

NEW YORK

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The AIR NATIONAL GUARD

# Skibird



Magazine of the 109th Airlift Wing, Stratton Air National Guard Base, Scotia, N.Y.

Winter 2009

## After the Storm...



## New Year's message

The following is a message from Maj. Gen. Robert A. Knauff, New York Air National Guard commander:

"The past year has been one of great accomplishment for NYANG. In response to the changing needs of our Air Force, NYANG missions have either changed completely or dramatically expanded.

"The 106 RQW continues to distinguish itself in combat in its augmented mission supporting civilian search and rescue and through its space shuttle support mission. The 105 AW is actively exploring new airlifter options to replace the C-5As. This would put them in the forefront of airlift throughout the Air National Guard. The 109 AW has earned its place in polar history through its conveyance of an almost unimaginable amount of cargo to the South

Pole, enabling the construction of a new South Pole Station. The 274 ASOS and 213 EIS continue to make a name for themselves as go-to people in the Global War on Terrorism. One Civil Support Team has been formed from members of the NYARNG and NYANG, with a second unit being added downstate at Fort Hamilton to assist in supporting our homeland security efforts statewide. A further augmentation in the homeland security arena is the newly formed CERFPP team, which brings together extraordinary capability from throughout the New York military forces.

"The Northeast Air Defense Sector is now responsible for monitoring half of all domestic airspace and will soon be known as the Eastern Air Defense Sector. A brand new NYANG unit, the 222nd Command and



File Photo

Control Squadron (CACS), will be activated this December in a facility adjacent to NEADS to support the work of the National Reconnaissance Office. The 174 FW is trading F-16s for

See KNAUFF, page 6

## A busy year ahead

By Col. Anthony German  
109th Airlift Wing commander

Happy New Year. As you read this I will be deployed to Antarctica. Once again life at the 109th remains action packed and fast paced. In these uncertain times we can be thankful that we have a great mission and a great place to work.

The Antarctic season has gone well up to this point. The Maintenance Group is doing an outstanding job giving Operations airplanes to fly so they can complete the missions they are tasked to do. All of our deployed 109th AW members from the Wing, Support Group, MXG and OG once again are demonstrating how to operate in the world's toughest working environment.

Typically each season has a challenge or two, and unfortunately this season is no different - we had a loading incident in December that damaged one of the aircraft. This just drives home the point that we need to ensure that we all maintain our focus and watch out for one another. All

of us are responsible for guarding against complacency.

The next few months will provide us with plenty of opportunities to demonstrate our professionalism. As we finish off the Antarctic season we have a string of Distinguished Visitors coming to Antarctica, and we need to show them the Outstanding Wing we are. We have a UCI in April. I need all of you to buckle down and put the finishing touches on all of your hard work. Each section needs to complete their required tasks. I know that with the effort put forth by all of you we will do just fine. A UCI is nothing more than doing the things we are supposed to do each and every day. When we are working with DVs or the inspection team we need to be especially sharp on our military customs, courtesies and bearing. The first impressions really do make a lasting impression.

I had the privilege of escorting my new boss, Col. Tony Basile, to Antarctica in December. He was very impressed with the mission that we fly. He had nothing but great things to say about



File Photo

all the folks he came in contact with. So often we take for granted the mission that we have. As I escorted Colonel Basile to the South Pole and listened to Jerry Marty speak about the 109th's role in the construction of the new South Pole station, moving more than 25 million

See GERMAN, page 6

### 109<sup>th</sup> Airlift Wing



Commander  
Col. Anthony German  
Vice Commander  
Col. Timothy LaBarge

### The Skibird

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#### Editorial Staff

Maj. Jody Ankabrandt  
Public Affairs Officer

Capt. Shane Gernand  
Public Affairs Deputy

Master Sgt. Willie Gizara  
Multimedia Manager

Master Sgt. Christine Wood  
Base Videographer/Photographer

Tech. Sgt. Catharine Schmidt  
Editor, The Skibird

Airman 1st Class Ben German  
Base Photographer

#### The Skibird

1 ANG Road, Scotia, NY 12302-9752;  
PHONE: (518) 344-2396/2423  
DSN: 344-2396/2423, FAX:344-2331  
EMAIL: skibird@nyscot.ang.af.mil

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### The Skibird

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#### On the cover:

Maintainers and Airmen with the snow removal team clean up the aircraft and flightline following a snow storm Jan. 11. See Page 9 for more coverage. (Photos by Staff Sgt. Stephen Girolami; Photo illustration by Master Sgt. Willie Gizara)

# Wingman

By CMSgt. Michael Cristiano  
109th AW Command Chief

Today's wingman concept is nothing new. Col. Francis "Gabby" Gabreski, an early Air Force pioneer who is credited with 28 aerial victories in World War II, said this:

"The wingman is absolutely indispensable. I look after the wingman. The wingman looks after me. It's another set of eyes protecting you. That's the defensive part.

"Offensively, it gives you a lot more firepower. We work together.

"We fight together. The wingman knows what his responsibilities are and knows what mine are. Wars are not won by individuals. They're won by teams."

Today, having a good wingman is still relevant, but it reaches far beyond aerial combat.

Today's challenges are more about making responsible choices which ensures the completion of your unit's mission.

These may include decisions in your job or it may be about looking out for your fellow Airmen.

Recently the Wing has experienced a small outbreak of individuals making bad choices that has jeopardized the safety and reputation of our deployed Airmen.

In some of these incidents, the individual had a wingman who was trying to help, but it was too late. Someone should have tried to break the chain of events before the situation was out of control.

Everyone is entitled to make a few mistakes over their career, but what is unacceptable is the fact that a lot of us look the other way or don't want to get involved to prevent these problems from occurring.

It seems the culture is we don't want to interfere in other people's decisions.

If you do, you are accused of meddling or not allowing people the freedom to make their own choices. This may be true to some extent, but we all know when things are beginning to get out of hand.

This is when we must roll in and look out for our fellow Airmen.

The challenge is that it can sometimes be more difficult than it first appears.

The path of least resistance shouts for us to do nothing while a fellow Airman makes a bad decision; however, accepting the challenge of being a comrade in arms is for us to become involved.

The moral courage to do the right thing is



File Photo

more than just words; it is the foundation of our Air Force Core Values: Integrity First.

Your role as a wingman is vital to any level of success. This may be in a work environment or a social setting.

The bottom line is to look out for yourself and your wingmen.

Stop the problem when it's small before it becomes a letter of counseling, an Article 15 or the loss of a career.

Look out for each other. Make good decisions. Let's all be a part of the solution.

# Chaplain's Corner

## Core values important in day-to-day lives

By Chaplain (Lt. Col.) Todd Luce  
Wing Chaplain

The core values of our Air Force must be lived out in our day-to-day civilian lives unique to the reserve component.

We are in communities, off base. Spiritual grounding is very helpful and the complete freedom in this arena is one of the key benefits of our society.

Chaplains are not only to be a visible reminder of the holy,

but also provide spiritual and moral guidance. Let's consider the latter two core values then focus more on the first.

Service before self is seen in your continued voluntary devotion to the defense of our great nation and way of life, routinely deploying and contributing in the struggle to protect our citizenry at home from the battles that rage elsewhere.

Excellence is seen in all we

do, sometimes manifesting itself in trophies and awards, but more often in your workmanship and relationships contributing to a steady streak of reliability and safety.

Integrity is to be first, but there are so many "top priorities" in our lives.

Mission and people have traditionally competed for (and alternated as) head of our military list, finally being reconciled in the idea that the mission is always there

and it's the people who get it done. Integrity is above both. Character matters.

How you deal with circumstances and others in the work place, how loyal and reliable you are, and your fidelity in marriage are all matters of integrity.

You can only control how you yourself behave and how you conduct yourself, yet most of the time that's 50 percent of

See CHAPLAIN, page 6

# U.S., Australian team conducts medical movement in Antarctica

HICKAM AIR FORCE BASE, Hawaii -- Airmen with the 109th Airlift Wing were part of a combined U.S. and Australian crew that successfully evacuated a severely injured Australian civilian in Antarctica to a hospital in Hobart, Australia, on Nov. 5.

The patient, 31-year-old Dwayne Rooke, was part of an Australian Antarctic Division contingent conducting scientific research at Davis Station, Antarctica. He is now in stable condition and received medical care in Hobart for multiple fractures caused by an all-terrain vehicle accident.

A medical team flew 1,500 miles from McMurdo Station, Antarctica, to Davis Station Nov. 3 aboard an LC-130 Hercules. The ski-equipped aircraft landed on an improvised runway prepared by Davis Station personnel earlier in the week.

The medical team, along with aircrew members and an aircraft maintenance team, spent the night at Davis Station in order to rest, refuel the aircraft

and prepare the patient before beginning the 10-hour flight to Hobart on Nov. 4.

"Down on the ice every country works together," said Maj. David LaFrance, the rescue mission commander. "Based on the severity of the emergency, they look at the best possible option."

Capt. Greg Richert, the on-board U.S. Air Force flight surgeon who is forward-deployed from 13th Air Force to McMurdo Station, said it was especially gratifying to use the team's medical movement capability to help the Australians in Antarctica.

"The United States and Australia have long enjoyed a strong bond, and it was really evident in how our combined team was able to help this patient in his time of need," Captain Richert said.

Dr. Tony Press, director of the Australian Antarctic Division, said he was grateful for the support the United States provided.

"It's a tribute to our excellent



Courtesy Photo

Injured Antarctic expeditioner Dwayne Rooke, is transported to an LC-130 in Antarctica. Airmen with the 109th Airlift Wing were part of a combined U.S. and Australian crew that successfully evacuated him to Hobart, Australia.

relationship with the U.S. Antarctic Program and a fantastic example of the collaboration that typifies Antarctic operations," Doctor Press said.

The movement was the first major mission for the LC-130 in the current Operation Deep Freeze season.

Besides LaFrance, other 109th members who were part of the crew were Maj. Paul Bernasconi, Lt. Col. Mark LeCours, Senior Master Sgt. Mark Olena, Master Sgt. Jennifer Ray, Master Sgt. Jamie Hill and Tech. Sgt. Joe Axe. (This article was combined with various news reports.)



Courtesy Photo

Maj. Dave LaFrance was part of the crew that rescued a severely injured Australian civilian from Antarctica.



Courtesy Photo

Airmen with the 109th Airlift Wing were part of a combined U.S. and Australian crew that transported Dwayne Rooke, 31, of Davenport, Australia, who had suffered multiple fractures to his ankles and feet after a quad bike accident.

## Chaplain air support



Photo by Master Sgt. Scott Wagers

*(Left) Chaplain (Capt.) Jake Marvel listens to an injured Soldier who is awaiting aeromedical evacuation to a medical facility in the United States from Ramstein Air Base, Germany. Chaplain Marvel is with the New York Air National Guard's 109th Airlift Wing.*

*(Right) Senior Airman Jeremiah Henderson visits with a wounded warrior from Bagram, Afghanistan, at Ramstein Air Base, Germany. The Airman is the contingency aeromedical staging facility's chaplain assistant and is with the 109th Airlift Wing.*



Photo by Senior Airman Amber Bressler

### German, from page 2

pounds of cargo over the past few years, it hit me as to how big a task this really was. When you look around and realize that 96 percent or more of all the stuff that is scattered around the South Pole was delivered by a 109thAWC-130, you realize that this is really an amazing feat, and it is a credit to each and every one of you past and present.

Resting on our laurels however will not be an option. After the UCI will

be an ASEV, HSI, Greenland, Afghanistan, Antarctica, etc, etc. The 109th perpetual calendar will continue to move from one season to the next each with its own challenges and stresses. However the great news is that we are all employed and we are providing a vital service to our nation. I thank each of you for your service, and I look forward to all the challenges the New Year brings.

### Knauff, from page 2

unmanned aerial vehicles (UAV) and maintaining its rightful place as a 21st century Air Force leader. Finally, the 107 AW, after performing in exemplary fashion as unparalleled aerial refueling experts, has joined its Niagara Falls neighbors at the 914 AW in creating an air reserve component associated unit flying C-130s.

"Throughout 2008 and this period of radical change, our units have performed in outstanding fashion in all inspections and

### Chaplain, from page 4

the battle (and often more).

So do something about you!

I challenge you to stop and evaluate how well you live out the Air Force core values in everyday life.

Are you always faithful in your marriage?

Are you giving your spouse the best of who you are?

Are your children seeing consistency in how you live your life?

Can your friends tell that you are ahead of your peers?

Do people notice that you live by a higher standard?

Now take your answers to those tough questions and ask yourself how spirituality is involved.

We can help you explore how to integrate spirituality and core values.

As you take the time and effort to focus on how you live out the core values, we will all benefit ... our nation, our military, our communities, our families and you.

Know that we are praying for you and your family, as you faithfully serve.

have provided extraordinary support at home and around the world, particularly in support of Operations ENDURING and IRAQI FREEDOM.

"On behalf of all of us at Joint Forces Headquarters-NYANG, thank you for your tireless dedication this past year. Also convey my gratitude to your families and employers. Without them, none of your outstanding work could happen. I wish you all the very best for a peaceful and prosperous new year."

## When disaster strikes, 139th AES stands ready to help those in need

By Airman 1st Class Jonathan Markowicz  
139th Aeromedical Evacuation Squadron

In theater, the trained personnel from the 139th Aeromedical Evacuation Squadron serve the brave Soldiers and civilians of our joint military forces. The UTA schedules prepared each drill weekend reflect the value and importance of this mission to the squadron ensuring that 139th

personnel regularly receive mission-

essential training, that medical teams and UTCs are deployment ready, and that all medical, communications, administrative, and other necessary equipment are prepared for rapid implementation in theater.

But the responsibilities of the

139th AES extend beyond the air and space expeditionary force cycle. In addition to serving in the desert or on peace-keeping missions, the medical and non-medical personnel of the 139th respond to our nation in crisis, much like during hurricanes Gustav and Ike in early September 2008.

When New York Governor David A. Patterson announced in

a press release on Sept. 13, 2008, that he was sending additional aeromedical evacuation personnel from Scotia's base to Carswell Air Force Base, Texas, he referred to these individuals as "citizen-Soldiers."

"Much as we did when Gustav bore down on Louisiana earlier this month, New York has deployed our citizen-Soldiers

See AES, page 12



Courtesy photo

Pictured are (from left) Chief Master Sgt. Doug Miller, 109th Communications Flight; and Tech Sgts. Justin Taylor, 109th Operations; Andrew Stearns (flight leader green rope), 109th Recruiting; Jeffrey Dorman (Award for Academic Achievement and class leader red rope), 109th Maintenance Group; Nicole Dellarocco (Award for Academic Achievement), 109th Aerial Port Flight; Henry Smith, 109th CF; Dennis Berg, 109th APF; Kelly Yerg, 109th APF; David Miller, 109th Civil Engineer Squadron; Josh Muscato, 109th Logistics Readiness Squadron; Gary Whitworth, 109th LRS; and Thomas Hegney (flight leader green rope), 109th APF.

## Congratulations to NCOA class 08-02

"Major Mark Armstrong and I had the privilege of attending the satellite NCO Academy course Graduation Ceremony at McGhee Tyson ANGB on the 16th of December 2008 for NCOA class 08-02.

"Unit members who chose to complete the NCO academy in

this fashion dedicated two nights a week, four hours a night, for four months prior to attending in-residence at McGhee Tyson for their last 2 weeks.

"This course required intense classroom activity, and was not a short cut method to completing PME. All members worked hard

and are worthy of our praise for a job well done.

"This course was made possible by the dedicated efforts of all unit members who chose to attend, and the efforts of CMSgt Don Morrell and SMSgt Bob Bolger who were responsible for facilitating the course.

"Please take the time to acknowledge the accomplishments of these members and welcome them back from this major career milestone achievement."

-- Chief Master Sgt. Douglas Miller



# UCI Fever... Catch It!!



### To all 109th Airlift Wing members,

We have all worked hard over the past several months. This is our chance now to showcase our unit to the IG, and show them the pride that we have in the 109th, the Air Guard and the US Air Force. Use the following as a guide to prepare and help your co-workers. If you see something that doesn't look right, take the time to use the buddy system and help each other out!

### Know AFI 36-2903 (DRESS AND APPEARANCE) and look sharp!

- Wing uniform for the UCI (17 - 22 Oct) and LSEP (15 - 22 Apr) will be BDU's / Fit Suit
- Blues will be worn by IG team members or observers only. Observers will display an Observer Badge while in the work areas.
- Men - Ensure you have a good haircut and shave
- Women - Hair worn up and does not extend below the top of the BDU collar
- Hats - Worn outdoors at all times on & off base except in the no-hat areas
- Baseball Hats - Not authorized to be worn with flight suits
- BDU's - Shirts worn outside the workplace at all times, pants bloused above the boot. Ironed and looking neat!
- Boots / Shoes - Presentable and laced appropriately
- Cell Phones - If possible, leave personnel cell phones at home or in your car. If used in uniform, don't talk and walk at the same time, use them in discrete areas. For official use cell phones, wear on the left side of uniform
- Remember to only display Restricted Area Badges in restricted areas

### Driving / Parking on Base

- Adhere to all base speed limits and regulations
- Wear your seatbelt
- Don't talk on your cell while operating a motor vehicle
- Give way to pedestrians in crosswalks

### Off Limits Area

- Building 16 (B Dining Hall - UCI)
- Building 19 (MXG Conference Room - LESP)
- Do not park in any IG reserved spots

### Military customs and courtesies are a must!

Address the inspectors appropriately and salute smartly. Call the building or room to attention when needed.

### A positive attitude is key to success!

Be proud to wear the uniform and serve in the finest Air Force in the world!

### FPCON

We are currently in FPCON Alpha

### FPCON Definitions

- Normal: General global threat, routine security posture
- Alpha: Increased general threat, unpredictable
- Bravo: Increased / more probable threat
- Charlie: Terrorist action or targeting is likely
- Delta: Attack is imminent or has occurred

*Challenge those in the restricted area if they don't display a line badge or have an escort*

### INFOCON Definitions

- We are currently in INFOCON 3: Enhanced Readiness
- INFOCON Definitions (Reference Your Network Incident Reporting Aid)
- Take your CAC card when leaving your computer
- Do not use memory sticks, thumb drives or camera flash cards
- Do not leave your passwords unprotected and under the keyboard
- Have a Network Incident Reporting Aid by all computers
- Have a bomb threat worksheet by all phones

### Schedule of Events for the UCI AMC IG / LSEP

- **Wed 15 Apr** LSEP Team arrives
- **Fri 17 Apr** UCI AMC/IG Team arrives / Wing In-Brief
- **Sat 18 Apr** IG Team Inspects
- **Sun 19 Apr** IG Team Inspects
- **Mon 20 Apr** AM - IG Inspects, PM - IG Writes Reports
- **Tues 21 Apr** IG Writes Reports
- **Wed 22 Apr** Wing Outbrief (By Invitation Only) / Team Departs

**Good luck to all, and let's show AMC and NGB - IG the BEST Wing in the Guard!!**

## Photo Focus

# Crews clear the way after snow covers base



(Left) Staff Sgts. Matt Kergel and Brian Gonzales deice one of the wing's LC-130s on the flightline here early Jan. 11 after a snowstorm hit the area. They are assigned to the 109th Maintenance Group.



(Right) The snow removal crew plows the flightline here early Jan. 11 after a snowstorm hit the area.

Photos by Staff Sgt. Stephen Girolami

While the 109th Maintenance Group is responsible for deicing aircraft when needed, a group of volunteers, made up of state and federal employees, is responsible for snow removal on the base, coming out at all hours nearly every time they are called. This winter, there have been about 12 storms the crew has been called out for. State employees have clocked more than 250 hours off their regular schedule for snow removal, and the federal employees have almost matched that.

"These gentlemen work very hard to get the base operational before anyone arrives," said Tom Tilison, Snow Team chief.

"At times we are able to take a 20-minute break, but that all depends on our accomplishment throughout the night. If you see one of the team members, give them a pat on the back and a thank you. They certainly deserve it."

This year's snow team members are: Tom Chico, Joe Fedor, Doug Fredenburg, Pete Latniak, Lance Peck, Bruce Weatherwax, Joe Dover, Jim Welch, Todd Ulman, Gary Fiorillo, Jason Allen and Mike Beaugard. Also on the team are Maj. Ty Randall, Snow Team commander; Tom Tilison, Team Chief; Dennis Morgan, 1st Assistant; Chuck Powers, controller; and Lisa Jansen, record keeper.



Photo by Tech. Sgt. Catharine Schmidt

The Stratton Snow Team is responsible for base snow removal. This winter, the team has responded to 12 storms putting in more than 250 hours to ensure the flightline and the rest of the base is clear of snow.

# Base gym continues to improve with new workout equipment

By Tech. Sgt. Catharine Schmidt  
Public Affairs

Throughout the years, the 109th Services Flight has made multiple efforts to bring the base gym up to everyone's satisfaction, from new floors and murals on the walls, to most recently, brand new equipment.

The gym started out with practically nothing years ago, but thanks to the Scotia MWR facility and the National Guard Bureau, the wing was able to receive donated gym equipment to get things going.

Last year, numerous Airmen from different sections came to the gym to volunteer to help lay down brand new floor, which Chief Morris said was a huge improvement.

If you haven't made it to the gym in awhile, you may not be aware of all the new equipment. In January, new weight equipment arrived and about a month prior, all the treadmills, elliptical trainers and bikes were swapped out for brand-new ones.

"This year we were extremely fortunate to be awarded \$75,000 total of unfunded money," said Chief Master Sgt. Deb Morris, 109th SVF chief. "We would buy in such a volume of equipment that we got some incredible

deals. We're virtually almost going to end up with a brand-new gym by the time we get done."

Chief Morris said with the improvements to the gym, she has seen an increase in people using the facility.

"There's been a huge increase since the new equipment arrived," she said. "I've had nothing but positive feedback. People have told me that they've dropped outside gym memberships and are exclusively using our gym equipment." According to the sign-in sheets, the gym averages about 150 people a month.

Chief Morris compares the base gym to those you would find at an active-duty Air Force base.

"In the last three years, Services has the primary role of overseeing our current fitness program. And because we've had the equipment, it mirrors the active Air Force," she said. "Everyone from inspectors to people just visiting the base are blown away by what we have for facilities. When you look at the number of customers we have,

it's obviously appreciated."

But all the improvements to the gym couldn't have been done without the people on base who have volunteered their time and the support from the wing leaders.

"I'm so grateful to our wing commander and command staff for all of their support," Chief Morris said.

A lot of assistance has been needed for cleanup and moving equipment, and Chief Morris thanks supervisors for letting their people come out and help.

There's also been a few people on base who have gone above and beyond to get the gym looking good. Staff Sgt. Michael Aversano, of the 109th Maintenance Group, personally came up and repaired several pieces of equipment, saving the base money from having to hire an outside contractor. Tech. Sgt. Jackie Fritche, of the 109th Supply Section, has assisted with forklifting and moving gym equipment. Civil engineers have done multiple repairs, from

See GYM, page 12

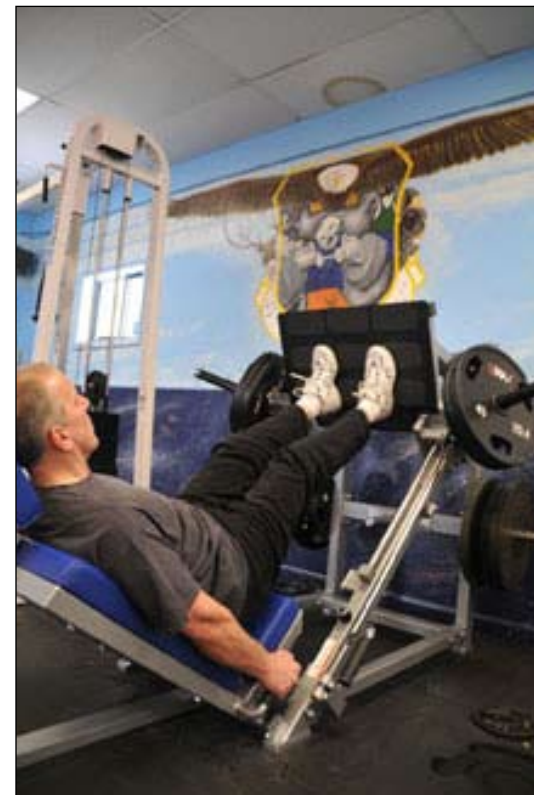


Photo by Master Sgt. Christine Wood

Senior Master Sgt. Chuck Muscato uses the leg press in the base gym. The leg press is just one of many new pieces of weight equipment at the gym now.

(Right) Lt. Col. Sharon Stepp presents a certificate of appreciation from the MWR committee to Staff Sgt. Michael Aversano. For the past two years, Sergeant Aversano has volunteered countless hours to assist in maintaining the base gym equipment. He is assigned to the 109th Maintenance Squadron.



Courtesy photo

# Ouch! Lift well, keep back in tact

By Tech. Sgt. Scott Bailey  
Bioenvironmental Engineering

We've all done it, we lifted something a little too heavy, something with an awkward shape or maybe we just "moved wrong" and now your back hurts. Well, it is your own fault! It's your own fault because, I'm sure that you've heard it all before, "lift with your legs, not your back," "bend at the knees," and "hold it close to your body." You've all heard it, but do you DO it? If you did, your back wouldn't hurt!

The Occupational Safety and Health Administration (OSHA) and the Bureau of Labor Statistics, state that more than 1 million workers suffer back injuries each year.

That accounts for one-fifth of all workplace injuries or illnesses. These injuries cost industry (and the military) billions of dollars. Not to mention the pain and suffering (and lost work time) experienced by those injured. The worst part of all this is that the injury was (in most cases) completely preventable!

With a little education and a little common sense, you can do the job without causing an injury – an injury that could affect you for the rest of your life.

First, let's look at the "common sense" part.

Look at what you want to lift and check the overall conditions. Don't be a hero, if the load appears to be too heavy or awkward, GET HELP! Can the load be done in smaller "chunks?" Open the crate/box and make a couple of lifts instead

of one. Is there any equipment (i.e. forklift, pallet jack or hoist) that might make lifting easier – and safer? Make sure you have enough space for movement, and that there is good footing. Move anything that might cause you to trip or stumble.

Now, the "education" part.

Let's go over the basics ... "lift with your legs, not your back." Why? Well, your leg muscles are some of the largest and strongest muscles in your body – USE THEM! In most people, the back muscles are capable of doing only a small percentage of what the leg muscles can do.

Make certain that your balance is good. Any loss of balance or twisting while you lift can allow even small loads to cause injury.

When you position yourself for the lift, your feet should be about shoulder width apart, with one foot beside and the other foot behind the object that is to be lifted.

This keeps the load close to your body and sets you up to lift with – all together now – your legs! Squat next to the load, DO NOT bend at the waist. Again, you want to use the stronger muscles of you legs, not your back. Keep your back straight, tucking in your chin will help keep your back straight.

Grip the load with the palms of your hands and your fingers. The palm grip is much more secure, if there is any possibility of cuts or hand injury, use gloves. Tuck in your chin again to make certain your back is straight



before starting to lift.

Use a slight rocking motion of your body to start the load moving, then, lift by pushing up with your legs. Did I mention that this makes use of some of the strongest muscles in your body?

Keep your arms and elbows close to the body while lifting. While carrying, keep the load close to your body.

Don't twist your body while carrying the load. If you need to change direction, shift your foot position and turn your whole body.

When it's time to lower the object, bend at the knees, not at the waist (leg muscles, remember?).

When doing a team lift there are a couple of items I would like to point out. Ideally, workers should be of about the same size for team lifting – David and Goliath didn't work well as a team in ancient Judah, and

they don't work in a team lift either. And, as in all military situations, one individual needs to be in charge to ensure proper coordination.

If one worker lifts too soon, shifts the load, or lowers it improperly, either they or the person working with them may be injured.

Finally, (this is my favorite part too, the end!) when possible, place objects to be lifted onto a table or platform so that the worker is not lifting all the way to or from the ground.

Lifting which occurs below knee height or above shoulder height is more strenuous than lifting between these limits.

In one study it was determined that at least one-third of compensable back injuries could be prevented through better job design. A little planning can go a long way.

Lift Well!

## Gym, from page 10

fixing the furnace, to replacing windows.

“All the MWR committee members get credit because they’re the ones who have pushed extra equipment and made things happen,” Chief Morris said.

“Everybody benefits from the gym,” she said. “Even our tenant units use our gym. We accommodate the 109th but also support any tenant on base.”

To help keep the gym in excellent condition, people need to remember to do their part in taking care of the equipment.

“An ongoing struggle is

people need to be gym-savvy, meaning that when you’re done with a piece of equipment, clean it down, bring a change of shoes so you’re not bringing in extra dirt or salt in the wintertime; that’s what’s really tough on the equipment,” she said.

Chief Morris said the gym improvements are part of a five-year plan, and people can expect even more improvements in the future.

“We have an open door policy; if someone has suggestions on what they would like to see, they can pick up the phone to contact us or participate in our MWR meeting,” Chief Morris said.

MWR meetings are held every Saturday of the UTA.



Photo by Master Sgt. Christine Wood

Senior Master Sgt. Brian Alix uses one of the new treadmills in the base gym. The 109th Services Flight bought brand-new equipment for the entire gym recently.

## AES, from page 7

from the New York National Guard to assist another state threatened by the furies of nature. We are fortunate to have well-trained personnel and advanced equipment in New York, and we have an obligation to help our fellow states. We stand ready to provide all possible assistance to help Texas recover from this storm.”

The 139th AES had been preparing for a hurricane response. Months earlier, the squadron notified personnel that they would be supporting the 142nd AES from Delaware, who were the lead unit, if aeromedical evacuation services were needed for September, October, or November of 2008. The typical hurricane season for the Atlantic region, according to the National Hurricane Center, runs between June 1 and Nov. 30. The 139th AES would be one of the supporting units for the second half of the hurricane season.

Even with this preparation, flexibility is critical because of the unpredictability of the storms and the type of medical assistance necessary. Lt. Col. Elaine Jacksland, Chief Nurse of the 139th AES and Troop Commander of an 11-person augmentation package for hurricane Ike, learned of the need for deployment four hours before wheels up.

Around 3:30 p.m. on Saturday of the September Guard drill, Maj. Brian Backus, Executive Officer and Health Specialist for the 139th “asked for volunteers to rapidly deploy and 11 people stood up to the task,” remembers Colonel Jacksland. “We were told we would be taking off at (7:30 p.m.), so the turnaround time was fast. All 11 went home, packed bags, and got back (to the base) ready to go.”

Upon arriving in Texas, Colonel Jacksland’s unit learned that their assistance was needed at the Mobile Air Staging Facility (MASF) in Beaumont because of the incredible surge in people from area hospitals and nursing

homes needing emergency evacuation.

For 139th personnel, the type of casualties needing medical assistance or individuals requiring emergency evacuation is different than in theater. “The majority of folks were elderly and medically frail,” recalls Colonel Jacksland.

“Many did not have the medications or feeding tubes with them that they needed. Quite a number of litters required more than a 4-man carry to load (the individuals) safely onto the aircraft. Many were traveling with their pets that were evacuated along with them.”

Through the night, personnel from the 139th worked with the 142nd from Delaware and FEMA volunteers in the large airplane hangar, which became the evacuation team’s Mobile Air Staging Facility in Beaumont. From the hangar, patients could be airlifted to safe, secure, hardened facilities for treatment.

“We were not there to run the MASF. We assisted as needed,” Colonel Jacksland notes as she

keeps in mind the challenges inherent in coordinating with the nurses and medical technicians of other units and organizations who may operate differently.

On that night, more than 428 patients were evacuated from Beaumont by means of that MASF and taken out of harm’s way.

The life-saving services of the 139th AES are needed both home and abroad, whether in times of natural disaster or international conflict.

Sometimes, they will be saving the life of a brave Soldier; other times, they will be at the aid of a sick citizen. Either way, the 139th personnel are trained to respond to the call of our State and our Nation at any time.

“I was very proud to be a part of the 26 people who deployed for Hurricane Ike; the medical knowledge, nursing care, and compassion they showed to the people of Texas, plus the tireless energy in getting them onboard the various aircraft was exemplary,” Colonel Jacksland said.

## Maintenance on the ice

Airmen 1st Class Jeremy Trentini and Alexandra Leo work on a main ski’s hydraulics.

Photos by Staff Sgt. Stephen Girolami



New 8-bladed propellers are being tested on aircraft 92.



Airmen with the Engine Shop check Magnetic Drain Plugs during a Basic Postflight Inspection after a mission.



Staff Sgt. Matt Begin and Royal New Zealand Airman Gregory Sheat refuel during missions to the pole.



Staff Sgt. Matt Begin loads an aircraft power unit for movement from Pegasus Airfield to Willie Airfield.

# Obama vows not to waver in America's defense

By Jim Garamone  
American Forces Press Service

WASHINGTON – President Barack Obama pledged a “prudent use” of military power as the nation works toward “ushering in a new era of peace” in his inaugural address to the nation Jan. 20.

“Our security emanates from the justness of our cause, the force of our example, the tempering qualities of humility and restraint,” he said from the west side of the Capitol here after taking the oath of office as the 44th president. An estimated 2 million people crowded the National Mall and surrounding area to hear his address.

The use of these principles will allow America to develop greater understanding of other nations and greater cooperation against common threats from them, he said.

“We will begin to responsibly leave Iraq to its people, and forge a hard-earned peace in Afghanistan,” President Obama said. “With old friends and former foes, we’ll work tirelessly to lessen the nuclear threat, and roll back the specter of a warming planet.”

President Obama said Americans will not apologize for their way of life, nor waver in its defense. “And for those who seek to advance their aims by inducing terror and slaughtering innocents, we say to you now that our spirit is stronger and cannot be broken; you cannot outlast us, and we will defeat you,” he said.

America is a country of doers and risk-takers; it is an immigrant country where each generation

worked hard to provide for the next, he said.

“For us, they packed up their few worldly possessions and traveled across oceans in search of a new life,” President Obama said. “For us, they toiled in sweatshops and settled the West, endured the lash of the whip and plowed the hard earth.

“For us, they fought and died in places like Concord and Gettysburg, Normandy and Khe Sahn,” he continued. “Time and again, these men and women struggled and sacrificed and worked till their hands were raw so that we might live a better life. They saw America as bigger than the sum of our individual ambitions, greater than all the differences of birth or wealth or faction.”

Americans today must continue this journey, he said. It is time for hard decisions and a time of change. “Our time of standing pat, of protecting narrow interests and putting off unpleasant decisions, that time has surely passed,” he said. “Starting today, we must pick ourselves up, dust ourselves off, and begin again the work of remaking America.”

President Obama rejected the idea that the nation has to choose between its safety and its ideals. “Our Founding Fathers -- faced with perils that we can scarcely imagine -- drafted a charter to assure the rule of law and the rights of man, a charter expanded by the blood of generations. Those ideals still light the world, and we will not give them up for expedience's sake.”

In the United States, all languages are spoken, all religions are practiced, and all good people are welcomed, he said. “And because we have tasted the bitter swill of civil war and segregation and



DOD photo by U.S. Navy Petty Officer 1st Class Chad J. McNeeley

President Barack Obama waves to the crowd at the conclusion of his inaugural address in Washington, D.C. on Jan. 20. The 44th president of the United States assumed his duties as commander in chief and vowed not to waver in defending America.

emerged from that dark chapter stronger and more united, we cannot help but believe that the old hatreds shall someday pass; that the lines of tribe shall soon dissolve; that as the world grows smaller, our common humanity shall reveal itself and that America must play its role in ushering in a new era of peace,” he said.

President Obama reached out to the nations of the world in his speech. He told them that America “is a friend of each nation, and every man, woman and child who seeks a future of peace and dignity, and that we are ready to lead once more.”

He also spoke to the Muslim world, saying

America seeks a new way forward, based on mutual interest and respect.

“As we consider the road that unfolds before us, we remember with humble gratitude those brave Americans who, at this very hour, patrol far-off deserts and distant mountains,” the president said. “They have something to tell us, just as the fallen heroes who lie in Arlington [National Cemetery] whisper through the ages. We honor them not only because they are guardians of our liberty, but because they embody the spirit of service; a willingness to find meaning in something greater than themselves.”



Photo by Tech. Sgt. Craig Clapper

Former President George W. Bush and former First Lady Laura Bush give a final wave to the crowd of more than 1,000 people gathered to wish them a fond farewell prior to their final departure Jan. 20 at Andrews Air Force Base, Md.

See FAREWELL, page 16

# Troops bid former President Bush farewell at Andrews

By Donna Mills  
American Forces Press Service

ANDREWS AIR FORCE BASE, Md. (AFNS) -- Military officials bid farewell to the outgoing commander in chief during a departure ceremony Jan. 20 at Andrews Air Force Base where he called leading men and women in uniform the highlight of his presidency.

A joint service honor guard, military

band and about 4,000 cheering, flag-waving fans greeted former President George W. Bush and former First Lady Laura Bush as they arrived here from what's been called "the ultimate change of command ceremony."

The participants -- former staffers, invited guests and servicemembers and their families -- waited inside the 316th Airlift Wing's Hangar Six to hail the president and former Vice President

Dick Cheney. They watched the inaugural ceremonies on a jumbotron screen suspended from the hangar ceiling, then waited with anticipation as former President Bush lifted off from the Capitol grounds aboard the Marine Corps VH-60 helicopter referred to as "Executive One."

The crowd roared as the former president and vice president made their dramatic entrance into the hangar.

The rousing sounds of the "Air Force One" movie theme rung out as the huge hangar slowly opened, revealing the huge blue-and-white presidential aircraft glistening in the sunlight.

Children climbed onto their parents' shoulders to catch a better glimpse, and spectators hoisted cameras high to capture the moment in history.



U.S. Army photo by Staff Sgt. Dannis Gravelle

Airman 1st Class Marcus Goodridge tries to stay warm while standing at a Traffic Control Point during the 56th Presidential Inauguration held in Washington on Jan. 20. Goodridge stated that he is very proud of his country and is proud to support his new Commander in Chief. Goodridge was assigned to Task Force 104 which assisted local civil authorities during this historic event.

# NY National Guard Soldiers, Airmen support inauguration

By Army Staff Sgt. Dannis Gravelle  
369th Sustainment Brigade

WASHINGTON – More than 200 Citizen Soldiers and Airmen of the New York National Guard provided security for the inauguration of President Barack Obama, on Jan. 20. Working in eight-hour shifts the New Yorkers provided both outer and inner cordon security north of the Capitol in the Dupont Circle area of the city during the 56th presidential inauguration.

The Soldiers and Airmen were deputized as special police to assist local law enforcement officers at Traffic Control Points, which gave

them temporary police powers in the District of Columbia.

Dubbed Task Force 104, for the 104th Military Police Battalion, which provided the leadership for the mission, the task force was made up of Soldier's from the 104th Military Police Battalion, 442 MP Company, the 727 MP Detachment, and Airmen from the 174th Fighter Wing, and 105th and 107th Airlift Wings.

“I am very proud to be here and to be able to support our new Commander in Chief,” said Airman 1st Class Marcus

See GUARD, page 16



## Guard, from page 15

Goodridge, 105th Security Forces Squadron, Stewart Air National Guard Base.

"My family is very proud of me being here, due to this being a historic event."

"I am extremely happy with the way the Airmen and Soldiers get along with each other, morale is very high," said Master Sgt. Thomas Young, from the 105th Security Forces Detachment at Stewart Air National Guard Base.

"Some of these individuals may never get another opportunity to do something as great as this, so they are making it a very memorable moment, and I can say I am very proud of everyone," Sergeant Young added.

The road to inauguration day started at Camp Smith, N.Y., on Jan. 17 for this task force, where they received a Physical Health Assessment.

Once given the green light, they were cleared to attend the mission.

On Jan. 18, the team boarded buses and began their six-hour journey to D.C.

When they arrived at the National Guard Armory they received a welcome briefing and were sworn in as special police.

"Being sworn as special police gives Soldiers and Airmen the ability to make arrests in certain situations when a Metropolitan Police Department (MPD) officer is not present," said Capt. Mike Gottert, commander of the department's 1st District Civil Disturbance Unit.

"The MPD and Chief of Police Cathy Lanier would like to thank all of the Guard personnel who helped make historic event possible," he said.

"It would have been impossible to handle this event without them."

The Task Force was based at Trinity College, a 100-year-old university that started as a Catholic women's college, and is still an undergraduate women's college with co-educational graduate and professional programs.

"It was quite a scene seeing the parade of buses lined up on Cuvily Driveway, and seeing the troops marching into Trinity Center with their full packs; it was incredible," said Pat McGuire, president of the university.

"I felt very proud of Trinity to be able to host (the National Guard), and see so many wonderful women and men ready to devote their time and talent to ensuring our national security, and a smooth execution of the inauguration."

For some of these Soldiers and Airmen, a historic event like this and supporting their new Commander in Chief is a once-in-a-life time opportunity and makes them proud to be able to participate.

Army Staff Sgt. Christopher Morrissey, Headquarters and Headquarters Company, 104th MP Battalion, added that it is an honor to be chosen to be at an event as significant and historic as this is.

"Besides Iraq and Afghanistan, this is one of the most important missions we have been tasked with," said Sergeant Morrissey.

"We assist, protect, and defend the people of the United States, and our Commander in Chief is our top priority."

## Farewell, from page 14

Former President Bush said he wasn't sure how he would feel passing the presidency to the next administration, but declared, "I am thankful, I am grateful and I am joyful!"

"I've had a lot of great experiences," but none has been better than leading military members who have volunteered to serve the country in a time of danger, he told the group of military officials and family members. Former President Bush said he'll miss being commander in chief and being able to stand in front of the troops to tell them "how much we respect you and how much we admire you."

Former President Bush said he'll leave the presidency with his "head held high," confident that he took the right course in difficult times.

Historians will sort out his time in office, he said, expressing belief that they'll note "we did not shirk our duty, we did not shy away" from difficult decisions and that "we served with conviction."

Former Vice President Cheney praised former President Bush for taking on "the big jobs that needed doing" after the Sept. 11, 2001, terror attacks launched some of the greatest challenges to ever confront the United States.

"George W. Bush protected America," he said. "History remembers such leaders and marks them well."

Former President Bush shook hands with many in the crowd, then turned toward the VC-25 aircraft that would take him home to Texas. The flight was designated Special Air Mission 28000 rather than Air Force One, which belongs only to the airplane carrying the sitting

president.

On the tarmac, Brig. Gen. Margaret H. Woodward, the 89th Airlift Wing commander, escorted the Bushes to a red carpet stretching to the aircraft. A 42-piece joint honor guard flanked both sides of the carpet.

At the end of the carpet, Col. Steven Shepro, the 316th Wing commander, and Col. Eric Snadecki, his vice commander, said their final goodbyes before former President Bush climbed the steps to the plane.

Colonel Shepro said he felt honored for him and his Airmen to bid a personal goodbye to the departing former president.

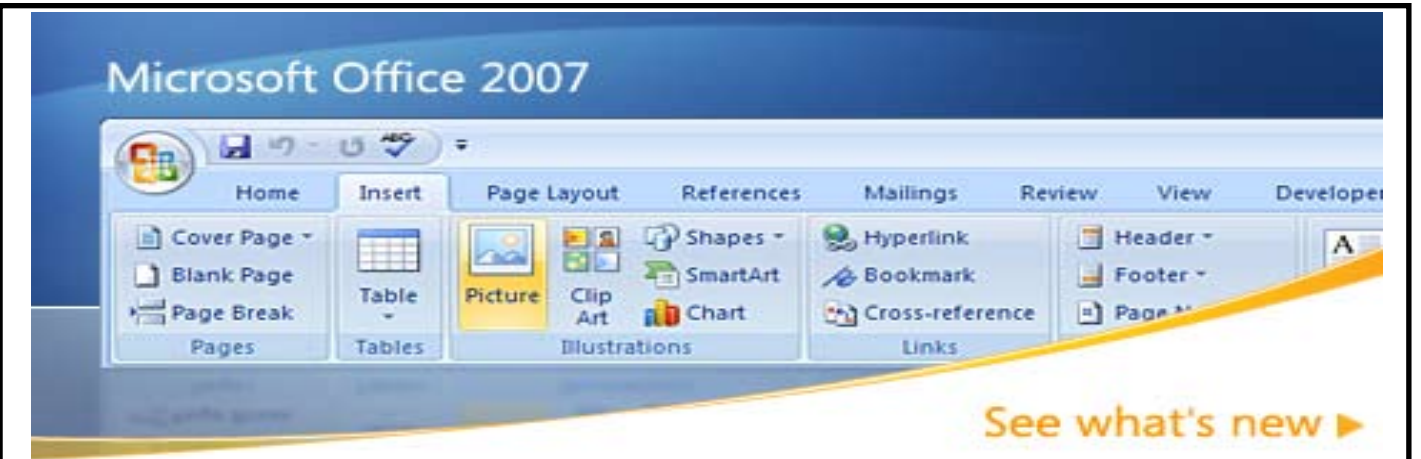
"It's like saying goodbye to an old friend," he said. He credited his elite team who regularly serves the president -- with the Air Force's only flightline protocol office and a second-to-none security detachment, among them -- with bringing honor to the Air Force.

"This is another moment in history that they share," he said. "We're giving him a fitting sendoff just like we always do."

Chief Master Sgt. James Davis, the Andrews AFB command chief, relished his base's role in the inauguration and presidential departure ceremony.

"We are a part of history, from the person working the logistics to the ones in the cordon to the ones marching in the parade," he said.

"It's wonderful being a part of (the farewell ceremony), especially as a military member," said Tech. Sgt. Steven Hawkens, from the 316th Security Forces. "It's breathtaking. It's exciting. It's wonderful to see these things going on."



See what's new ▶

## MS Exchange 2007 is Coming ... 27 Feb 2009

### BENEFITS OF THE NEW EMAIL SOLUTION:

#### Outlook Web Access 2007:

- From any CAC-enabled internet connection, you will have an easy and secure method of accessing your ANG mailbox and all data within. [HTTPS://mail.ang.af.mil/owa](https://mail.ang.af.mil/owa)

#### Unified Global Address List for all ANG:

- Regardless of which base, wing, GSU or ANG office you are associated with you will have easy access to contact information for all other ANG individuals.

#### Global Address List Synchronized with Air Force and Army National Guard:

- In addition to having all ANG contact information at your finger tips, you will also have access to the complete Air Force and Army National Guard contact lists.

#### Office 2007 to the Desktop:

- The new Exchange 2007 solution, coupled with the latest Office 2007 desktop application, provides enhanced productivity tools.

#### Limited amount of Email storage:

- All users will need to manage their email by utilizing Electronic Records Management and PST's.

#### New email address for everyone:

- All users email address will change to @ang.af.mil. You will continue to receive email at your old address for one year.

MS Office 2007 training is available on the Communications Portal page, through computer and Internet-based opportunities located on the Y:\Office 2007 Training, as well as hand on training from your local squadron or flight CSA.

THIS...



OR THIS...



The choice is yours ... training is available. Please contact your CSA or local Help Desk 2497 for information.

## Guard's first 4-star general ready to take Minutemen forward

by Master Sgt. Mike R. Smith  
National Guard Bureau Public Affairs

ARLINGTON, Va. (AFNS) -- A crowd of more than 300 people from all ranks and services watched as the secretary of Defense swore in and promoted the first four-star general to lead the National Guard in its 372-year history Nov. 17 in the Pentagon.

Gen. Craig R. McKinley became the chief of the National Guard Bureau and received his fourth star by Defense Secretary Robert M. Gates.

Secretary Gates and Navy Adm. Michael G. Mullen, chairman of the Joint Chiefs of Staff, as well as General McKinley's wife, daughter and son helped add the fourth star to the general's uniform.

"The promotion of General Craig McKinley to this rank, to serve in this post, is in recognition of his outstanding leadership abilities and shows

the confidence the president and I have in him to be the nation's senior Guard officer at such a critical time," Secretary Gates said.

General McKinley succeeds Army Lt. Gen. H. Steven Blum, who served 5.5 years as chief of the Bureau and in January became deputy commander of U.S. Northern Command, the first Guard officer to hold that position.

General McKinley joins the ranks of Army Generals George Washington and Ulysses S. Grant, and two other former, four-star officers who served as guardsmen during their military careers.

"It's a rich and high honor to be the 26th chief of the National Guard Bureau," General McKinley said. "I will give it every bit of energy, every bit of heart and soul that I can possess to make sure that our National Guard and our Soldiers and Airmen are well taken care



U.S. Army photo by Staff Sgt. Jon Soucy

Gen. Craig R. McKinley is sworn in by Secretary of Defense Robert M. Gates as the 26th chief of the National Guard Bureau as his wife, Cheryl McKinley, holds a bible during a Nov. 17 ceremony at the Pentagon. General McKinley was also promoted to his current rank and is the first Guard officer to be promoted to the four-star rank.

of, and I will work very closely and faithfully with the services."

Of the more than 460,000 Citizen-Soldiers and -Airmen, some 68,000 Army and 5,700 Air Guard members were on active duty for operations Noble Eagle, Enduring Freedom and Iraqi Freedom today. Furthermore, on any given day an average of 17 governors call out their National Guard for a variety of domestic needs.

General McKinley is the fourth Air Guard officer to serve as chief of the National Guard Bureau. He most recently

served as director for the Air National Guard. There, he was responsible for policies, plans and programs affecting more than 106,000 Airmen.

Secretary Gates credited General McKinley for successfully leading the Air Guard during a time of severe manpower reductions and other, major challenges from the war on terrorism, Base Realignment and Closure implementation, budget changes and the transformation of the National Guard from a strategic reserve to an operational force.

# Air Force News

## Congress authorizes paternity leave

RANDOLPH AIR FORCE BASE, Texas (AFNS)-- Eligible Airmen are now authorized 10 days of nonchargeable paternity leave following the birth of their newborns, courtesy of the 2009 Duncan Hunter National Defense Authorization Act passed by Congress.

The law applies to

married, active-duty Airmen. The Airman's wife must have given birth to the child on or after Oct. 14, 2008.

"This is going to have a positive impact on our Air Force families," said Senior Master Sgt. Rhonda Britt, the Directorate of Personnel Services Special Programs superintendent. "By giving our

new dads more time to bond with mom and baby, we're building a stronger Air Force family."

Paternity leave, which may be authorized in conjunction with ordinary leave, must be taken on consecutive days and within 60 days following the birth of the baby. For extraordinary circumstances, commanders

may authorize paternity leave up to a maximum of 90 days following the baby's birth.

As with any administrative absence, the commander may disapprove paternity leave when it would have an adverse impact on the readiness or operational mission of the unit.

For more information, call your military personnel section or the Air Force Contact Center at (800) 616-3775.

## APF Deployed



Courtesy photo

(Back, from left) Tech. Sgt. Scott Zapisek, Tech. Sgt. Barry MacDonald, Staff Sgt. Jeremy Kelley, Senior Airman John Brannigan and Tech. Sgt. Mike Byerwalters (Front, from left) Senior Airman Zachary Weakley, Master Sgt. Hank Fountain, Master Sgt. Diana Buehler and Senior Master Sgt. Mark Mann. The Airmen, part of the 109th Aerial Port Flight, were deployed to Southwest Asia. Sergeant Fountain was deployed from the 109th Airlift Wing finance office. (Staff Sgt. Glen Mitchell was also deployed with the group.)

Airman 1st Class Zachary Weakley (109th APF) was promoted to senior airman by Brig. Gen. Michael R. Moeller, 379th Air Expeditionary Wing commander.



Courtesy photo



Courtesy photo

Staff Sgt. Jeremy Kelley re-enlisted for another six-year term while deployed to Southwest Asia.

## ITEMS OF INTEREST

**Deserving Amn** packages are due to the military personnel flight in March.

**Family Day** is currently scheduled for Aug. 2. If you are interested in forming a team for a sporting event, get with the Chief's Council to make a suggestion.

**Meal prices** at the Dining Facility have changed for AGR and officers to \$4.25 per member.

**NYACK College:** A representative from NYACK College will be here Feb. 14 to discuss NYACK's bachelor program to pursue a degree in Organizational Management. The information sessions will be held in the SFS classroom starting at 4 p.m.

**Military OneSource** is now providing tax filing services. Services will include free online tax filing services (both state and federal), and free telephonic tax consultations. To get access to the free tax filing services, please visit the Military OneSource Web site, [www.militaryonesource.com](http://www.militaryonesource.com), and enter the tax filing services via the link provided.

**VITA**, a program of the IRS,

helps you fill out your tax forms for free. VITA sites are open through April 15. The VITA Program offers free tax help to low- to moderate-income (generally, \$42,000 and below) people who cannot prepare their own tax returns. Certified volunteers sponsored by various organizations receive training to help prepare basic tax returns in communities across the country. VITA sites are generally located at community and neighborhood centers, libraries, schools, shopping malls, and other convenient locations. Most locations also offer free electronic filing. Navy Fleet and Family Services Center in Saratoga Springs is offering this program. For more information please call 886-0200 x 146 for additional information. For other VITA sites, call (800) 829-1040.

**Reserve Personnel Contact Center** counselors will provide service Feb. 7, 14 and 21. They can be reached by calling (800) 525-0102 (preferred) or DSN 926-6528 from 8 a.m. to 4 p.m. MT. Airmen can always request assistance by logging onto virtual Personnel Center-Guard and Reserve, the customer service Web portal for personnel support, online at <http://arpc.afrc.af.mil/vPC-GR/>.

### Deadline Notice

Articles for the next issue of *the Skibird* are due by **April 19**.



## Guard's Counterdrug warriors endeavor to test one and all

by Tech. Sgt. Cheryl Hackley  
National Guard Bureau

**BROOKS CITY-BASE, Texas** - Finding a single drug abuser among thousands of servicemembers can compare to a shell game, but the National Guard is placing all odds in its favor.

The National Guard is striving to keep its Citizen-Soldiers and -Airmen drug free through an increase in drug tests and the integration of new prevention programs.

Current Defense Department policy dictates that each service component test 100 percent of their end-strength, and increased funding since 2003 has helped the Guard's counterdrug experts toward their 100 percent drug testing goal.

"We want to test everyone, every year, in addition to random testing to keep testing fair," said

Army Col. Ronald Shippee, director, Defense Department Drug Testing and Program Policy.

Colonel Shippee said he receives a Quarterly Illicit Drug Positive Rate Report compiled from six laboratories that test for the Defense Department.

Three years ago, the National Guard tested 50 percent and 40 percent of its Soldiers and Airmen. It now tests about 70 percent of non-deployed units. In comparison, the Army tests about 200 percent and the Air Force tests about 100 percent of servicemembers, said Colonel Shippee.

"It's a challenge to test the National Guard (more) because they only drill two days a month, and there's a lot to pack into a drill weekend," said Colonel Shippee.

"Deployments also affect testing; although, once on active duty, guardsmen are tested frequently." Colonel Shippee's report

identifies the military's highest at-risk population as enlisted men, ages 18 to 25.

To reduce drug positives, the Guard implements a program of smart testing, post testing and education. Smart testing includes decentralized testing; more frequent and random testing; testing on different days; testing at different times during drill; testing full-time guardsmen during their work weeks; and testing their own counterdrug personnel throughout the year.

"The National Guard administers drug tests to deter use, bring awareness, maintain unit readiness and reduce drug positives," said Army Master Sgt. Ervin Steinly, eastern regional program manager.

Guardsmen coordinate closely with the other service components and their state-of-the-art detection laboratories.

Effective in early 2008, all

Guard drug test specimens are analyzed here at the Headquarters, Air Force Drug Testing Laboratory. The high-tech Texas facility is one of six drug abuse detection laboratories used by the Defense Department.

"We shifted all Guard specimens here to help balance the workload among the six laboratories," said Colonel Shippee.

The 54-person staff at Brooks also maintains testing for the Air Force, Army and Air Force Reserve, which totals 700,000 specimens annually or about 55,000 per month. In all, the laboratories test 4.5 million specimens a year. According to its unit commander, drug testing at Brooks serves a three-pronged mission:

"We deter and detect illicit use of controlled and illegal drugs by military personnel through random urinalysis testing; we report test results and prepare documentation for courts-martial; and we develop new methods for drug testing," explained Lt. Col. Kabrena Rodda, commander.

## MWR ANNOUNCEMENTS

**Scholarships for military children:** The Defense Commissary Agency will offer their annual scholarships to military children. Applications will be available in commissaries worldwide and online through a link at: <https://www.commissaries.com> or directly at [www.militaryscholar.org](http://www.militaryscholar.org). Applications must be turned in to a commissary by COB Feb. 18. At least one scholarship will be awarded at every commissary location with qualified applicants.

**Discount Ski Vouchers:** MWR offers discounted lift tickets to

Gore and Whiteface Mountain: Gore discount vouchers: (adult) \$43 (junior) \$27

Whiteface discount vouchers: (adult) \$37 (teen) \$30 (junior) \$23

Vouchers can be purchased at the MWR rental office and are good for all Military personnel (including retirees) and their families and can be used on weekends and holidays.

**Extra Innings Saratoga:** An indoor baseball and indoor softball training facility in Saratoga County - dedicated to fulfilling the needs of players of all ages and abilities. State of the art, year

round, indoor facility has over 20,000 square feet of training area with 35 foot ceilings, 8 multi-use indoor batting and pitching tunnels, 4 coin-operated batting cages, a fully stocked pro shop, member's training area, and private birthday area. For all Extra Inning information go to [www.extrainnings-saratoga.com](http://www.extrainnings-saratoga.com).

**Child Development Homes:** If you are a parent looking for quality child care or would consider being a childcare provider, please contact the CDH office which is located in the Fleet and Family Support Center at NSU. (518) 885-0200

x9160 or x9161. We are located in the first office inside the Fleet and Family Support Center at NSU, Saratoga Springs. Phone: (518) 886-0200 ext. 161 Fax: (518) 886-0121

**Naval Exchange & Commissary:** Telephone: 377-6440

Scotia Commissary Hours: Sun/Mon - closed; Tues/Wed - 10 a.m. to 4:30 p.m.; Thurs/Fri - 10 a.m. to 6 p.m.; Sat - 9 a.m. to 5 p.m.

Navy Mini-Mart (NEX) Hours: Mon-Fri - 8 a.m. to 8 p.m.; Sat - 9 a.m. to 4 p.m.; Sun - noon to 4 p.m.

By Master Sgt. John Saupp  
Base Firehouse

Well 2008 has come and gone. It was another busy year for the firefighters of the Stratton Air National Guard Base Fire Department. This article will highlight the events of 2008 for the 109th Fire Protection Section.

The fire department handled more than 250 calls throughout the year, both on and off base. These included aircraft ground and in-flight emergencies, for military and civilian aircraft, structural alarms, hazardous material incidents, service calls and emergency medical calls. The Stratton ANGB Fire Dept has members on duty 365 days year, 24 hours a day. Some significant calls which happened throughout 2008 included two structure fires in April, where we worked with the Scotia Fire Department. In August, there was a technical rescue response

for a person who was involved in a construction accident and had plunged over a cliff toward the Mohawk River and had to be extricated. Firefighters assisted in October at the scene of a working house fire in East Glenville. Also in October, a crew responded to the New York State Thruway Exit 26 for a tanker truck roll over.

happened on Sept. 23 when a replica P-51 Mustang crashed during a test flight here at the Schenectady County Airport. The pilot had to be extricated from the wreckage by Stratton and local emergency services crews. Unfortunately the pilot succumbed to his injuries a few days later.

A group of 109th firefighters

utilizing facilities on base and in the local community. Both military and civilian firefighters deployed to Niagara Falls AFB or Westover AFB in May for live aircraft fire training. CDC and CBT courses are a priority for 109th firefighters.

We welcomed in many new firefighters to the section in 2008.

We would also like to wish the best of luck to Master Sgt. Dan Trask who retired in November after 20 years with the 109th Fire Department. A new 2008 Ford F-450 pickup truck was placed into service as 718. This unit serves as a command and control vehicle for the on duty Assistant Chief.

In conclusion, 2008 was an extremely busy year and 2009 is already off to a busy start. Along with answering alarms both on and off base, as well as preparing for the upcoming UCI. A final reminder that the base now has 911. Please call this number for any fire or emergency medical situation.

# 911 IS NOW ON BASE

## ATTENTION ALL BASE PERSONNEL:

If you have a Fire / EMS emergency you now dial 911 on all "base" phones

Finally in December, during the massive ice storm, back to back working structure fires in the Village of Alplaus kept Stratton firefighters busy throughout the frigid evening. Also numerous vehicle accidents and structural alarms were handled off base through our mutual aid program.

By far the biggest call of 2008

deployed to Southwest Asia as part of AEF 3 & 4. While there, they provided fire protection and emergency services to the air base community. All 109th members returned safely in September. They proudly and professionally represented their country and the 109th. In the always busy training area, members continued to train

## Local News



### Patriotic award

Tony Esposito presents Rensselaer County Sheriff Jack Mahar (center) with the Patriotic Employer Award. Senior Airman Jason Robelotto (second from right) nominated Sheriff Mahar for the award. Airman Robelotto, a traditional guardsman with the 139th Aeromedical Evacuation Squadron, is the deputy sheriff in Rensselaer County. He has deployed several times, and each time Sheriff Mahar and his staff have given him great support. Also pictured are (far left) Sand Lake Supervisor Steve Robelotto and (far right) Sgt. Anthony D'Agostino.

## Reservists may qualify for early retired pay

ROBINS AIR FORCE BASE, Ga. (AFNS) -- Department of Defense officials here have issued new guidelines for early receipt of retired pay for members of the Reserve components.

Instead of having to wait until age 60 to receive Reserve retired pay, eligible members may receive retired pay prior to age 60 but not before age 50.

Under interim changes to Department of Defense Instruction 1215.07, Service Credit for Reserve Retirement, issued under a law passed by Congress effective Jan. 28, 2008, Reserve component members are able to reduce the age at which they are eligible to receive retirement pay by three months for each cumulative period of 90 days served on active duty in any fiscal year.

Under the new law, members eligible to receive retired pay earlier than age 60 must still wait until age 60 to receive health-care benefits.

Involuntary mobilization and voluntary active duty in support of a contingency qualify, but there is no requirement to be involuntarily mobilized, to support a contingency or to serve on active duty outside the continental United States to receive credit under the law.

Most active-duty time qualifies, including training, operational support duties and school tours. It does not matter whether active-duty time is paid for under military or reserve personnel appropriation accounts, provided such active duty is performed under the authority of 10 U.S. Code § 12301 (d).

Also included is full-time National Guard duty served under a call to active service by a governor and authorized by the president or the secretary of Defense under 32 U.S.C. § 502(f) for purposes of responding to either a national emergency declared by the president or a national emergency supported by federal funds.

The following time served on active duty is not creditable service for purposes of reducing retired pay age: as a member of the active Guard and Reserve (10 U.S.C. § 12310); on annual tour (10 U.S.C. § 12301(b)); while in captive status (10 U.S.C. § 12301(g)); for medical treatment, medical evaluation for disability purposes or medical study (10 U.S.C. § 12301(h)); as a member not assigned to, or participating satisfactorily in, units (10 U.S.C. § 12303); under active-duty agreements (10 U.S.C. § 12311); for disciplinary/courts-

martial (10 U.S.C. § 12315); or for muster duty (10 U.S.C. § 12319).

Qualifying active-duty service performed after Jan. 28, 2008, the date on which the fiscal 2008 National Defense Authorization Act was enacted, is creditable. The law does not provide credit for time served on or before that date.

Here's an example of how these new guidelines work. A reservist performed five days of active-duty service on MPA orders in February 2008. He then volunteered for active duty beginning June 1 and ending Nov. 30 (leave, reconstitution and post-deployment/mobilization respite absence included, as applicable). The reservist performed a total of 127 days of active-duty service in fiscal 2008 and 61 days in fiscal 2009.

Under this scenario, all of the active-duty time the reservist performed could be credited toward reduced retirement age eligibility because it was active-duty time performed under circumstances permitted under the new law (i.e., orders for voluntary service, 10 U.S.C. § 12301(d)). However, because time credited must total 90 days or must be in multiples of 90 days

in the aggregate during a fiscal year in order to correspondingly reduce his retirement age by three months, or multiples of three months, the reservist will be able to reduce his retirement age by three months for fiscal 2008. Had he performed 53 more days of active-duty service after Jan. 28 and before going on active duty June 1, he would have accumulated 180 total days for fiscal 2008 and thus would be able to reduce his retirement age by six months.

Similarly, because the reservist has so far served on active duty 61 days in fiscal 2009, he must perform an additional 29 days of active-duty service some time during the year in order to reduce his retirement age by an additional three months.

All Airmen are encouraged to ensure their orders specify the statutory provision under which their active-duty service is performed. Airmen are also encouraged to keep track of their active-duty service and orders to ensure they receive proper credit and they meet the cumulative 90-day thresholds to reduce retirement age.

More information is available on the Air Reserve Personnel Center Web site at [www.arpc.af.mil](http://www.arpc.af.mil).

## 109th Family Programs homecoming

By Beverly Keating  
Wing Family Program Coordinator

As with all programs, Family Programs experiences ongoing changes, and I am pleased to be part of the most recent change.

As many of you may remember, I started my career in Family Programs here at the 109th AW in 2002 and spent three years with all of you before assuming my position as State Family Program Director at DMNA. I spent three years at the Division of Military and Naval Affairs (DMNA) building a new program for all branches serving active duty, Guard and Reserve. It was a very challenging and rewarding three years watching new programs that would join each state, while building a program specific to New York that would take care of our members and their families in the ways they deserve.

Through all my travels and experiences, the most impressive part was working with the families. They are proud, strong and resilient. They stand behind the servicemember when the decision is made to deploy and carry the extra responsibilities with pride and dignity.

Military families are unique and serve their country in a different, yet distinguished way. It has always been my belief that they are the unsung heroes!

When the position at the 109th became available again, I knew it was time for me to come home to my roots. While the three years at DMNA were very rewarding, it was time to pass the torch and be able to spend additional quality time with my own family and return to where it all began. My greatest desire is to help each individual on a one-on-one basis and Family Programs at the 109th

allows for that and much more. It was with great pride and honor that I was given the opportunity to return to the 109th and share things learned over the past several years.

As we continue to move forward in Family Programs, please remember that this office is a resource for both the member and the family.

We will do our best to move the program to the next level and keep everyone updated on the new resources and tools available to you. Many of these new programs will be highlighted in the outstanding Family Support Group newsletter, "Family Matters." The support group has grown and includes very dedicated, caring people. I'm happy to be working with all of them. These are very exciting times for Family Programs at the 109th, and I look forward to working with all of you once again!

## Anti-terrorism

By Lt. Col. Sharon Stepp  
Anti-terrorism Officer

As we leave 2008, it is clear to see the world events are still confirming the threats that our nation continues to address.

Across the country last fall, 40 governors' offices and several Air National Guard bases, to include our own, received suspicious packages in the mail. All personnel responded to the suspicious items with standard procedures, and all items were found to be benign.

Since the 2001 attacks, our country has stepped up and implemented many preventive anti-terrorism measures. At the base level we have provided several levels of added protection and the 109th Airlift Wing anti-terrorism advisers deliver that support on a daily basis. There are more than 40 personnel

throughout the squadrons and flights who quietly perform duties to assist the security measures in protecting our personnel and equipment. These Airmen, to include civilians, eagerly perform these additional duties because it takes everyone's participation to ensure we conduct our missions safely.

Many of the AT advisers have stepped up to take anti-terrorism courses above the basic requirements. As the sole Anti-terrorism Officer at the unit, I could not accomplish my duties without these people. To enhance their skills, I have coordinated with the Air Force at McGuire Air Force Base, N.J., to bring a Level II Force Protection class here to the 109th AW in February. This course will provide an increased level of training and provide first-hand demonstrations on Anti-terrorism preventive



File Photo

measures. Participation from our commanders, Joint Forces Headquarters personnel and local community law enforcement are projected to attend.

I thank the commanders for providing the leadership and appointing such dedicated personnel to assist me in delivering an effective Anti-terrorism Program.

## MPF Hours of Operation

Mon: 0800-1530  
Tues: 0800-1530  
Wed: 0800-1530  
Thurs: 0800-1530  
Friday: 0800-1530

### ID CARDS:

By appointment, but we will accommodate walk-ins, time permitting.

Mon: 0800-1100  
1200-1500  
Tues: 0800-1100  
1200-1500  
Wed: 0800-1100  
1200-1500  
Thurs: 0800-1100  
1200-1500

No ID Cards Friday except for emergencies.

### UTA HOURS:

\*Sat: 0730-1500  
\*Sun: 0730-1500  
CSS training from 1200-1300 on Sunday



## Chaplain Services

**CATHOLIC SERVICE**  
UTA Sunday 7:45 a.m.  
Aeromedical Briefing Room

**PROTESTANT SERVICE**  
UTA Sunday 7:45 a.m.  
Aircrew Briefing Room

## Here's to a Happy New Year

By Retired Lt. Col. Tom Noel  
Alumni Representative

The Annual Holiday Christmas Party, which is always one of our premier events of the year, was held at the Rotterdam Elks Lodge on Dec. 17. It was a great party with more than 100 alumni members and their spouses and guests in attendance. As in the past, ladies brought new, unwrapped toys to be given to a local charity by Carl Montanina. A Chinese Auction was conducted by Charlie Shatley and his son, Gerry Shatley, with prizes donated by alumni members, and local businesses made this an exciting raffle for everyone present.

Election of officers was held at our Jan. 21st monthly meeting, and the new officers of the 109th Airlift Wing Alumni Association will be published in the next Skibird Quarterly Magazine. Congratulations to the new officers and also to the previous officers for their excellent service and dedication.

Some of the upcoming premier events and functions to look forward to in this 2009 New Year are the Annual St. Patrick's Day corned beef and cabbage meal scheduled for March. The Wednesday Noon Lunches are scheduled to start in April and continue through August.

The Annual Summer Picnic is scheduled for August, and the Annual Holiday Christmas Party is scheduled for December. More details for these events and future events and functions will be forthcoming in future issues of The Skibird Quarterly Magazine.

The Antarctic Deep Freeze Association (ADFA) Reunion is scheduled to meet in Madison, Wis., on June 2-4. Feel free to contact Dr. Ed Ehrlich, host and local coordinator, if you have questions or need additional information, telephone (608) 826-0477 or e-mail [eehrlich@facstaff.wisc.edu](mailto:eehrlich@facstaff.wisc.edu).

This association is formed for the benevolent, education, recreation and general welfare of the military and civilian personal, their families and friends, who participated with the military's Operation

Deep Freeze on the Antarctic continent commencing in 1955 and extending through today. Membership into the association is open to all military and civilian personnel who have and are participating with the military and the National Science Foundation (NSF) in support of Operation Deep Freeze.

The ADFA Web site page is [www.oaedks.net/adfa](http://www.oaedks.net/adfa).

The 109th Airlift Wing prepared to begin its 20th year supporting Operation Deep Freeze (ODF) and the National Science Foundation (NSF) from McMurdo Station in the continent of Antarctica. Two ski-equipped LC-130 Hercules transports took off Oct. 27, followed by two more LC-130s and a C-5 Galaxy from the 105th Airlift Wing from Stewart Air National Guard Base, N.Y., on Oct. 28.

A 109th Airlift Wing ski-equipped LC-130 Hercules transport aircraft left McMurdo Station for an Ice Rescue Mission on Nov. 5 for a 2,400 kilometer flight to the Australian Davis Station on the Antarctic coast. The crew picked up an injured person, who Australian authorities described as in "serious but stable" condition, for the 2,600 miles, 10-hour flight to a hospital in Hombart, Tasmania. The 109th AW aircrew did an excellent job getting him to the hospital in time for recovery.

The 2009 cost-of-living adjustment (COLA) for military retired pay is now 5.8 percent.

This increase, which went into effect Dec. 1, also applies to ABP annuities, Social Security checks, and VA disability and survivor benefits.

Retirees should have seen the increase in their January checks. Retirees who first became a member of the Uniformed Services on or after Sept. 8, 1980, and retired in 2008 under the High-36 retirement will receive a Partial COLA on a prorated basis. This COLA is the highest seen in more than 15 years.

A new report from the congressional Budget Office shows why some military retirees and veterans could face higher out-of-pocket costs if the Obama administration

and Congress take bold moves to reform the U.S. health system and to make federal health programs more efficient.

Among 115 "options" presented, though not endorsed, in the CBO report, several focus on raising Tricare out-of-pocket costs for retirees and one for families.

Others would tighten access to VA hospitals and clinics, or raise VA health fees, for veterans with no service-connected conditions.

To learn more, read the full article on the Internet at "Military.com."

The 109th Airlift Wing has a new public Web site, [www.109aw.ang.af.mil](http://www.109aw.ang.af.mil). There will be an alumni page added so we have some place to put updates, meeting times, special functions, etc.

The members of the 109th Airlift Wing Alumni Association would like to send their condolences and prayers to the families of the following individuals who have passed away over the last few months:

Floyd VanDyke Jr, 86, passed away Oct. 21. He served for 31 years as an air technician and supply supervisor for the 109th AW retiring as a senior master sergeant in 1979. He also was a past president of the Alumni Association.

Retired Lt. Col. Raymond H. Sowalsky, 85, passed away on Nov. 8. He was a pilot for the 109th AW and flew through the Vietnam War and retired from military service in 1975.

Thomas F. Green, 58, passed away Dec. 7. Tom joined the 109th AW in 1970, working for aircraft fuels systems in maintenance and retired as a master sergeant in 2004.

Elisabeth "Ellen" Shatley, 79, wife of Charles W. Shatley and mother of Gerald F. Shatley, both members of the Alumni Association, passed away Dec. 22.

Retired Lt. Col. Theodore R. Bell, 61, passed away on Jan. 12. He was a navigator for the 109th Airlift Wing for many years.

Out thoughts and prayers are with these individuals, and they will be missed greatly.

Until the next quarterly issue of this Skibird Magazine, I hope you all had a wonderful and a safe Merry Christmas and a great Happy New Year. Stay Happy, Healthy, Safe and I hope Prosperous and "Think Spring."

## Airman of the Year

Airman 1st Class Darren Landerway  
109th Security Forces Squadron

Airman 1st Class Darren Landerway decided to join the military when a friend told him it could help put him through college. "We went to check out the Navy and the active duty Air Force, and when asking questions, didn't get the answers I was looking for," he said. "After waiting to see if anything would change, I found out about the Guard from a co-worker." He found something he liked and joined. Airman Landerway joined two years ago, and has already deployed to Southwest Asia with the 109th Security Forces Squadron. One of the awards he received for deploying is the Army Achievement Medal.

Now Airman Landerway stays focused on school and currently attends Schenectady County Community College. He's working



to try and get into medical school and has put in five applications for colleges for a BA in science. His end goal is to be a radiologist.

Along with school, Airman Landerway works as a Resident Counselor with the Schenectady County Center for Disabilities. He also volunteers his time at Ellis Hospital in the Radiology Department.

## SNCO of the Year

Master Sgt. John Lawlor  
109th Aircraft Maintenance Squadron

Master Sgt. John Lawlor began his military career right out of high school when he joined the U.S. Army as an Armored Crewmen.

After his two-year tour with the Army he entered the civilian work force and attended Parks College in St. Louis, Mo., where he studied Aviation Science and received his Private Pilots License.

He then joined the Missouri Air National Guard as an F-15 crew chief.

In 1998, he was transferred to the 109th Airlift Wing as an aviation maintenance journeyman.

In December of 2007, Sergeant Lawlor volunteered for a deployment to Sather Air Base,



Iraq as the 447th Expeditionary Operations Support Squadron's maintenance superintendent and additional duty first sergeant.

He is now the primary crew chief for aircraft 96, where he is in charge of maintaining, documenting and ensuring the overall mission readiness of the aircraft.

## NCO of the Year

Master Sgt. Ronald Jemmott  
109th Maintenance Group

Master Sgt. Ronald Jemmott joined the 109th Airlift Wing as a flightline mechanic shortly after graduating Amsterdam High School in 1995.

A few years later, he was hired in the flightline section as a USAP AGR, in support of the National Science Foundation. After his four-year tour, he entered the civilian technician program as an assistant crew chief and then on to a dedicated crew chief. He also served in the Base Honor Guard from 1997-2002.

Most recently he was hired as a quality assurance specialist where he reviews and evaluates quality control performance. He



also conducts quality verification inspections of aircraft systems and engines.

Among his numerous awards are the Air Force Achievement Medal, Air Reserves Forces Meritorious Service Medal and the Antarctica Service Medal.

## First Sgt. of the Year

Master Sgt. Darrell Pinckney  
109th Logistics Readiness Squadron

Master Sgt. Darrell Pinckney has more than 24 years of military service, which includes time in the active duty Air Force.

It was when his active-duty tour was up in 1988, that he realized he wanted to join the Air National Guard.

"I wanted to stay 'in the loop' of the military," he said. "I also took advantage of the tuition program benefits and GI Bill to help defray the rising cost of colleges and universities. The retirement benefits, the fellowships, and unit missions all appealed to me as a member."

Sergeant Pinckney transferred here when a civilian job opportunity opened up in the Albany area.

"I am employed as an archaeologist and conservator for a Cultural Resource Management firm in Albany," he said. "This requires me to travel a lot to both



historic and pre-contact sites to excavate the sites and then preserve the artifacts at our laboratory facility.

"I also teach courses in archaeology and artifact conservation at Schenectady County Community College."

He is currently the 109th Logistics Readiness Squadron first sergeant.

# ALL RANKS CLUB

2009 dues are due! Enlisted - \$10 Officers - \$12

## OFFICERS

PRESIDENT  
MSgt. Pete Latniak  
VICE PRESIDENT  
TSgt. John Curtiss  
TREASURER  
MSgt. Bob McCormick  
SECRETARY  
TSgt. Jackie Fritche

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MSgt. Hank Fountain  
TSgt. Terra Martin  
MSgt. John Dellio  
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## HOURS

Wed, Thurs, Fri  
3 to 7 p.m.

UTA WEEKENDS  
3 to 7 p.m.  
Free pizza served on  
Saturday nights.

# Promotions & Awards

Oct. 4, 2008 through Jan. 9, 2009

## Officer Promotions

### Colonel

John Russo - MSG

### Lieutenant Colonel

Paul Dallemagne - AS  
Frank Falvo - AS  
Christopher Green - AS  
Doreen Streeter - MG

### Major

Maryann Jones - MDG

### Captain

Nicholas Garren - AS  
Scott Helmer - AES  
Ryan Marshall - AES  
Joshua Rogers - AS  
Kelly Williams - AS

## Enlisted Promotions

### Chief Master Sergeant

John Pangborn - AS

### Senior Master Sergeant

Brian Alix - AS  
Michael Blake - MXM  
Michelle Shafer - MSF

### Master Sergeant

Paul Fobare - AS  
Scott French - MXM  
Ronald Jemmott - MXM  
Jeremy Martelle - OSF  
Frank Shoemaker - CES  
Michael Spiak - AS  
Frank Vallsdelosreyes - CES

### Technical Sergeant

Melissa Glove - MDG  
Adam Rinaldi - AMXS  
Michael Touchette - MXM  
Richard Vanpatten - AS

### Staff Sergeant

Daniel Chevrette - LRS  
Brian Empett - MXS  
Anna Franklin - MSF  
Patrick Horan - LRS  
Peter Knutson - AMXS  
Robert Madison - AES  
Corey Shields - AS  
Tiffany Southard - AS  
Blake Wells - AMXS

### Senior Airman

Hillary Bennett - MDG  
Brian Berg - LRS  
Jared Bohl - MXM  
Catlin Boyle - SFS  
Sean Chester - AMXS  
Ryan Cook - LRS  
Michael Crouse - AES  
Jesse Miner - AS  
Corey Prinzo - LRS  
Adam Scott - SFS  
Diane Solmo - AES  
Steven Taber - SFS

### Airman First Class

John Fountain - MXM

## Awards

### Meritorious Service Medal

Maj Christian Sander - AS  
MSgt John Lawlor - AES  
MSgt Glen Preece - AS  
MSgt Joanna Serna - AW

### Air Medal

MSgt Matthew Ausfeld - AES

### Aerial Achievement Medal

Maj Stephen Yandik - AS  
Capt Timothy Novak - AS  
Capt Eric Wood - AS  
SMSgt Mark Olena - AS  
TSgt Brian Irvin - AS  
TSgt Timothy Lucier - AS  
TSgt Michael Spiak - AS  
TSgt Daniel Swatling - AS

### Air Force Commendation Medal

MSgt Stephen Oughton - MXM  
TSgt Timothy Jones - MSF  
TSgt Christopher Russett - AES

### Army Commendation Medal

SMSgt Raymond Kiefl - SFS  
SSgt Allen Moon - SFS

### Army Achievement Medal

SSgt Christopher Orth - SFS  
SSgt Eric Peters - SFS  
A1C Darren Landerway - SFS

## Top dollar education

Charlie Weissend presents Master Sgt. Ann Miller with the 2008 Robert H. Connal Education Award from the Enlisted Association of the New York National Guard. The award is valued at \$1,000. Sergeant Miller is currently working on a nursing degree from Maria College. Each year, the Enlisted Association offers up to six other awards worth \$500 dollars each to their members and family.



Courtesy photo

## NEWSPAPER READERSHIP SURVEY

We'd like to hear from you about how *the Skibird* is doing. Is there something you'd like to see more of or even less of? Let us know! We'll be looking closely at the results of the survey to see how we can make *the Skibird* an even better magazine for our readers.

The link to the survey is,  
<http://dmna.state.ny.us/skibirdsurvey>.

## Snow Blower Tips

The Following Safety Tips Should be Followed at All Times:

- The main cause of injury is from users trying to clear the discharge chute of clogged snow.
- Rule Number One** for safe operation of snow blowers is "Never Attempt to Clear Debris from Your Snow Blower, Make Adjustments Without First Turning the Engine Off and Disconnecting the Spark Plug." The wire should be kept at least two inches away from the plug. If the blower is electrically powered, unplug the power cord.
- Always read the instruction manual and safety precautions furnished with your snow blower before attempting to assemble or start it. Do not begin to operate it until you are familiar with the controls and assembly unless you are sure it is in good repair.
- Never allow anyone to stand in the path of the discharge chute. Even before the snow flies, it is a good idea to keep an eye on those areas that are being cleared so that sticks, toys and other hard objects, hidden under a blanket of snow, won't be picked up and hurled by the snow blower.
- Don't operate the unit on precarious surfaces such as hills and steep grades and never leave the blower running while unattended.
- Always check the fuel level before each use to avoid refilling the engine while the machine is hot. Wipe off all gasoline spills and be sure that the tank cap is snug. If your unit is electrically powered, make sure that it is grounded or double insulated to avoid accidental electric shock.
- Before starting the engine, be sure to disengage all clutches and check to see that all rotors, augers and impellers are free to rotate.
- Never place hands, feet or loose clothing near any moving part. Always keep guards in place.
- If it is necessary to operate the engine in a garage or other enclosed space, open a door or window to provide adequate ventilation.
- Do not try to force the snow blower to operate faster than the manufacturer intended.

If you notice undue vibration, have the machine checked prior to using it.

**Safety Is Up To You. 109th Wing Safety January 2009**

## February UTA lunch Menu Dining Hall Hours 10:30 a.m. to 12:30 p.m.

### SATURDAY, FEB 7

Pork Chops  
Baked Chicken Breast  
Meatloaf  
Egg Noodles  
Broccoli  
Gravy  
Cream of Tomato Soup

### SUNDAY, FEB 8

Beef Stew  
Fried Fish  
BBQ Chicken  
Biscuits  
Mashed Potatoes  
Mixed Vegetables  
Green Beans  
Chicken Rice Soup

**109<sup>th</sup> Airlift Wing**  
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Photo illustration by Staff Sgt. Brett Bouchard

### ***Mission statement***

*Provide the most professional theatre combat forces, ready to rapidly deploy statewide, worldwide and pole to pole.*

### ***Vision statement***

*A united military organization of empowered individuals building on our proud tradition of serving country, state and community; leaning forward, ready to meet combat and peacetime challenges throughout the world.*