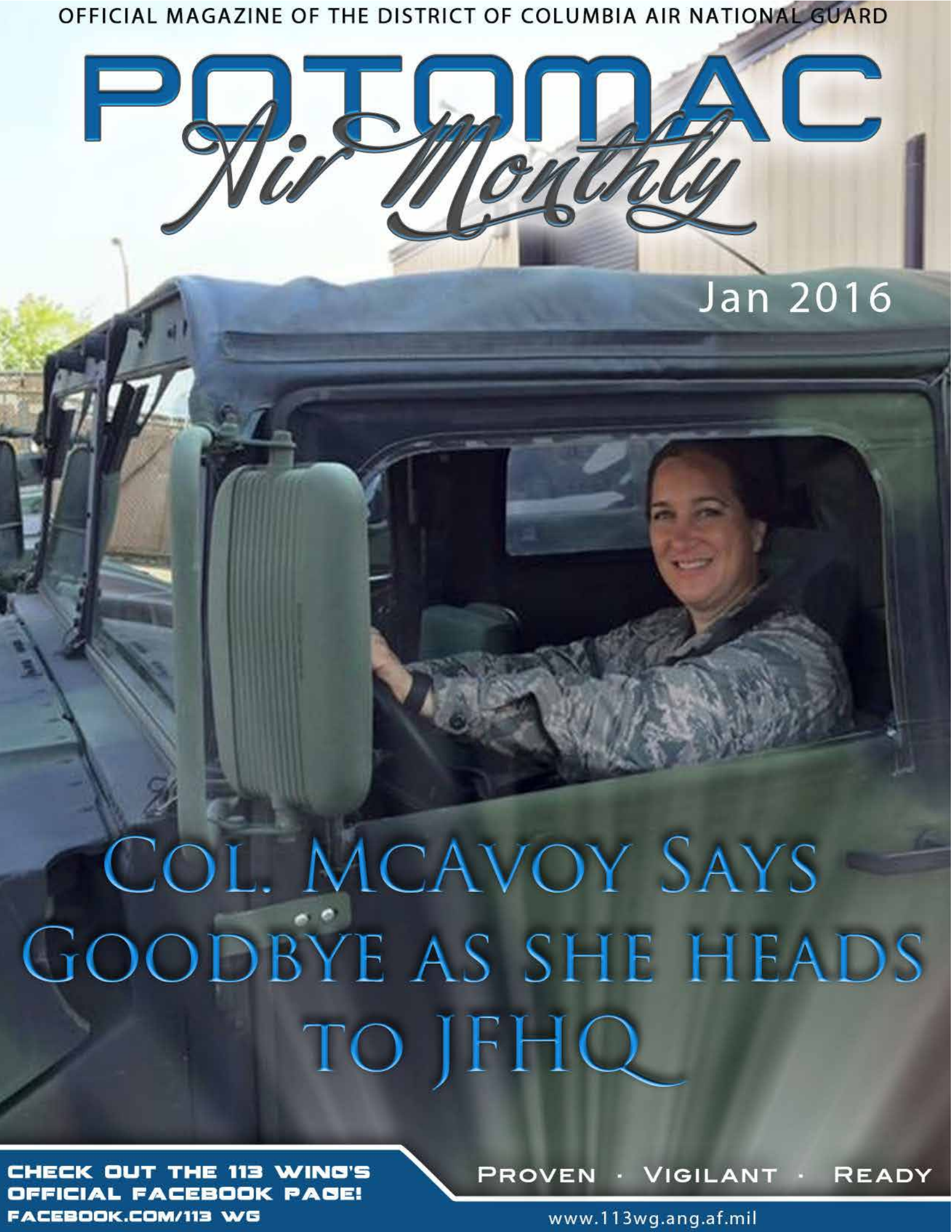


POTOMAC

Air Monthly

Jan 2016

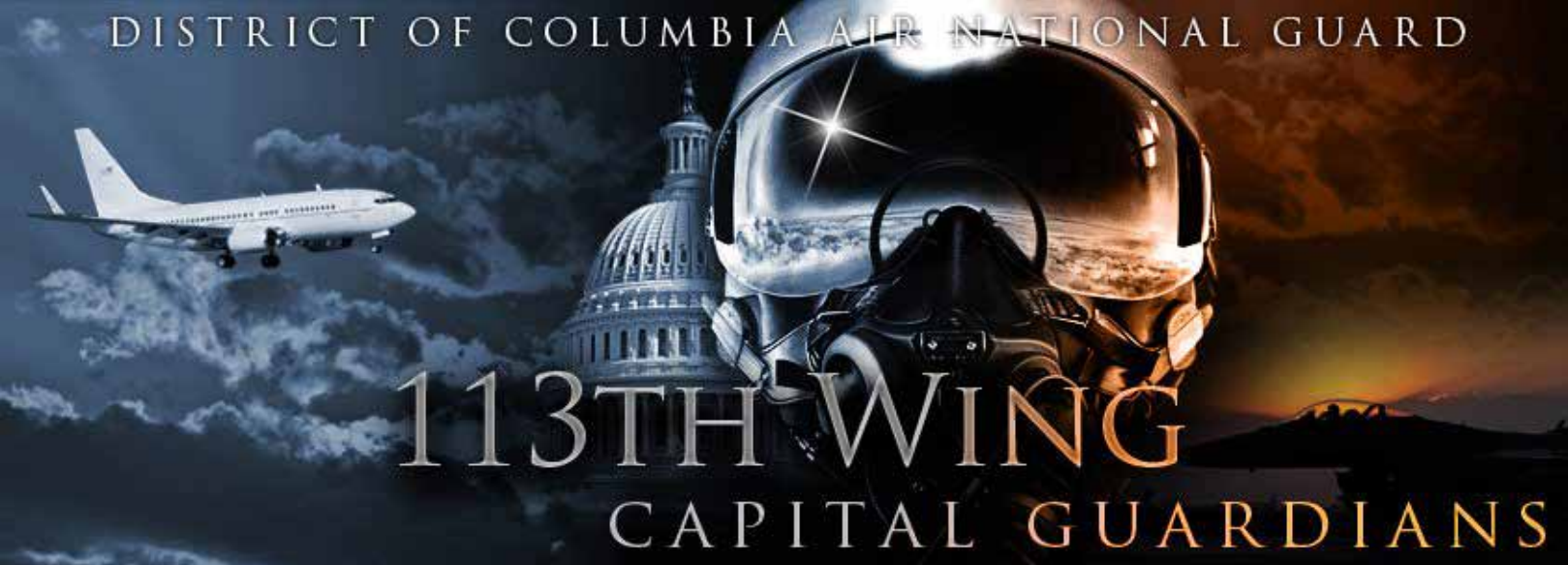
A woman in a military uniform is sitting in the driver's seat of a military vehicle, smiling. The vehicle is a green military truck with a blue canvas cover. The background shows a building and some trees.

COL. MCAVOY SAYS
GOODBYE AS SHE HEADS
TO JFHQ

CHECK OUT THE 113 WING'S
OFFICIAL FACEBOOK PAGE!
[FACEBOOK.COM/113 WG](https://www.facebook.com/113WG)

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The Potomac Air Monthly

113th Wing Commander

Brig. Gen. George M. Degnon

113th Wing Vice Commander

Col. Robert Bowie

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Senior Airman Jennifer Stone

Senior Airman Sumeana Leslie

Airman 1st Class Anthony Small

Broadcast Journalists

Tech. Sgt. Tabitha Hurst

Staff Sgt. Justin Hodge

Senior Airman Terrace Garnier

New Promotees

Master Sergeant (E-7)

Bitting, Danielle C.

Constance, Jacqueline E.

Parker, Tasheka L.

Sanderson, Justin K.

Tookes, Ronnie E.

Williams, Jamall G.T.

Technical Sergeant (E-6)

Downes, Kelley R.

Pedraja, Remberton N.

Purser, John R.

Roberson, William M.

Young, Steven D.

Zimmerman, Andrew J.

Staff Sergeant (E-5)

Harris, Ashley M.

Senior Airman (E-4)

Browne, Bryan C.

Erickson, Torrie A.

Robinson, Adrian C.

January UTA training and events schedule

Saturday, January 9

Start	End	Event	Location	POC	Phone
09:00	11:00	Medical Appointments ONLY (Profiles)	Bldg 3282, Room A14	CMSgt Katt	857-6615
09:00	12:00	End of Course Testing- PME/CDCs	CE Bldg 3236 Room 121	SMSgt Zayas	857-3084
09:00	11:00	ADWSR/NCE Monitor Prog.Mgmt Training	Bldg 3236 Room 121	SMSgt Ring	857-5244
13:00	14:00	SABC Instructor Training	MDG Bldg, Conf. Room	TSgt M. Williams	612-9533
13:00	14:00	Maj Nino's Promotion Ceremony	CE Bldg 3236 Conf. Rm	Capt Richardson	857-0434
14:00	15:00	MSgt H.Soule's Retirement Ceremony	CE Bldg 3236 Conference Rm	Maj Jackson	857-7223
14:00	15:00	TSgt D. Bitting's promotion Ceremony	JP Harris Classroom, Hangar 16	TSgt Bitting	857-2785
15:00	16:00	Col Ronald Stamps Retirement Ceremony	201AS, Hangar 8	Capt Wong	325-9852

Normal Hours of Operation

08:30	15:00	CPTF Customer Service	Trailer R62	SMSgt Brown	857-0678
09:00	15:00	FSS Customer Service	Trailer R62	SMSgt Levins	857-4012
09:00	15:00	Mobility and Clothing Issue	Bldg. 3212	MSgt Robinson	857-9316
08:30	15:00	CF Customer Service	Bldg. 3222	MSgt Noon	857-0714

Sunday, January 10

Start	End	Event	Location	POC	Phone
07:00	12:00	Fitness Testing	East Fitness Center	MSgt Marx	857-3997
08:00	09:30	DCNG Joint Prayer Breakfast	DC Armory	Ch Lt Col Bowen	857-1032
08:00	10:00	Medical/Dental Appointments ONLY	Bldg 3282, Room A14	CMSgt Katt	857-6615
09:00	12:00	End of Course Testing- PME/CDCs	CE Bldg 3236 Room 121	SMSgt Zayas	857-3084
10:00	10:30	Medical Walk-ins	Bldg 3282, Room A14	CMSgt Katt	857-6615
10:00	11:00	IDS Meeting	Bldg 3213, WCR	Maj Lee	857-6464
13:00	14:30	Initial Records Management Training	Bldg 3213, WCR	MSgt Tjarks	857-7308
12:00	13:00	MSgt J. Williams Promotion Ceremony	JP Harris CLRM, Hangar 16	TSgt Bitting	857-2785
15:00	16:00	TSgt Ronnie Tookes' Promotion Ceremony	CE Bldg 3236 Conf. Rm	CMSgt Thomas	857-3228
15:00	16:00	MSgt K. Hugh's Retirement Ceremony	OG Auditorium	SMSgt Scott	857-7175

Normal Hours of Operation

08:30	15:00	CPTF Customer Service	Trailer R62	SMSgt Brown	857-0678
09:00	15:00	FSS Customer Service	Trailer R62	SMSgt Levins	857-4012
09:00	15:00	Mobility and Clothing Issue	Bldg. 3212	MSgt Robinson	857-9316
09:00	15:00	CF Customer Service	Bldg. 3222	MSgt Noon	857-0714

Council Meetings (Sunday)

06:30	07:30	Chiefs Council Meeting	LRS Conference Rm	CMSgt Thomas	857-3228
13:00	14:00	Rising Six	CE Bldg 3236 Conf.Rm.	TSgt Fair	857-9888
12:00	13:00	TOP III	Bldg 3213, WCR	MSgt Osecky	857-2349

Serving our community: Project Angel Tree



Volunteers from the 113th Wing pose at the Project Angel Tree event at J.P. Ryon Elementary School Dec. 15. Members from the wing raised funds to provide a dinner and gifts to underprivileged families from the school to ensure the community members would have a better holiday season and better relationship with the unit.



Children from J.P. Ryon Elementary School sit with Santa after receiving presents during the Project Angel Tree event Dec. 15. Members from the 113th Wing donated gifts or funds in support of the event to help community family members during the holiday season.

Photos and Story by Senior Airman Erica Rodriguez
113th Wing Public Affairs

113th Wing members joined efforts to give back to their local community through the Angel Tree Project Dec. 15. The event invited underprivileged families from J.P. Ryon Elementary School to come together for a hot meal, fun activities and presents for the children.

Volunteers and donators from the wing worked hard and sought to help those who in need during the holidays while also giving the community an opportunity to get to know the unit better. A total of 19 children from eight families attended the event. Gifts and funds were raised internally through donations from members of the 113th Maintenance Group, 113th Operations Group and 121st Fighter Squadron.

“We did this event to make a few families, especially the kids, lives a little bit more happy,” said Master Sgt. Scott Warner, 113th Maintenance Squadron electrical and environmental systems craftsman. “We also did this event to lessen the burden on the parents by providing a nice hot meal and a few gifts for the holidays. This kind of event allows the unit to meet some of

the community as well as giving the community a chance to ask questions about who we are and what we do for them.”

After a meal together, the children were able to enjoy a visit from Santa Claus, thanks to the volunteers, who then passed a present out to each child and sent home presents with the parents to be opened on Christmas morning.

“The school staff and parents were thankful and enjoyed watching their children get something they might not otherwise get,” said Warner. “They also seemed to be very gracious that we took the time to provide a personal event; not just hand them a bag of toys and leave. The children’s faces lit up when we opened the curtains to reveal Santa; they showed us all immense gratitude.”

The 201st Fighter Squadron has successfully conducted the Project Angel Tree in the past, but now the event is more personal and driven to better connect with the community with the meal and entertainment. Members from the wing hope to continue the tradition during next year’s holiday season.



Brig. Gen. George Degnon
113th Wing
Commander

Commander’s Action Line

The Commander’s Action Line gives all Airmen a direct link to the 113th Wing commander for any questions or suggestions regarding the 113th Wing.

The action line can be used to express constructive points of view on the policies and procedures of the wing, as well as discuss safety and security issues. The goal is to provide you with an accurate, timely response.

Airmen should use this tool after coordinating problems or concerns with supervisors, first sergeants or commanders. If you’re not satisfied with the response or are unable to resolve the issue, e-mail the action line at 113WG.CAGL@ang.af.mil.



Chief Master Sgt. Jeffrey Coombs
113th Wing
Command Chief

Airman Leadership School

Announcement

The National Guard Bureau will be conducting a Satellite Airman Leadership School Class April 30 through June 30. In order to be considered as a site, a MINIMUM of eight participants is required.

Submit packages for ALS Class 16-6 to the wing training office (WG Form 8 and Current Fitness Assessment) for the Spring Satellite ALS Class starting on April 30, 2016 through June 30, 2016.

IF APPROVED BY NGB as a SITE Course dates will be:

Satellite ALS Class 16-6 at the 113th WG Joint Base Andrews
 Phase I (Joint Base Andrews): 30 Apr 2016 - 05 Jun 2016; (Saturday & Sunday for 5 weeks) Time: TBD
 Phase II (McGhee Tyson): 13 Jun - 30 Jun 2016

Eligibility:
 IAW ANGI36-2301
 SrA - 3-7 Years' Time in Service (TIS)
 CURRENT Fitness Assessment

NOTE:
 Must have 12 months retainability.
 MINIMUM class size is 8 students; MAXIMUM 12 students.
 WG Form 8 & Current fitness assessment to WG Training NLT COB on 20 Jan 16

Please contact the wing training office at **240-857-1211** if you have any questions.

Individuals with a PT Score of 90% (Excellence) or higher for Dec. 2015

- Capt. Countess Cooper
- Capt. Maureen Fromuth
- Capt. Anh-Chi Murphy
- Chief Master Sgt. Reginald Edwards
- Master Sgt. Dempsey Anderson
- Master Sgt. Roderick Henderson
- Master Sgt. Aaron Hudson
- Master Sgt. Scott Morrill
- Master Sgt. Michael Scully
- Staff Sgt. Maurice Hanciles
- Senior Airman Steve Joyner
- Senior Airman Brian Lecea



Farewell to Col. Maren McAvoy



We say farewell to Col. Maren McAvoy as our wing vice-commander and send her off with best wishes as she continues her Air National Guard journey at Joint Force Headquarters as the new DC National Guard Director, Joint Staff



2015 Awards & Decorations Winners



**Major General Calvin G. Franklin
Leadership Award**
Maj. Nathaniel M. Church



**Major General Charles I. Southward
Leadership Award**
Capt. Duane N. Peterson



**Col. Benjamin C. Abell Jr. Award
(Air)**
Master Sgt. Paula L. Dietrich



Military Volunteer of the Year
Master Sgt. Sonia Vega



**J. Leo Lynch Outstanding Airman
Award**
Master Sgt. David M Gray



Tuskegee Airmen Award
Staff Sgt. Eugene J. Vivalda



**Senior Noncommissioned Officer of the
Year Award**
Master Sgt. Hope Osecky



**Noncommissioned Officer
of the Year Award**
Tech. Sgt. Brandon Smith



Airman of the Year
Senior Airman Kelli C. Wilson



Civilian Volunteer of the Year
Mr. Joseph H. Atchison Jr.



**Brig. Gen. William R. McCall
Flying Safety Award**
Capt. Brian Meinhart



Family of the Year
The Katt Family

Strengthening Leadership

DCANG leaders attend Wing Leadership Summit

Feature by Capt. Cindy Piccirillo
113th Wing Executive

LEESBURG, Va. – More than 100 senior leader Airmen of the District of Columbia Air National Guard's gathered for an annual Wing Leadership Summit here Nov. 30 to Dec. 2. The three-day summit was an opportunity for officer and enlisted leaders from Joint Force Headquarters and the 113th Wing to discuss the latest issues facing the Air Force, the Air National Guard and the DCANG.

Guest speaker Lt. Col. Kevin Basik, Air Force representative to the Secretary of Defense's Advisor for Military Professionalism, kicked off the summit with a presentation challenging attendees to think beyond the box to enhance communication amongst Airmen.

An instructor at the Air Force's Profession of Arms Center of Excellence, Basik provided key information on the importance of professionalism, communication, enhancing human capital and the drivers of institutional health.

He highlighted tools to strengthen unit commitment, loyalty and trust. Specifically, he emphasized tools to deal with personal bias and enhance effective communication, such as inviting Airmen on brief walks (e.g., a walk to the vending machine) and holding commander's calls.

"Our number one job is to bring out the best version of our people," Basik said. "It is the most important requirement for effective Air Force mission accomplishment."

The following day, 113th Wing Commander Brig. Gen. George Degnon and the wing's group commanders reviewed results of the most recent Unit Climate Assessment survey, opening discussion on how to improve organizational trust within the wing. Recurring themes between units throughout the wing were improving communication, trust and mentorship.

Rising Six President Tech. Sgt. Nathan Fair, 113th Maintenance Group maintenance analyst, led the wing's leadership with a discussion of the book, "Leadership and Self-Deception: Getting out of the Box," by the Arbing Institute.

A recommended read on the Air Force Chief of Staff's 2015 Reading List, the book examines the concept of self-deception, or seeing matters only within one's own closed perspective. In other words, the book explores how leaders can all too easily limit their perspectives within their "boxes," but encourages leaders to step outside their boxes and expand their perspectives.

"Sometimes, fully understanding your own motives is the key to seeing (and pursuing) the best way forward," Chief Master Sgt. of the Air Force James Cody says about the book. "...we guarantee it will give you at least one 'aha' movement as you reflect on its lessons."

"This book will change your life personally and professionally," said Degnon. "Read the book and apply these lessons learned to improve your relationships and improve our wing."

Summit attendees also welcomed Brig. Gen. Ondra Berry, a high-energy motivational speaker and Adjutant General of the Nevada Air National Guard.

Berry underscored the notions of challenging assumptions, how to have lasting impact in all parts of one's life (having a vision, developing trust in a team, and having a reason to drive one to chase the vision), and the role that leaders should play (unleashing talent, clarifying purpose, aligning multiple systems and clearing paths).

The prior-enlisted general additionally outlined three specific factors that make a great organization: stepping back and thinking strategically, challenging assumptions, and knowing and articulating what winning looks like.

"Life is a constant negotiation, and it is more mental than physical," Berry reiterated. "If your memories are bigger than your dreams, you're in trouble."

On the final day of the summit, Degnon provided the wing leaders with an overall update on the Total Force, echoing guidance from Air Combat Command.

"The Air Force is the smallest it's been since inception and the busiest it's been since Desert Storm," he said.

Degnon reviewed highlights of the ACC Wing Commanders conference, including the potential outlook of the Air Force with regards to readiness, manpower, funding issues, Airmen's comprehensive health, and how these fold into current events.

Wing leadership also heard from Brig. Gen. Renwick Payne, D.C. National Guard Adjutant General; Brig. Gen. Andrew Donnelly, Deputy Commanding General, Air for the DCNG; Chief Master Sgt. Al Garver, Command Chief of the DCANG; and Chief Master Sgt. Jeffrey Coombs, 113th Wing Command Chief, who shared their thoughts and vision on the DCANG and the road ahead.



Annual Joint Prayer Breakfast



The Commanding General, District of Columbia National Guard
requests the pleasure of your company
at the

Commanding General's Annual Joint Prayer Breakfast
on Sunday

the 10th of January, two thousand Sixteenth
from eight o'clock until nine thirty o'clock in the morning

District of Columbia National Guard Armory
2001 S. Capitol Street, S.E.
Washington, D.C. 20003

RSVP: 8 January 2016

POC: CH (LTC) Darren L. King @ darren.l.king4.mil@mail.mil

Military Attire: Uniform of the Day

Civilian Attire: Business casual

Ph: 202-685-9848

**1st Annual
Mardi Gras Gala**
DC Armory

06 February 2016
Semi-Formal Attire
18 & Over
7:00PM-1:00AM

Cost: \$35.00

Contacts: SGT Garcia (202)-685-9777; SSG Reyes (202)-685-9961
MSgt Vega (240)-857-1211; MSgt Henderson (240)-857-4876

2015 Awards & Decorations Ceremony

Photos by Senior Airman Erica Rodriguez



113th Wing members march in formation past D.C. National Guard leadership as part of Pass and Review during the 2015 D.C. National Guard Awards and Decorations Ceremony at the D.C. Armory Dec. 6.



Army Maj. Gen. Errol Schwartz, D.C. National Guard Commanding General, presents Senior Airman Timothy Blake, 113th Civil Engineering, with the Hero Recognition Award during the 2015 D.C. National Guard Awards and Decorations Ceremony at the D.C. Armory Dec. 6.



Capt. Cindy Piccirillo, 113th Wing executive officer, leads a formation during the 2015 D.C. National Guard Awards and Decorations Ceremony at the D.C. Armory Dec. 6.

(Below) Army Maj. Gen. Errol Schwartz, D.C. National Guard Commanding General, presents the Katt family from the 113th Wing with the Military Family of the Year Award during the 2015 D.C. National Guard Awards and Decorations Ceremony at the D.C. Armory Dec. 6.



113th Wing members salute in formation during the 2015 D.C. National Guard Awards and Decorations Ceremony at the D.C. Armory Dec. 6.

D.C. National Guard leadership inspects a format as part of Pass and Review during the 2015 D.C. National Guard Awards and Decorations Ceremony at the D.C. Armory Dec. 6.



Winter 2016



SAFE DRIVING TIPS brought to you by 113WG Safety



- **Be prepared** and know the weather conditions and forecast, so you can prepare yourself for your drive.
- **Warm up your vehicle** for at least 15 minutes and make sure all windows are properly defrosted before you drive off.
- Don't forget to **clean off all your lights**, front and back for clear visibility while driving in the snow.
- **Plan ahead** - leave a few minutes early to allow for road conditions.
- Make sure that all windshield and rear **wiper blades** and **washers** are in excellent working condition for proper vision.
- **Check all fluids and tire pressure** regularly. We suggest at least twice a month.
- ALWAYS wear your **seatbelt**.
- Keep an **emergency kit** in your car all year long. For winter, include a blanket, gloves, water, first aid kit and crackers.
- Be aware of potentially **icy areas** such as shady spots and bridges and overpasses.
- Keep a **safe distance** behind other vehicles.