THE YANKEE COURIER May 2019 Volume 68, Issue 5

Deployment for Training (DFT): 103rd Airmen gain vital skills





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The Yankee Courier

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Commander's Column: Lt. Col. Glenn B. Sherman 103d Air Control Squadron

"Flying Yankees", Welcome to May UTA from your "Yankee Watch" brethren down at the Air Control Squadron in Orange, Ct. As you prepare for your biennial AEF rotation, the ACS is busy supporting a MAJCOM level joint exercise in Volk Feld, Wisconsin from 28 Apr-17 May. With your support, the ACS main body travels to and from Volk Field on a "Flying Yankee" Hercules May 3rd with return May 17th. The ACS will be supporting "Northern Lightning", as the premier "Command and Control" unit in the CAF.



"Northern Lightning" focuses on Opposed Air Interdiction against a highly integrated air defense system composed of relevant surface-to-air and air-to-air threats in a contested/degraded operationally-limited (CDO) environment. Emphasis is placed on joint integration of 4th and 5th generation assets from the Air National Guard, Air Force, Army, Navy and Marines. Forces will be tasked to execute multiple missions including Offensive Counter Air (OCA), Suppression/Destruction of Enemy Air Defense (SEAD/DEAD), and Close Air Support (CAS). Additionally, the men and women of the ACS will deploy and set up a "DR" deployed radio communications relay site about 200 miles north of Volk Field to support Defensive Counter Air (DCA) operations. This live fly exercise will include A-10's, F-16's, MQ-9's, EA-18's, and army ground units along with the 103d's complement of surveillance, datalink, and aircraft control experts. We will use our "sister" unit's equipment courtesy of the 128th ACS located at Volk Field, as our own expert maintainers including RF Transmissions, Cyberspace Support, Ground Radar Systems, AGE, PowerPro, VM, and Supply ensure all equipment is operating in support of exercise execution.

Understandably, we could not execute this mission without the support from the wing. Every squadron and flight in the wing plays its critical part in making this deployment possible, highlighted by the inaugural "test flight" using the new 103 AW "state-of-the-art" aero port facility. I wish each and every one of you an enjoyable and productive UTA, highlighted with attendance at the annual Pig Roast! Unfortunately, unable to attend due to exercise participation at Volk Field, I will ensure we toast the "Flying Yankees" for your support and readiness focus that drives your continued success!

CONNECTICUT AIR NATIONAL GUARD Showcases global reach In greenland

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By Tech. Sgt. Tamara R. Dabney

KANGERLUSSUAQ, Greenland--The Air National Guard is known to be a force that is ready to respond to domestic emergencies. These proven capabilities range from natural disaster relief to civil disturbance operations. However, the scope of the Air National Guard's federal mission, which calls for Air Guardsmen to serve in various nations around the world is lesser known.

Tech. Sgt. Trenton Zanow, 118th Airlift Squadron flight engineer, inspects the wing of a C-130 H aircraft, April 2, 2019 in Kangerlussuaq, Greenland. The 118th flew to Greenland in support of the National Science Foundation climate research mission. (U.S. Air National Guard photo by Tech. Sgt. Tamara R. Dabney)

Lt. Col. Joshua Panis, 118th Airlift Squadron pilot, flies a C-130 H over Greenland, April 1, 2019. The 118th flew to Greenland in support of a National Science Foundation climate research mission. (U.S. Air National Guard photo by Tech. Sgt. Tamara R. Dabney)

In April, as a C-130-H from the 103rd Airlift Wing soared 1,500 feet above the snowy, mountainous landscape of western Greenland, the global reach of the Connecticut Air National Guard was on full display. In support of the National Science Foundation's climate research mission, the 103rd transported equipment and NSF scientists from the northeastern United States to Greenland.

The NSF mission in Greenland is just one of many overseas missions that have been supported by the 103rd Airlift Wing and other Guard units across the United States. In fact, nearly half of the Air Force's tactical airlift support is provided by the Air National Guard.

"As you can see, we're sitting up here on top of the world," said Lt. Col. Brian Hebert, 103rd Operations Group Deputy Commander and aircraft commander. From being able to move people and cargo around the United States to disaster relief to being able to come up here and support the National Science Foundation mission, we (the Air National Guard) have a multi-faceted role."

The NSF mission is primarily supported by the 109th Airlift Wing, located in Schenectady, NY. With the expansion of the NSF mission in 2018, additional support from the Air National Guard is now needed; the 103rd has been tasked to provide additional support by fulfilling any mission requests that the 109th do not. Without airlift support from the Air National Guard, NSF mission capabilities would be hindered.



"There are certain specific mission sets that aren't in any other branch of the service that our national defense strategy depends on," said Col. Stephen Gwinn, 103rd Airlift Wing Commander. This is just one more of the spokes in the wheel of national security that the Guard is the primary executor of."

Connecticut Air National Guard support of the NSF mission highlights the Air National Guard's ability to provide reliable global reach for the nation. Hebert is proud to have served as aircraft commander for the mission.

"It's absolutely spectacular, said Hebert. The work that the scientists are doing up here is impressive and I'm glad to have the opportunity to take part in that."

Maj. Mark Boyer, 118th Airlift Squadron navigator, performs navigation duties enroute to Kangerlussuaq, Greenland, April 1, 2019. The 118th flew to Greenland in support of a National Science Foundation climate research mission. (U.S. Air National Guard photo by Tech. Sgt. Tamara R. Dabney)

CONNECTICUT AIR GUARDSMEN SECURE VITAL READINESS TRAINING

By 1 Lt. Jennifer Pierce

Airman 1st Class John Donnelly, foreground, and Staff Sgt. Alexander Thaxton, repaint a two-mile stretch of road to the main gate at Bellows Air Force Station, Waimanalo, Hawaii April 8, 2019. Donnelly and Thaxton are both assigned to the structures shop in the 103rd Civil Engineer Squadron and are part of the deployment for training, working in conjunction with Air National Guard units from California, Kansas, South Carolina, as well as the Royal Canadian Air Force. (U.S. Air National Guard photo by 1st Lt. Jen Pierce)



WAIMANALO, Hawaii--The sounds of demolition and new construction suddenly interrupted the routine tranquility at Bellows Air Force Station, Hawaii, April 8, 2019. Airmen of the 103rd Civil Engineer Squadron took the lead for the Air National Guard and teamed up with construction technicians of the Royal Canadian Air Force's 19 Wing Comox to begin a seven-week long deployment for training. This DFT is an annual collaborative effort between the National Guard Bureau and Bellows Air Force Station's Detachment 2, 18th Force Support Squadron that began in 2017.

The Bellows DFT provides Air National Guardsmen the opportunity to receive vital readiness training and work with units from other states as well as international partners. This year, Connecticut's 103rd Civil Engineer Squadron, Maine's 101st Civil Engineer Squadron, and South Carolina's 169th Civil Engineer Squadron will rotate through Bellows along with construction technicians from the Royal Canadian Air Force's 19 Wing Comox and 14 Wing Greenwood. The training all units receive during this DFT is vital to the overall readiness of each unit.

"The [National Guard Bureau] sees this DFT as value added training," said Master Sgt. Brad Wilson, National Guard Bureau DFT operations and logistics manager. "Not only can they complete upgrade training, they receive contingency skills training as well."

This training is comprised of multiple construction projects throughout Bellows AFS, which include building demolition, new building construction, tree removal, concrete installation, road work, and HVAC maintenance.

"The training opportunities are great here," said 1st Lt. Patrick Kelley, 169th Civil Engineer Squadron and Bellows DFT officer in charge. "Just in terms of the actual construction we are doing, we are completing full-scale, ground-up projects. A lot of the [civil engineer] AFSC's are involved, they're all getting their hands in the construction."

The training for the Bellows DFT, however, began long before the 103rd's arrival to Bellows.

"The planning process required for doing work like this off station has a lot of touch points with what we would go through in a deployed environment," said Lt. Col. Andy Kelly, 103rd Civil Engineer Squadron commander. "If we ever got tapped to go to an environment where there wasn't any

Corporal John Lavoie, Royal Canadian Air Force construction technician, and Airman 1st Class John Donnelly, 103rd Civil Engineer Squadron structural specialist, level blocks prior to pouring the foundation for the new training classroom being built at Bellows Air Force Station, Waimanalo, Hawaii April 9, 2019. The Royal Canadian Air Force and 103rd Civil Engineer Squadron are working in conjunction to improve facilities on Bellows while building international relationships. (U.S. Air National Guard photo by 1st Lt. Jen Pierce)

infrastructure, the planning for this helps us in that mindset. The process of movement, coming out here mil air and determining what we need to take, also has touch points in our readiness mission. At the end of the day, our mission when we deploy is to do the same types of tasks we are doing here; we are grading, we are laying concrete, doing demolition, and construction. These skill sets we are working on, learning and perfecting over here are the same skill sets we would use in a deployed environment."

Working in tandem with the Royal Canadian Air Force and other Guard civil engineer units also provided an extra dimension of training for the 103rd during this DFT.

"One of the biggest benefits of working outside of our own group is just seeing other ways that things can be done, and sharing things we are very good at with those units," said Kelly. "Reality is when we are deployed, we're not going to be together as an entire squadron. These opportunities to mix and mingle with the other units is more realistic training. Making connections with the other units is beneficial from a long term training and readiness standpoint."

Ultimately, this training is a mutually beneficial way for the Air National Guard to receive vital readiness training while assisting an active duty Air Force detachment.

"My predecessor originally reached out to NGB for help completing projects at Bellows because it's a great training opportunity," said Staff Sgt. Craig Enomoto, 18th Force Support Squadron operation management NCOIC. "There's typically only eight of us here to take care of all the CE work orders throughout the base and sometimes there are things that we can't get to, so we ask the guard units to come out for some great training and help us close out some of our work tasks." One of the largest projects that will be completed is the demolition and rebuild of the Bellows AFS gym designated specifically for the Airmen assigned to Bellows.

"The gym was originally supposed to be just a repair, but when we opened up the walls, we found extensive termite damage beyond saving the actual building," said Enomoto. "If we didn't have a gym here, a lot of our guys wouldn't be able to work out and lift weights. We love working out and staying fit. It keeps our morale up and ensures we stay fit throughout the year to exceed the Air Force PFT standards."

"Being able to see results that are impactful to our partners at the DFT location provides an extra layer of gratification and sense of accomplishment for our troops," said Kelly. "I think being in the Guard, and having mostly traditional folks as part of our squadron, we bring a host of skills and expertise that our folks have on the outside. For us to be able to come and showcase those skills that a lot of our folks are doing in their civilian jobs, then having the results benefit the bigger Air Force is a win-win for everybody."



AIRMAN HIGHLIGHT: 2018 AIRFIELD OPERATIONS AWARDS WINNERS SENIOR MASTER SGT. WINNIFRED DION, ANG AIRFIELD MANAGEMENT SENIOR NCO OF THE YEAR STAFF SGT. JENNIFER LENZI, ANG AIRFIELD MANAGEMENT NCO OF THE YEAR

We sat down with Senior Master Sgt. Winnifred Dion and Staff Sgt. Jennifer Lenzi to learn more about their time with the Connecticut Air National Guard and what it means to them and their organization to have won these national-level awards.

"The dedicated professionalism of your Airmen forged a path of exceeding superior standards and expectations," Lt. Gen. L. Scott Rice, Director of the Air National Guard said. "These winners have been submitted as the ANG nominees for the Air Force Flight Standards Agency. Their packages will compete against the other MAJCOM submissions for this AF level competition."

Q: What is your official duty title?

Dion: I'm the Airfield Manager

Lenzi: I'm an Airfield Management Operations Supervisor

Q: How long have you served in the military?

Dion: I've been in the military since July 1997. I did have a break in service when I had twins, and then I went back in in 2011... almost 16 years.

Lenzi: Six years, four of which were with the 106th Rescue Wing on Long Island and the last two have been here with the Connecticut Guard.

Q: How long have you been in your current AFSC?

Dion: 20 years.

Lenzi: Six years.

Q: Why did you join the Air National Guard?

Dion: I worked at Westover. I was a Reservist there and a civilian contractor doing airfield management for the Air Force; a DOD Contractor. And this position opened up and it was a GS position, so I thought "Well, you know I'll just apply and see if I can get out of the contract world and get into the DOD world." So I applied and I got the position. came from a military family so, to me, growing up that way it was normal. I always admired people when I saw them in uniform and I always knew that when I graduated high school that's what I wanted to do next.



Q: How do you feel about your job?

Dion: I love it. Actually it's the best move I ever made. I mean really, they're so great here, everybody is wonderful to work with. It's so much smaller than Westover or the big bases so you come here and you're at a much more personal level with people.

Lenzi: It's been an awesome experience. Like Sergeant Dion said, it's almost a family-oriented feeling here; people take care of each other. I like that comradery around the squadron so it's been awesome.

Q: Is there anyone who encouraged you to join the military?

Dion: Two people, really. My husband. I was 27 and I'd always wanted to go in but people talked me out of it. And I remember we were driving down the road and I saw somebody walking by in their blues. And I said "I'll always regret that I never did that." And he was like "Well why do you have to regret it? You're only 27!" So I went and I did it, and then when I had twins I got out. And then I thought the career field had gone away in the Reserves so I just was a DOD Contractor and then Chief Paul Veresko at Westover came over to help us, and he said "Hey come back in." And I was like "Oh I didn't know that they still had airfield managers in the Reserves or the Guard." And he said "Yeah come on back in," so I did.

Lenzi: My dad wasn't in the service but he was always the one that kind of told me to go on and go for it if that's what you want to do. So he always supported that decision.

Q: What moment in your ANG career stands out to you the most?

Dion: I think one of the best moments would be when I got chosen to be an Airfield Management Advisory Council Member for the NGB. I'm a council member for FEMA Region 8. So I have six of my own units that I review their OIs and their Air Wing Instructions for Airfield Management and any questions they have, they come through me, and I go through the functional.

Lenzi: There have been so many moments, especially since I've been with the Connecticut Guard, that have been memorable. Between deployments and big training exercises, it's been awesome to see, in all those situations, the different agencies on base coming together to get those things done.

Q: How does it feel to be the recipient of this national-level award?

Dion: It feels great! I was quite surprised, I didn't expect it.

Lenzi: It's exciting! We're very happy and thankful to be chosen for it.

Q: What do you think it says about your organization that you both received these awards?

Dion: I says a ton. When I started here in 2016, I think Airfield Management was the only significant write-up that the base had for their capstone--the first one since the conversion. We just had a SAV, and we passed the SAV with flying colors with just a couple minor things that they're looking at.

Lenzi: It's definitely a great reflection on the work that we've done here. Sergeant Dion is a wealth of knowledge and has so much experience under her belt that it's been really awesome to work for her and be taken under her wing. She's taught me a lot so I owe it to Sergeant Dion for everything that I've learned since I've been here. I'm lucky to have her.



The Strong Bonds Retreat

By Tech. Sgt. Tamara R. Dabney

A few times a year, the 103rd Chaplain Corps hosts Strong Bonds-sponsored retreats for members of the103rd and their families. During the retreat, families come together to strengthen their relationships and build individual resiliency in an interactive and engaging environment.

The most recent Strong Bonds Retreat was held March 29-31, 2019 at The Great Wolf Lodge in Fitchburg, Mass. Activities were geared toward married couples and children of all ages. Families engaged in chaplain-led discussions, which primarily focused on ways to improve communication between parents and children and confront marital difficulties. Apart from the discussions, families spent time at the Great Wolf Lodge Water Park, the ropes course and participated in various arts and crafts.

We asked attendees what they thought about the event and here is what they had to say:

Strong Bonds

Testimonials



"I went to the family Strong Bonds and it was very beneficial—a lot of good information and a lot of fun for the kids as well."

-Silvio Cabrera

"I thought it was a great experience and my family and the kids had a great time."

-Master Sgt. Nicole Thomas



"They give you that holistic view where you're finally able to see it from other people's perspectives. I think it's a really good thing that they do care for the families here. I think it's a really good event to go to as a family to bond as a family. Communication is one of the biggest things I take away—the communication from a holistic standpoint as a family."



-Staff Sgt. Shanielle Copeland

"I believe that the Strong Bonds events helped my children and I cope with everyday stressors that we have and find better ways to help us communicate with each other without getting frustrated, and to build our relationships to be better."

-Master Sgt. Kristina Owren



"I think Strong Bonds is a good program. It brings military families together, it allows us to network in between each other, and it gives the kids time to connect with other kids that go through scenarios that other military families go through. It takes us away from the base and gives us time to decompress, let loose, enjoy the family atmosphere, and pick up some good tips from the Chaplain's office."

- Tech. Sgt. Joshua Fasser



"I just think it provides an opportunity or an excuse for you to have that specific time set aside with your spouse and to focus on your relationship. Especially when you're both working and you have day-to-day things you're doing, you're not really necessarily focused on talking about things or working on things in your relationship.

Strong Bonds with my kids at Great Wolf Lodge. I think that it was very beneficial. It was a good combination of classes for family and children activities, and then enough down time for people to spend time with other military families who experience the same lifestyle and community. -Senior Master Sgt. Melissa Kelly

Connecticut services Airmen support deployment for training at Bellows Air Force Station

By Staff Sgt. Steven Tucker

WAIMANALO, Hawaii—As the sun



rises over Waimanalo, Hawaii, services Airmen from the 103rd Force Support Squadron have already been busy preparing breakfast for their 103rd Civil Engineer Squadron counterparts and members of the Royal Canadian Air Force.

"In the morning we get up at 4:00 a.m. and we come out to the site location where the [Single Pallet Expeditionary Kitchen] is set up, and we fire up the heater unit," said Master Sgt. David Torres, 103rd Force Support Squadron services NCOIC.

The Airmen at the Single Pallet Expeditionary Kitchen, or SPEK, serve two hot meals per day at Bellows Air Force Station during the civil engineer deployment for training from April 8 – 19, 2019. This DFT has the 103rd Civil Engineer Squadron working in tandem with the Royal Canadian Air Force to complete various construction projects around Bellows.

Working in this facility provides the Airmen a practical training experience, said Torres.

"Being in another environment, we're able to work with other units and build off of what we already have," said Torres. "Having the SPEK training gives the Airmen more of a knowledge-base of field feeding conditions because the SPEK is for real-world contingencies."

This training is especially important in building readiness for Air National Guard units, said Staff Sgt. Gabriel Cartagena, a services member assigned to the 103rd Force Support Squadron.

"Getting to be on a DFT like this really hones our skills for if anything were to happen—if another natural disaster were to hit where we now have to set up our tents and know how to feed out of our ration heater, and how to set it up and do all the things that we do," said Cartagena.

The services troops from Connecticut have also had the opportunity to develop partnerships through working with services Airmen from the 163rd Attack Wing in the California Air National Guard.

"This was a nice icebreaker for us to work with them in Hawaii and let them see how we work and see how they work," said Torres.

The two units plan to train together this July.

Former Flying Yankee James Elsner, World War II veteran, turns 100

By David Owens, Hartford Courant

WEST HARTFORD – In August 1941, war raged in Europe and in China, and it was brewing in the Pacific. The U.S. would soon join the war, and a buildup had begun.

National Guard units around the nation were federalized. And in Hartford, James Elsner, 22, and his older brother were drafted into the Army. For Elsner, the signal corps was his first assignment. But he was interested in flying and took an exam to become an aviation cadet. He passed and soon began flight training.

The U.S. entered World War II in December 1941 after the Japanese attack on the navy base at Pearl Harbor. Those first months of the war in the Pacific were marked by a series of Japanese victories over the U.S. and its allies.

Two bright spots were the Doolittle Raid, in which Army B-25 bombers flew off the aircraft carrier Hornet and bombed targets in Japan on April 18, 1942. That was followed by the epic U.S. victory over the Japanese at the

Battle of Midway in early June

The Japanese plan for diversionary attack on the Attu and Kiska, part of what is hoped to draw U.S. forces available at Midway. But Navy Japan's true intentions, and U.S. forces focused on Midway.

The Japanese forces at the western edge of the opposition. Their occupation of time since the war of 1812 that seized by a hostile power. But Less than a year later, in May soldiers arrived off Attu to take went ashore on May 11. They defenders. The fighting was massed banzai attack — the face in the Pacific — that was Those Japanese soldiers not committed mass suicide by



their chests. Only 28 Japanese soldiers were taken prisoner.

1942.

Midway included a western Aleutian Islands at now Alaska. The Japanese north so they would not be codebreakers had figured out Adm. Chester Nimitz kept the

that landed at Attu and Kiska, Aleutian island chain, faced no the islands marked the first American territory had been it would not stand.

1943, about 15,000 American the island back. The Americans faced 2,500 Japanese fierce and ended with a first American troops would turned back by the Americans. killed in the banzai attack placing hand grenades against

On the American side, 550 soldiers were killed and another 1,500 were wounded. About 1,200 Americans suffered injuries from the cold.

The Army and Navy did not intend for Attu to again fall into Japanese hands, and American forces sent to defend the island included two squadrons of Army Air Force fighter planes.

Elsner, who turned 100 on Thursday, was assigned to the 18th Fighter Squadron and arrived at Attu in March 1944. The squadron's mission was to keep the Japanese from returning. Elsner flew a Curtis P-40 Warhawk that he named Carolyn in honor of his mother. By 1944, the P-40 was an old airplane and considered obsolete, having been eclipsed in Army service by the North American P-51 Mustang and Republic P-47 Thunderbolt.

But Elsner said he liked flying the P-40 and called it "exhilarating." The P-40 had been made famous in the years before the U.S. got into the war by the Flying Tigers, a group of American fighter pilots who flew against the Japanese in defense of China.

"The P-40 did its duty," Elsner said. "The Flying Tigers flew it and shot down a lot of Japanese. It's a good thing it was there until the 51s and 47s arrived." Another group at Attu flew Lockheed P-38 Lightnings.

The fighting was over at Attu when Elsner arrived, and there would be no combat during his time there.

"The mission really was air defense," Elsner recalled. "We were scrambled any time they thought they saw a bogie. They thought the Japanese might come back. That's why we were there."

The squadron's pilots did a lot of training. They'd practice aerial gunnery, skip bombing, dive bombing, navigation and dog fighting. One of Elsner's squadron commanders was Dean Davenport, the co-pilot of the B-25 bomber Ruptured Duck that flew in the Doolittle Raid off the Hornet. The lead pilot was Ted Lawson, whose book about the mission, "Thirty Seconds Over Tokyo," was later made into a movie starring Van Johnson, Spencer Tracy and Robert Mitchum.

Elsner left the Army after the war but continued to serve in what became the Connecticut Air National

Guard. He flew until 1971, having in of lieutenant colonel. During his career, six different fighters, Force's first fighter, the Lockheed Star. He eventually flying C-47 and C-54 Like so many of the Americans who War II, when the war went to work, raised a family. He & Co. in Hartford as a agent. That's where Dorothy, who called the was department.



including the Air operational jet P-80 Shooting transitioned to transports. 16 million served in World Elsner ended, married and worked at G. Fox purchasing he met his wife, worked in what foundation

1968 and retired attained the rank

Elsner got to fly

"People were wondering why I always was going into the corset area," he said. Together they raised two sons and a daughter in West Hartford. The couple have been married for 68 years. Dorothy turned 93 Friday.

Elsner was recalled to duty for the Korean War. When he returned home again, he went back to G. Fox and worked in the credit department and was credit manager for 17 years.

Elsner left G. Fox in 1974 and went to work for Society For Savings, a Hartford bank that in 1993 merged with Bank of Boston Connecticut, before eventually being merged into Fleet Bank and Bank of America. He left there after 17 years.

A regular exercise regimen helped Elsner reach the century mark. Until just a few years ago, he would head to a local health club and swim laps. These days, he does situps and works out with resistance bands.

"And I walk a lot," Elsner said. "And I just renewed my driver's license for six years. So it's good till 2025."

May UTA Meals

Saturday, 4 May 19; 1100-1300

- **Burritos/Salad** •
- Chicken, Pork Carnitas & Beef ٠
- Spanish Rice ٠
- **Black Beans** ٠
- <u>Corn</u> ٠

sit hprc-online.org/nutrition/go-for-green

- Salad Bar ٠
- Sandwich Bar •
- Dessert: Ice cream ٠

- AGRs & Officers: \$ 5.60

Sunday, 5 May 19, 1100-1300

- **BBQ Grilled Chicken** •
- Hamburgers
- ٠ Hot Dogs
- Steak Fries ٠
- Broccoli & Corn on the Cob ٠
- ٠ Cucumber & Tomato Salad
- Assorted Pasta Salad ٠
- Salad Bar •
- Italian Ice
- AGRs & Officers: \$ 5.60

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GO FOR GREEN" FOOD IDENTIFICATION SYSTEM

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

Eat Often 60



Eat in Moderation Higher in sugar, fat, and/or salt Choose small portions

Eat Rarely

STOP



Introducing Linda's Lending Library...

...a great way to share support and inspiration with our fellow Airmen!

Welcome to my most recent effort to reach out to you and support your personal growth and resilience! I have a great collection of books on topics of self-help, psychology, and personal development. I have always been a fan of this type of literature and have shared some of it with various clients over the years.

It is with great pleasure that I invite you to come by the bookshelf outside my office and peruse the collection I have on display. If you read the book and really like it, feel free to keep it, or if not, return it. If you are looking for a particular book or a recommendation, please

talk to me and maybe I have it or can find it. If you happen to be in possession of these types of books that you are not using, any donation of gently used books is extremely welcome!

Self-help books have been popular for years. They can offer valuable ideas, motivational enhancement, and greater understanding of yourself and others. It is worth noting that reading in general is an excellent means of increasing brain health and resilience. Some form of learning is included in any type of reading, and the reader benefits from all the research and experience of the author! Research indicates that regular readers enjoy more happiness and satisfaction in life, better self-esteem and acceptance, improved creativity, focus, and improved mental health. If you are not a reader, try cracking open any book of your liking to begin reaping these benefits! I don't think Candy Crush or even Facebook can offer that, though the colors are pretty!

However, it is very important to understand that no book is a substitute for professional help. **Anyone** dealing with suicidal or other forms of destructive thinking should seek help from a professional immediately. The most immediate sources are a crisis/help line, local emergency room, or your friendly local DPH!

Something else a book can't offer is taking action to make changes in your life. A good book may offer helpful suggestions that appeal to you, but it is entirely up to you to put the ideas into action on your own behalf. A therapist and/or life coach can assist you with meeting your own goals in a more personalized and sensitive way, and these books can be an excellent complement to professional therapy.

So, as I said, stop by and take a look! I'd be thrilled for this to become a resource for you! Wishing you all the best,

--Linda McEwen LCSW

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.

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Alberta La se	HUMILITY PRIORITIES	with two moved	
[FRIGHTIES		
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	PURPOSE		

I will be offering a small group experience based on the Ladder UPP workbook by Silouan Green. Please contact me if you are interested:

Linda McEwen LCSW, DPH

860-292-2561



CIVILIAN PAY: 1.9% raise in effect – finally!

On 28 Mar 19, the President signed an Executive order to implement a retroactive pay adjustment required by the Consolidated Appropriations Act, 2019. The raise is now in effect and it paid out on 19 Apr. The amount is retroactive to the first full pay period in calendar year 2019. The raise will continue to till the end of calendar year 2019. This is only applicable to GS employees. Please see this link for GS pay scales for the Hartford area, https://www.opm.gov/policy-data-oversight/payleave/salaries-wages/salary-

<u>tables/19Tables/html/HAR.aspx</u> and this link for GS pay scales for the New Haven area, <u>https://www.opm.gov/policy-data-oversight/pay-leave/salaries-</u> <u>wages/salary-tables/19Tables/html/NY.aspx</u>. Federal Wage System (FWS) employees (WG) pay schedule is on a June to June cycle, not calendar year. Please see this link for WG pay scales, <u>https://www.dcpas.osd.mil/BWN/AFWageSchedules/</u>.

AROWS System Change: Rescheduled Drills

On 25 Apr 19, AROWS no longer allows the member to initiate an authorization for a Rescheduled Drill (RD). Your unit representative that has the Inactive Duty (ID) Administrative (Admin) role in AROWS has to set up the authorization. Please contact your orderly room for assistance with this change.

REMINDER: Basic Allowance for Housing (BAH) Recertification

IAW the Joint Travel Regulation (JTR) Chapter 10 100202. A.2.e. the RC member must recertify the dependent's status at least every 3rd year from the previous certification or when a dependent's status changes

You received an e-mail on 3 March informing you that IF you are receiving BAH with the dependent rate, you must recertify this status to maintain that rate (not sure...check your LES...Pay Data section...BAQ type: W Dep). If you have no changes, no dependency documentation is required BUT a completed AF form 594 is due to FM no later than 4 Aug 19. Don't wait because it's fairly simple so please take action now if you have not already.

A listing of members and their dependency status along with AF Form 594 instructions can be found at: X:\PERMANENT\103 CPTF - Customer Service\BAH Recertification or on SharePoint (instructions only): https://cs2.eis.af.mil/sites/10916/wingstaff/finance/SitePages/BAHReCert.aspx

Note: IF you feel your status is incorrect (listed as having dependents but don't OR listed as NOT having dependents but do), please contact Finance (860-292-2491) to process the change.



STATE OF CONNECTICUT

CONNECTICUT MILITARY DEPARTMENT 360 BROAD STREET HARTFORD, CONNECTICUT 06105-3795

April 10th, 2019

On behalf of Major General Francis J. Evon Jr., The Adjutant General, the Connecticut National Guard, and the Connecticut Military Department, you are cordially invited to attend the 70th annual Connecticut Armed Forces Day Luncheon.

The luncheon will be Friday, May 17th, 2019, at the Aqua Turf Club, 556 Mulberry Street, Southington, Connecticut. The social hour begins at 1100 and lunch will be served at noon. The cost for this year's event is \$30.00 per person.

Armed Forces Day is a national observance in the United States, celebrated annually on the third Saturday of May each year. Americans celebrate Armed Forces Day in many ways, honoring all Americans who have and who are still serving in our armed forces: Army, Navy, Marines, Air Force, the Coast Guard, and each Services' Reserve Components.

Connecticut's tradition is the Armed Forces Day Luncheon. Each year Connecticut's military, veteran, civic, and business community attend the Armed Forces Day Luncheon to celebrate military service and to honor the hundreds of thousands of Connecticut citizens and residents who serve or have served our great State and Nation. Traditionally this annual event has provided an excellent atmosphere of camaraderie and this year promises to be no exception.

If you will be attending this luncheon, please fill out the response form and include a check made payable to "Armed Forces Day Luncheon." Mail to the address at the bottom of the response form. It would be greatly appreciated if you can reply prior to May, 11th 2019.

Suggested attire: Business or Service Dress, Class B or Duty Uniform.

Questions about the Armed Forces Day Luncheon may be directed to SFC William Blake at (860) 493-2750 or <u>william.d.blake14.mil@mail.mil</u>.

More Information at:

http://ct.ng.mil/CT_AFDL/Pages/default.aspx

or

https://www.facebook.com/CTArmedForcesDay

AIR FORCE PERSONNEL ACCOUNTABILITY AND ASSESSMENT SYSTEM (AFPAAS)

1. What is AFPAAS?

AFPAAS is the Air Force Personnel Accountability and Assessment System. It is a website designed to help Air Force Personnel and their families directly affected by natural and manmade disasters

In the last two years, there have been several catastrophic events affecting ANG Guardsmen in which AFPAAS events were activated and Guardsmen received assistance. From wild fires in California and Oregon, to Hurricanes affecting the East Coast, Virgin Islands and Puerto Rico.

- 2. Why is AFPAAS needed and important to you?
 - a. AFPAAS provides a tool to report your status, current location, update emergency contact information and request assistance for yourself and your family members
 - b. AFPAAS helps the Air Force leadership to account for personnel and to make decisions that support you and your family
- 3. Where is AFPAAS located?
 - a. You can access this website from any computer at: https://afpaas.af.mil
 - b. If you are displaced from your home or office, or do not have access to a computer you can either contact anyone that has internet access to update your status on your behalf, your unit AFPAAS Commanding Officer Representative (COR) to account for yourself and your family members or one of the telephone numbers below:

Air Force Personnel Readiness Cell: 1-800-435-9941

AFPAAS Help Desk: 1-866-946-9183

**It is important that you verify and update your information and your family members on a regular basis **

April 2019 Fitness Warriors

NAME	SCORE	
LTC Eric A Wismar	99.1%	
CPT Brandon Tibbitts	97.9%	
SSgt Nicholas Heide	97.4%	
SMSgt Scott Luke	97.1%	
Amn Arielle Robles	97.0%	
SrA Haley Savoie	96.5%	
SrA Eugine Motovilov	96.3%	
TSgt Chris Mastroianni	96.1%	
SrA Chance Martin	95.7%	
A1C Brent Hesson	95.7%	
MSgt Joel Morneau	95.7%	
SrA Guillermo Maldona	95.7%	
SSgt Crawford Zachary	95.7%	
MSgt Ryan Connoy	95.3%	
SrA John Rockett	95.3%	
MSgt Vincent Carucci	94.5%	
LTC Kyle B Siegel	94.5%	
TSgt Kevin Black	93.6%	
TSgt Christopher Bourd	92.9%	
TSgt Brian Ramaeka	92.9%	
SSgt Amir Lowen	92.4%	
SSgt Robyn Miller	92.2%	
SSgt Bailee Graveline	92.2%	
TSgt Sara Duquette	92.1%	
MAJ Charles Johndro	91.3%	
A1C Mayra Egocheaga	91.0%	



Support the 103d FRG with the Drill Weekend Bagel Sale!

New location: Stop by the first floor break area in the Hangar for breakfast!

\$3.00 FOR BAGEL AND COFFEE

\$3.50 FOR BAGEL WITH JUICE, SODA, OR BOTTLED WATER

0700-1030 Drill Weekends

Cash only, please!