

POTOMAC

Air Monthly

Feb 2016

DCNG takes on
Winter Storm Jonas

SENTRY Voodoo

Remembering
SMSgt Mike Clemes



113TH WING

CAPITAL GUARDIANS

The **Potomac Air** *Monthly*

113th Wing Commander

Brig. Gen. George M. Degnon

113th Wing Vice Commander

Col. Robert Bowie

113th Wing Command Chief

Chief Master Sgt. Jeffrey Coombs

Chief of Public Affairs

Maj. Michael Odle

Public Affairs Officers

Maj. Renee Lee

Capt. Nathan Wallin

Public Affairs Manager/Editor

Master Sgt. Craig Clapper

Photojournalists

Senior Airman Erica Rodriguez

Senior Airman Jennifer Stone

Airman 1st Class Anthony Small

Broadcast Journalists

Tech. Sgt. Tabitha Hurst

Staff Sgt. Justin Hodge

Senior Airman Terrace Garnier

New Promotees

Senior Master Sergeant (E-8)

Hedrick, Bruce T.- 113 WG

Technical Sergeant (E-7)

Heubel, Michael S.- 113 MXS

Staff Sergeant (E-5)

Ackerman, Nathan C. 113 MXS

Alvarez-Vargas, Jose R.- 113 WG

Broughton, Dorian T.- 113 SFS

Myers, Matthew D.- 113 WG

Robinson, Charles A.- 113 AMXS

Smith, Jesse S.- 113 MXS

Smith, Michael A.- 113 MXS

Tun, Min L.- 113 MXS

Senior Airman (E-4)

Dews, Jonathan W.- 113 MXS

Jenkins, Demetrius J.- 113 AMXS

McKenzie, Shellyann J.- 113 SFS

Rowe, Sean P.- 113 MXS

Sabbat, Frantz J.- 113 LRS

Stephens, Andrew B.- 113 AMXS

Warren, Ian F.- 113 MXS

Airman 1st Class (E-3)

Mountjoy, John O.- 113 OSS

February UTA training and events schedule

Saturday, February 20

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	09:30	IT Equipment Custodian (ITEC) Training	Bldg 3222, CF Classroom	TSgt Arnone	857-0714
09:30	10:00	Pers. Wireless Comm.Systems Training	Bldg 3222, CF Classroom	SSgt Pickeral	857-0715
12:00	13:00	PERSCO Training	Bldg 3213, WCR	SMSgt A. Wilson	857-1225
14:00	16:00	Expeditionary Skills Rodeo Setup	Hangar 9, 201AS	SMSgt Zayas	857-3084
15:00	16:00	Lt Col Tony Vaughan Ret. Ceremony	Hangar 9, 201AS	Col Magnell	857-2601

Normal Hours of Operation

08:30	15:00	CPTF Customer Service	Trailer R62	SMSgt Brown	857-0678
08:00	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

Sunday, February 21

Start	End	Event	Location	POC	Phone
07:00	12:00	Fitness Testing	East Fitness Center	MSgt Marx	857-3997
07:00	11:30	Expeditionary Skills Rodeo	Hangar 9, 201AS	SMSgt Zayas	857-3084
07:30	08:30	Contemporary Service	CE Bldg 3236 Conf. Rm	Ch Lt Col Bowen	857-1032
07:30	08:30	Catholic Mass	LRS Conference Rm	Ch Lt Col Bowen	857-1032
07:30	12:30	CCM Selection Board	Bldg 3213, WCR	CMSgt Coombs	857-2811
09:00	09:30	IT Equipment Custodian Training	Bldg 3222, CF Classroom	TSgt Arnone	857-0714
08:00	10:00	Medical/Dental Appointments ONLY	Bldg 3282, Room A14	CMSgt Katt	857-6615
10:00	10:30	Medical Walk-ins	Bldg 3282, Room A14	CMSgt Katt	857-6615
12:00	16:30	Expeditionary Skills Rodeo	Hangar 9, 201AS	SMSgt Zayas	857-3084
13:00	14:00	IDS Meeting	Bldg 3213, WCR	Maj Lee	857-6464
14:30	15:30	113 SFS Assumption of Command	Hangar 16		

Normal Hours of Operation

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

Council Meetings (Sunday)

12:00	13:00	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

Public Affairs Hours

Monday- Friday

0800-1600

UTA Saturday

1000-1530

Studio photography/ passports photos

1300-1500 only

UTA Sunday

0800-1430

Studio photography/ passports photos

1000-1200 only

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

Col. Bowie, Robert

Senior Airman Burdick, Jared

Capt. Cooper, Countess

Senior Master Sgt. Dearie, Jessica

Capt. Fromouth, Maureen

Master Sgt. Henderson, Roderick

Master Sgt. Hudson, Aaron

Senior Airman Joyner, Steve

Master Sgt. Scully, Mike

Senior Airman Blake, Tim

Master Sgt. Brodeur, Jeff

Tech. Sgt. Broughton, Dorian

Byrd, Johnathon

Chun, Jenny

Senior Airman Frazier, Prince

Lessant, Darron

Senior Airman Lewis, Josh

Senior Airman Mcentree, Ashley

Senior Airman Nelson, Dominique

Staff Sgt. Ortega, Hector

Lt. Col. Sheltonmur, Karen

Senior Airman Skinger, Marc

Staff Sgt. Zarilla, Cody

Master Sgt. Belle-Scott, Sharon

Staff Sgt. Brant Justin



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

In memory of Senior Master Sergeant Richard “Mike” Clemes



Richard Michael (Mike) Clemes of Owings, Maryland passed away on Wednesday, Jan. 20 at the age of 49. He was born on May 11, 1966 in Cape Canaveral, Florida. His family moved to Maryland in 1969, to Syracuse, New York and then back to Maryland in 1971. He graduated from South River High School in 1984 and entered the United States Air Force the same year. He proudly served his country for over thirty years until the time of his death attaining the rank of Senior Master Sargent. He was

stationed in Okinawa, Luke Air Force Base, Arizona and the District of Columbia Air National Guard 113th Wing at Andrews Air Force Base with tours in Turkey and Iraq.

Mike loved adventure. He climbed Mt. Washington five times, got his pilot's license and flew his



parents from Maryland to Beaver Island, Michigan in a small single engine plane. He loved the outdoors—fishing, hunting, crabbing. And he loved his boys—camping with them from the time they were about two years old. They were beginning to be involved in sports and he enjoyed being there with them. He even got to help coach their flag football team this past fall.



DCNG responds to Winter Storm Jonas

Story by Sgt. 1st Class Khalia Jackson

715th Public Affairs Deattachment

As winter awakens the nation's capital with 22 inches of snow, more than 170 D.C. Guard members responded to the call of duty Jan 22. The principal mission was to provide transportation support to emergency management agencies throughout the district.

In support of this state of emergency also known as Winter Storm Jonas, one High Mobility Multi-Wheeled Vehicle (Humvee) and a two-man team were positioned at each police and fire-station to assist with efficiently responding to urgent calls. These teams of Soldiers and Airmen worked 12-hour shifts ensuring 24-hour availability to the D.C. Metro Police Department (MPD) and Fire and Emergency Medical Services (FEMS).

Over 50 tactical vehicles were used to support the various needs during the snow storm. In addition to a Humvee at each of the 16 stations, Light Medium Tactical Vehicles (LMTV) were used to transport supplies to first-aid stations, and food to shelters and satellite shelter locations. The Department of Human Services (DHS) requested guardsmen support to ensure the availability of meals with no nutritional compromise, and sufficient aid and care to the community.

"In order for a transportation mission such as this to be a success, it takes flexibility, focus, and being in the right place at the right time with the right equipment," stated Capt. J. Scott Crawford, D.C. National Guard Joint Task Force mission commander and 25 year veteran to law en-

forcement.

The snow storm is the largest of continuous snow fall that the district has ever seen. In the midst, guard members completed multiple deliveries of supplies and food for DHS, assisted MPD and FEMS with more than 80 responses to emergency calls and provided various intermediate assistance en-route to each location; namely, ensuring that citizens get to and from their destinations safely.

"It's about coming together and completing one mission which is to protect and serve," said Sergeant Kenneth Rambo, firefighter, Fire Department Engine 8.

One particular piece of the duty was to drive the D.C. Mayor, Muriel Bowser, her staff and security to multiple locations for the duration of the snow storm.

"I know it's our job to protect our community, but I never thought I would get the opportunity as a guardsman to personally be assigned to drive the mayor, expressed Sgt. Demaro McFarlane, D.C. Army National Guard recruiter. "It's amazing."

At the conclusion of duty, Bowser held a press conference at the D.C. National Guard Armory with her government partners to educate the district on the progress of recovery efforts. There, she thanked Major General Errol Schwartz, commanding general, and his guardsmen for their hospitality and professional support to the recovery during the 36-hour dig out. "Let's hear it for our troops," Bowser said.



DC National Guard Public Affairs personnel enroute for a mission assisted a fellow Guard HUMVEE, a fire department vehicle and an Metro Police Department vehicle, stuck in snow. At every incident, DC residents and emergency personnel worked together and helped each other.



D.C. National Guard Soldier Sgt. Tyrone Williams, 715th Public Affairs Detachment, and Airman 1st Class Anthony Small, 113th Wing Public Affairs, work with the local fire department to free a vehicle out of the snow, Washington, D.C., Jan. 23. The D.C. NG was activated during a state of emergency to provide transportation support for Homeland Security and Emergency Management Agency, Metropolitan Police Department, Fire and Emergency Service Medical Department and Department of Human Services personnel during a severe winter storm in the nation's capital. (Army National Guard photo by Sgt. 1st Class Khalia Jackson)



District of Columbia National Guard Soldiers and Airmen answer the call to provide transportation support for a severe winter storm in the nation's capital, Jan. 22. (Army National Guard photo by Sgt. Tyrone Williams)

D.C. Airmen participate in New Orleans flying exercise

Story by Senior Airman Erica Rodriguez

113th Wing Public Affairs

More than 200 Airmen from the 113th Wing, D.C. Air National Guard teamed up with the Air Force Reserve and a local ANG unit to partake in Exercise Sentry Voodoo 2016, Jan 15-29.

The multi-aircraft exercise brings together fighter jets, F-15s and F-16s, and refueling aircraft, the KC-135, from the 459th Air Refueling Wing, Joint Base Andrews, Md., and the 159th Fighter Wing, Louisiana ANG based in Naval Air Station-Joint Reserve Base, La., to engage in multiple war-fighting scenarios.

“We have three goals for this exercise: to provide a quality training environment for our pilots and maintainers in preparation for our (DCANG) deployment later this year; to provide domestic operations training for our Wing and 113th Mission Support Group members; and to have a fun time and build camaraderie,” said Lt. Col. Michael Oliver, 113th deployed detachment commander.

The combined training allows the multiple units to learn from each other in various skillsets and career fields. The training and relationships developed will better prepare the 113th WG for the busy upcoming year including Exercise Sovereign Guardian, a unit deployment and support of the 2017 Presidential Inauguration.

“The relationships that we have developed and will continue to foster with JRB New Orleans, the 159th Fighter Wing and 459th ARW have been vital to the success of this exercise,” said Oliver. “From billeting, to food service, familiarization flights, aerial refueling support, and unit-to-unit information sharing and training opportunities, the support we have received has been nothing short of stellar. Each of our Airmen will come home better trained and prepared for the busy calendar year ahead.”

Although the exercise was primarily focused on pilot training, aircraft maintenance and other aviation related career fields, supporting units also welcomed opportunities for major training such as communications.

The 113th Communications Flight successfully issued more than 20 land mobile radios, 10 laptops and maintained network connectivity to more than 35 computers for both the 113 WG and the 459th ARW. The 113th CF worked alongside Louisiana’s 159th CF, consolidating resources and allowing for collaboration on best practices.

The 263rd Combat Communications Squadron trained the 113th CF on a new communications Joint Incident Site Communications Capability unit type code that provides a wired and wireless Local Area Network, IP phones, Video Teleconferencing and VHF/UHF/HF radio communica-

tions.

Other units were also able to experience higher paced work while becoming accustomed to work away from their home base. The 113th Aircrew Flight Equipment section worked alongside the 159th FW AFE to accomplish their mission, including preparing pilots’ equipment prior to flights and helping familiarization flight participants. During the exercise, members had the opportunity to be nominated for familiarization flights to experience what F-16 pilots undergo during flights, along with becoming more familiar with the equipment and aircraft.

“This is a great opportunity for us to be able to get into a higher tempo of things,” said Master Sgt. Steve Johnson, deployed 113th AFE NCO in-charge. “Back at home station, of course, everything is very well planned but during these exercises you have to be ready for sudden weather changes or any operations changes. It gives us more experience with hands-on equipment and job training versus back at home where you have more auxiliary training.”

The mission proved to be successful in providing training, team building and positive moral.

“I have seen firsthand the Capital Guardian pride that each of our Airmen bring to their jobs,” said Oliver. “It has been an absolute pleasure to lead such a fine group of men and women during this exercise. We are more than ready to tackle the challenges of a busy 2016.”





Staff Sgt. Robert Byrd, 113th Fuels Flight specialist, rewinds a fuel hose after refueling an F-16 at Naval Air Station Joint Reserve Base New Orleans, La., during Exercise Sentry Voodoo 2016. The D.C. Air National Guard Airmen are participating in the two-week multiple unit/aircraft training exercise in New Orleans. (Air National Guard photo by Master Sgt. Craig Clapper)



Master Sgt. Steve Johnson, Deployed Aircrew Flight Equipment NCO in Charge, 113th Operations Group, adjusts the mask-fitting on Master Sgt. Kevin Atkins, 113th Wing weather forecaster, prior to a Familiarization Flight at Naval Air Station Joint Reserve Base New Orleans, La. The D.C. Air National Guard Airmen are participating in a two-week flying exercise titled Sentry Voodoo in New Orleans. (Air National Guard photo by Senior Airman Erica Rodriguez)

(Left) Communications specialist Staff Sgt. Jason Firmin, and Staff Sgt. Calvin Pickeral, 113th Wing Communications Flight, Joint Base Andrews, Md., attach grounding cables and ground rods to the Joint Incident Site Communications Capability equipment while deployed to Naval Air Station Joint Reserve Base, New Orleans, for Exercise Sentry Voodoo 2016. (Air National Guard photo by Master Sgt. Craig Clapper)



(Right) 113th Communications Flight specialist Tech. Sgt. Julio Salano-Barrios, Staff Sgt. Jason Firmin, and Senior Airman Kourtney Wright, connect communications packages for operational testing at Naval Air Station Joint Reserve Base New Orleans, La. The D.C. Air National Guard Airmen participated in Joint Incident Site Communications Capability Training during the two-week Sentry Voodoo exercise in New Orleans. (Air National Guard photo by Master Sgt. Craig Clapper)



A 113th Wing pilot walks alongside a familiarization flight recipient on the Naval Air Station Joint Reserve Base New Orleans, La., flight line, during Exercise Sentry Voodoo 2016. Multiple Airmen from different career fields received familiarization flights during the two-week exercise. (Air National Guard photo by Master Sgt. Craig Clapper)



Chief Master Sgt. Darryl White, Senior Airman Marcus Hartley, and Tech. Sgt. Erin Yates, all from the 113th Logistics Readiness Squadron, Joint Base Andrews, Md., perform an inventory check at Naval Air Station Joint Reserve Base New Orleans, La., while deployed in support of Exercise Sentry Voodoo 2016. More than 200 D.C. Air National Guard Airmen are participating in the multiple unit/aircraft exercise. (Air National Guard photo by Master Sgt. Craig Clapper)



Senior Airman K'Shawn Joseph, 113th Operations Group Aircrew Flight Instructor, refuels a F-16 fighter jet during a Familiarization Flight at Naval Air Station Joint Reserve Base New Orleans, La. Joseph is participating in a two-week flying exercise titled Sentry Voodoo in New Orleans. (Air National Guard photo by Erica Rodriguez)



A 121st Fighter Squadron, Joint Base Andrews, Md., pilot prepares for a familiarization flight aboard an F-16D at Naval Air Station Joint Reserve Base New Orleans, La., in support of Exercise Operation Sentry Voodoo 2016. More than 200 D.C. Air National Guard Airmen are participating in the two-week multiple unit/aircraft exercise. (Air National Guard photo by Master Sgt. Craig Clapper)



Flight Equipment technician, prepares pilots' equipment prior to flight at Naval Air Station Joint Reserve Base New Orleans, La. The D.C. Air National Guard Airmen are participating in a two-week flying exercise titled Sentry Voodoo 2016 in New Orleans. (Air National Guard photo by Senior Airman [Name])



113th Wing pilot Capt. Matthew Morris prepares for an F-16C training flight at Naval Air Station Joint Reserve Base New Orleans, La. The D.C. Air National Guard Airmen are participating in a two-week flying exercise titled Sentry Voodoo 2016 in New Orleans. (Air National Guard photo by Master Sgt. Craig Clapper)

Political Activity Engagement

The 'do's' and 'dont's' of engaging in political activity as DCNG employees

With Election Day coming up, military and federal employees are reminded that certain political activities are prohibited while in uniform or on duty. Political Activity is defined as any activity directed toward the success or failure of a political party, candidate for partisan political office or partisan political group.

District of Columbia National Guard employees may not:

Use official authority or influence to interfere with an election.

Examples:

- Use of official title or rank
- Coerce subordinates to support or oppose a candidate or party

Solicit or discourage political activity of anyone that has business with the DCNG.

DCNG employees on duty may not solicit, receive or make political contributions

-Solicitation letters (signed or unsigned)

-Fundraisers

- cannot host, invite or sell tickets to, etc.

- cannot donate

-Websites

-Blogs

DCNG employees may not engage in political activity while:

On duty

In a government office

Wearing a military uniform or other uniform

Using a government vehicle

Prohibited Political Activity (Issues):

Buttons, t-shirts, etc. – Do not wear to work or on uniform

Bumper stickers – Permitted if on privately owned vehicle and not offensive

E-mails – Do not send or forward political comments from your Government computer or e-mail account

Blogs – Not on government time

Social networks – Not on government time

Wikipedia Editing – Not on government time

Telecommuting – You are on government time so the rules apply

DCNG employees when not on duty may:

-Register and vote as they choose

-Make political contributions

-Join political clubs or parties

-Express opinions about candidates and issues

-Sign nominating petitions

-Attend political rallies and conventions

-Participate in nonpartisan activities



RISK MANAGEMENT

Risk Management Responsibilities

COMMANDERS:

- Are responsible for effective management of risk
- Select appropriate and effective risk reduction options
- Accept or reject risk based on the benefit to be derived
- Train and motivate leaders and supervisors to use RM

SUPERVISORS:

- Apply RM processes in day-to-day operations
- Interact with subordinates to influence and motivate the use of effective RM both on and off-duty
- Consistently apply effective RM concepts and methods to operations/activities and tasks
- Elevate risk issues beyond their control or authority to superiors for resolution

INDIVIDUALS:

- Understand and implement RM processes both on and off-duty
- Maintain a constant awareness of the changing risks associated with operations/activities
- Make supervisors, team members and others immediately aware of any unrealistic risk reduction measures or high risk procedures

Real-Time Risk Management

ASSESS THE SITUATION:

Identify and assess the hazards associated with a particular mission or activity.

BALANCE CONTROLS:

Consider all available controls (resources) available to ensure success or mitigate identified hazards.

COMMUNICATE:

Communicate with leadership or others to discuss problems, intentions and possible alternatives. In individual situations carefully consider personal actions before deciding upon and implementing a final course of action.

DECIDE AND DEBRIEF:

Make the decision to continue, modify or abandon the mission or activity based upon real-time circumstances and conditions. Provide feedback on what worked and what did not work to ensure important lessons learned are passed to others; your experience can help save lives!

The Four RM Principles

Accept no unnecessary risk.

Make risk decisions at the appropriate level.

Integrate RM into operations, activities and planning at all levels.

Apply the process cyclically and continuously.



Important financial information

By Senior Master Sgt. Courtna Brown
113th Comptroller Flight

- Projected pay date : March 4, 2016
- Office Hours: Sunday 8:30 a.m.- 3 p.m.

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).

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.

For additional information:

Training guides and an introductory video can be found on the J drive at J:\Finance\AROWS ID.

Please remember the following items when preparing for a TDY:

Purchasing Airfare:

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. In addition, assistance is available at the 113th TMO office during normal duty hours.

Parking:

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.

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

Receipts:

• 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.

DTS DISBURSING ERROR:

Please note that there was a DoD wide DTS disbursing error for the business dates of 2 - 3 February which may affect some voucher disbursements. If you had a document that was scheduled to be paid on either business date, please verify that the payment was disbursed. We have contacted the DTS help desk and they have reassured us that DFAS will reprocess any vouchers with discrepancies at their earliest convenience. They have also expressed that due to the magnitude of the DoD wide error, the amount of time for the corrections to be made could be a lengthy process.

Please contact TSgt Dalton or TSgt Patterson for any questions/concerns.





Hosted by Joint Base Andrews Military and Family Support Center

Military Saves is a research-based campaign which seeks to persuade, motivate, and encourage military families to save money every month, and to convince leaders and organizations to be aggressive in promoting automatic savings.

Schedule of Events:

Monday, Feb. 22

Location: Community Commons' covered patio

Create Your Financial Vision – 12 p.m. – 1 p.m. and 5 p.m. – 6:30 p.m.

Couponsing – 3 p.m. – 4:30 p.m.

Tuesday, Feb. 23

Location: Community Commons' Chesapeake Room

Take Control of Your Finances: Avoid Drowning in Debt – 9 a.m. – 9:30 a.m.

Financial Jeopardy: Credit & Debt Management – 9:30 a.m. – 10 a.m.

Home Buying Workshop – 11 a.m. – 12:30 p.m.

Wednesday, Feb. 24

Location: Community Commons' Chesapeake Room

Before You Take Off: Financial Planning for Deployment – 9 a.m. – 10 a.m.

Mo' Money Mo' Problems – 11 a.m. – 12:30 p.m.

Thursday, Feb. 25

Location: Imagine Andrews Charter School

Imagine Andrews – Time to be determined

Location: Community Commons Chesapeake Room

Car Buying Workshop – 12 p.m. – 1:30 p.m.

Location: Youth Center

Youth Financial Literacy – 3 p.m. – 4:30 p.m.

Location: Community Commons Chesapeake Room

Home Buying Workshop – 3 p.m.- 4:30 p.m.

Friday, Feb. 26

Location: Community Commons Chesapeake Rm

Federal Financial Partners Day – 8 a.m. – 4:30 p.m.

All Week

Credit Card Plastic Surgery

Tired of credit card debt? The "Debt Surgeons" will be available to perform credit card plastic surgery throughout the week.

Bring your credit card to any class or stop by the MFSC for a walk-in procedure/operation of your life.

MFLC-PFC One-on-One counseling

Do you have financial concerns and want to speak to a Personal Financial Counselor? Call the MFSC at 301-981-7087 to schedule an appointment today.

TAKE THE FIRST STEP

Managing the stress of military life can affect the toughest warrior and you don't have to go it alone. Keeping your mind and body fit can lead to a happier and healthier life.



THE MILITARY HEALTH SYSTEM HAS 400+ CLINICS TO PROVIDE CARE TO SERVICE MEMBERS.

TALK WITH SOMEONE IN PERSON

REACH OUT TO SOMEONE AT A MILITARY TREATMENT FACILITY

- Primary Care Manager
- Mental Behavioral Health Consultant
- Recovery Coordination Program
- Department of Behavioral Health
- Mental Health Clinic
- Alcohol and Substance Abuse Program
- Family Advocacy Program

CONNECT AT AN INSTALLATION

- Chaplain
- Military Family Life Counselor
- Family Readiness System

TALK WITH

- Family
- Friends
- Peers
- Leadership

GET 24/7 ASSISTANCE



CALL/TEXT/CHAT if you or someone you know is in a crisis at 800-273-8255, press 1, text 838255 or militarycrisisline.net/chat



CALL the TRICARE Nurse Advice Line for health advice and to help you find a doctor at 800-874-2273, press 1.

71%

of service members report that they seek "emotional support" from family and friends.*



THE DOD-HE OUTREACH CENTER IS AVAILABLE

24/7

BY PHONE, EMAIL, AND LIVE CHAT

Call or chat with a health resource consultant
800-446-1333 or dodhehelpcenter.mil (24/7)



THE TOP STRESSORS



RELATED TO THE MILITARY LIFESTYLE ARE DEPLOYMENT OR SEPARATION, FINANCIAL, EMPLOYMENT OR WORK, AND ISOLATION FROM FAMILY*



30%

OF SERVICE MEMBERS FEEL STRESSED MOST OR ALL OF THE TIME*

LEARN MORE ONLINE

REAL WARRIORS CAMPAIGN
realwarriors.net

AFTERDEPLOYMENT
afterdeployment.dcoe.mil

MISSION READY APPS
t2health.dcoe.mil/mobile-apps

INTRANSITION
intransition.dcoe.mil



Seeking care early can decrease your likelihood of developing a more serious psychological health concern, and can lead to positive outcomes.

*SOURCE: MILITARY HEALTH SYSTEM