



THE YANKEE COURIER

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103rd's newest facility ensures wing meets increasing global demands



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Senior Airman Rodger Hamilton



The 103rd Logistics Readiness Squadron began work in its new Small Air Terminal at Bradley Air National Guard Base, East Granby, Conn. May 3, 2019. The new facility improves process efficiency for the 103rd LRS and provides direct access to the flight line. (U.S. Air National Guard photo by Staff Sgt. Steven Tucker)

The Yankee Courier

The Yankee Courier Team

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Col. Stephen Gwinn**

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Col. Roy Walton**

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Invest in the Next Generation with Civil Air Patrol

By Col. Sean Brennan, 103d Medical Group Commander

Calling all Air Force members! Would you like to invest in the next generation? Would you like to impart some of your wisdom and Air Force knowledge to students who are eager to learn? Consider becoming a senior member in Civil Air Patrol (CAP). These students want to learn from you.

The Civil Air Patrol originated in 1941 and is a volunteer organization with an aviation-minded membership. It is predominantly made up of current and retired military children, but is open to all people from various backgrounds. CAP has three significant missions: emergency services, which includes search and rescue (by air and ground) and disaster relief operations; aerospace education for youth and the general public; and cadet programs for teenage youth.

Cadets can join as early as 12 years old and can stay in up to 21 years of age. They usually meet weekly at various locations across the state; East Granby, Groton, Stratford, and Danbury are a few of these locations. The Cadet Program has five key elements: leadership, aerospace education, physical fitness, character development, and activities. As cadets complete these requirements, they earn higher rank and responsibilities. They are learning not just about the military, but also developing character and public speaking skills; areas that will help them their entire life.

Much like BMT, the Civil Air Patrol's equivalent is the summer encampment. Typically a seven to ten day event, cadets are put through an intense, military-structured environment with emphasis on physically and mentally demanding tasks. This will be hosted at Camp Nett in Niantic, August 10-17. Some of these classes give an overview of aerospace education, United States Air Force organization, and advanced cadet programs. There is plenty of fun time, but the activities include the classroom courses, physical training, leadership development, drill, and ceremonies. In just a week, you will see a significant change in your child if they attend. They learn and recite the Civil Air Patrol Core Values--Integrity, Volunteer Service, Excellence and Respect--values we can all live by.

Once encampment has been completed, this opens the doors for many other opportunities. Some of these summer events include glider and undergraduate pilot training, cyber defense, leadership symposium at the Air Force Academy, aircraft maintenance, pararescue, Air Force Space Command, civil engineering, search and rescue, international exchange program, cybersecurity, Honor Guard. These events allow young teens to have great exposure to many career fields even before graduating high school.

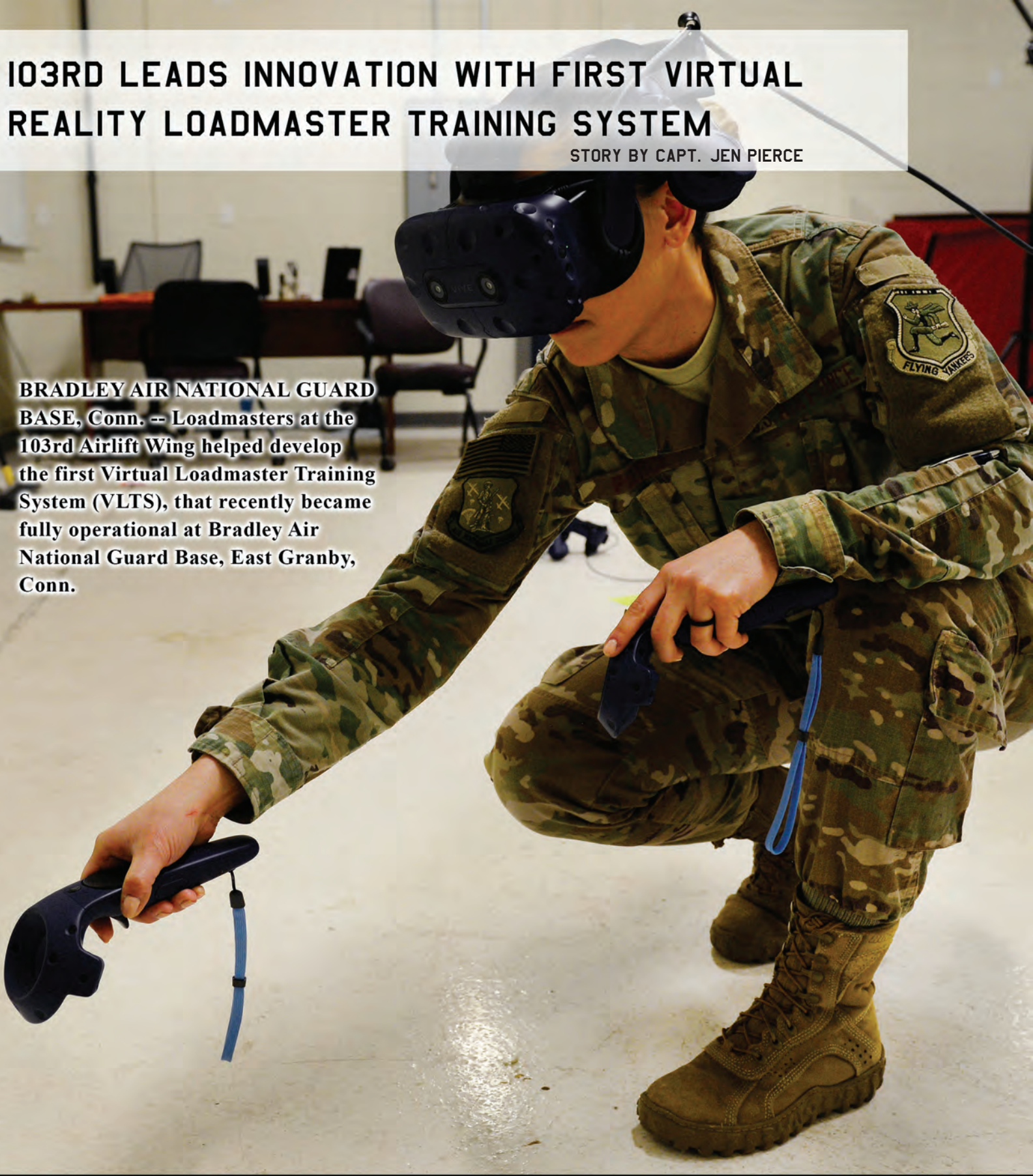
Where do you fit in? Your skillset is needed. If you like working around energetic pre-teens and teenagers, we need your talent. Whether you turn a wrench, fly a plane, work in services, quality control, logistics, security, or provide medical training, these kids want to learn from you. Please consider it. Go to <http://ctwg.cap.gov/index.html> to learn more. Call or email me and start volunteering.



103RD LEADS INNOVATION WITH FIRST VIRTUAL REALITY LOADMASTER TRAINING SYSTEM

STORY BY CAPT. JEN PIERCE

BRADLEY AIR NATIONAL GUARD BASE, Conn. -- Loadmasters at the 103rd Airlift Wing helped develop the first Virtual Loadmaster Training System (VLTS), that recently became fully operational at Bradley Air National Guard Base, East Granby, Conn.



1st Lt. Jen Pierce, 103rd Airlift Wing, trains on the Virtual Loadmaster Training System (VLTS) March 29, 2019 at Bradley Air National Guard Base, Conn. The VLTS provides loadmasters the opportunity to practice in-flight emergency situations that would not be practical in real world application. (U.S. Air Force photo by Staff Sgt. Chad Warren)



103RD LEADS INNOVATION WITH FIRST VIRTUAL REALITY LOADMASTER TRAINING

The VLTS is the first loadmaster training program of its kind, and was the result of a three-year long effort between loadmasters of the 103rd Airlift Wing and developers at Capewell Aerial Systems, a defense contractor.

“This is another tool in our training arsenal,” said Master Sgt. Joe Amato, 103rd Maintenance Group aircrew trainer and VLTS project lead.

“It’s more diverse than traditional methods and now I can fill some holes in training folders on items aren’t physical action.”

Wearing virtual reality goggles, the VLTS program puts trainees directly into a C-130 aircraft during flight.

“It gives you a true 360-degree look around the airplane as if you were really in it,” said Master Sgt. Khaleef Graham, 103rd Airlift Wing loadmaster.

Graham, who has experienced VLTS training first-hand, believes the new training program is beneficial to the unit.

“In the event that an aircraft is not available, there is a weather cancel or something beyond our control, we have the luxury to go over to the virtual sim and run through the same checklists and work issues that could happen on the airplane. It basically enhances our proficiency before we get out to the airplane and actually do a mission.”

Amato, who led the VLTS project for the 103rd Airlift Wing, agreed with Graham.

“This doesn’t replace being in the actual aircraft, but having the ability to take someone with minimal experience and put them through different scenarios before having them experience it in real time is going to raise their comfort level and efficiency during an actual flight.”

Another feature the VLTS provides is the ability for a loadmaster to experience in-flight emergencies that would be too dangerous to train on during flight. One example is an airdrop of heavy cargo using two 28-foot extraction parachutes, known as a double-28 extraction. If the parachutes deploy, but fail to extract the load from the plane, it becomes a critical situation because the parachutes hinder the plane’s operability.

“You will never see a double-28 extraction go wrong until you see it,” said Amato, “and you never get any experience with it until it actually happens. Hopefully, this will build the muscle memory for our loadmasters to take the appropriate reaction when they see those two big chutes deploy, the load not extract and you feel the plane slowing down, you’ll get the muscle memory to ‘pull this lever, pull that lever’ and make the right radio calls.”

Staff Sgt. Steven Tucker, 103rd Airlift Wing broadcaster, trains on the Virtual Loadmaster Training System (VLTS) March 29, 2019 at Bradley Air National Guard Base, Conn. Tucker is holding two remotes that are used to simulate physical hand actions loadmaster must make during C-130 flights. (U.S. Air National Guard photo by Staff Sgt. Chad Warren)



Systems, take a break during a training session for the Virtual Reality Aerial Delivery Suite at Bradley Air National Guard Base on March 29, 2019. The VRADS system is designed to supplement training for loadmasters in a realistic virtual atmosphere. (U.S. Air Force photo by Staff Sgt. Chad Warren)

Training in these types of critical situations is exactly what Jared Burns, Capewell Aerial Systems Director of Operations and former U.S. Air Force B-1 WSO, had in mind when developing the VLTS.

“The system is meant to fill a training gap that we saw as defense supplier to the Air Force,” said Burns. “Several NATO allies we sell airdrop equipment to often ask for training, and some of the emergency procedures can’t be trained in a way that’s realistic. Limiting training to ground school or chair flying wasn’t doing enough to prepare loadmasters for these situations that are time critical. Up until the advent of virtual reality, there was no way to do it practically.

We set out to give units the capabilities to practice these things at the unit, to see these situations in virtual reality, practice emergency procedures and develop some of the muscle memory that goes along with it.

This reduces the time to react and time to correct, to overall improve the safety and effectiveness of the loadmasters.”

Ultimately, this is just the beginning for the VLTS program.

“We wouldn’t be here today if it wasn’t for the loadmasters, instructors, and leadership from the 103rd because really, we built the system around what they told us would work,” said Burns. “It’s a good partnership, we’ve taken their feedback and put it into the software and we’re looking to continue to working with the 103rd to build upon this program.”

103RD'S NEWEST FACILITY ENSURES WING MEETS INCREASING GLOBAL DEMANDS

Story By Staff Sgt. Steven Tucker

EAST GRANBY, Conn. -- The brand-new Small Air Terminal's front doors swung open as Airmen en route to a deployment for training formed the first processing line May 3, 2019 at Bradley Air National Guard Base, Conn. After 12 years and 10 facility changes, the 103rd Logistics Readiness Squadron finally began work in their new, permanent home.

"It's better than Christmas for us," said Chief Master Sgt. Christopher Fanelli, 103rd LRS aerial port superintendent. **"It truly is one of the greatest moments I've had being here the last 12 years."**

The new \$6.5 million terminal, which had its official opening via a ribbon cutting ceremony May 21, 2019, supports the 103rd LRS in meeting all passenger processing requirements, including manifesting, screening and security. The facility also allows for pallet build-up and parachute packing and drying capabilities adjacent to the flight line, boosting deployment processing efficiencies that ultimately enable the Connecticut Air National Guard to meet increasing global demands.

"We have the most state-of-the-art aerial port in the Guard right now," Fanelli said. **"That's coming from a lot of people within the aerial port community and at the Guard Bureau level as well. We are the pinnacle of the aerial port world."**



Airmen assigned to the 103rd Air Control Squadron wait inside the new Small Air Terminal at Bradley Air National Guard Base, East Granby, Conn. May 3, 2019. The 103rd ACS Airmen flew to Volk Field Air National Guard Base, Wis. to attend exercise Northern Lightning. This was the first time the 103rd Logistics Readiness Squadron utilized its new Small Air Terminal. (U.S. Air National Guard photo by Staff Sgt. Steven Tucker)



Airman 1st Class Mariel Bebe (left), 103rd Logistics Readiness Squadron air transportation specialist, prepares to load a pallet onto a C-130H at Bradley Air National Guard Base, East Granby, Conn. May 3, 2019. The cargo and 44 passengers from the 103rd Air Control Squadron flew to Volk Field Air National Guard Base, Wis. to attend exercise Northern Lightning. This was the first time the 103rd LRS utilized its new Small Air Terminal. (U.S. Air National Guard photo by Staff Sgt. Steven Tucker)

The sterile departure gate in the passenger terminal can hold 58 passengers, capable of expanding to 75 passengers with added portable chairs. A room that can act as a second departure gate holds an additional 60 passengers.

“[The new terminal] has taken our capabilities and skyrocketed them,” Fanelli said.

The first 44 Airmen who processed through the new terminal, completed processing in just under 30 minutes. This was a record pace for the unit, according to Fanelli.

The proximity of the new Small Air Terminal to the flight line also benefits the aerial port mission as a whole, said Tech. Sgt. Dan Meskell, 103rd LRS air transportation specialist.

“To be able to be in our air terminal operations center and view the flight line as our people are loading or unloading a plane, we certainly feel more a part of the mission than we ever did before,” Meskell said. “It doesn’t get any better than this.”

“Before, we were in the building farthest away from the flight line and our entire job involves the flight line,” said Master Sgt. Robert Ewings, 103rd LRS Small Air Terminal NCOIC. “Now it’s a lot easier. Everything that we need is out here.”

The facility will also improve training for new 103rd LRS Airmen, Meskell said.

“New Guardsmen won’t have any memories of moving from building to building while also trying to accomplish their upgrade training and learning how to do our job,” Meskell said. “They get to come right into a new building which perfectly suits every aspect of our career field and get right to work.”

The 103rd LRS plans to support additional air mobility missions coming through the area and expand the existing Space-A program.

“We will be able to accommodate any of those military travel needs now,” Fanelli said. “From the cargo side to the passenger side, there’s nothing we can’t handle.”

103rd Airman earns award sharing
passion for fitness

Story By Capt. Jen Pierce



BRADLEY AIR NATIONAL GUARD BASE, Conn. – Master Sgt. Mitchell Smardz, 103rd Airlift Wing loadmaster, is no stranger to living a healthy lifestyle; working out is just one of the reasons why he wakes up every morning. When he had the opportunity to become a Master Fitness Trainer for the Connecticut National Guard’s Fitness Improvement Program, he earned his certification and put his knowledge and experience to use helping Soldiers and Airmen through several iterations of the program. He was awarded for his efforts with his first Army Commendation Medal May 28, 2019 at Bradley Air National Guard Base, Conn.

“Ever since he came on to help out with the Fitness Improvement Program, he’s just hit the ground running,” said Capt. Ryan Michalak, Connecticut Army National Guard Fitness Improvement Manager. “He’s provided structure, guidance, good resources to keep Soldiers on track...created all the metrics used so we can track data. He’s made my job easier with his insight and vision. When you have somebody that’s not just qualified, but goes above just what they’re supposed to do, we want to recognize that.”

Capt. Ryan Machalak pins the Army Commendation Medal on Master Sgt. Mitchell Smardz, 103rd Airlift Wing loadmaster and Master Fitness Trainer May 28, 2019 Bradley Air National Guard Base, Conn. Smardz was recognized for all of his hard work with the Connecticut National Guard's Fitness Improvement Program. (U.S. Air National Guard photo by Staff Sgt. Steven Tucker)

The Fitness Improvement Program is a 12-day course for fitness improvement candidates held at Camp Nett in Niantic, Conn. The program is designed to provide resources and training to Soldiers and Airmen in the Connecticut National Guard who may be struggling with their physical fitness requirements.

“Any Soldier or Airmen that’s having challenges with fitness or health; the program is designed to give them the tools necessary to deal with fitness and nutrition issues or barriers,” said Machalak. “We all have something in life that we could use as an excuse to not do whatever it is we are supposed to, so how do we overcome that? This program encompasses all of those things and gives Soldiers and Airmen the tools to deal with any one of those areas appropriately. It’s easy to train when on an IDT weekend, but 28 days a month when they are wearing civilian clothes, doing civilian things, they have to take the information we give them and put it to use on their time. That’s ultimately what the program is designed for.”

Smardz is now sharing his passion for health in a significant way, especially after witnessing first-hand the lives that have changed for candidates going through the program.

“I can’t say [fitness] has always been a passion, because I’ve been in many different shapes in my life, but it’s definitely one of the things I wake up for every day,” said Smardz.



“Fitness, just a general healthy lifestyle, has completely turned my life around. The things I’ve learned and places that it’s gotten me, both personally and professionally, is something I’ve always wanted to share with others.”

“It’s hands down one of the most rewarding things,” said Smardz. “To see someone at the Fitness Improvement Program, that for lack of a better term, is just completely ignorant to basics of fitness and nutrition, and to have them walk out with a meal and exercise plan, then more importantly, showing that drive to execute gives me chills. They are some of the most inspiring people; when you see that spark in their eye and that they’re going to go and change their lives. One of the things the Captain [Machalak] said during the first class, expanding upon the impact we provide, he said, ‘We have to realize we aren’t just affecting these Soldiers, we are affecting everyone else in their lives.’ It’s 100% true because they all went home and weren’t able to just look at their family and say, ‘Hey, I’m going to do all these things differently now, so you guys just keep doing what you’re doing.’ It changes everything; how they grocery shop, how they live their lives, their daily schedule. We give them the information to completely turn their life around. We even have a Facebook group associated with the class. There are daily posts from the candidates posting their newest run time, or their newest PR [personal record] at the gym. They’ve really taken what we’ve taught them and ran with it, and it’s just great. It keeps them engaged, and if all it takes to keep a candidate inspired is to see one of their other classmates having ran that morning, we’ve done what we’ve sought out to do.”

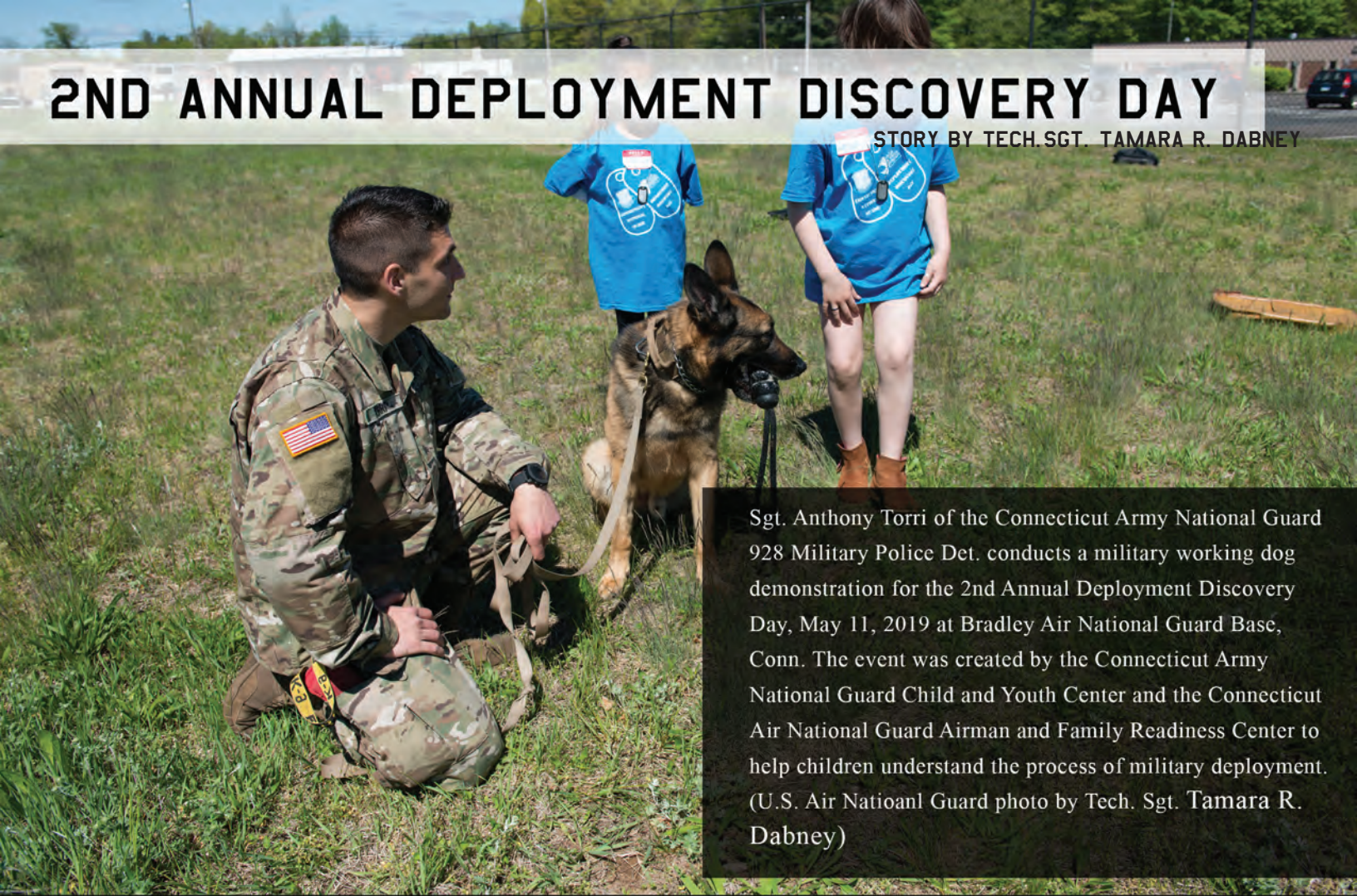
2ND ANNUAL DEPLOYMENT DISCOVERY DAY



A participant in the 2nd Annual Deployment Discovery Day sits in the pilot's seat of a UH-60 Blackhawk Helicopter May 11, 2019 at Bradley Air National Guard Base, Conn. The event was created by the Connecticut Army National Guard Child and Youth Center and the Connecticut Air National Guard Airman and Family Readiness Center to help children understand the process of military deployment. (U.S. Air National Guard photo by Tech. Sgt. Tamara R. Dabney)

2ND ANNUAL DEPLOYMENT DISCOVERY DAY

STORY BY TECH.SGT. TAMARA R. DABNEY



Sgt. Anthony Torri of the Connecticut Army National Guard 928 Military Police Det. conducts a military working dog demonstration for the 2nd Annual Deployment Discovery Day, May 11, 2019 at Bradley Air National Guard Base, Conn. The event was created by the Connecticut Army National Guard Child and Youth Center and the Connecticut Air National Guard Airman and Family Readiness Center to help children understand the process of military deployment. (U.S. Air National Guard photo by Tech. Sgt. Tamara R. Dabney)

BRADLEY AIR NATIONAL GUARD BASE, Conn.—Husband and wife, Jacob and Brooke Cournoyer smiled as they drew large, red, white and blue block letters on a poster board. The letters read “Welcome Home.”

The couple’s two children, Kimberly, 7 and Alex, 5, were away participating in a mock deployment for children as part of the 2nd annual Deployment Discovery Day at Bradley Air National Guard Base.

It is customary for military members to be greeted by family members with welcome home signs upon return from a deployment. In keeping with the custom, the Cournoyers prepared large, brightly colored posters to welcome their two children back home.

Deployment Discovery Day is a joint program developed by the Connecticut Army and Air National Guard to teach the children of service members about military deployment and the significance of military service.

“This is our second year running the program,” said Kasey Timberlake, 103rd Airman and Family Readiness Program Manager. “I’d like them (the children) to understand the importance of their parent’s military jobs.”

Connecticut National Guard Lead Child and Youth Coordinator Michelle McCarty said that the event is important, because it is a way for children to experience, to a small extent, what their parents experience during a deployment.

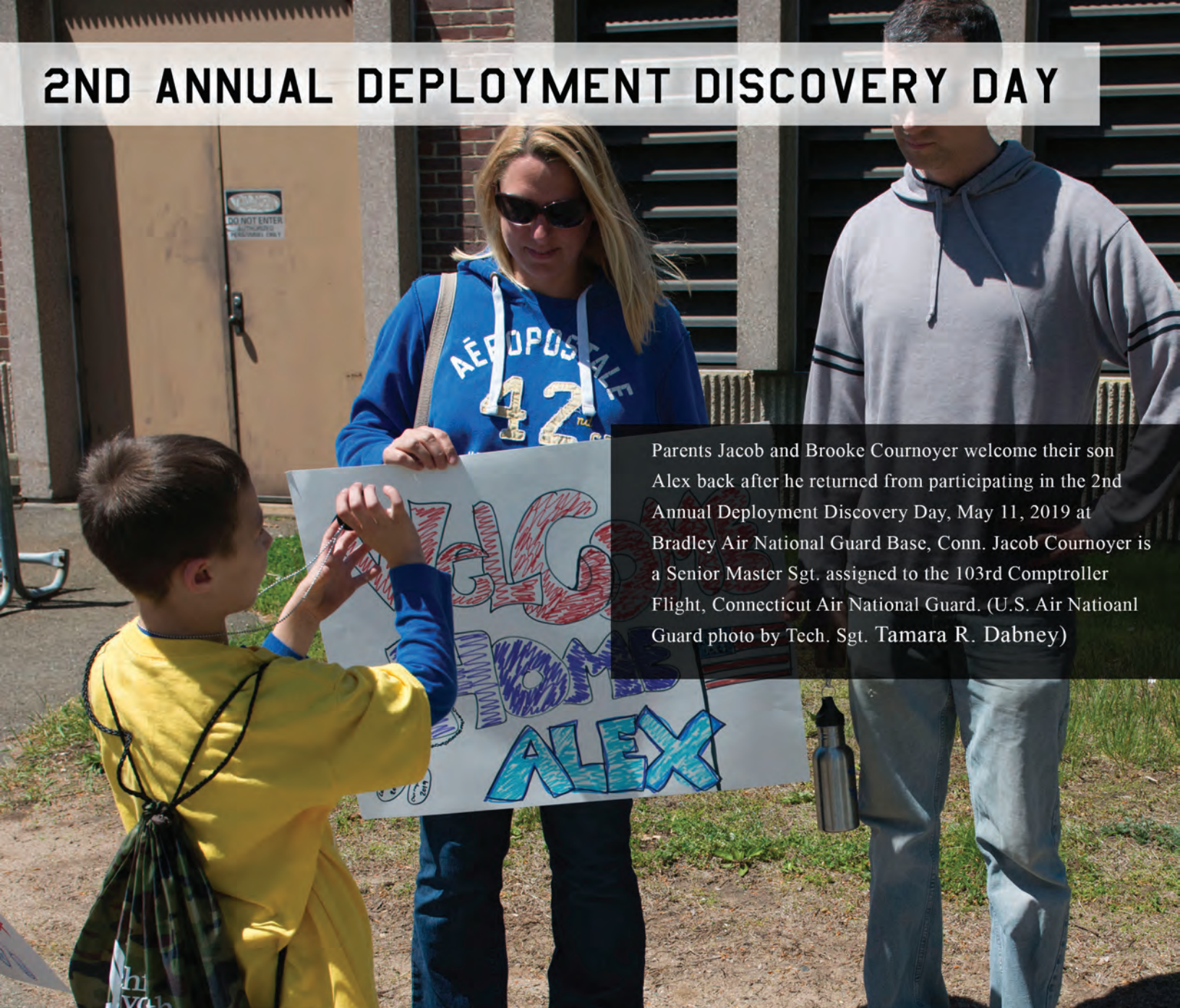
“It’s important for the parents who are service members to let their kids go through this and see what it’s like, in their own way, to be deployed,” said McCarty. “It’s a way for the kids to see a little bit of what their parents go through.”

Deployment Discovery Day is filled with military related activities that are designed to be fun and interactive. There is no other event like it in the state of Connecticut.

“What other event in the state are going to be able to get on an Army helicopter, a C-130, see military working dogs, play around in a fire house, look at the weapons that security forces uses?” said Timberlake. “There’s no where else that you can get that experience in one day.”

During Deployment Discovery Day, children are grouped into squadrons by age. Each squadron is led by a member of the Connecticut Army of Air National Guard. At this year’s event, participants did physical training, which consisted of a run through a bounce house obstacle course. Then, participants boarded a bus and “deployed” to the flight line where

2ND ANNUAL DEPLOYMENT DISCOVERY DAY



Parents Jacob and Brooke Cournoyer welcome their son Alex back after he returned from participating in the 2nd Annual Deployment Discovery Day, May 11, 2019 at Bradley Air National Guard Base, Conn. Jacob Cournoyer is a Senior Master Sgt. assigned to the 103rd Comptroller Flight, Connecticut Air National Guard. (U.S. Air National Guard photo by Tech. Sgt. Tamara R. Dabney)

Members of the 103rd Civil Engineer and Security Forces Squadron as well as the 928th Military Police detachment explained how various pieces of equipment and weapons are used. Additionally, participants fought a simulated live fire from which they had to rescue a baby doll inside the Bradley Air National Guard firehouse. Finally, participants were bussed back to the base dining facility where parents welcomed them “home” to a barbecue picnic.

Timberlake was especially grateful to the service members who volunteered to be Deployment Discovery Squad Leaders.

“It’s the service members who make this happen. We cannot do this without them.”

Brooke Cournoyer was pleased with the various activities that her children were able to experience.

“It’s awesome,” said Brooke. “I really love it. When they (Kimberly and Alex) first got here, they got there packs, a t-shirt and dog tags. I thought it was cool that they get to do the “PT Test”. I said, “Go ahead. Let’s see how you do on your PT Test, and see you in 6 months. Bye!””

Jacob Cournoyer echoed his wife’s sentiments and stressed the importance of preparing military families for deployment.

“It’s easy to forget sometimes, that we go through this process and do all of this training in the military to get us prepared to deploy, but there’s not as much that our families go through to get prepared,” said Jacob. “Anything that we can do to involve the families and get them prepared is the best thing.”

Members of the Connecticut Army and Air National Guard can find out about family events by subscribing to the Child and Youth Program/Airman and Family Readiness email distribution list. Contact Michelle McCarty at michelle.m.mccarty4.ctr@mail.mil or Kasey Timberlake at kasey.b.timberlake.civ@mail.mil to sign up.

AIRMAN HIGHLIGHT: SENIOR AIRMAN RODGER HAMILTON



This month's Airman Highlight is Senior Airman Rodger Hamilton. Senior Airman Hamilton is a Financial Management Technician for the 103rd Comptroller Flight and joined the CT Air National Guard in 2015. He was born in Kingston, Jamaica and received his U.S. Citizenship while in Student Flight prior to leaving for BMT.

Q: What was your life like before joining the Guard?

A: I was a project manager in the IT field. But I have a love hate relationship with the IT field. I know the field, I have my degree in communications and have done it for a while but I don't find it interesting. That is part of the reason why I joined the military. I'm the type of person who likes to be where the action is.

Q: Why did you join the Connecticut Air National Guard?

A: I wanted to be active, travel, further my education and make the military my full time career. I came to the U.S. for better opportunities. It gives me a sense of pride to serve the country that gave me my citizenship.

Q: What are you doing to further your education?

A: I just took my Series 7 exam to become a financial advisor. I like to help people. I want help people get their finances squared away.

Q: What do you enjoy doing in your spare time?

A: I am a very hands-on type of person, I love working out. I play soccer, weight lift and practice yoga. Yoga is calm, quiet and relaxing, while lifting weights is a rush that makes you feel great. I would like to become a yoga instructor and teach others.

2019 103 AW TRAP MATCH

Submitted By Senior Master Sgt. David D. Miller

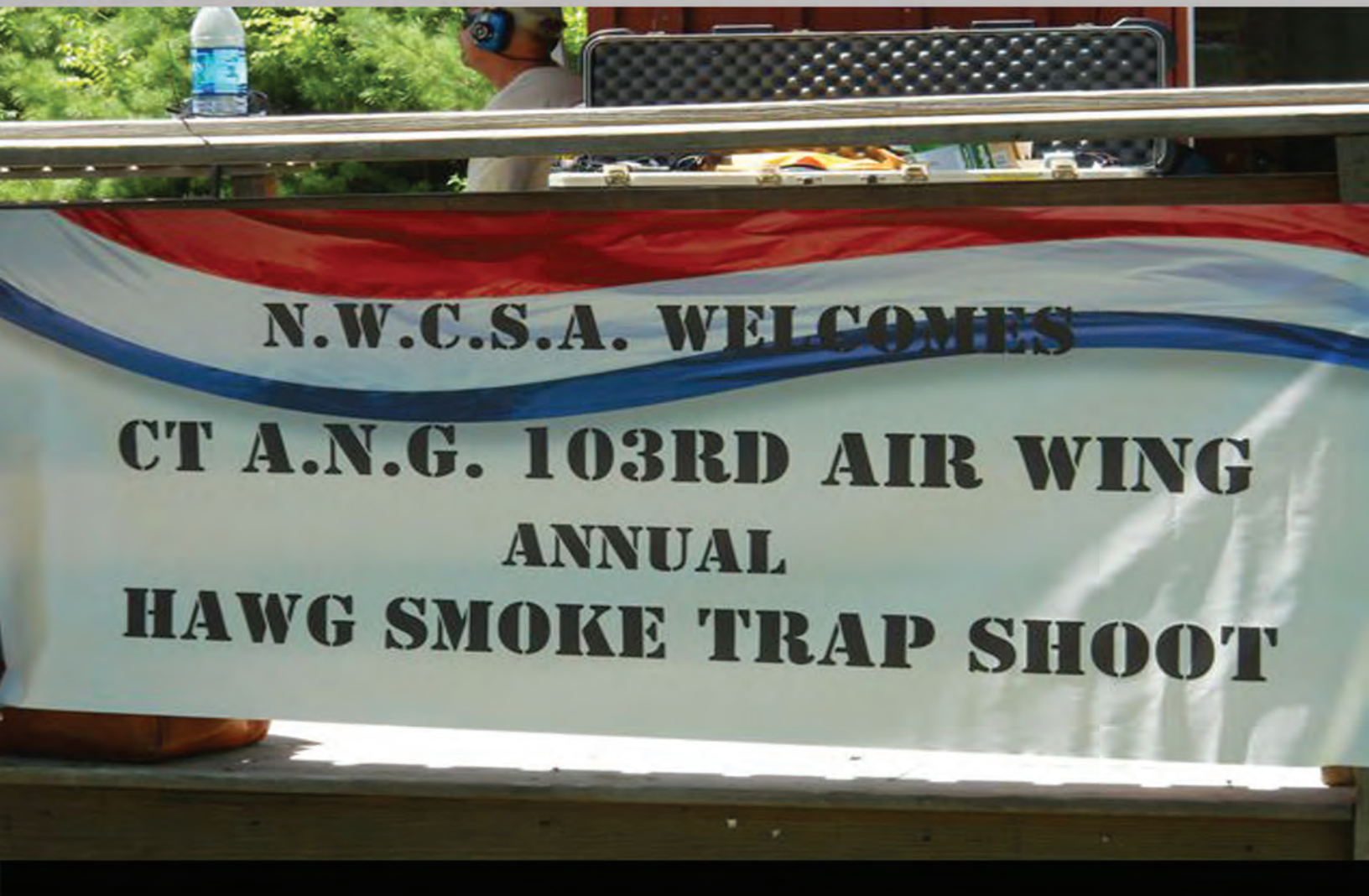


COLEBROOK, Conn.—The Northwestern Connecticut Sportsmen’s Association (NWCSA) held its 10th annual trap match event for the 103rd Airlift Wing May 11, 2019, Colebrook, Conn. The trap match is free of charge for all 103rd Airmen and their family members, which includes the use of the NWCSA’s shotguns, ammo, and safety gear. An experience club shooting coach was also available for any 103rd Airmen or family members who never fired a shotgun.

The trap match is a tradition stretching back to the late 19th century. According to an article published on November 11, 1892 in the New York Times, the first annual trap match between the Yale and Harvard Gun Clubs took place in 1888. Current day, trap matches consist of shooting a 12-gauge shotgun at an environmentally friendly single clay. The shooter does not know the direction or height in which the clay is sent from the auto-feeding machine located in the trap house downrange from the shooters’ shooting positions. Each member shoots one shot along with the other competitors, taking turns. Once five rounds have been expended, the member rotates to the next station. The trap guns used are built to withstand the demands and stress of constant and lengthy repeated use. During the 103rd Airlift Wing’s Trap Match, 750 rounds were shot.

Everyone who attended the trap match had a great time at the event. Even after the sun disappeared behind the clouds and the breeze picked up on the mountain, the smiles, comradery, hot dogs and burgers were all the warmth required.

2019 103RD TRAP MATCH



At the end of the day, the top wing shooting-round members of the six matches and 750 rounds fired were determined. The following are the winners:

- Tech. Sgt. Jeromy Reiser, 103rd Civil Engineer Squadron, shot 22 out of 25
- Senior Master Sgt. David Miller, 103rd Logistics Readiness Squadron, shot 22 out of 25
- Mr. John Taylor, 103rd Civil Engineer Squadron, won the "Trash Talking award" and shot 19 out of 25
- Airman 1st Class Tom Norton, shot 17 out of 25
- Master Sgt. Ryan Connoy, 103rd Maintenance Squadron, shot 15 out of 25 and his father Roy. Roy did great for never shooting trap, 12 out of 25.
- Master Sgt. Chris Grizzle, 103rd Force Support Squadron, won the "I hit the trap house with shot shell" award and shot 12 out of 25
- Staff Sgt. Luis Juro, 103rd Civil Engineer Squadron, and son, Fabrizio, won "Most Improved Shooter"

In closing, a special thank you to the NWCSA volunteers for the warm welcome to your club. Your support means a lot just knowing you are there for 103rd Airmen and their families. Flying Yankees, if want to give it a try next year, look for my email and give it go! Just be prepared to have family fun in the great outdoors in the mountains of northwestern Connecticut.

It IS what it is!

By Linda McEwen

Some things just stink, plain and simple. We all know what they are for each of us, and there is nothing much to gain by keeping a list. However, there are times when we do keep that list, and inevitably, as we add to the list and we keep it all inside, depression will result. In this article, I would like to introduce the idea of how unnecessary and harmful this can be to our health and resilience, to our families and loved ones, and even to society at large. I would also like to offer some tips on how to stay resilient in the face of grief and loss.

The irony of this is that grief and loss happen every day, and having a sad mood, being somewhat angry, feeling like you need a break from some activities, is 100% normal. Taking the time to mourn and grieve is the best possible response for ourselves and others. In fact, no emotion is ever wrong, never, ever. In fact, the recognition, awareness and our acceptance of all our emotions helps us heal and move forward.

If you are grieving, or just thinking about one of those stinky situations, the best idea for coping is to spend some time with your feelings. Do not judge them, do not try to rush them or delete them from your mind. Don't even ask yourself how much time it will take! If you don't believe the people close to you will be able to assist or support, reach out elsewhere.

When you get the feeling it's time to move on and live your life, that's a great sign of life in you! Remember to re-visit the matter when your emotions arise again. Give yourself permission to devote time to grieving; talk, write, paint, sing, dance, whatever helps. Take a pause, then do the tasks of your life. You will find relief, both in your daily tasks and in dealing with your emotions in a respectful and compassionate way. Again, this may sound simple, but is not easy. Patience, tolerance and acceptance is the way to go!

Wishing you all my best,

Linda McEwen LCSW, Wing Director of Psychological Health

As your DPH, I am specifically here to help anyone connected with the base (military, civilian, and family members) navigate through any form of mental health issue. I would be happy to speak with you to discuss any concerns you may have. I can be reached at 860-292-2516 or 860-519-8125 (please always leave a voicemail) or by email at linda.u.mcewen.civ@mail.mil.



VISION AND GOALS

“Where there is no vision, the people perish.” – Proverbs 29:18

Our last Chaplain’s Corner article focused on a very important personal attribute: Grit. Grit is the ability to face life’s challenges with a combination of vision, courage, and perseverance. These three will be our focus over the next few months, starting with vision. Developing a solid sense of vision for one’s life, accompanied by well-developed goals, is the first and most important ingredient in the recipe for grit. A great illustration of this is President Kennedy’s vision of leading the quest for outer space and audacious goal of putting a man on the moon by the end of the 1960’s.



In 1962, President Kennedy laid out the vision of a manned landing on the moon before 1970. The program was called the Apollo program. To accomplish this vision, the United States spent about \$212 billion dollars and three astronauts lost their lives. It was a long, hard road with many setbacks. To put into context how audacious Kennedy’s vision of reaching the moon in the 1960s was, it had only been 35 years since Charles Lindbergh had successfully completed the first aerial crossing of the Atlantic in the Spirit of St Louis!

The following is an excerpt from President Kennedy’s speech to Congress in May 1962: “I ask the Congress, above and beyond the increases I have earlier requested for space activities, to provide the funds which are needed to meet the following national goal: I believe that this nation should commit itself to achieving the goal, before this decade is out, of landing a man on the moon and returning him safely to the Earth. No single space project in this period will be more impressive to mankind, or more important for the long-range exploration of space; and none will be so difficult or expensive to accomplish. We propose to accelerate the development of the appropriate lunar space craft. We propose to develop alternate liquid and solid fuel boosters, much larger than any now being developed, until certain which is superior. We propose additional funds for other engine development and for unmanned explorations – explorations which are particularly important for one purpose which this nation will never overlook: the survival of the man who first makes this daring flight. But in a very real sense, it will not be one man going to the moon – if we make this judgment affirmatively, it will be an entire nation. For all of us must work to put him there.”

Just like President Kennedy’s vision of reaching the moon mobilized the country into action, we all need to develop vision for our lives and goals that will make that vision a reality. Michael Phelps is a retired, American-competitive swimmer. He is the most successful and most decorated Olympian of all time, having won a total of 28 medals. Phelps also holds the all-time records for Olympic gold medals, Olympic gold medals in individual events, and Olympic medals in individual events. Here is how he looked at vision: “You can’t put a limit on anything. The more you dream, the farther you get.” According to Corbett Barr, “Goals are individual experiences and accomplishments you strive for. A vision is the bigger picture. Your life’s vision defines who you want to be, what you want to be known for, and the set of experiences and accomplishments you aim for. Your vision helps define the goals by giving you a framework to evaluate those goals. Your vision becomes your why.” Once you decide on your vision - where you are headed - then you need to plan how to get there by creating the goals that will enable you to accomplish your vision. It is like going on a trip. You decide on your destination (your vision), then you plan how to get there and what roads to take (your goals).

I would like to end this article challenging you to consider your life vision and what goals you would need to set to achieve that vision. Vision is the WHAT and goals are the HOW. In order to actually achieve your vision - your dream - you need to establish some goals. The goals are the specific steps you take to achieve your vision. Some goals are better than others. A mnemonic device I have used and found to be helpful in creating higher quality goals is based on the word SMART: Specific, Measurable, Achievable, Relevant, and Time-bound. There are many resources available online if you would like to look a bit further into creating your own personal SMART goals, here is one: <https://www.mindtools.com/pages/article/smart-goals.htm>. Good luck on vision creating and goal setting. Next month we will continue with perseverance. Have a great drill, a great month and be safe!

GOVERNMENT TRAVEL CHARGE CARD (GTCC)

Regulation: DoDI 5154.31, Volume 4: <https://www.defensetravel.dod.mil/Docs/regulations/GTCC.pdf>

HAVING THE CARD – IT'S MANDATORY

IAW section 040401, all members will obtain and use the GTCC, regardless of travel frequency. Furthermore, the Transportation Management Office may refuse to buy a plane ticket for a member that is eligible for the GTCC and can buy the ticket themselves. There are very few applicable reasons why a member would be exempt from having a GTCC.

The card is in YOUR name. Safeguard it and use it appropriately. It could impact YOUR credit and career if not used properly.

Standard limits: \$7,500 credit and \$250 cash. Restricted limits: \$4,000 credit and \$250 cash. A restricted GTCC would be issued if the member has a credit score below 600 OR refuses a credit check during the application process.

Activate GTCC upon receipt. Keep it in a safe place. It's only to be used for official government travel.

Enter/update GTCC account number and expiration date in the Defense Travel System (DTS).

Keep mailing address current with the GTCC vendor (Citibank). 1-800-200-7056.

Sign up for online access to your GTCC: <https://home.cards.citidirect.com/CommercialCard/ux/index.html#/login>

Verify card is current and active TWO WEEKS BEFORE traveling on official business. This impacts plane ticket purchases. Don't mistake reservations with tickets. SATO typically sends an e-invoice (ticket) three to four days prior to departure.

USING THE CARD – ONLY ON OFFICIAL BUSINESS

Use the card while only on official travel orders and for expenses incidental to the trip: Airfare, hotel, food, tolls, rental vehicles (if authorized on orders). Know the per diem rate for the location being traveled to.

<https://www.defensetravel.dod.mil/site/perdiemCalc.cfm>

The GTCC is NOT for...Uniform items, clothing, magazines, newspapers, cell phone chargers, DVDs and other personal items. Don't use the GTCC for someone else's travel expenses. (Hotel room, meals, gas for rental car, etc.). Bottom line: if you can't claim it in your travel voucher, you must not use the GTCC for it.

PAYING THE CARD – 100% PAID OFF BY THE DUE DATE ON THE GTCC STATEMENT

IAW DoD Financial Management Regulation, MEMBERS must file their travel voucher within five days of their return. https://comptroller.defense.gov/Portals/45/documents/fmr/archive/09arch/09_08.pdf

IAW section 41202 of the GTCC regulation: Cardholders are responsible for payment in full of the undisputed amount stated on the monthly billing statement by the due date indicated on the statement regardless of the status of their travel reimbursements.

During travel voucher processing, MEMBERS must split disburse the amount spent on the GTCC to ensure the card is paid off timely. Note: Split disburse is mandatory IAW section 041007 of the GTCC regulation.

Report a stolen or lost card immediately so it is closed as soon as possible.

Keep GTCC phone number in your phone. 1-800-200-7056. **Remember: The card is in YOUR name.**

PERFORM LIKE A CHAMPION

Go for Green® Food Identification System helps you find foods to improve your performance. Look for the **Green**, **Yellow**, and **Red** labels at the dining facility. Pick foods identified as green and yellow while limiting the red ones.



GO

Eat Often

- Healed quickly
- Great performance food choice
- Make 1/2 your plate Green/Yellow choices



CAUTION

Eat in Moderation

- Higher in sugar, fat, and/or salt
- Choose small portions
- Make less than 1/3 of your plate Yellow-labeled choices



STOP

Eat Rarely

- Higher in fat, sugar, and salt
- Limit frequency and portion size
- Not a good performance



June UTA Meals

Saturday, 1 June 19, 1100-1300

- Baked Chicken
- Sausage & Peppers
- Rice
- Green Beans/Broccoli
- Salad Bar
- Dessert: Chocolate Cookies/Ice Cream

- AGRs & Officers: \$ 5.60

Sunday, 2 June 19, 1100-1300

- Chicken Sandwiches
- Corn Dogs
- Pulled Pork
- Corn on the Cob
- Sweet Potato Wedges
- Cucumber/Tomato Salad
- Salad Bar
- Dessert: Chocolate Cookies/Ice Cream

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May 2019 Fitness Warriors



MSGT Carey Gaul	100.0%	SSGT Jordan Knightly	96.3%
SMSGT Michael Gagon	100.0%	COL Sean Brennan	96.3%
Maj Alexander Rio	100.0%	TSGT Sarah Starkey	96.2%
MSGT Zachary Daniel	100.0%	MSGT Shaun Bradshaw	95.9%
SSGT Rivera Joseph	100.0%	SRA Wayne Hatch	95.8%
MSGT Harry Levasseur	99.8%	SSGT Steven Young	95.7%
TSGT Brad Bessette	99.7%	SSGT Gerard St. George	95.7%
BRIG GEN Detorie Francis	99.7%	SRA Brian D. Gleason	95.4%
SRA DellaPenna Ryan	99.7%	LT COL David Fecso	95.0%
SRA Jonathan Peterson	99.7%	MAJ William Deme	94.9%
1LT Zachary Smith	99.3%	TSGT Michael Baycura	94.8%
SrA Stephen LaLuna	99.3%	MSGT Rome Baldwin	94.3%
1LT Gregory Flis	99.3%	SMSGT Randall Labodda	94.3%
A1C Yannick Adjei	99.3%	SSGT Angelina Frappier	94.3%
SRA Masella Emilio	99.3%	A1C Kayla Walsh	93.5%
MSGT Daniel Lalancette	99.3%	SRA Angelena Taccariello	93.3%
MSGT Christopher Sixt	99.1%	SMSGT Tony Dultz	93.1%
TSGT Gelada Francis	98.7%	TSGT Keith Munsell	93.1%
TSGT Steven Teixeira	98.6%	TSGT Carolina Trochez	93.0%
TSGT Matthew Pelletier	98.6%	TSGT Travis Wilson	92.9%
SSGT Amber Baker	98.3%	TSGT Michael Salcedo	92.7%
SRA Owen White	97.9%	SSGT Austin Bond	92.5%
SSGT Herbert Coggeshall	97.9%	SSGT Daniel Fournier	92.4%
SSGT Theroux Evan	97.9%	SSGT Cahill Williams	92.2%
CMSGT Steven Seaha	97.9%	SMSGT Michael Machost	92.2%
SRA Andrew Ceby	97.7%	SSGT Joseph Hamel	91.8%
SSGT Lawrence Peck	97.7%	LT COL Kristina Garuti	91.8%
SRA Alexis Williams	97.6%	SSGT Ryan Lockwood	91.5%
A1C Vazquez Jalisie	97.5%	SRA Nicholas Wycoff	91.5%
LT COL Theodore Rockwell	97.3%	SRA James Jordan	91.3%
TSGT Ryan Sullivan	97.3%	TSGT Lee Morrison	91.2%
SRA Jarvis Chad	97.3%	SMSGT Jason Rivard	91.0%
TSGT Aaron Jerolmon	97.3%	TSGT Raymond Ryan	90.9%
SRA Robert Howard	97.0%	SSG Jeremy Reiser	90.8%
1ST Jennifer Pierce	97.0%	SRA Jonathan Miller	90.7%
SSGT Eric Riggott	96.9%	A1C Thomas Obara	90.7%
SRA Keith M Christensen	96.8%	SRA Eric Phelan	90.6%
TSGT Leopoldo Otero	96.6%	TSGT William Beeler	90.2%
		SRA Kyle Capoccitti	90.0%

JEAC Welcomes

Four Lenses Temperament Training

Sunday 23 June - DFAC - 1430-1630



a better understanding
of yourself and
others

Do you ever wonder....

How to communicate more effectively with your unit?

Why you feel and react the way you do?

What makes others react differently or similarly?

Come join us in the Dining Facility

Hosted by:

SMSgt Gonzalez-Smith & Mrs. Kasey Timberlake

JEAC COIN DESIGN COMPETITION!

JEAC is looking for a coin design that demonstrates unity, leadership, management, mentorship and communication skills. If you think you have the perfect design to be featured on our coin enter for a chance to WIN a \$50 Nike gift card.

DEADLINE: AUGUST 31, 2019

Please submit coin designs to
CTangjeac@gmail.com

Please use the link below for coin design template.
<http://www.coinable.com/coin-design-artwork-template.html>

What is JEAC?

Junior Enlisted Advisory Counsel

JEAC is a team comprised of motivated Junior enlisted members E-1 through E-6, ready to better equip junior enlisted Airman for future careers and life success through mentorship and support. JEAC is an open environment where you're free to give your opinions and everyone considers them as if they were their own. JEAC also takes part in a number of events throughout the year.

For more information, contact CTangjeac@gmail.com.

HAVE YOU EVER WANTED TO JOIN AIR CREW?

FLIGHT ENGINEERS WANTED!

\$15,000 Re-enlistment
Bonus!

*"Good times, Good
Friends...Great job!"*

- MSgt Justin Taylor
16yrs 1A1X1

*"We have the best office view
& the best co-workers. My
everyday is an adventure! I
love my job."*

- TSgt Stefanie Tigner, 1A1X1

Now open to ALL
AFSC's w/ compatible
ASVAB scores!



For qualification requirements, please contact MSgt Toth
EMAIL: elizabeth.j.toth.mil@mail.mil
COMM: (860) 292-2574 DSN: 292-2574

For specific position descriptions, please contact SMSgt Kohr
EMAIL: jamie.d.kohr.mil@mail.mil
COMM: (860) 292-2499 DSN: 292-2499

