

COL Bud Day was born in Sioux City, Iowa. At 17 he enlisted in the Marine Corps and served until he was discharged in 1945. He earned a Bachelor's degree in science and a law degree from the University of South Dakota in 1950. Shortly thereafter, he was recalled to active duty in the Air Force and commissioned. He received jet training and flew in Korea. After Korea he flew with a number of fighter units including a tour as the Air Force Advisor to the 107th.

In 1967 he moved his family to Glendale and he went on to Vietnam. On August 26, 1967, he was shot down about 40 miles north of Quang Tri, just across the DMZ into North Vietnam. He managed to parachute out and when he struck the ground he was knocked unconscious.

This is Colonel Day's story:

I woke up with a young Vietnamese pointing a very old rifle at me, and I'd just gotten my radio out giving the airborne control a call telling them that I was on the ground, alive and safe. I discovered at this point that my right arm was broken at the wrist and in the upper arm. The young Vietnamese along with a couple more stripped me out of my flying suit and survival pack and marched me off in the direction of the nearest village. Just about that time a helicopter which was looking for me came roaring up, taking a tremendous amount of fire. They stopped the chopper to look for me, and finally it turned around and departed.

The Vietnamese marched me through several villages to a little town called Vin Lin which is the capital of a small province in Southern North Vietnam. The normal practice was to take you into the villages, where they gave a propaganda speech to get all the people out, and of course being poor, uncultured, ignorant people, they would generally mistreat you.

I was in Vin Lin just a couple of days when a Vietnamese doctor — I almost hesitate to use that term because most of their doctors are not doctors in the sense we know doctors but instead are sort of super medics — came by and put my arm in a cast. Because of the fact they thought I could not get around they were quite careless with me, and as a result I was able to untie myself and slip away. I knew this area quite well, and I was able to navigate down into South Vietnam. I was free for at least 13 days, perhaps, 14, I'm not sure which, and it looked as though I was going to be home free because I was well into South Vietnamese territory. But it just so happened that there were more North Vietnamese around than there were South Vietnamese and Americans and I walked into an ambush position.

When I walked into the ambush they called for me to stop and I tried to make it back to the jungle; they fired on me and I took a hit in the left leg and one round went through the finger of my left hand and one scraped the bone on my right thumb. I was recaptured and they put me in a sling and carted me back to north to the same camp I had escaped from.

From there they moved me farther north until I was in the vicinity of the town of Dong Hoi. They put me on very, very low rations, in what I thought was a deliberate attempt to starve me down so that I would be unable to escape again. I was put into a hole, with almost no food or water and no medical care. During this time my wounded finger and the wound in my leg became pretty badly infected.

I got to the town of Binh on about October 10. They immediately put me into what they call a re-education program. The communists are great at re-educating you; they felt that if they tell you something often enough, it has to be the truth. The first time I sat down they gave me this unbelievable version of what's happening in the world, and then proceed to explain to me that now that I know all about what's going on in the world it's pretty clear that I must be having some second thoughts about American participation in the Vietnam War.

I had expected a certain amount of subtlety and perhaps some



COLONEL GEORGE 'BUD' DAY, USAF,
RETIRED

very intelligent people who would try to outwit me, nothing like that ever occurred. They relied 99.4% on just massive, brute terror, and they were about as subtle as ice picks between the eyes.

They wrapped the ropes around my arms, stood me on a chair, and tied another rope from the ropes on my arms to a rafter. They gave me a chance to confess but I told them my plans were to stick with name, rank and serial number. They jerked the chair out from under me and I hung there from eight o'clock to what I think was about 10:20. I was unable to tell what this was doing to me except that it was ungodly painful.

This failed to produce the results they wanted so the interrogator had one of his guards come over and grab me by the hand of my broken arm and give it a violent twist until he rebroke my arm. It had begun to heal in the cast and he twisted it until you could actually hear it break.

When this experience was over my interrogator said, "Now you see I am prepared to go to any lengths, and if you do not answer any of our questions I will break

your other arm."

So I elected to give him some answers. I went into a series of lies which maintained until they took me to Hanoi. I went into torture again in New Guy Village prison in Hanoi and I had to go into a new set of lies.

This severe torture finally stopped and I was put out in a camp called Las Vegas. I stood in solitary confinement for a short time, but after a few days they gave me another Officer, Norris Overly, to act as my nurse because I couldn't take care of myself.

We moved to another camp in December and teamed up with a third officer who was crippled. Eventually I was taken out of the camp and moved to a camp called "The Zoo," in April of 1968 where I became senior officer of a building called "The Barn."

In the Spring of 1969 we had an escape which generated an absolutely incredible amount of torture, almost beyond description or belief. Because I was a senior officer in the camp I was pulled out of my room and taken to the torture chamber where I was heavily tortured for an extremely long time. I went into leg irons and wrist cuffs on July 16 and remained in them until the 4th of October.

There was never any time that I was in prison from August 1967 until I was released in March 1973 that I was ever treated humanely or that I was ever treated in even rough accordance with the Geneva Conventions. They did not give us mail as provided by the Geneva Conventions nor did they let us write. It was not until October of 1970 that the North Vietnamese acknowledged that I was a POW.

I wrote my first letter in September of 1970. This letter advised my wife that I was still alive, though for nearly three years she had gone without knowing.

I was moved to several different camps around Hanoi in 1971 and 1972. During one session the 35 men I was in charge of were packed four men to a six-foot by six-foot room; two were sleeping on the bunks, two were sleeping under them. I was in a room with four other men. And three of my 35 men had contagious hepatitis.

A strong desire to live and a hard-hardness kept me alive. And I believed in my country, my government, God and my wife. I think all of these things were great incentives to live.

The day the bombing of Hanoi started in December 72 I knew that I was going to be home in 60 or 90 days. I could see the bombs landing and feel them shaking my bed, though no prisoner was ever injured as a direct result of the bombing. It was the greatest morale lifter which had ever occurred.

I had no doubt in my mind on the day it started that when it stopped I would have a plane ticket home.



Autumn Safety

The crisp weather and color changing leaves make it a great time to spruce up your home, go for a drive, walk your pets or cozy up indoors. But with all those things comes the potential for danger. It's important to be aware of your surroundings whether you live in the country or the city. Here are some autumn safety tips for your family, home, and car, for a safe and enjoyable [fall season](#).

Personal

- Wash your hands. One of the best ways to avoid getting sick is to wash them regularly and thoroughly. Use hot water, plenty of soap, and wash for at least 30 seconds.
- If you're a workaholic and get sick, avoid going to work and spreading it to your team. Your boss and coworkers will thank you because group productivity won't be at risk. It's easier to deal with one person away from the office than several, all because you coughed on them.
- When you're outside and it's chilly, wear a jacket. It sounds pretty basic, but you'd be surprised how many people think they're "tough guys" walking around in a t-shirt when it's 40 degrees out.
- Raking leaves? [Prevent back injuries](#) by standing upright while raking and pull from your arms and legs. Don't overfill leaf bags, and when picking them up, bend at the knee and use your legs, not your back, for support.
- **If you use a leaf blower, shield yourself. Wear appropriate clothing, eye protection, and work boots to prevent injury.**
- Do not allow children to play in leaf piles near the curb. The piles can obstruct the view of drivers and put your child at risk for getting hit, especially since it gets dark outside earlier.

Home

- Every month should be [fire prevention month](#), but we tend to plug in a lot more devices in the fall and winter. It's important to test all smoke alarms and have a family fire drill. Remember to replace used and expired fire extinguishers as well.
- Keep all flammable materials away from your furnace. This includes clothing, paint products, toxic materials, cardboard and more.
- If you use a portable or [space heater](#), keep it away from clothing, bedding, drapery and furniture. Remember to shut them off if you leave the house and don't leave them unattended if you have children or pets.
- Do not use your space heater as a dryer for hats, gloves and other articles of clothing.
- If you have a [fireplace](#), inspect the chimney to confirm it is free of debris, creosote buildup, and is unobstructed so combustibles can vent. Make sure the bricks, mortar and liner are in good condition.
- Do not warm your kitchen with a gas range or an open oven door, as this can lead to toxic air that is not safe to breathe.
- Keep matches, lighters and candles out of the reach of children and pets.
- When burning a candle, don't leave them unattended, burning near other flammable items or on an unsteady surface.
- [Doing laundry](#)? Avoid fires by cleaning filters after each load of wash and removing lint that collects in dryer vents.
- Do a quick check for areas that may need repair before extreme weather hits: unsteady roof shingles, warped windowsills and concrete that might be sloping toward the house.
- Check all [outdoor lighting fixtures](#) to make sure they are working properly. This can safeguard you against falls and neighborhood crime.
- [Clean your gutters](#) by removing all debris and leaves.

Car

- With fewer hours of daylight, it can be difficult to see pedestrians or cyclists clearly, so if you don't have automatic headlights, make sure they are on at the onset of dusk.
- In the mornings, the sun can be extremely bright, making it difficult to see brake lights ahead. Keep a pair of sunglasses in your car to reduce glare and protect your vision.
- Temperatures can also [affect driving performance](#). Clear your windshield of frost before beginning your journey and turn on your defogger if necessary. Frost can also form on the road surface without being visible, so be cautious in wooded areas, bridges and overpasses, where ice can quickly develop. Remember, leaves + rain can also make for a very slippery surface!
- Keep an [emergency kit](#) in your trunk. Some can be found in stores already pre-made for convenience, but if you want to create your own, be sure to include a flashlight, first-aid kit, jumper cables, windshield washer fluid and basic tools. You might even consider purchasing a car battery charger if you have a long commute each day.
- Don't veer for deer. Meaning, don't swerve! You could lose control of the car quickly, especially if you are on a curve or narrow road with little to no shoulder. Instead, brake firmly with both hands on the wheel to come to a controlled stop.





Ceremony
2013



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107th Airlift Wing



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The myPers website provides a 24/7 online self-service capability to numerous personnel actions?

ser-

Log on to myPers.af.mil using your **CAC**:

Go to myPers.af.mil

Click the "CAC" Login" selection

Select the appropriate certificate

Input your Personal Identification Number (PIN #)

Review the home page and select from the helpful links to learn more about services available

--OR--

If accessing with your Username (User ID) and Password:

Go to myPers.af.mil

Click in the "User ID" box and input your user name

Click in the "Password" box and input your password

Click "LOG-IN"

Can't remember your User ID and/or password? Click on the link, "Forgot your username or password?" and simply follow the steps provided. Please note using the "User ID/ Password" option will limit access to some online self-service applications.

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