

POTOMAC

Air Monthly

Dec 2015



2015

Year in Review

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113TH WING

CAPITAL GUARDIANS

The **Potomac Air** *Monthly*

113th Wing Commander

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113th Wing Vice Commander

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Senior Airman Jennifer Stone

Airman 1st Class Anthony Small

Broadcast Journalists

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Staff Sgt. Justin Hodge

Senior Airman Terrace Garnier

New Promotees

CHIEF MASTER SERGEANT (E-9)

GILBREATH, ALLEN W., 113 MXS

SENIOR MASTER SERGEANT (E-8)

ZISSIMOS, STELIOS D., 201 ALS

TECHNICAL SERGEANT (E-6)

ANDERSON, NICOLE C., 113 MXS

SOLANO-BARRIOS, JULIO L., 113 CF

STAFF SERGEANT (E-5)

HODGE, JUSTIN M., 113 WG

JEREZ, WILLIAM A., 113 MXS

PARTAKA, CHRISTOPHER M., 113 MXS

SENIOR AIRMAN (E-4)

CHURCH, AARON M., 113 AMXS

SKINGER, MARC H., 113 MXS

December UTA training and events schedule

Saturday, December 5

Start	End	Event	Location	POC	Phone
07:15	11:00	Commander's Call & TFAT	Base Theater-	Mandatory All Personnel	SMSgt Zayas 857-2810
13:00	14:30	PT Testing - 3/30 min. blocks	East Fitness Center	MSgt Marx 857-3997	
13:00	16:00	End of Course Testing (EOC) - PME/CDCs	CE Bldg 3236 Room 121	SMSgt Zayas 857-3084	

Sunday, December 6

Start	End	Event	Location	POC	Phone
09:00	09:45	DCNG A&D Pre-Ceremony	JFHQ DC Armory-	257th Army Band	Col McAvoy 857-2811
NLT	09:45	A&D All Personnel in seats (Service Dress)	JFHQ DC Armory	Col McAvoy 857-2811	
	10:00	A&D Entrance of Official Party	JFHQ DC Armory	Col McAvoy 857-2811	
12:00	16:00	113th Wing Holiday Party	201 AS, Hangar 9-	All Personnel	CMSgt Katt 857-6615

Council Meetings

N/A		First Sergeant's Council Meeting	No Meeting	MSgt King 857-4460	
N/A		Chiefs Council Meeting	No Meeting	CMSgt Thomas 857-3228	
N/A		Rising Six	No Meeting	TSgt Fair 857-9888	
N/A		TOP III	No Meeting	MSgt Osecky 857-2349	

Normal Hours of Operation: Saturday

13:00	15:00	CPTF Customer Service	Trailer R62	SMSgt Brown 857-0678	
12:00	15:00	FSS Customer Service	Trailer R62	SMSgt Levins 857-4012	
12:00	15:00	Mobility and Clothing Issue	Bldg. 3212	MSgt Robinson 857-9316	
12:00	15:00	CF Customer Service	Bldg. 3222	MSgt Noon 857-0714	

Normal Hours of Operation: Closed Sunday

Bus Schedule:

**Bus 1: Departs 8:45 a.m.,
From Annapolis St (Between LRS & Comm)**

**Bus 2: Departs 8:45 a.m.
From 113 WG Base Supply parking lot/ across from Ops**

POC: Maj. Byron Coward, 240-857-7211

*** Buses will depart from the Armory 15 minutes after the end of the ceremony**

2015

113th Wing



Airman with the 113th Wing inspect a F-16 Fighting Falcon during Sentry Savannah 15-1 Feb. 10, 2015. More than 1,400 Total Force service members from the Air National Guard, Air Force and Marines are supporting the two-week exercise. (U.S. Air National Guard photo by Senior Airman Justin Hodge)

Another great year of...

Training...



Staff Sgt. Ashley Treylino, combat arms instructor, of the 113th Security Forces Squadron, informs an airman of the proper M249 operations at the Townsend Air-to-Ground Firing Range Thursday, Feb. 12, 2015. The weapons training is just one of many key areas members focus on during the Sentry Savannah 15-1 joint training exercise. More than 1,400 Total Force service members from the D.C. Air National Guard, Minnesota Air National Guard, Tyndall Air Force Base, and Marines gathered in Savannah, Ga., to support the Sentry Savannah 15-1 exercise. Sentry Savannah is a National Guard Bureau-sponsored exercise hosted by the Georgia Air Dominance Center. (Photo by Staff Sgt. Justin Hodge)

The 113th Security Forces Squadron engage with mock protestors during a training exercise March 18. The demonstration included crowd control techniques, entry control procedures and apprehension of violent or non-violent offenders. (Photo by Master Sgt. Craig Clapper)



1st Lt. Charles Wilkinson participates in water survival training May 22 on the Potomac. (Photo by Senior Airman Anthony Small)

Fitness...



D.C. Air National Guard members stand at the finish line after running in the Joint Base Andrews Sexual Assault Awareness and Prevention Month 5K Color run Apr. 1, 2015. The DCANG “Capital Guardians” supported the event to raise awareness of sexual assault in the military and help eliminate it once and for all. (Photo by Master Sgt. Craig Clapper)

113th Wing Honor Guard members present the colors prior to the Washington Wizards home game against the Golden State Warriors, Feb. 24. The 113th Wing members were there as part of a community appreciation night honoring the D.C. Air National Guard during the Wizards game. (Photo by Senior Airman Jennifer Stone)



...Teamwork

113th Aircraft Maintenance Squadron teamed up to go head-to-head in their annual Weapons Load Competition. The competition measured technical and precision skill, while also timing the teams. Each team was comprised on three members from the squadron. (Photo by Senior Airman Erica Rodriguez)

Community Support...



D.C. Air National Guard members ensure crowd control during the 2015 Papal Visit in Washington, D.C., Sept. 23. More than 150 Airmen from the D.C. Air National Guard volunteered for the event providing crowd and traffic control. (U.S. Air National Guard photo by Senior Airman Erica Rodriguez)

1st Lt. Charles Wilkinson talks to attendees at the 2015 Joint Base Andrews Airshow Sept. 18. The event allowed the 113th Wing to engage with local community members to share their mission. The event also allowed for joint involvement with other units both Army and Air Force. (Photo by Senior Airman Erica Rodriguez)



Kathy Gurchiek with the Society for Human Resources Management watched the Air Force KC-135R Stratotanker refuel a Boeing E-3 Sentry AWACS aircraft through a window at the boom operator dock below the refueling aircraft. Gurchiek participated in the “Boss Lift” hosted by the Employer Support of the Guard and Reserve at Joint Base Andrews May 14. (Photo by Master Sgt. Becky Vanshur)

...A Few Farewells

Members from the 113th Wing salute a farewell to the C-38A. The aircrafts, the only two in the entire DoD, were retired from the wing and went on to continue their mission with the Navy. (Photo by Master Sgt. Craig Clapper)



...and to New Beginnings

(Below) Tech. Sgt. Mark Fox, a Crew Chief with the 113th Wing, DC Air National Guard, stands stoic in the face of an F-16 Fighting Falcon as maintenance personnel make their pre-flight checks at Eielson Air Force Base, Tuesday, May 12, 2015. Fox is one of more than 100 maintenance Airmen deployed to Eielson for Red Flag-Alaska 15-2. (U.S. Air National Guard photo by Capt. Nathan Wallin)



(Above) Tech. Sgt. Chito Reyes, 113th services flight, D.C. Air National Guard, suits up during Chemical Biological Radiological Nuclear (CBRN) Emergency Response Force Package training, May 14, 2015 in Virginia Beach, Va. Reyes is part of the 113th wing Fatality Search and Recovery Team. (Photo by Airman 1st Class Anthony Small)



Adverse weather reporting instructions



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Commentary by Master Sgt. Craig Clapper

113th Wing Public Affairs

You wake up, look out the window and see snow falling all around. You start to wonder, “do I have to work today?” If you are a member of the 113th Wing, you have a few easy options. First, if you have been in the wing for a while, you probably recall the YETI line, (240) 857- 9384. The YETI line is updated by 113 WG Command Post. Next, if you are a member of our Facebook and have liked our official Facebook page at <https://www.facebook.com/113WG>, you will see an update from 113WG Command Post as well. Finally, all DCANG members will receive an email via the DCANG/ALL messaging system. So next time the weather outside isn't looking too good, you know how to find your reporting instructions.

1. YETI Line - 240-857-YETI (240-857-9384)
2. Official Facebook page - www.facebook.com/113WG
3. DCANG-ALL mass email to your .mil email address.



Dealing with holiday stress

Commentary by Capt. Jerry Novack
96th Medical Group



It's that time of year again. All things pumpkin spice become all things peppermint; television networks start showing nostalgic, holiday-themed movies; in northwest Florida, we complain about cold weather while the rest of the country actually deals with winter; and I write the holiday stress mental health message.

My challenge, of course, is to write something of value not already heard or read ad nauseam. This can be a real challenge, considering the main stressors this time of year remain relatively constant.

Finances

I should recommend to create and stick to a holiday budget, spend time with loved ones instead of spending money on presents, and consider thrifty options when gift shopping. If you do these things effectively, then you should be writing me advice -- not the other way around.

No matter how well I plan and budget, I find myself blindsided by unexpected expenses beyond gifts. There are holiday cards, parties, meals out, entertainment events, and postage I consistently fail to consider. Some strategies can help with damage control, though.

I maintain my year-round savings habits by setting up automatic, online funds transfers into retirement and savings accounts, and limit (or eliminate) credit cards with high interest ratings. I also create a "tighten the belt" plan for early January to help me recover from the holiday expenses. If anyone needs help managing holiday spending, make an appointment with a financial advisor or go to the nearest Airman and Family Readiness Center.

Family

I adore my family. The more I miss them, the more I adore them. Each year, I approach the holidays longing to reconnect with my siblings, parents, nieces and nephews. By Jan. 2, I cannot wait to get away from them again. Time with family can be simultaneously wonderful and fulfilling and frustratingly stressful. We can get overwhelmed if we

forget to schedule in personal time or "little getaways"

when visiting with family. For me, an afternoon spent in the bookstore or at a local Brazilian jiu-jitsu school can help me get some downtime, remember that I really do love these people, and re-engage renewed and happy.

Without scheduled breaks, I get irritable and relationships begin to rapidly deteriorate. Figure out what you need in order to manage family visits and protect it because it matters.

Coping with sadness

For many people, the winter holidays and New Year's celebration carries meaning and/or memories that can conjure feelings of sadness, anxiety or grief. I hesitate to call these negative emotions because in certain circumstances they can be not only appropriate, but helpful. However, for some, these feelings can seem overwhelming, especially when juxtaposed with the happiness and cheer they see around them.

First, know that feeling down is perfectly normal from time to time. Do not forget we are resilient, even when we do not necessarily feel that way. Also, "timeouts" are perfectly acceptable. Just like with family visits, temporarily disengaging from holiday cheer can provide a much needed break and enable you to reconnect with renewed excitement and joy.

If feeling overwhelmed with holiday stress, or notice that a wingman does not seem to be coping well, reach out for help. Talk to friends, family, chaplain or mental health providers.

Accompany the wingman to a helping professional, if she/he refuses to go alone. If confused about the difference between family advocacy and Airman and Family Readiness Center, just go to any helping agency. We will get you where you need to go. The most important thing is just get the support you or your wingman need.

Important financial information

By Senior Master Sgt. Courtna Brown
113th Comptroller Flight

- Projected pay date : 18 December, 2015
- Office Hours: Saturday, 1130-1500

AROWS Inactive Duty Processing

Starting 1 Oct 2015 all inactive duty training will be scheduled, and certified using the Air National Guard Reserve Order Writing System (AROWS). This change affects all inactive duty training normally submitted on the manual NGB form 105S (RUTAs, PTs, AFTPs, etc.).

Program highlights:

- Inactive duty processing in AROWS will require a two-step process consisting of an Authorization and a Certification.
- The Authorization should be accomplished prior to the duty performance. The request can be initiated by the member or the unit AROWS Inactive Duty Administrator.
- Certification can be requested once the duty has been performed. Similar to the active duty e- certification process, only the member can initiate the certification.

Flying Status:

Members in a flying status will have an additional approval level by the Host Aviation Resource Manager (HARM). The HARM will review all Flying Status request to confirm flying status eligibility. This review will take place on both the Authorization and Certification.

Training:

Member (User) Training - To facilitate the transition, training will be held every Thursday starting on Oct 8th in the LRS conference room at 1300. Training will also take place during the Oct and Nov UTA for Traditional Guard members in the CF training room.

Nov. UTA- Sunday at 0930 in CF conference room

Guides:

Member training slide is attached. All guides and introductory video can be found on the J drive at J:\Finance\AROWS ID.

Questions:

For questions or additional training information please contact TSgt Carlos Miyasato at 240 857-4842 or at carlos.v.miyasato.mil@mail.mil.

- DTS policy change – as of 1 Sep, all lodging reservations must be booked through DTS. This includes reservations for both government and commercial lodging.



E-MAIL STORIES AND PHOTOS TO
CRAIG.S.CLAPPER.MIL@MAIL.MIL

Important:

DTS tips and information

113th Wing Finance

As of 3 Feb 2015, your DTS profile is the key to having a correct authorization and voucher. It is recommended that you routinely validate your email, home phone number, financial institution and the Government Travel Card (GTC) expiration date. Contact your unit Organizational Defense Travel Administrator (ODTA) for assistance with your profile.

The per diem rate will default according to the TDY location. The JTR mandates the use of a military facility rather than the surrounding city unless otherwise instructed. The location should be listed according to the military facility not the surrounding city, this may cause a debt because the per diem and lodging rate automatically defaults to the maximum rate based on the city.

Per Diem – TDY 30 days or more

As of 1 Nov 2014 all travelers performing TDY for more than 30 days in once location (CONUS and OCONUS) will receive a flat rate per diem.

For Long-term TDY of 31 -180 days, the authorized flat rate is 75% of the locality rate (lodging plus meals & incidental expenses – M&IE) payable for each full day of TDY at that location.

For long-term TDY greater than 180 days, the authorized flat rate is 55% of the locality rate (lodging plus M&IE) payable for each full day of TDY at that location.

On the travel day to the TDY location, the traveler receives up to 100% lodging per diem at the locality rate and 75% meals and incidental expenses (M&IE).

A constructed travel worksheet is required if you elect to drive your POV to your TDY location. The reimbursement will be limited to the cost of a government airline ticket. Constructed travel incorporates the cost of an airfare, taxes and the SATO Fee. This worksheet is not required if the round-trip mileage is 800 miles or less SATO is open and available 24 hours a day. For SATO 24 hours a day call 1-800 705-7286. In addition, assistance is available at the 113th TMO office. Please call TSgt Luna or TSgt Edwards at 240-857-3211 during normal business hours.

DO NOT purchase your airline ticket at the TICKET

COUNTER! Most tickets cost up to 3 times the government rate and the JTR prohibits the reimbursement over and beyond the cost of the government rate to fly you to your TDY location. If you get to the airport and find out you do not have a ticket, call the 24-hour SATO line at 1-800-705-7286

72hr Cancellation policy

Authorizations must be approved at least 72 hours prior to the scheduled flight to avoid cancellation. If you are scheduling a flight within the 72 hour window, contact the 113th TMO or SATO to request a reservation.

This scenario can be avoided by closely monitoring your DTS Authorization, ensuring your GTC is activated, print/save your SATO itinerary and bringing it with you to the airport, check in online 24 hours prior to your flight

Receipts are required for lodging, airfare, rental cars and any reimbursable expense \$75 and over.

Some items may be claimed on a lost receipt form if the information is no longer available. Note that GTC statements and rental car estimates are not valid receipts. The JTR requires the actual invoice or bill. These documents must be submitted as substantiating documents in DTS. Receipt should match per diem entitlements and reimbursable expenses.

Reimbursable Expenses

As of 1 Oct 2014 the following changes apply to reimbursable expenses:

No longer reimbursable - authorized business calls, authorized calls home, baggage tips, GTC

ATM advance fee, GTC ATM Service fee, Non-GTC ATM Advance fee, CONUS laundry/dry

Added – computer connections(internet/Wi-Fi), currency conversion fees

Government Travel Card (GTC)

Upon notification of your TDY contact your unit Account Program Coordinator (APC) to confirm that your account is active and ready for use. Also ensure that your card is not expired.

Before driving and parking at the airport be sure to check taxifarefinder.com. Both mileage and parking fees will be limited to the round trip taxi cost provided by the taxi fare finder website.



Education Programs

Open to dependent children of Active Duty, Title 10 Reserve, Title 32 AGR, Retired, Retired Reserve, and Deceased Air Force members; spouses of Active Duty and Title 10 Reserve; and surviving spouses of Deceased Air Force members. One online application gives access to:

Gen Arnold Education Grant:

<i>Awards:</i>	<i>Range from \$500 to \$4,000 based on need</i>
<i>Must have:</i>	<i>Minimum 2.0 GPA</i>
<i>Will be:</i>	<i>Enrolled full-time as an undergraduate student</i>
<i>Apply:</i>	<i>Online at Air Force Aid Society's website (http://www.afas.org/education-grants)</i>
<i>Deadline:</i>	<i>March 18, 2016 for the 2016-2017 academic year</i>

Merit Scholarship:

<i>Awards:</i>	<i>Minimum of ten scholarships of \$5,000 each</i>
<i>Must:</i>	<i>Apply for Arnold Education Grant; be a first-time Freshman with verifiable GPA of 4.0</i>

Eligible applicants will be contacted directly by AFAS for additional application requirements (essay, transcript, etc) in June.

Supplemental Education Loan Program:

<i>Awards:</i>	<i>Interest-free loans up to \$1,000 per student</i>
<i>Must:</i>	<i>Apply for Arnold Education Grant; document out-of-pocket education expenses; repay by allotment over 10 months</i>

Eligible applicants will be contacted directly by AFAS in August with application forms.

For additional information on these programs and other ways Air Force Aid Society can help, please visit our website at <http://www.afas.org>.



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O3/4 – CW3/4 – E6/9	\$70	\$80
O1/2 – CW1/2 – Civilians	\$65	\$75
E1/E5	\$40	\$50

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Points of Contact

CW3 Sherry Mitchell, 202-685-9825, sherry.d.mitchell3.mil@mail.mil

MSgt Sonia Vega, 240-857-1211, sonia.vega.mil@mail.mil