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The AIR NATIONAL GUARD

Skibird



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

Spring 2009

UCI "Excellent"



LSEP



"Outstanding"



HSI "Satisfactory"

Congratulations on a job well done

By Col. Timothy LaBarge
109th AW Vice Commander

Inspection season is in full swing and we are three for three – we're batting .1000. First, the details – it's all good...

HSI Overall Rating: Satisfactory

Satisfactory: "Performance or operation meets mission requirements. Procedures and activities are carried out in an effective and competent manner. Resources and programs are efficiently managed. Minor deficiencies may exist but do not impede or limit mission accomplishment."

UCI Overall Rating: Excellent

Excellent: "Performance or operation exceeds mission requirements. Procedures and activities are carried out in a superior manner. Resources and programs are very efficiently managed and relatively free of deficiencies."

MSEP Overall Rating: Outstanding

Outstanding: "Performance or operation far exceeds mission requirements. Procedures and activities are carried out in a far superior manner. Resources and programs are very efficiently managed and are of exceptional merit. Minimal deficiencies exist."

Unit Compliance Inspection Summary: The 109th Airlift Wing performed admirably during this inspection and is fully prepared to accomplish all tasked missions. Wing leadership provided exceptional supervision, mentorship, and mission focus. Unit personnel were very motivated and enthusiastic in showcasing Wing program and processes. Across the installation, base appearance, customs and courtesies, and professional attitudes were noteworthy.

On the surface these paragraphs appear to be just words. The words, however, speak to an exceptionally hard fought and exceptionally well performed evaluation.

There were a minimum of 5,590 individual checklist items that our collective units were (and are) responsible for on the UCI alone. In reality, the inspectors went much deeper into our processes and programs than even those 5,590 items indicated, trying to get at the core of our makeup as a fighting unit. Bottom line, they got there – and the results

are unequivocally top notch.

We expected these inspection teams to take a hard look at us and in fact would have felt cheated had they not dug into the deep muscle of our organizations.

The bar was set very high for these evaluations, so the UCI, MSEP and HSI teams did not disappoint us with the level of competency that they expected and we in turn did not disappoint them with our performance.

The entire Wing had Zero (0) major write-ups and no write ups that were answerable to any organization off the base.

Most findings went into the category of "Recommended Improvement Area". This is virtually unheard of; however, it is exactly what the Wing leadership expected, not because we are eternal optimists but because we know our people and their capabilities. You didn't disappoint, and I'm guessing that the reason for this is that you don't know how!

Evaluations by nature and definition have both objective and subjective elements to them. Although this may prove challenging in reconciling your individual units "grade," we account for this by looking at the overall grade assigned to the Wing.

Everyone in this Wing gets to wear the labels of Satisfactory, Excellent or Outstanding achieved by all three inspections that we have been through and take them as part of their identity. Wear them proudly, you have earned them.

Our challenge now will be to maintain our programs in the high state of readiness that we currently have, answer the minor write-ups that we have and hence improve on the already polished products and processes that we own.

This will be increasingly important as the USAF and eventually the Air National Guard moves into the no-notice or short notice inspection programs in the near future.

The never ending cycle continues. We still have the ASEV and ATSEP (Air Traffic System Evaluation Program) Inspection to contend with from now through June.

We are already fully engaged in our Greenland operations, deployers have been



File Photo

heading out the door for AEF commitments for some time now and will continue throughout the summer, and before you know it we will be looking at ODF again. Busy? You bet, but as a wise man once said "it sure beats the alternative," and for some reason I am thinking that you all would not have it any other way. Thanks for being the supreme professionals that you all are.

DEADLINE NOTICE

Articles for the next issue of *The Skibird* are due by **June 7**.

109th Airlift Wing



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Col. Anthony German
Vice Commander
Col. Timothy LaBarge

The Skibird

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DEADLINE NOTICE: All items for *The Skibird* must be received in the Public Affairs Office no later than the beginning of the first UTA of each quarter. Address changes for individuals not in the 109AW should be directed to: 109AW/PA, 1 Air National Guard Road, Scotia, New York 12302-9752 or by phone at (518) 344-2396/2423 or DSN: 344-2396/2423.

On the cover:

The Wing, Maintenance Group and Aeromedical Squadron all passed their recent inspections with flying colors. See Page 5 for more coverage. (Photo illustration by Master Sgt. Willie Gizara)

The Skibird

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Volunteers needed to visit veterans at Stratton VA Medical Center

By Master Sgt. Ottavio Lo Piccolo
Chaplain Assistant

This past summer I attended the introductory Chaplain Assistant course at Maxwell Air Force Base, Ala. One of the projects we had to accomplish was to write a talking paper (an oral presentation) on a social outreach program.

So I decided to write a talking paper about a visitation program at the VA hospital in Albany since Stratton Air National Guard Base is very much involved in reaching the local community (e.g., military parades, Crop Walks, Salvation Army, serving in soup kitchens, etc.).

However one population we haven't served are the local veterans in our local VA Hospitals. Here in the Capital District we have the Stratton VA Medical Center in Albany. In this facility there are many veterans who are being treated and are in need of companionship, support and encouragement. A visitation service would be well received and appreciated in helping our war veterans recuperate.

In fact, many veterans who come back from war zones suffer from PTS and/or need physical rehabilitation. A volunteer

visitation program would be ideal to help our veteran brothers/sisters get better.

In addition, it would be an opportunity for us to serve our neighbor, God and country. Those members who live away from Albany could visit their local VA Hospitals/Centers. Other VA centers in upstate New York are in Batavia, Buffalo, Bath, Canandaigua and Syracuse.

On April 13, Staff Sgt. Jeremiah Henderson and I visited the Stratton VA Medical Center in Albany to see how we could help our local Vets. We met with Stephanie Bonenfant, a volunteer specialist. She was very cordial, she explained how we could enhance their visitation program, and also showed us the VA hospital floors where the Vets are staying.

It was a great experience for both me and Jeremiah because we could see how happy the veterans were when they saw us. Their faces lit up, they greeted us with a welcoming smile and were eager to talk to us.

Although we were strangers we could sense a connection, a bond between us. I'm sure that for the Vets it was probably seeing us in the USAF uniform.

And that's one thing Stephanie stressed; "The Vets love to see you in uniform because

they make a connection right away. Once you're registered (it takes half an hour, bring an ID), you can visit anytime of the day/week. There are no set visitation hours and the weekend would be the best time because it isn't as busy and the Vets would love to get visits then."

If anyone is interested to visit (the Vets at the Stratton VA Hospital in Albany) as a group during one of the future UTA afternoons, please contact us at the chaplains office at 2355.

You may also contact the **Stratton VA Medical Center directly at 626-5508**, Stephanie Bonenfant, Volunteer Specialist, e-mail Stephanie.Bonenfant@va.gov.

Driving Directions to the Stratton VA Medical Center in Albany:

I-90 East; get off at exit 6 and Stay on Henry Johnson Blvd; turn L on Clinton Avenue; Turn R on Lark St; R on Madison Ave; L on New Scotland Ave, (Pass Myrtle St); Make L at the blue sign for the Stratton VA.

On May 3, volunteers participated in the Schenectady CROP Walk for the Hungry. The event is always held on the first Sunday in May. For those interested in participating in future CROP Walks, contact Master Sgt. Ottavio LoPiccolo.



Chaplain Services

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

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

Wing aces first round of inspections

Public Affairs

One of the most recognizable slogans of the National Guard is "Ready, Reliable, and Relevant." This is a great logo that speaks volumes but also demands accountability and proof. For the past year, the entire wing has been working extra hard to prepare for inspections. Recently, three of those inspections came to an end and the Wing came out of it with validation of the great work done each and every day.

"It's easy to say that we are all of those things, but proving it to an inspection team(s) is another thing altogether," said Col. Timothy LaBarge, 109th Airlift Wing vice commander. "Proving what we already know, that is, how well we do our jobs, is important because without demonstrating this competence to our Higher Headquarters they will not have the confidence in us that is required."

That is why the Wing spent so much time preparing for these inspections and will continue to do so through the ASEV, ATSEP, IGX and so on.

"The results that we have seen so far speak for themselves and are not surprising because we are all professionals here, through and through."

Unit Compliance Inspection (UCI)

Wing's Overall Rating: "Excellent"

Units throughout the base have been preparing for the UCI for nearly a year.

"The wing leadership came up with an approach, and we followed that plan

throughout the year," said Col. John Russo, 109th Mission Support Group commander. "It included regularly scheduled meetings and each of the units accomplishing a SAV [Staff Assistance Visit]. We reviewed the IG questions over and over -- we stuck to the plan, and I believe that really helped the Wing.

"I was very confident and surprisingly relaxed going into the inspection; I knew everyone was going to be compliant and that we would pass," Colonel Russo said. "The question was how much above the bar we would be."

Colonel Russo said the inspectors were very impressed with not only the obvious hard work everyone put into this inspection, but also the positive customs and courtesies rendered, the cleanliness of the work areas and overall everyone's great enthusiasm.

"They made a comment about how when inspectors show up, typically people kind of turn the other way and pretend they don't see them, but we were just the opposite. Everyone wanted to show the inspectors all the hard work that we did," Colonel Russo said. "They said that was really refreshing."

Colonel Russo said he's proud of everyone's hard work and teamwork.

"It was a lot of hard work and everyone should be proud they're a member of this Wing. Whenever our unit is faced with a challenge, we overcome it with teamwork. The teamwork that we show time after time is by now second nature, something that we take for granted. In

hindsight, it's easy to see why, we have the best people working here and they take tremendous pride in their work, and that is a good place for us to be."

Logistics Standards and Evaluations Program (LSEP) Maintenance Group's Overall Rating: "Outstanding"

The 109th Maintenance Group scored the highest grade ever given to a Guard unit. "We were 99 percent compliant ... and 95 percent of our performance was outstanding," said Col. Brian Gomula, 109th MXG commander. "We got 246 evaluations with only nine failures; that's pretty amazing."

"We acknowledge the efforts put forward by your unit, and on behalf of the entire LSET team,

I wish to thank all of the members of the 109th Airlift Wing for their outstanding support," said Lt. Col. Thomas Hess, Logistics Standardization and Evaluation Team chief, to the Maintenance Group during the outbrief.

"We are aware this inspection was particularly difficult for your unit due to your polar mission and AEF taskings, and we'd like to acknowledge the fantastic attitudes 109th maintenance personnel maintained throughout the inspection. The LSET team

congratulates the 109th Airlift Wing for their professionalism and unwavering mission focus."

The Maintenance Group had also put a lot of time into this inspection.

"The quality office was the spearhead of the preparation," Colonel Gomula said. "During the year, they went around doing personal evaluations. We had monthly meetings over the last year until we were compliant with everything. By December or January we were 100 percent compliant in our eyes. We then had a Staff Assistance Visit from the 179th in Ohio. They brought up 30 people, and revalidated everything for us again.

"We went in feeling pretty confident," he said. "We knew we were OK; we didn't know

See *INSPECTIONS*, page 8

OUTSTANDING PERFORMERS

UCI

Airman 1st Class Justin Carkner
Tech. Sgt. Michael Dixon
Tech. Sgt. Doug Holden
Tech. Sgt. Angelique Kaiser
Tech. Sgt. Charles Powers III

LSEP

Staff Sgt. Jason Desrosiers
Staff Sgt. Carroll Bass
Tech. Sgt. Brad Phillips
Master Sgt. Kevin Moughan
Master Sgt. Deborah Walter
Master Sgt. Ken Williams
Senior Master Sgt. Ford Chambers

HSI

Master Sgt. Lisa Aldrete
Master Sgt. Bernadette Weaver
First Lt. Melissa Caldon

Colonel (S) Daniel J. Dunbar Aug. 14, 1955 to Feb. 11, 2009

Colonel (S) Daniel J. Dunbar was the Air National Guard Staff Integrator to the Inspector General, HQ/AMC, Scott AFB, IL. He served as the liaison between the HQ AMC IG, other ANG Directorate Advisors, and the Air National Guard. As Chief, Operations Planning Branch he was charged with planning all HQ AMC IG inspections. He developed strategies for unit inspections in coordination with unit commanders, planners, and HQ AMC/IG staff.

Col (S) Dunbar began his military career with an enlistment into the US Air Force in May 1973. After working four years as a Ground Radio Communications Technician, he elected to leave the active duty in pursuit of a college education. In August 1977, he joined the New York Air National Guard while attending college and spent the next four years as an aircraft electrician on the ski-equipped C-130D Hercules aircraft. In 1981, Col (S) Dunbar received his commission through the Air National Guard's Academy of Military Science and earned his Navigator wings in 1983.

Prior to assuming his current duties, Col (S) Dunbar was assigned to HQ Air Mobility Command as the ANG Advisor to AMC/A3 for Operation DEEP FREEZE. He was responsible for coordinating Operation DEEP FREEZE requirements, memorandum of understandings, support agreements, and operational plans to ensure positive command and control of DOD personnel and assets assigned and deployed to support the US Antarctic Program. He has held positions as Operations Officer, Squadron Tactics Officer, Chief of Current Operations, and Evaluator Navigator amassing more than 6,000 hours in the C-130 and LC-130 "Ski-bird" Hercules.

Col (S) Dunbar was a native of Hudson, NY. He is survived by his wife, the former Deborah Cooper, originally from Philmont, NY, and his three children, daughters Erin, Rebekah (and her husband Reu Scherf), and son Daniel, Jr. He is also survived by his parents, Marian and Richard Dunbar, of Ghent, NY, and brothers and sisters, Jonathan, Stephanie, William, Russell, David, and Jennifer, in laws and a host of nieces and nephews.

(Obituary courtesy of Lakeview Funeral Home, Fairview Heights, Ill.)



A 109th Airlift Wing LC-130 conducts a flyover at Col. (S) Daniel Dunbar's funeral, which Wing members attended, at Arlington National Cemetery on April 22. (Photos by Master Sgt. Christine Wood)



Saratoga Springs Commissary open

DECA Courtesy photo

By Tech. Sgt. Catharine Schmidt
Public Affairs

The Saratoga Springs commissary was jammed pack with eager customers April 14 when the store opened its doors for the first time.

For years, military families have been traveling to Scotia to take advantage of the deals the Defense Commissary Agency offers. The new store is located at the Naval Support Unit of Saratoga Springs, about three miles west of the city center on Route 29.

Tech. Sgt. Pedro Negrón, of the 109th Communications Flight, and his family have visited the new commissary almost daily since its opening, because of its convenience. "We had been to the old

commissary, but rarely because it was so far away," he said. "This new one is practically by our front door."

Along with the new location, is a completely new look and a larger selection than the Scotia commissary.

The old commissary was 8,000 square feet; it's now 12,000 square feet. The meat selection has gone up 30 percent, produce has doubled and the frozen food section has tripled in size.

"Sales doubled right away, and they've continued to stay consistent," said Electra Frederick, Store Administrator. "On a really, really good day, the old commissary brought in about \$25,000; our sales were at \$40,000 on opening day."

The Saratoga Springs Commissary opened its doors April 14. The new facility, which is 12,000 square feet, replaces the 8,000-square-foot commissary located in Scotia.

The Saratoga Springs Commissary also boasts a deli, which offers made-to-order party platters, sub sandwiches and salads.

"The new deli is a hit with customers and employees," Ms. Frederick said. "Everyone has been raving about it. They brought in \$1,500 alone on opening day."

Sergeant Negrón said he and his family are impressed with the new deli and said the new commissary looks a lot better than the one in Scotia, which he described resembling a warehouse.

"There also seems to be a lot more variety," he said.

Currently, the store has three registers along with two self-checkout registers, and they've doubled the employees from 18 to 36. "We know we're already going to need more registers and more employees to meet the demands of the customers," Ms. Frederick said.

"The turnout has just been incredible," she said.

Military families can also save a lot of money shopping at the commissary as opposed to in town. Sergeant Negrón said that not only do they shop there because of the convenience, but also because of the prices. "We've probably cut our grocery bill in half."

Savings come from the commissary selling all of their products at cost plus a 5 percent surcharge on the entire purchase. The money from that surcharge goes toward construction and maintenance of the new \$8 million facility.

The Navy Exchange is still open at the Scotia building, but a new NEX is scheduled to open up at the Saratoga Springs NSU in late September/early October. The Scotia NEX is scheduled to close in August.

The commissary is open from 10 a.m. to 6 p.m. Tuesday through Saturday and stays open until 7 p.m. on Thursdays.



DECA Courtesy photo

Customers check out what the new commissary in Saratoga Springs has to offer. Compared to the old facility in Scotia, the commissary's produce section doubled in size, the frozen food section tripled and the meat section increased by 30 percent.

Guard's Polar airlifters praised for their DEEP FREEZE Airmanship

By Lt. Col. Kimberly Terpening
Public Affairs

The men and women of the 109th Airlift Wing recently received high praise for their airmanship at the conclusion of the 2008-2009 season of Operation Deep Freeze.

Operation Deep Freeze (ODF), the U.S. military's operational and logistical support of the National Science Foundation's scientific research activities in Antarctica, ended Feb. 28. Lt. Gen. Chip Utterback, 13th Air Force and Joint Task Force Support Forces Antarctica commander, deemed the ODF season a resounding success.

"It's easy to take for granted what the Airmen of the 109th Airlift Wing do every year in Antarctica, but we never should," said General Utterback. "They may make it look easy, but it takes remarkable airmanship to maintain and operate the LC-130 [Hercules] in the extreme conditions of Antarctica. From the successful injured Australian rescue to the nearly 300 ice missions they flew this season, we're proud to have the Guardsmen of the 109th on our joint team."

The Wing's citizen-Airmen flew more than 8.7 million pounds of cargo and 3,800

passengers during their almost 300 missions this ODF season.

A highlight was the highly successful transport of an injured Australian expeditioner out of Antarctica.

A ski-equipped LC-130 aircrew landed on an unprepared surface at a remote camp in Antarctica. The seriously injured patient was medically evacuated to Hobart, Australia, where he received medical treatment.

General Utterback said the successful season is indicative of the high readiness of the U.S. military and its partners in the U.S. Pacific Command area of responsibility.

"To be able to use our military forces to further the scientific efforts in Antarctica - efforts that benefit all the people of the world - is really gratifying," he said. "I couldn't be more proud of our entire team's efforts this season."

"We appreciate Lt. Gen. Utterback's recognition for our support to the National Science Foundation and service to this great nation," said Col. Anthony German, Wing commander. "The men and women of the 109th Airlift Wing are skilled, dedicated and display unrivaled airmanship. We are proud to be a part of the 13th Air Force team."

Inspections, from page 5

we were this good."

The inspectors were impressed even before Day 1.

"We sent them all of our checklists a month ago, and they said that was the best job they'd ever seen on that," Colonel Gomula said. "So they already had a good impression of the unit before even getting here.

"I got a daily debrief at 8 a.m. every day. The first day (the inspector) walked in, he laid out the matrix in front of me and said 'You're off to the best start that we've ever seen.'" And the impression stuck throughout their visit.

"The Maintenance Group is a great group of people who always are working as hard as they are now," Colonel Gomula said. "Even though we're supporting three different theaters, plus training at home, they always strive to provide the safest and best airworthy aircraft in the entire Air National Guard and the Air Force. That's not easy at times."

Health Services Inspection (HSI) Aeromedical's Overall Rating: "Satisfactory"

"The areas where we excelled were medical readiness planning and training, organizational/human resource management and on-the-job training," said Col. Ada Johnston, 139th Aeromedical Evacuation Squadron commander.

A three-member team from the Air Force Inspection Agency took a thorough look at each of the different areas of the squadron. Like the UCI and LSEP, Colonel Johnston said a lot of work went into the preparation for this inspection.

"A lot of preparation went into this inspection," Colonel Johnston said. "Our project manager, Capt. Al Styno, was at the base every week meeting with OICs of the sections that were going to be reviewed.

"He met with OICs one to two evenings during the week and on Saturdays. This preparation requires an enormous amount of time. Squadron members work at

least 40 hours a week with their civilian employers and then come to the 139th and dedicate time to their additional duty -- as well as ensuring all flying requirements are met.

"We did well with everything we were responsible for, especially being as busy as we are," she said. "I'm very proud of everyone for the hard work they put into their areas.

"We learned a lot from this inspection and we certainly are taking the team's recommendations seriously. We're working on their recommendations to improve our processes."

"Everyone across the Wing did an outstanding job," said Col. Anthony German, Wing Commander. "The hard work put in throughout this past year really paid off, and I'm extremely proud of everyone. We proved to the inspectors that we really are ready, reliable, relevant and the premier flying Wing in the Air National Guard."

Airmen, vets can now apply for new GI Bill

By Maj. Beth Kelley Horine
Air Force Personnel Center Public Affairs

RANDOLPH AIR FORCE BASE, Texas (AFNS) -- The Department of Veterans Affairs opened its doors for accepting Post-9/11 GI Bill applications May 1. All Airmen and former Airmen with at least 90 days of active duty service since Sept. 11, 2001, can choose to apply for education benefits, which begin Aug. 1 under the new GI Bill law. To apply or for details on what the Post-9/11 GI Bill offers, visit the VA's Web site, www.gibill.va.gov.

New bill basics

The Post-9/11 GI Bill provides education funding and benefits to eligible veterans and Total Force Airmen. More than 670,000 retired, separated and active duty Airmen, in addition to thousands more reservists and guardsmen, are eligible for the new bill.

Although the bill may be used while on active duty, Airmen should first contact an education counselor to explore all options, such as tuition assistance, the tuition assistance top-up program, the Montgomery GI Bill and the Post-9/11 GI bill, according to Thomas Hawthorne, The Air Force Personnel Center's education services chief.

Mr. Hawthorne also advised veterans on when to apply.

"If you're a veteran or transitioning Airman planning to head to college in the fall, now is the time to apply for the new GI Bill if you think you're eligible," Mr. Hawthorne said. "However, for most Airmen and veterans who are simply looking at options for post-military careers and education plans down the line, take the time to educate yourself on all the VA's education benefit options before deciding which program apply for and use."

Transfer of benefits to family members

A landmark benefit of the new GI Bill allows eligible active duty and Selected Reserve Airmen, who are serving on or after Aug. 1, 2009, to transfer their Post-9/11 GI Bill educational benefits to qualified dependents.

Currently, more than 144,000 active duty Airmen, and thousands more Selected Reservists, may be eligible for

the transfer-to-dependents option.

"The transfer-to-dependent option of the Post-9/11 GI Bill is a huge benefit to our Airmen," said Maj. Gen. K.C. McClain, AFPC commander. "This part of the benefit is designed as a military retention and recruiting tool for active duty service members and Selected Reservists."

Proposed Department of Defense policy lists eligibility requirements for the transfer-to-dependent option. Requirements include being on active duty or in the Selected Reserve on Aug. 1, 2009; meeting all Post-9/11 GI Bill eligibility requirements; already completing six years of service; committing to an additional four years of service; and having DEERS-registered dependents.

"AFPC is an integral part of the transfer-to-dependent option. Our role is to review all transfer applications received from Regular Air Force Airmen for eligibility," General McClain said.

To do so, AFPC customer service representatives will check an applicant's personnel record and validate retainability using the system of record.

If the applicant is eligible for the transfer option, AFPC representatives will update the member's Active Duty Service Commitment and return the application to the VA. For details, visit www.ask.afpc.randolph.af.mil and click on the Post-9/11 GI Bill spotlight link.

For Maj. Eric Hanley, an MC-130 pilot at Eglin AFB, Fla., and Master Sgt. Floyd Kirkland, 4th Contracting Squadron superintendent and first sergeant at Seymour-Johnson AFB, N.C., the transfer-to-dependent option of the new GI Bill significantly changes their financial futures.

"The ability to transfer my 9/11 GI Bill benefits to my daughter is enormous for my family and me," said Sergeant Kirkland. "Essentially, my daughter can now go to the college of her dreams. The GI Bill allows me the ability to pay for her advanced education and use our savings toward retirement."

"It changes the whole way I'm looking at investing money," said Major Hanley, who is currently deployed overseas. "I have one kid and another on the way who I've

been trying to start a college savings plan for. Not that I won't still save some money for them, but this new GI Bill transfer option allows me to invest for different goals, not just to pay for my kids' college."

Active duty Airmen and Selected Reservists can apply to transfer their Post-9/11 GI Bill benefits to their dependents after Aug. 1 through the Transfer Education Benefits Web site under development by programmers in DOD's Defense Manpower Data Center.

Eligible members who do not plan to use their Post-9/11 GI Bill benefits for themselves and only transfer their benefits to their family members do not need to apply for the Post-9/11 GI Bill separately. The act of applying to transfer benefits also serves as application for GI Bill benefits for the member.

For more details, call the Total Force Service Center at 1-800-525-0102 or visit the Post-9/11 GI Bill spotlight link on the "Ask" AFPC Web site.

Post-9/11 GI Bill vs. Montgomery GI Bill

Airmen and veterans who currently have the Montgomery GI Bill and meet the eligibility requirements for the Post-9/11 GI Bill may apply to convert to the newer bill as of May 1, for a program start date of Aug. 1. This is a one-time, irrevocable conversion. Currently, approximately 187,000 RegAF Airmen are eligible to make the switch, if desired.

"For most eligible veterans, the Post-9/11 GI Bill is a better alternative than the Montgomery GI Bill," said Mr. Hawthorne. "Deciding which GI Bill to use depends on several factors, including the type of education or training you plan to take, the location of your school, and the amount of benefits received under each program."

Individuals converting to the Post-9/11 GI Bill from the Montgomery GI Bill generally will be limited to the amount of remaining months of Montgomery GI Bill entitlement. However, if all Montgomery GI Bill benefits have been used -- 36 months -- individuals are still eligible for the Post-9/11 GI Bill and can receive an additional 12 months of benefits -- 48 months total, combined between two GI Bills, allowed under law.

B. R. A. T. S.

asic *recruits* *ttending* *raining* *at* *ratton*

Program prepares trainees for Basic Military Training

Story and Photos by Tech. Sgt. Catharine Schmidt
Public Affairs



Master Sgt. Donna Roper, BRATS cadre, inspects a trainee during an open ranks inspection March 8 at Stratton Air National Guard Base. The Stratton BRATS program prepares recruits for the atmosphere they will encounter in Basic Military Training at Lackland Air Force Base, Texas.

Many soon-to-be Airmen show up at Basic Military Training not sure what to expect -- whether it's the physical, educational or emotional demands training can put on new trainees. But those who join the 109th Airlift Wing have a little bit of an advantage when they show up at Lackland Air Force Base, Texas, thanks to Stratton's BRATS program.

The Basic Recruits Attending Training at Stratton program began about 10 years ago when some supervisors weren't sure what to do with incoming Airmen who had to wait to go to Basic Training. Throughout the years, the program has turned into a full-fledged flight that currently has more than 60 members -- the most the program has ever had.

According to their mission statement, "The mission of the BRATS Management Team is to prepare new recruits as they transition from civilian life to successful (Air National Guard) careers by providing structured leadership, training and core values that allow them to excel at the physical and mental challenges of today's Air Force."

Now, more than ever, going to basic training prepared is essential. In November, Basic Military Training extended from six weeks to 8 1/2 weeks, and now includes the BEAST. The Basic Expeditionary Airmen Skills Training course introduces Airmen to the joint expeditionary concept and immerses them in deployment scenarios, according to an article in Airman Magazine.

Airman 1st Class Vincent Pricolo

was the first 109th AW member to experience the new training program.

"(BRATS) gave me more confidence going into basic training," he said. "There's things (during training) I had already learned -- I'm glad I got to go through it. There weren't as many surprises (as I think there could have been if I hadn't gone through BRATS.)"

Airman Pricolo graduated from training in January. He is currently awaiting his technical school and is scheduled to leave at the end of July. Airman Pricolo enlisted Nov. 8, 2007, and the following month he started the BRATS program here. Now, he's back with the program, but in a different role.

"I'm basically there to help everyone out," he said. "I give them a lot of advice. There were quite a few people who came back to talk to us about basic training. It's really helpful."

"(Airman Pricolo) stepped in, and he gave a great program to the rest of the group," said Master Sgt. Donna Roper, BRATS cadre. "We are utilizing him for his experience until he leaves for tech school. He's basically the class leader. Usually trainees don't get a break between basic and tech school, but because of those career fields that are lacking in available classes, once in awhile we get a member who is back with us after BMT before they go to tech school. And those are the people whose leadership skills we try to hone. They're our assistants at that point, but they do participate fully within the flight."

Each Unit Training Assembly

(UTA), the BRATS program kicks off at 7:30 a.m.

"Each day (of the UTA) we are doing inspections, drill and ceremony (marching and facing movements), and uniform inspections," Sergeant Roper said. "Even if they don't have their uniforms issued yet, they still have to meet certain standards and are inspected. Such as a clean-cut haircut, men must be shaven, and women must have their hair and nails within regulations."

The program also includes academic instruction. Some topics covered include the Airmen's Creed, the Air Force Song, the Core Values and rank structure. The BRATS also learn what will be required of them during wall locker inspections. And while they've always included weapons training, the program has recently increased that training to fall in line with the new 8 1/2 week BMT.

"We try to cover any of the topics they are going to be exposed to at basic training," Sergeant Roper said. "That's what we focus on, because our goal is to prepare them for that day that they arrive at basic training. It also includes a big deal of getting them into the correct military bearing -- the sense of urgency, respect, common customs and courtesies -- how to give a proper reporting statement so they will know how to address their TIs. When to salute, when not to salute, when to call the room to attention -- everything they'll need to know for basic training."

Sergeant Roper said going through the BRATS program gives

See BRATS, page 13



A BRATS member drops and does push-ups after answering a question wrong during an open ranks inspection. Some of the things trainees are taught are customs and courtesies, dress and appearance, the Airmen's Creed and the Air Force Core Values.

Master Sgt. Kerry Booth calls the BRATS flight to attention during an open ranks inspection. The flight has more than 60 members -- the largest BRATS flight to date.

Construction at Army, Air Guard readiness centers on track

by Master Sgt. Mike R. Smith
National Guard Bureau

ARLINGTON, Va -- Construction projects at the National Guard Bureau's two readiness centers will be completed by 2011 allowing the Guard's joint staff to move out of a leased high-rise here in Crystal City.

Jefferson Plaza 1 has been the bureau's official location since August 1998. But the 2005 Base Realignment and Closure law required NGB's joint staff elements to move nearly 1,200 Guardmembers, federal workers and contractors.

The Air Guard Readiness Center's expansion project at Andrews Air Force Base is in full swing. The final batches of cement are being poured into the steel structure that connects the new building to the older Conaway Hall.

The \$52 million project is scheduled to be completed in less than a year.

Construction of the four-story complex, which began in November 2007, is proceeding on schedule and on budget. "It's about 40 percent complete," said Air Force Brig. Gen. Joseph Lengyel, the center's commander.

Planners said in less than 10 months office furniture will be carried in and occupants will get a look at their new space.

The enormous crane that lifted the bulk of the building into place during the winter was disassembled last week, giving the structure

prominence over the base's northeast tree line.

"That was a good sign of progress," said Lengyel.

By September 2011, more than 1,400 Citizen-Airmen, federal workers and contractors will occupy the campus.

As a Leadership in Energy and Environmental Design (LEED) project, the readiness center will be one of the Air Guard's most sustainable, livable and energy-efficient buildings.

Lengyel said the Air Guard's directorate offices in Arlington will join the existing directorates at Andrews, allowing him to have all of his staff within walking distance.

"I can't think of any single thing since I've been commander that has been more challenging for the organization to work together [than] being in two separate locations," he said.

"This one single event will do more to bring unity of effort toward any number of projects when we are all out here as one organization."

Lengyel and his Airmen support the Air Guard's day-to-day operations of 88 flying units and 579 mission support units, their states' governors and adjutants general. They also run a 24/7 Crisis Action Team, which coordinates use of the Air Guard's assets with state and federal agencies.

"It will soon be one-stop-shopping for the field, so they will be happy, too," he said.

Ben Lawless, the chief of the



Photo by Master Sgt. Mike R. Smith

Construction workers pour cement and attach exterior glass on an addition to the Air National Guard Readiness Center April 16 during a warm spring day. The multi-million dollar expansion project is about 40 percent complete and it will provide office space for the nearly 1,400 Air Guard members that will work there by 2011.

engineering division in the Air Guard's Installation and Mission Support directorate, said the final push into the new space is being planned deliberately.

Pointing to an artist's rendering of the finished expansion on his wall, he said, "We don't want people moving twice."

"It's more a campus program where we move those here into the new building, do renovations in the old building and move people into that space."

The project includes administrative offices, conference spaces and a cafeteria.

Built in 1985, the ANGRC's Conaway Hall is named after retired Air Force Lt. Gen. John B. Conaway, a former chief of the National Guard Bureau, who advocated for the readiness center.

"The vision we had a long time ago is coming true," said Lawless.

Meanwhile, on the

other side of the Potomac, construction is just getting underway on an expansion at the Army National Guard Readiness Center (ARNGRC).

Thousands of tons of dirt were dug out of the ground next to the existing ARNGRC to make a foundation for a new building and parking garage.

The 15-acre complex is the location of the former Arlington Hall Station. It was rededicated in April 1993 at a cost of \$38 million.

Prior to that, its staff members were located in the Pentagon and other office space throughout the National Capital Region.

When completed, the current \$98 million addition to the ARNGRC will provide 250,000 square feet of office space for the National Guard Bureau and its joint staff of Citizen-Soldiers and -Airmen, who will move out of JP-1.



South Pole Station discussion

Jerry Marty is the National Science Foundation project manager for the construction of the new South Pole Station. He was at Proctors on March 19 for a presentation detailing the construction of the new 65,000 square foot station over the last 10 years. He showed the audience the National Geographic Channel Megastructures episode devoted to the station construction and also answered questions. (Proctors photo by Richard Lovrich)

BRATS, from page 11

trainees a big advantage during basic training.

"We have a very high success rate -- a lot of our BMT graduates graduate with honors," Sergeant Roper said. "They each fill out a comprehensive survey when they get back to give us feedback on the program, and the feedback is very positive. Most of them feel that they were with people in other units who did not have a program like our BRATS program, and they felt like they were leaps and bounds beyond their classmates at BMT."

Airman 1st Class Sabrena Healey, an intelligence analyst with the 109th AW, went through the BRATS program for three months before leaving for Basic Training in May 2008.

"I found it extremely helpful," she said. "Coming into the military was something so outside of my realm. I had no prior anything with the military -- no family, no experience, nothing! So going into basic, I actually felt right on key with a

lot of the other trainees who had been a part of ROTC."

She said some of the specific things taught during BRATS that helped her out during training were basic facing movements, reporting statements, dress and appearance, wall locker inspections, the Airmen's Creed and physical training.

"Learning to tear down the weapons was also a huge help," she said. "I was definitely one of the fastest in my flight thanks to BRATS."

The program has been such a success, that other Air National Guard units have come to the 109th Airlift Wing for advice on how to get a similar program started.

And to make things a little more interesting, BRATS will add a little Air Force-Army competition to the mix.

"This summer we're going to having a competition with the Army's version of the BRATS program, competing with weapons qualification, PT, drill and ceremony," Sergeant Roper said.



Photo by Tech. Sgt. Catharine Schmidt

Basic Recruits Attending Training at Stratton prepare for an open ranks inspection by cadre members March 8. The BRATS program has more than 60 members currently. BRATS meet every UTA to prepare for Basic Military Training at Lackland Air Force Base, Texas.

For those still waiting to leave for basic training, Airman Pricolo said, "Definitely get in shape, be mentally strong, train themselves to deal with yelling. They yell a lot at the BEAST. There's a lot of positive motivation, but they have zero tolerance."

While the program is mandatory for any enlisted non-prior servicemember, Sergeant

Roper said they are always in need of more cadre members.

"They don't necessarily have to be available for the entire weekend; if they are available one to two hours sometime during the weekend, we could utilize them for a specific task," Sergeant Roper said.

Those interested should contact Chief Master Sgt. Michael Delgiacco.

Air Guard chief selected as NORTHCOM advisor

TYNDALL AIR FORCE BASE, Fla. (AFNS) -- An Air National Guard command chief master sergeant has been selected as a command senior enlisted advisor for a combatant command. It is the first time an Air Guardsman has been selected for that position.

Chief Master Sgt. W. Allen Usry, the current Continental U.S. NORAD Region-1st Air Force (AFNORTH) command chief, will take over as North American Aerospace Defense Command-U.S. Northern Command's command senior enlisted advisor in Colorado Springs, Colo., from Army Command Sergeant Major Daniel R. Wood, who is retiring.

While his core responsibilities as principal adviser to the commander on all enlisted matters will not change, the scope

will, given the larger expanse of a combatant command, with its broad, continuing mission with assigned components.

NORAD is a bi-national command that oversees aerospace warning and aerospace control for Canada, Alaska and the continental United States while NORTHCOM oversees command and control of homeland defense issues and coordinates defense support of civil authorities upon request.

"It is a great day for the Air National Guard, 1st Air Force, NORAD-NORTHCOM, and most especially, Chief Master Sergeant Usry," said Maj. Gen. Hank Morrow, CONR-1st AF commander. "Not only does his selection set a precedent, it's extremely well deserved. His breadth of knowledge, professionalism and selfless

commitment to service make him an invaluable asset. The enlisted force in Colorado Springs will reap the benefits of having Chief Usry looking out for their best interests."

As the senior enlisted advisor for Gen. Gene Renuart, the NORAD-NORTHCOM commander, Chief Usry will present the general with enlisted perspectives on a variety of issues ranging from strategic vision, goals and objectives to theater security and enlisted professional development.

He also will serve as mentor to other senior enlisted leaders throughout the command and will coordinate with headquarters staff agencies, commanders and senior enlisted personnel on matters pertaining to the command's mission, vision, core values and commander's intent.

Exchanges pull Hydroxycut diet supplement from shelves

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON (AFNS) -- A recent U.S. Food and Drug Administration warning to consumers has prompted military exchanges to remove the diet supplement Hydroxycut from store shelves, officials here said May 5.

Military exchange officials contacted May 5 confirmed that Hydroxycut products, used by dieters and body builders, have

been withdrawn from stores. In a May 1 news release, the FDA warned consumers "to immediately stop using Hydroxycut products." Usage of such products, the release stated, is "associated with a number of serious liver injuries."

Officials at the Dallas-based Army and Air Force Exchange Service directed managers to remove Hydroxycut from store shelves by noon May 2, said Judd Anstey, the AAFES public relations manager.

Navy Exchange stores removed Hydroxycut products from shelves on May 1, said Kristine Sturkie, a public affairs specialist for Navy Exchange Service Command at Virginia Beach, Va.

Patrons of Defense Commissary Agency grocery stores needn't worry about Hydroxycut, said Ronald Kelly, the chief of DeCA's public affairs directorate based at Fort Lee, Va. "We do not carry the product in our inventory."

Air Force Marathon seeks volunteers

By Sharon Erli
Air Force Materiel Command Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio (AFNS) -- The 2009 U.S. Air Force Marathon may not be until Sept. 19 here, but seeking volunteers to help plan and execute the race's many aspects begins May 1.

Individuals interested in volunteering can go online to www.usafmarathon.com to see jobs, schedules, dates, times, etc. All registered volunteers will receive a goody bag, embroidered patch, T-shirt and volunteer certificate.

"Volunteers are extremely important to the success of the marathon," said Allison Frey, the volunteer coordinator for the marathon. "With the possibility of up to 10,000 runners participating, we will rely on volunteers for a variety of jobs, including passing out food and drinks, directing participants along the course and helping with set up for such a huge event."

Marathon officials are also looking for team leads, or "key volunteers," to oversee a team of volunteers in areas including marathon expo logistics, expo and race day volunteer manpower, marathon route logistics, finish line coordination and parking, etc.

For more information on volunteering, contact Ms. Frey at 937-257-5052, DSN 787-5052, or, visit the marathon Web site.

Crews keep training; respond when needed

By Captain John Saupp
Base Firehouse

Springtime and warmer weather have finally arrived here in Great Northeast. This month's article will review the winter months along with the recent Unit Compliance Inspection.

At the beginning of January, a large group of 109th firefighters and civil engineers deployed to Badin, N.C., in preparation for the April UCI.

While deployed, various deployed skills and special equipment items were trained on. Firefighters went to the Charlotte Air National Guard Base and airport to perform live aircraft fire training, C-130 familiarization and other firematic skills.

These are a few of the major incidents responded to by Stratton firefighters:

-- On Jan. 9 at 2:15 a.m., Stratton firefighters were requested to the scene of a working house fire on Van Vorst Road in the town of Glenville.

Numerous area fire departments were at the scene of this fast moving structure

fire. Fire ground operations were hampered by the minus 20-degree weather, which caused hoses and equipment to quickly freeze up.

-- On the morning of Jan. 20, rescue crews, including Alplaus firefighters, responded to a serious head on motor vehicle accident on Maple Ave near Ronald Reagan Way.

The resulting impact split one of the vehicles into two pieces. Three patients were treated and transported to local hospitals. One was brought on base and transported by a Med-Flight helicopter.

-- On April 21, firefighters were requested to the village of Scotia to provide a FAST team for firefighters operating inside a working house fire.

The much anticipated UCI has come and gone. The 109th Fire Protection section received a grade of "Excellent."

A lot of time and hard work was put in by both the career and traditional guard staff. The IG gave special recognition to the Fire Prevention section for their outstanding base fire prevention program.

Also the Operations section



Courtesy photo

Stratton firefighters were requested to the scene of a working house fire Jan. 9 on Van Vorst Road in the town of Glenville. Numerous fire departments were at the scene where the temperature was minus 20 degrees.

for their performance during an evaluated structure fire exercise. A simulated structure fire was reported on base with victims trapped inside.

Fire crews responded and quickly extinguished the fire, searched and rescued the victims, laddered and ventilated the building in record time.

Once again the military and full-time career firefighters worked hand in hand to accomplish the mission.

The whole fire department should be proud of our grade, but also everyone should know when the call to respond to an emergency comes in, it will be handled quickly and professionally 365 days a year.



Courtesy photo

Rescue crews responded to a serious head on motor vehicle accident Jan. 20 on Maple Ave near Ronald Reagan Way. The resulting impact split one of the vehicles into two pieces.

911 IS NOW ON BASE

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

Lunch program under way, volunteers needed Summer Alumni Picnic scheduled for August

By Retired Lt. Col. Tom Noel
Alumni Representative

The 109th Airlift Wing Alumni Association this year once again served a very successful traditional Saint Patrick's Day dinner on base at the All Ranks Club on March 14. Food for approximately 80 people was prepared and served to everyone's satisfaction. Thanks to all volunteers who assisted in putting this outstanding dinner on.

The Summer Wednesday Lunch Program began April 29. We are always looking for volunteers to help with this program. Volunteers are needed between 10 a.m. and 1 p.m. on scheduled Wednesday lunch days.

Please let the Summer Lunch Program committee know if you can help and when you can help with even a few of these Wednesdays.

The 109th Airlift Wing Alumni Association Summer Picnic will be held on a Saturday afternoon (date to be determined) this summer on base at the picnic area. Plan on attending for some plain old camaraderie.

The annual election of officers was held during the January 2009 alumni meeting, and here are the results:

President, William (Bill) Liberis; Vice President, Eugene (Gene) DeLong; Secretary, Robert (Bob) Guzior; Treasurer, Kenneth (Ken) Bliss; Board of Directors, William (Bill) Pickney, Thomas (Tom) Noel, Howard Ray and Richard (Dick) Weakley. Congratulations to the new officers and also to the previous officers for their

outstanding service and dedication to the Alumni Association.

ALL VETERANS CAN NOW SALUTE THE U.S. FLAG WITHOUT BEING IN UNIFORM

At their meetings, other veterans' organizations are citing this new law and encouraging their members to render the right hand salute to the flag when not in uniform. Per H.R. 4986 National Defense Authorization Act for Fiscal Year 2008 signed by the President 28 Jan 2008, to become Public Law No. 110-181.

Sec. 594. CONDUCT BY MEMBERS OF THE ARMED FORCES AND VETERANS OUT OF UNIFORM DURING HOISTING, LOWERING OR PASSING OF UNITED STATES FLAG.

Section 9 of title-4, United States Code, is amended by striking all persons present and all that follows through the end of the section and inserting the following: "All persons present in uniform should render the military salute. Members of the Armed Forces and veterans who are present but not in uniform may render the military salute." All other persons present should face the flag and stand at attention with their right hand over their heart, or if applicable, remove their headdress with their right hand and hold it at the left shoulder, the right hand being over the heart. Citizens of other countries present should stand at attention. All such conduct toward the flag in a moving column should be rendered at the moment the flag passes.

SUCCESSFUL DEEP

FREEZE SEASON COMES TO AN END

Another season of Department of Defense and the 109th Airlift Wing that give support to the U.S. Antarctic Program and National Science Foundation (NSF) activities in Antarctica came to an end Feb. 28, 2009. The 2008-2009 season of Operation Deep Freeze (ODF) the U.S. military's operational and logistical support of the NSF's scientific research activities in Antarctica, began Sept. 4th. For more information on the season, see the story on Page 8.

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: Retired Lt. Col. Lee Lopez, 74, a Liverpool resident since 1958, passed away Dec. 23, 2008, at Memorial Sloan-Kettering Cancer Center in New York. Born in New Orleans, he was a 1955 graduate of the University of Southwestern Louisiana, where he majored in electrical engineering.

Colonel Lopez joined General Electric in 1955; he held several positions as a design engineer, marketing manager and program manager, retiring from GE in June 1990. Colonel Lopez was a 30-year veteran of the U.S. Air Force and as a navigator of the 109th Airlift Wing New York Air National Guard. His last assignment was as a liaison officer for the U.S. Air Force Academy.

Col. (Sel) Daniel James Dunbar, 53, of O'Fallon, Ill.,

born Aug. 14, 1955 in Hudson, N.Y., died Feb. 11, 2009, at his residence.

Colonel Dunbar was currently serving as the Air National Guard liaison to the inspector general at Scott Air Force Base. His 35-year military career included many years with the 109th Airlift Wing as a master navigator of LC-130 ski-equipped Hercules aircraft and had the opportunity to navigate to all seven continents and both the North Pole and the South Pole and was also a past member and assistant chief of the Glenville Hill Volunteer Fire Department, Glenville, N.Y.

Charles Ward, father of retired Master Sgt. Sandi Donahue, a member of the 109th AW Alumni Association, passed away at age 85 after a brief fight with cancer on March 23, 2009, in Richland, Wash.

During World War II, he served as a B-17 tailgunner in the Army Air Corps, completing 50 missions and shooting down 4 enemy Messerschmitts. Sandi was able to be home in Washington with her family during this difficult time.

It is with great sadness that I inform you of the passing of Faith Hade Cleveland, granddaughter of Retired Master Sgt. Timothy Hotaling, former 109th MXM First Sergeant.

Our thoughts and prayers are with these mentioned individuals and their families during this difficult time; they will be missed greatly.

Until the next quarterly issue of this Skibird Magazine, I hope you all had a wonderful and a safe Happy Easter. Please stay Happy, Healthy, Safe and I hope Prosperous and "Think Summer."

Response program aimed at eliminating sexual assault

By Lt. Col. Sharon Stepp
Wing Sexual Assault Response Coordinator (SARC)

In June 2006, the 109th Airlift Wing stood up a Sexual Assault Prevention Response Program following Defense Department and Air Force Guidance.

The purpose of the program is to eliminate incidents of sexual assault through a comprehensive program that centers on awareness prevention, education, training, response, reporting and assisting the victims with medical assistance. The Sexual Assault Response Coordinators (SARC) and Victim Advocates (VAs) at Air National Guard units nationwide are committed on a full-time basis to providing guidance on

all aspects of the program.

I am the primary SARC for the 109th Airlift Wing. I received the formal SAPR training through the National Guard Bureau and as such hold a special training code identifier. This code is required when deploying to an overseas area of responsibility. Lt. Col. Kimberly Terpening is the alternate SARC, who brings a wealth of experience as an R.N. and a Flight Nurse. She is scheduled to obtain the formal training this summer.

The 109th has two fully trained Victim Advocates who also hold the special training code identifier. VAs are assigned to the victim to provide essential

support, liaison services and care to victims of sexual assault. Master Sgt. Diane Power, from the Mission Support Group, volunteered to assist as a VA back in 2006. Tech. Sgt. Shawn Talbot, from Maintenance, joined the team in 2008 and recently completed his VA training in January.

Two more volunteers have recently stepped up to assist; Staff Sgts. Jeffrey Tucker and Patrick Horan, both from the Logistics Squadron, serve as SARC Administrative Assistants. All of the positions held are an additional duty, and thus the Wing has formed together a superb group of personnel who are well trained and bring a strong sense of commitment to the program.

The focus for the 1,200 personnel at the Wing is on education and training. Understanding what defines sexual assault was a struggle for many personnel as the NGB's initial training in 2006 was centered on apprehending and punishing the perpetrator. The Bystander Training theme in 2007 was right on the mark by placing the emphasis on preventing sexual assault and assisting the victim to a quicker recovery.

What constitutes Sexual Assault? The DOD definition is: "Sexual Assault includes, rape, non-consensual sodomy (oral or anal sex), indecent assault (unwanted, inappropriate sexual contact or fondling, or attempts to commit these acts." In addition to understanding the DOD's definition, the 109th training classes provides an atmosphere by instructing and group discussion. All personnel

See SARC, page 18

Family Support Center

Summer events scheduled for families

By Beverly Keating
Wing Family Program Coordinator

The summer is always busy but not without fun things at the 109th Airlift Wing!

Family Day is scheduled this year for Sunday, Aug. 2. Food, music and entertainment for adults and kids will be on base and free to all. This is a great time for family fun and a way to meet other families. Additional information will go out in the near future about all the great things planned for Family Day. Please save the date to share fun and food with friends and families.

Galaxy Youth Program will be August 17-21. Military children from all branches of service come together for a week of fun at Stratton Air National Guard Base.

Military children get a taste of military life, good community programs and a chance to network with each other.

Over the years Galaxy has given kids a chance to form lasting friendships. The program is open to children ages 8-12. For the older children there are opportunities as junior counselors ages 14 and up. This is a great way for teens to get involved, help the program coordinators and work with the younger kids. Galaxy Youth Program graduates can share their experiences and help develop the program.

Registration for Galaxy attendees and junior counselors opens May 18. Forms will be sent out through First Sergeants, posted on the Air Force portal and through the Family Program office. Be sure to sign up as soon as possible as the program fills

up quickly!

The Yellow Ribbon Program is ongoing at the 109th with one pre-deployment event held in March and another planned for May. The program will also include a reintegration event in the fall to welcome back everyone who was deployed over the past six months. The Yellow Ribbon Program helps prepare members and their families for deployment, and the reunion and reintegration when the member comes home.

There are many programs and benefits available to military families and Yellow Ribbon is the way to share all these things with our families.

Strong Bonds (also known as Marriage

See FAMILY, page 18

SARC, from page 17

are required to attend annual training conducted by a fully certified SARC.

In addition, members deploying are required to attend predeployment training 90 days before deploying.

The DOD and the Air Force are committed to ensuring that victims of sexual assault are protected, treated with dignity, respect, provided support, advocacy and care. Victims may report a case as restricted or non-restricted.

Restricted reporting will involve the SARC, and the emphasis is on the victim obtaining medical services and not on triggering an investigation. Unrestricted reporting will involve law enforcement and commanders needed to assist the victim and to provide a thorough investigation.

For many members of the 109th AW deploying to Antarctica, the servicing SARC reports through Pacific Command and is stationed in Andersen Air Force Base, Guam. While deploying to Greenland, reporting sexual

assault would be through the deployed commander and the medical personnel. There are fully trained SARCs available at other deployed locations.

To report a sexual assault, please contact myself at 518-344-2084, or my cell, 518-588-7308 (24 hrs). I am always eager to assist a victim at any hour of the day or night. The 109th Security Police, 518-344-2400, can contact me at home.

Alternate SARC: Lt. Col. Kim Terpening, Bldg 1, 518-344-2103. If you need attention immediately and cannot wait for a the SARC to be contacted, please contact the Sexual Assault Support Services of PPMH, Inc. in Schenectady County, Coordinator Janine Pustolka, 518-346-2266 (24 hrs).

It only takes one person to step up and stop a situation before it becomes a problem. Bystanders do make a difference, and we all need to watch out for our "wingman." Whether deployed or at home, everyone needs to be valued and respected whether on or off duty. Sexual Assault can be prevented.

Family, from page 17

Enrichment) will be held again this year at Six Flags Great Escape Lodge and Indoor Waterpark Sept. 25-27. Strong Bonds empowers military members and their loved ones with relationship-building skills, and connects them to community health and support resources. This is for married couples, and first priority will go to members deployed in support of OIF/OEF. Registration for the event will be June 8 – Aug. 3 and there is no cost to member or family. Registration is limited to 25

couples. Other events are being planned and will be announced when finalized.

For up to date, ongoing information on programs, benefits and discounts please contact me (beverly.keating@ang.af.mil) with your e-mail address and I will add it to the family distribution list. I send out monthly (or more often when appropriate) e-mails with information from the Family Program office. It's a great way to get up to the minute information!

MWR ANNOUNCEMENTS

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.

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

Babysitters Course: Free for families of those in the military (active duty, Guard, or Reserve) residing in Albany, Columbia, Fulton, Greene, Montgomery, Rensselaer, Schenectady and Schoharie Counties. Limit of 15 people. This eight-hour course is recommended for students 11 years of age and older. Topics covered include the responsibilities of babysitting, how to feed, care for and play with youngsters, obstructed airway skills, accident prevention, and how to handle emergencies and illness. For more information and resources about the babysitting course, visit www.redcross.org, click on "Preparing and Getting Trained," then "Get Trained," "Caregiving and Babysitting," and "Babysitter's Training."

Space and Aviation Camp for Youth: Please check out the link on the 109 AW Portal Homepage for information on the upcoming Space and Aviation Camps being offered. The information is also available on the Y Drive under Family Support.

MPF Hours of Operation

Monday thru Friday 0800-1530

ID CARDS: *By appointment only, but we will accommodate walk-ins, time permitting.*

Monday thru Thursday 0800-1100
1200-1500

No ID Cards Friday except for emergencies

UTA HOURS: 0730-1500

CSS training from 1200-1300 on Sunday

Officer Promotions

Lieutenant Colonel
Darrin Dennis - AS

Captain
Cassandra Ayott - AES
Emery Jankord - AS
Heather Miner - AES

Awards

Meritorious Service Medal

Lt Col Frederick Mckeown - AS
Maj Alvinzo Wilson - AS

Air Force Commendation Medal

Capt Steven Cousineau - AS
Capt Mario Zocchi - AS
Lt Daniel Tripp - OPS
Lt James Vendetti - DMNA
MSgt Ronald Jemmott - MXG
MSgt Shannon Pingitore - DMNA
MSgt Jeffrey Trottier - OPS

Air Force Achievement Medal

Lt Col John Bradley III - AS
Lt Col Paul Dallemagne - AS
Lt Col Cheryl East - AS
Lt Col Ernest Grey - AS
Maj Paul Bernasconi - AS
Maj Bryan Elsworth - AS
Maj Christopher Green - AS
Maj Leroy Kinlocke - AS
Capt Joshua Ellithorpe - AS
Capt Matthew Sala - AS
Capt Ernest Lancto - LRS
CMSgt Patrick Brewer - MXM
CMSgt Michael Delgiacco - AS
SMSgt Frederick Bochenek - MXM
SMSgt Kurt Garrison - AS
SMSgt Shad Gray - AS
SMSgt Elliott McGuigan - AS
SMSgt Gary Rooke - MDG

MSgt Brian Alix - AS
MSgt Daniel Apanasewicz - AS
MSgt Jean Booth - AS
MSgt Adam Gardner - AS
MSgt Michael Goldman - AS
MSgt Anthony Helstowski - AS
MSgt Carl Hilbert - AS
MSgt Maurice Huard - AS
MSgt Kevin Hubbley - AS
MSgt Mark Janey - AS
TSgt Trent Bennett - AS
TSgt Jason Bull - AS
TSgt Michael Cousineau - AS
TSgt Rachel Escher - MDG
TSgt Paul Fobare - AS
TSgt Mark Herdman - AS
SrA Laura Jennette - MDG
SrA Lorenzo Rodriguez - MDG

Enlisted Promotions

Chief Master Sergeant
Gary Mackey - SFS

Senior Master Sergeant
Timothy Kane - SFS
Joseph O'Connor - MDG
Darrell Pinckney - LRS

Master Sergeant
Richard Caruso - SFS
Brian Gifford - CST
Shannon Pingitore - MNHF
James Petteys - LRS
Frank VallsDelosReyes - CES

Technical Sergeant
Scott Bateman - MXM
George Dunkley - AMXS
Justin Kruzinski - AS
Mary Perez - Tucker - MXM
Christopher Nelson - AMXS
Nichole Strachan - AS
Christopher Webb - MXM

Staff Sergeant
Ashley Calabrese - LRS
Rachel Farchione - AES
Alexander Gordon - SFS
Jeremiah Henderson - AW
Laura Jennette - MDS
Sophia Mantzouris - LRS
Christopher Menge - CES
Eric Rising - CF
Angela Vasilakos - CF
David Vrooman - MXM
Ryan Wolf - SVF
Sarah Zawilinski - AS

Senior Airman
Robert Dubuc - SFS
Joshua Eldredge - AMXS
Matthew Gadway - MXM
Darren Landerway - SFS
Anastasios Mantzouris - LRS
Erin McDonough - LRS
Gregory McMullen - AMXS



Courtesy photo

Arctic Promotion

Gen. Duncan J. McNabb promotes George Dunkley to technical sergeant during a ceremony at Williams Field, Antarctica, on Jan. 28.

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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.