

POTOMAC

Air Monthly

Mar 2015

THE BEST MONTH YET!

*National Awards
Sentry Savannah
DCANG Appreciation Night
and more!*

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

PROVEN · VIGILANT · READY

www.113wg.ang.af.mil

March UTA training and events schedule

Saturday, Mar 14

Start	End	Event	Location	POC	Phone
08:00	15:00	CPTF Customer Service	Trailer R62	SMSgt Brown	857-0678
08:00	15:00	FSS Customer Service	Trailer R62	SMSgt Levins	857-4012
08:00	15:00	CF Customer Service	Bldg. 3222	MSgt Noon	857-0714
08:30	09:30	First Sergeant's Council Meeting	Bldg 1626	MSgt Vance	857-6172
09:00	15:00	Mobility and Clothing Issue	Bldg. 3212	MSgt Robinson	857-9316
09:00	10:30	Medical Appointments ONLY (Profiles)	Bldg. 3282, Room A14	SMSgt Katt	857-6615
09:00	10:30	MDG Immunization Walk-Ins (Hep-B)	Bldg. 3282	SMSgt Katt	857-6615
09:00	10:00	Risk Management Training	Bldg 3213, WCR	SMSgt Thompson	857-5788
09:00	10:00	Personel Wireless Comm. Systems Trg.	CF Classroom Bldg. 3222	SSgt Pickeral	857-0714
09:00	12:00	End of Course Testing (EOC) - PME/CDCs	CE Bldg 3236 Room 121	SMSgt Zayas	857-1211
10:00	11:00	Chiefs Council Meeting	LRS Conference Room	CMSgt Thomas	857-3228
10:00	11:00	Career Path Retirement/ Separation Brief	CF Classroom Bldg. 3222	Ms. Moore	857-9746
10:30	11:30	DAWG Meeting	Bldg. 3282, Room A14	SMSgt Katt	857-6615
13:00	15:30	Initial Records Mgmt Training (COR/FARM/RC)	Bldg 3213, WCR	MSgt Tjarks	857-7308
13:30	15:00	Information Assurance Officer (IAO) Trg.	CF Classroom Bldg. 3222	SSgt Firmin	857-0714
14:00	15:00	MSgt Webster Brown Promotion (MDG)	Bldg 3282, Rm 221	SMSgt Katt	857-6615
15:00	16:00	CMSgt Pedersen Retirement	201AS Auditorium	Nikki Blaser	540-413-6690

113th Wing Leadership

Wing Commander

Brig. Gen. George M. Degnon

Vice Commander

Col. Maren McAvoy

Command Chief

Chief Master Sgt. Jeffrey Coombs



The *Potomac Air Monthly* is the official news publication for the 113th Wing, District of Columbia Air National Guard. The contents are not necessarily the official views of, or endorsed by the U.S. government, Department of Defense, Air Force, National Guard Bureau, or the D.C. Air National Guard.

Public Affairs Staff

Chief of Public Affairs

Maj. Michael R. Odle

Public Affairs Officers

Capt. Renee Lee

Capt. Nathan Wallin

Public Affairs Manager/Editor

Master Sgt. Craig Clapper

Photojournalists

Senior Airman Jennifer Stone

Airman 1st Class Sumeana Leslie

Airman 1st Class Anthony Small

Broadcast Journalists

Tech. Sgt. Tabitha Hurst

Senior Airman Justin Hodge

March UTA training and events schedule

Sunday, Mar 15

Start	End	Event	Location	POC	Phone
07:00	12:00	Fitness Testing	East Fitness Center	TSgt Marx	857-3997
07:30	08:30	Contemporary Service	CE Bldg 3236 Room 121	Ch Bowen	857-1032
07:30	08:30	Catholic Mass	LRS Conference Rm	Ch Bowen	857-1032
08:00	15:00	CPTF Customer Service	Trailer R62	SMSgt Brown	857-0678
08:00	15:00	FSS Customer Service	Trailer R62	SMSgt Levins	857-4012
08:00	15:00	CF Customer Service	Bldg. 3222	MSgt Noon	857-0714
09:00	15:00	Mobility and Clothing Issue	Bldg. 3212	MSgt Robinson	857-9316
09:00	11:00	SAPR Facilitator Training	Bldg 3213, WCR	Capt Lazear	857-2734
08:00	10:00	Medical/Dental Appointments ONLY	Bldg 3282, Room A14	SMSgt Katt	857-6615
09:00	12:00	DTS Assistance	CF Classroom Bldg. 3222	TSgt Dalton	857-5899
09:00	12:00	End of Course Testing (EOC) - PME/CDCs	CE Bldg 3236 Room 121	SMSgt Zayas	857-3084
09:00	11:00	Red Flag Alaska Briefing (all participants)	JP Harris Classroom	Lt Col Arbogast	857-4199
0900	1130	HRE/POSH and HRA (4-lens) Trng.	LRS Conf. Room	Maj. Taylor	857-3238
10:00	10:30	Medical Walk-ins	Bldg 3282, Room A14	SMSgt Katt	857-6615
11:00	12:00	Rising Six	CE Conference Room	TSgt Fair	857-9888
12:00	13:00	TOP III	Bldg 3213, WCR	MSgt Osecky/SMSgt Katt	857-2349
13:00	14:00	IDS Meeting	Bldg 3213, WCR	SMSgt Cumberbatch	240-462-1015
15:00	16:00	CGOC	OG, Heritage Room	Capt Lazear	857-2734



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

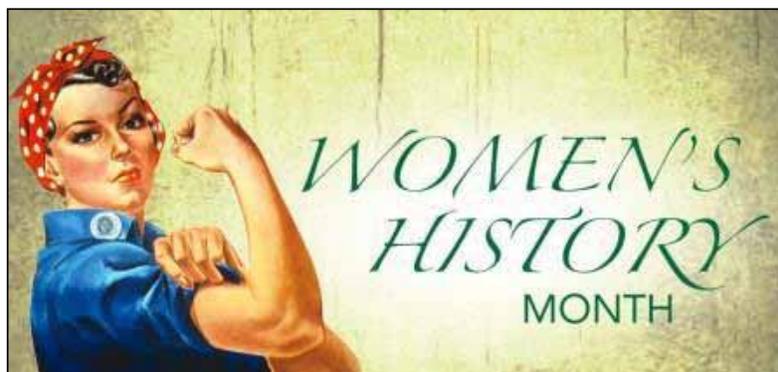
March is Women's History Month

By Capt. Jeffrey Haynes
State Equal Employment Manager

In 1979, during The Women's History Institute at Sarah Lawrence College, participants learned about the success of the Sonoma County's Women's History Week celebration, they decided to initiate similar celebrations within their own organizations, communities, and school districts. They also agreed to support an effort to secure a "National Women's History Week."

The first steps toward success came in February 1980 when President Carter issued the first Presidential Proclamation declaring the Week of March 8th 1980 as National Women's History Week. In the same year, Representative Barbara Mikulski, who at the time was in the House of Representatives, and Senator Orrin Hatch co-sponsored a Congressional Resolution for National Women's History Week 1981.

During a message to the nation, while designating March 2-8, 1980 as National Women's History Week, President Jimmy Carter stated, "From the first settlers who came to our



shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well."

By 1986, 14 states had already declared March as Women's History Month. In 1987, Congress declared March as National Women's History Month in perpetuity.

Women's Memorial Foundation seeks veterans to register

WASHINGTON -- The Women in Military Service for America Memorial here allows women to record their role in the nation's heritage. Dedicated in 1997, the memorial is the only national memorial honoring women who have served in our nation's defense in all eras and in all services. It is located next to Arlington National Cemetery. According to the memorial's website, 2.5 million women have served in defense of the nation since the beginning more than 230 years ago; however, only 250,000 of these women are registered with the memorial.

Registration is not automatic. Service women, past or present, must register themselves. People can also register women they know of who served. Memorial officials ask women

to share their stories and encourage other service women to do the same.

Registration is free; however, people may make a donation. Visit www.women'smemorial.org and click on "Membership" to register. To register by mail, contact the memorial staff at 703-533-1155 or 800-222-2294 to request a registration form, or write: Women in Military Service for American Memorial Foundation, Dept. 560, Washington, DC, 20042-560.

Groundbreaking for the memorial took place June 22, 1995. Total cost of building the memorial was \$22 million. In building the memorial, support came from federal grants; proceeds from the sales of commemorative silver dollars; and corporate, organization and individual donations.



Then- Tech. Sgt. Connie Moore is pinned to master sergeant by 113th Wing commander Brig. Gen. Russel Davis (ret.) and her husband Charlie Bowman.

D.C. Air National Guard legal team best in nation

By Master Sgt. Becky Vanshur

113th Wing Public Affairs

JOINT BASE ANDREWS, Md. – The 113th Wing’s legal office of the D.C. Air National Guard is the 2014 Air National Guard Legal Office of the Year.

Awarded by Air Combat Command, who annually recognizes the most outstanding ANG legal unit of the year, the 113th Wing’s legal team competed for the top title out of 46 ANG units. This is the 113th Wing’s second time in five years earning this title, previously earning it in 2009.

“Our legal office is very-high paced due to the no-fail and highly visible mission of the 113th Wing,” said Lt. Col. Sandra Drewniak, 113th Wing staff judge advocate. “Our wing not only has the Capital Guardian alert mission protecting the airspace above the Capital region, but we also fly national level leaders and senior level government officials globally. With this mission also comes the need to have JAGs ready day and night to provide expert legal support to our commanders on a myriad of complex legal issues.”

The various responsibilities of Air National Guard legal offices include providing wills and powers of attorney, providing personal and military legal assistance, and representing unit commanders. Airmen assigned to legal offices frequently work hand-in-hand with first sergeants to handle administrative disciplinary actions, demotions, discharges,

investigations, legal reviews, and more.

However, what made the 113th Wing’s legal team stand out was the team’s surplus amount of work in 2014. The team performed various flight evaluation boards and accident investigations, provided trusted counsel to commanders on 175 occasions, and performed more than 75 legal assistance consultations.

Further, the team advised on 23 discharges and 10 demotion actions with 100 percent completion on a timely basis. The team also supported 213 deployed airmen with legal assistance, while concurrently drafting more than 100 wills and 88 power of attorney documents – ultimately saving the 113th Wing more than \$63,000.

“We know the operational tempo for our unit will remain high in 2015 and beyond,” said Drewniak. “We expect to continue or exceed our current workload and look forward to competing for future awards in the ACC.”

“To be recognized at the higher national level feels good,” said Master Sgt. Nikki Blaser, law office superintendent. “We work a lot of hours outside of normal drill. We are all ‘traditional’ and we don’t have a full-time person.”

The four-man legal team will be formally recognized in April at an awards ceremony presented by the Annual Survey of the Law in Chicago.

Ancillary training topic for March Unit Training Assembly

By Senior Master Sgt. James Zayas

Base Education and Training Manager

The Air National Guard began a new Ancillary Training pilot program last September. They removed redundancy, streamlined information and standardized materials across the ANG. As part of this new program, monthly training topics are identified and briefed by ANG directed presenters including your commander, first sergeant and other subject matter experts.

The March Topic is: No Fear Act Training.

This training is for civilian (Technician) employees and those military members who supervise civilian employees

only. On May 15, 2012 Congress enacted the “Notification and Federal Employee Antidiscrimination and Retaliation Act of 2002”, which is now known as the No Fear Act. This training informs employees of their rights and protections available to victims of discrimination.

The training slides, bullet background paper and the learning assessments can be found on the share drive under MSG/FSS/Training Info/Ancillary Training Folder or by contacting your Unit Training Manager.

UNIT TRAINING MANAGERS: For those members not requiring the training, if you remove the due date in ARC-Net, they will report not required for this training.

Award Winning Aerospace Control Alert

Photos by Master Sgt. Craig Clapper

Lt. Gen. William Etter, commander, Continental U.S. North American Aerospace Defense Command Region - 1st Air Force, presented two national awards to 113th Wing members Mar 5. A brief description of the awards and members' accomplishments accompany each photo to the right. A more in-depth article will appear in the coming weeks as the 113th Aerospace Control Alert Detachment approaches its 5,000th alert event. Please visit the 113th Wing's website at www.113wg.ang.af.mil and the Air National Guard website, www.ang.af.mil.



General Etter presents Lt. Col. Eric Haagenson with the 2014 1st Air Force Aerospace Control Alert pilot of the year award. Selected as the winner out of 150 fellow pilots nationwide, Haagenson ensured the detachment's readiness for 434 events, the highest number of alert responses for a single unit.



General Etter presents Tech. Sgt. Hector Garcia with the 2014 1st Air Force Aerospace Control Alert maintainer of the year award. Among the reasons for Garcia's award win include the 100% success rate of aircraft generation due in large part to his expertise as a seasoned maintainer.

Individuals with a PT Score of 90% (Excellent) or higher for February 2015

113th Mission Support Group

1st Lt. Amanda Correll - SFS
Airman 1st Class Anthony Robinson - SFS
Airman 1st Ryan Hotte - SFS
Master Sgt. Korie Gavin - SFS
Airman 1st Class Shara Lateef - SFS
Tech. Sgt. Alexandra Turner - LRS
Master Sgt. Richard Noon - CF
Airman 1st Class Raymond Kiarie - 113 CES
Airman 1st Class Torrie Erickson - 113 CES
Master Sgt. Joshua Vance - 113 CES

113th Maintenance Group

Airman First Class Brittany Smith - 113 MXG
Lt. Col. James Nasman - 113 MXS

113th Medical Group

Maj. Tania Gardner - 113 MDG

113th Wing Staff

Tech. Sgt. Angela Staton - 113th Wing Staff
Senior Airman Jennifer Stone - 113 WG Staff
Senior Master Sgt. Kraig Moise - 113th Wing Staff
Capt. Countess Cooper - 113th Wing Staff



D.C. Airman awarded Civil Engineer Manager of the Year

By Master Sgt. Craig Clapper
113th Wing Public Affairs

JOINT BASE ANDREWS, Md. – District of Columbia Air National Guardsman Maj. Brian Jackson was the recipient of the 2014 Maj. Gen. L. Dean Fox Award as the Air National Guard Outstanding Civil Engineer Senior Military Manager of the Year for his excellence as a leader, civil engineer, and project manager.

“I am extremely proud of Major Jackson for winning this award but it really comes as no surprise,” said Col. Robert Bowie, 113th Mission Support Group commander. “Major Jackson is a focused individual and really takes care of his people. He is a tremendous asset to this organization and the entire U.S. Air Force.”

Since joining the DCANG in 2011, Jackson has led many large projects for the 113th Wing, including the 113th CES’ largest sustainment restoration and modernization project in the unit’s history. Jackson secured nearly \$10 million to repair the wing headquarters building, certifying the existing structures for renovations and ultimately saving the Air Force thousands of dollars.

Jackson’s qualities as a leader also did not go unnoticed. Known for sustaining high morale among his Airmen, under his leadership, the 113th Emergency Management Flight was selected as “Best in the ANG.” One of his senior NCOs, Senior Master Sgt. William Liston, was also awarded the



2014 U.S. Air Force Emergency Manager of the Year.

In February, Jackson was also awarded the Air Force Achievement Award during the 2015 Commander in Chief’s Annual Award for Installation Excellence site visit here. He was recognized for his attention to detail and professionalism as a representative for the 113th Wing.

As the accolades continue to mount for Jackson, his personal view is to take it all in stride.

“It has been my honor to be able to lead the full-time CES staff and be a part of the team,” he said. “The team has gone above and beyond and accomplished many things this past year. I am proud of everyone in the squadron and it was truly a team effort in winning the many awards.”

New Promotees

Master Sergeant (E-7)

Tech. Sgt. Haynes, Benjamin W. - 113 MXG
Tech. Sgt. Kellman, John W. - 113 MDG
Tech. Sgt. Lopez, Timothy L. - 113 MXG
Tech. Sgt. Marx, Daniel E. - 113 FSS
Tech. Sgt. Ward, Edwinston J. - 113 LRS
Tech. Sgt. Werneth, Zachary U. - 113 MXG

Staff Sergeant (E-5)

Senior Airman Campbell, Ryan H. - 113 CES
Senior Airman Johnson, Tina L. - 113 MOF

Technical Sergeant (E-6)

Staff Sgt. Alexander, Keith E. - 113 OSF
Staff Sgt. Harrelson, Dustin L. - 113 LRS
Staff Sgt. Litz, Sean M. - 201 AS
Staff Sgt. Tonniges, Ryan D. - 113 MDG

Senior Airman (E-4)

Airman 1st Class Blake, David J.-113 AMXS
Airman 1st Class Garvey, Chenelle N.-113FSS
Airman 1st Class Pendergrass, Devondte W.- 113 AMXS

April is Sexual Assault Awareness & Prevention Month

By Capt. Emily Lazear
113th Wing SARC

April is Sexual Assault Awareness & Prevention Month (SAAPM). The theme for 2015 is “Eliminate Sexual Assault: Know Your Part. Do Your Part”. The Sexual Assault Prevention and Response Office have several exciting awareness events planned. On 1 April, there will be a “5K Color Run” at the East Fitness Center from 0700-0900. Also starting 1 April, tables will be set-up throughout the 113th Wing with educational materials and fun giveaways that will be available until the end of the month. Starting 2 April the SAPR staff will begin weekly screenings of “The Invisible War”, a film that discusses sexual assault in the military from the stories of survivors.

Tentatively on 14 April, Mr. Mike Dormitz will present

his “May I Kiss You Presentation” at a brown bag lunch at the base theater, during which he will engage all audience members through humor and direct communication to discuss consent, bystander intervention, and creating an environment that allows sexual assault survivors to come forward. On 17 April from 1900-2100, there will be a “Take Back the Night” candlelight vigil walk through Liberty Park, an event that is intended to teach everyone that no one should fear the night and that respect should be the standard. The following week (tentative), the 11th Wing will be hosting wellness classes throughout the week such as Yoga taught by sexual assault survivors, more details to follow. During April UTA, all commanders will discuss SAPR talking points at roll call and members will receive the first module of the 2015 SAPR training. *(Continued next page...)*



April SAAPM



“ELIMINATE SEXUAL ASSAULT: KNOW YOUR PART. DO YOUR PART”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		*Starting 1 April PR/ Giveaway Tables will be Setup Throughout the WG	1 0700-0900: Color Run-5k East Fitness Center Kick off Joint Clothing Drive	2 1300: Screening of “The Invisible War” WCR	3	4
5	6	7	8 1300: Screening of “The Invisible War” CES Conference Room	9	10	11
12	13	14 TENTATIVE: “May I Kiss You” Mike Dormitz Base Theater Brown Bag Lunch	15	16	17 1300: Screening of “The Invisible War” JP Harris Classroom MXG 1900-2100: “Take Back the Night” Candlelight Vigil at Liberty Park	18
19	20 TENTATIVE: Wellness Classes Throughout the Week (Yoga, etc.) (Details to Follow)	21	22	23 1300: Screening of “The Invisible War” 201 AS/Hanger 8 Training Room	24	25 CC Talking Points at Roll Call 2015 SAPR Training
26 CC Talking Points at Roll Call 2015 SAPR Training	27	28 TENTATIVE: Brown Bag Lunch Base Theater for CCs and VA with Anne Munch, JD (April 28 or May 1)	29 National Denim Day (Details to Follow) WG SARC Deploys w/ Red Flag	30 1300: Screening of “The Invisible War” LRS Conference Room Joint Clothing Drive Concludes		

“Sexual Assault Awareness & Prevention Month (SAAPM) commits to raising awareness and promoting the prevention of sexual violence through use of special events and public education.”

If you have questions on any of the programs please contact: Capt Emily Lazear (x2734) or Capt Cindy Piccirillo (x2811)

After drill there will be a brown bag lunch (tentative) for commanders and victim advocates with Anne Munch, JD on either 28 April or 1 May. Anne Munch is an attorney with 27 years of experience in the field of sexual assault, and she is also a subject matter expert regarding the SAPR program for the Air Force (you may recognize her from the Jack Video in the 2014 training). On 29 April, the 113th Wing will celebrate National Denim Day, which is a day the world will show solidarity with a sexual assault victim who was raped in Italy in the 1990s by her driving school instructor. The perpetrator's conviction was overturned by the Italian Supreme Court when the Chief Justice argued that because the victim was wearing very tight jeans she had to help her rapist remove them and thus consented to the act. The next day, the women of the Italian Supreme Court came to work wearing jeans to show solidarity with the victim and since then an international movement has commenced to reflect the importance of misconceptions about sexual assault. Details on how this event will be celebrated will be forthcoming, so be sure to check your e-mail!

Also, throughout the entire month, the Joint Clothing

Drive will be conducted, the details of which are included in the attached flyer. We encourage you to donate if you are able! Lastly, there will be another article about SAAPM in the April PAM. With this article we are hoping to publish a spread of essay submissions from 113th Wing members (anonymously) regarding how sexual assault has impacted them personally, how they have learned to heal and how others can help to prevent sexual assault. This process can be very cathartic for survivors, and it will also show members of the Wing that they work with members who have been affected by sexual assault. If you would like to submit an essay you can submit them to the 113th Wing SARC, Captain Emily Lazear, or the Alternate SARC, Captain Cindy Piccirillo. These submissions can be hand delivered or sent anonymously through the mail room. Should you choose to submit an essay your identity and information will remain protected. If you have any questions, please contact the SARC (x2734) or Alternate SARC (x2811).

Please show your support for Sexual Assault Awareness and Prevention Month and take part in all the amazing events we have planned!

DISTRICT OF COLUMBIA NATIONAL GUARD
SEXUAL ASSAULT AWARENESS & PREVENTION MONTH
“ELIMINATE SEXUAL ASSAULT: KNOW YOUR PART. DO YOUR PART”

JOINT CLOTHING DRIVE

1-30 April 2015

When survivors of sexual assault undergo a sexual assault forensic examination, their clothing may be taken as evidence. If the survivor does not bring a change of clothes, then they are given hospital scrubs for their return home.

The items collected will be donated to the D.C. Rape Crisis Center to be provided to hospitals for survivors of sexual assault.

ITEMS NEEDED

Men's under wears

Women's under garments

T-Shirts

Sweatpants

Sizes of XS, S, M, L, XL

All items must be new and never worn



BIN LOCATIONS & POC's FOR the ANG

113 WG HQ/113 LRS BLDGs: SMSgt Davis,
TSgt Edwards, and TSgt Green-Pinkney

113 OPS/ACA BLDG: MSgt Jackson-Varner

113 MXG Hangar 16: SSgt Poole

201 AS BLDG 1234: SrA Kelley

JFHQ: SrA Foster

Program POC: TSgt Dietrich (x4678)

D.C. Air National Guard captivates fans at Wizards NBA game

By Maj. Michael Odle
113th Wing Public Affairs

WASHINGTON – Rising in unison and clapping feverously as if Merlin himself had cast a spell, a frenzy swept the crowd at the Verizon Center Feb. 24. It wasn't the local NBA basketball team, the Washington Wizards, causing the commotion, but the men and women standing proudly center court that roused the fans to cheer and many to stand. The evening highlighted the Airmen of the 113th Wing, D.C. Air National Guard, a sort of community appreciation night, hosted by the Washington Wizards and Monumental Sports.

To jumpstart the awestruck crowd, two of the 2014 Airmen of the Year stood proudly in line with the Wizards basketball team on the center court. The crowd roared loudly as Senior Master Sgt. William Liston and Tech. Sgt. Justin Foulsham were introduced; the two

Airmen stood with their hands firmly grasping the game-day spirit banner, as if to transfer the energy, dedication and commitment of the Air National Guard to the team. Followed by a wave of the American flag, the crowd fell silent as the 113th Honor Guard presented the colors. Silence rippled throughout the arena and all eyes fell on the Airmen who effortlessly glided across the court to display the colors.



Members of the 113th Wing D.C. Air National Guard Honor Guard present the colors prior to the Washington Wizards home game against the Golden State Warriors. (Photo by Senior Airman Jennifer Stone)

As the game began and the Wizards displayed their athletic prowess on the court, 113th Wing Airmen also displayed their unique skills, albeit in the arena concourse. Recruiters Master Sgt. Sean Young and Tech. Sgt. Ronald Yarnell used their power of words to discuss with Wizards fans the

benefits of joining the nation's premier Air National Guard unit.

“People don't always put two and two...*Cont. next page*



Tech. Sgt. Justin Foulsham waves to the crowd as he and fellow D.C. Air National Guard member Senior Master Sgt. William Liston are honored for their service prior to the Washington Wizards home game against the Golden State Warriors, Feb. 24. Both Foulsham and Liston are 2014 DCANG annual award winners. (Photo by Master Sgt. Craig Clapper)

(Continued...) together about the Air National Guard,” said Young. “We tell our story, explain who we are, where we are located and people start to get it.”

“This type of event is all about awareness,” Young added. “We can never have too much awareness about the D.C. Air National Guard.”

When the buzzer sounded at halftime, game goers’ attention turned yet again to the D.C. Air National Guard. Prominently taking their spot for all to see were four Airmen of the 113th Security Forces Squadron who recently deployed to Southwest Asia.

“I was nervous and I had a pit in my stomach,” said Airman 1st Class Anthony Robinson. “But when I got on the floor with my other Airmen in front of the thousands of fans screaming and waving, it turned into excitement, smiles and waves. It was a great feeling representing the 113th.”

Also joining the distinguished group on the basketball

court was Senior Airman Ishmael Josiah, who had reenlisted that day for another six years of serving his D.C. community and country as a Capital Guardian.

“I would have never imagined doing anything like this,” said Josiah. “It was just awesome to be down there [on the court] with the crowd cheering. I felt a real sense of pride.”

“It was bright,” he added. “I couldn’t see my wife [in the stands], but I knew she was out there recording every moment. Even after the event on our way out, it took us awhile to get out of the arena with people waving and coming up to us, shaking our hands and thanking us for our service.”

It was a good night to be a D.C. Air National Guardsman. The Air National Guard was present – on the court and on the screens.

“The D.C. Air National Guard was plastered on every event monitor,” said Deputy Public Affairs Officer Capt. Renee Lee. “It was exciting and mesmerizing.”

Many ways to save energy

By Capt. Samuel Richardson
113th Wing Environmental Officer

One type of energy often misused is phantom energy or standby power; this is the power an appliance uses when it is turned off. Pushing the power button or flipping a switch to an off position doesn't automatically mean the appliance stops using electricity. Separately, the electronics waste very little electricity while standing idle, but according to the U.S. Department of Energy's Lawrence Berkeley Laboratory, a typical home has about 40 products continually drawing electricity.

"Together these amount to almost 10 percent of residential electricity use," the website states.

For instance, leaving a charged laptop plugged in even after it's fully charged can cost a residential user \$33.48 or more a year. At work even small changes can save the Air Force a tremendous amount of money. If 100 Airmen unplugged their computer speakers, the 113th Wing could save \$252 a year. Here are some easy methods to eliminate phantom energy:

1. Group appliances and electronics together on power strips and switch on only when needed, but be careful not to overload your power strip.
2. Screen savers do not reduce energy use by monitors; auto-



matic switching to sleep mode or manually turning monitors off is a better energy-saving strategy.

3. Turn off your computer when not in use for 20 minutes or more and both the computer and monitor if away for two hours or more.
4. Unplug battery chargers when the batteries are fully charged or the chargers are not in use.
5. Buy ENERGY STAR equipment, in which standby power use may be lower than one watt.
6. Utilize smart strips

Sentry Savannah

in photos



A 113th Wing crew chief prepares an F-16C for flight during Sentry Savannah 2015. (Photo by Master Sgt. Craig Clapper)



113th Wing members walk to a C-17 prior to departing for Savannah Combat Readiness Training Center, Savannah, Ga. The 113th sent more than 100 individuals to participate in the two week training exercise. (Photo by Senior Airman Justin Hodge)



113th Wing members use a 6K forklift to lift a pallet of BDU-50 practice bombs during Sentry Savannah 2015. (Photo by Master Sgt. Craig Clapper)



(Above) A 113th Wing crew chief prepares an F-16C for flight during Sentry Savannah 2015. (Photo by Master Sgt. Craig Clapper). (Right) A 113th Security Forces Squadron member fires the M240B during range training at Sentry Savannah. (Photo by Senior Airman Justin Hodge)



Hepatitis B is mandatory for all DCANG members

By Capt. Timothy Keegan
113th Medical Group Readiness Officer

In March 2014, the Department of Defense updated immunization regulations requiring all service members to be immunized against Hepatitis B Virus (HBV). The Air Force had previously vaccinated all new accessions against HBV since 2002, as well as healthcare workers and most deployers, but there were still a large percentage of airmen who had not started or completed this three dose series vaccination.

WHAT IS HEP - B?

Hepatitis B is a serious liver disease caused by the Hepatitis B Virus. The Centers for Disease Control and Prevention (CDC) estimate that 78,000 new HBV infections occur each year. HBV is spread through contact with the blood or other body fluids of an infected person. HBV can be spread to others one to two months before and after the onset of symptoms.

Symptoms of illness generally begin about 90 days after infection. Initial symptoms, which last from 3 to 10 days, are malaise, fever, headache, and myalgia. The second phase lasts 1 to 3 weeks and is characterized by jaundice, light or gray stools, and liver tenderness. As a person recovers, malaise and fatigue may persist for weeks or months. However, most infected infants and children have no symptoms and about 50% of infected adults also have no symptoms. People who are chronically infected do not have symptoms, but they are able to spread HBV to others and are called carriers.

Infection with hepatitis B virus can have serious consequences including acute massive hepatic necrosis and chronic active hepatitis. Chronically infected persons are at increased risk for cirrhosis and liver cancer. Each year about 2,000 to 4,000 people die in the United States from cirrhosis or liver cancer caused by hepatitis B. Any adult who is at risk for hepatitis B infection should start the vaccine series.

ABOUT THE HEP B VACCINATION

The vaccine is indicated for immunization against infection caused by all known subtypes of hepatitis B virus. The vaccine is also recommended and beneficial after known or presumed exposure. However the Hepatitis B vaccine will not help or cure a person who is already infected with the hepatitis B virus. The vaccine has an outstanding record of safety and effectiveness. Although Protection levels for adults older than 40 are lower than those in younger adults, clinical trials in healthy adult and adolescent subjects (16 through 65 years of age) have shown that following a course of 3 doses given at 0, 1, and 6 months, the protection rate for all individuals was 96%. The three shot series for Hepatitis B is given by receiving the first shot, then the second shot no earlier than 30 days later, and then the third shot no earlier than six months from the second shot.

Members should not get hepatitis B vaccine if they have ever had a life-threatening allergic reaction to baker's yeast (the kind used for making bread) or to a previous dose of hepatitis B vaccine. Personnel who are moderately or severely ill at the time of the shot is scheduled should wait until they recover before getting the vaccine. It is also not known whether it can cause fetal harm when administered to a pregnant woman or can affect reproduction capacity. The vaccine should be given to a pregnant woman only if clearly needed. It is not known whether the vaccine is excreted in human milk so caution should be exercised when the vaccine is administered to a nursing woman.

When the DoD pushed the Hep B vaccination requirement to all service members in March 2014 they gave a deadline of 28 March 2015 to complete the three dose series. After 28 March 2015, all members who are or become due for a Hep B shot will turn red in the medical tracking system called ASIMS and count again their unit's Individual Medical Readiness (IMR).

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

Email migration begins in April

By Master Sgt. Allen Hotte
113th Communications Flight

April 23, 2015 the 113th Wing will be migrating from ANG Email to DoD Enterprise Email (DEE). There will be a series of notifications sent out from the 113th Communications Flight on what you will need to do to ensure that your migration goes smoothly and that you do not lose any information. For some of you there is a considerable amount of information in your PSTs, Calendars, Tasks, etc...

There are two phases to the migration.

Phase I (Pre-Migration): Updating your information in milConnect so that you appear properly in the Outlook address book (GAL). Don't worry we have detailed easy to follow instructions that will be available on SharePoint. (https://eis.ang.af.mil/org/113WG/MSG/CF_TEST_01/CFP/Defense%20Enterprise%20Email%20Migration/Forms/AllItems.aspx)

Phase II (Migration): Tentatively, 23 April 2015, will be the migration date. All E-Mail traffic to your ANG E-Mail address will be automatically forwarded to your new DEE E-Mail address. Once this happens, you will no longer have any new e-mails in your ANG inbox. Instead any messages sent to your ANG address will be in your DEE inbox.

You will have two options.

RECOMMENDED: You can complete ALL self-migration actions (save your Outlook data, create your new DEE Outlook profile, and import your saved data) immediately. At this point you will only need to use your new DEE account. Detailed instructions will be available on SharePoint the day of migration.

OR

OPTIONAL: You can use DEE-OWA to access all new e-mails and wait to self-migrate in Outlook allowing you to still access all of your old information. This will allow you to migrate at your convenience. However, ALL ANG accounts will be deleted eventually and CF recommends all personnel complete their self-migration of outlook data ASAP, but NLT 30 Jun 2015.

What do we gain from this migration? Inbox size limits increase to 4 GB. There are currently over 4.5 million users in the DoD that have moved into DEE. We will be in the same email environment as JFHQ allowing improved communications through distribution lists and shared calendars.

For questions or concerns, please contact the Comm Focal Point (CFP) at 857-0714 or 113wg.helpdesk@ang.af.mil.

Why join a professional military organization?

By Capt. Christopher Baker
113th Communications Flight

Why join a Military Professional Organization? Many in the Military ask this very question. We are living in the times of having to do more with less, increase in documentation and less time for AFSC training. Why should I take time from my already overworked schedule and personal life to actively participate in professional organizations?

There are many advantages to participating in these entities. Employers seek out individuals with knowledge and experience that is based on more than just their school studies. Association memberships show a vested interest in personal and professional growth and can be an excellent supplement to your resume. Attending Professional Military conferences can open doors by introducing you to potential employers who are also attending the conference. Also, the larger number of dues paying members of some National Military organizations, the stronger the voice. This can

greatly influence and determine the priority of Federal Legislative efforts. This correlates directly to benefits that Active and Drill Status Guardsmen have gained over the years. Some of the historical examples are; full time commissary use by Guardsmen, Tri-Care (Medical Insurance) benefits as well Dental Insurance. AFI 36-26-18 ("little Brown Book") paragraph 3.1.3 recommends being "Actively participating in Professional Organizations". Primarily the best reason to join is the relationships and comradery that can only be received by attending events away from you daily work environment.

Now that we have discussed the why, here are a sample of some organizations that you can be a part of. Locally we have the "DCANG Rising 6 Council", the "DCANG Top III Council", the "DCANG Chiefs Council" and the "DCANG Company Grade Officer Council (CGOC)".

(Continued next page...)

Nationally you can get involved by being part of the “National Guard Association of the United States (NGAUS) for officers and the “Enlisted Association of the National Guard of the United States (EANGUS)” for enlisted members.

Participation in the DCANG Rising 6 is a great way to stay informed and involved in issues affecting junior enlisted members throughout the Wing. The Rising 6 members, ranks are E1 through E6 seek to improve its membership both personally and professionally through various PME opportunities, workshops and the like. The Rising 6 acts as a voice for the "rank and file" by engaging and promoting communication with senior leadership. The Rising 6 also offers a great opportunity for personal enrichment as well through its many volunteer events such as Winter Coat Drive for people in need and the Officers get to attend the Wing Leadership Symposium.

The DCANG Top III Council members consist of members between E7 and E9. Council Officers work with Rising 6 Council and attend their meetings. The Top III Council supports the Rising 6 Council efforts and has member Officer Representation on the Wing Executive Council (WEC). They continuously sponsor morale activities with both monetary and manpower support at events like the Holiday party, AT parties, Diversity and Family Day. They provide scholarships for DCANG members and families, works with the wing to provide professional development opportunities and classes for DCANG enlisted members and provide funds to Family Support office for loans to members experiencing temporary financial difficulties.

The DCANG Chiefs' Council seeks to improve morale and promote the general welfare of all DCANG enlisted members by unifying and combining the unique and individual talents of the diverse personnel, units, activities,

and mission of the DCANG. The Chiefs Council's primary objectives is to promote professionalism among the DCANG enlisted corps by fostering esprit-de-corps within the Air National Guard and Air Force Communities; encourage a spirit of comradeship and unity of purpose as an Air Force family. They strive to set the example according to standards, traditions, and customs of the United States Air Force and Air National Guard. Each member of the Chiefs' Council stands ready to advise Commanders and others on all enlisted matters and decisions that affect them. The Chiefs are here to serve our Airmen and our Leaders, through established networks and comprehensive mission awareness. The DCANG Chiefs Council locally sponsors Ice Breaker for the local Satellite NCOA classes. It provides funds to Family Support office for loans to members experiencing temporary financial difficulties and works DCANG wide initiatives for the benefit of the entire enlisted corps.

The CGOC is a forum for the networking and collaboration of young officers to discuss issues affecting the Wing. It is a voice to bring issues to the Wing staff and an avenue for young LTs and Capts to develop professionally as well learn about the functions and personnel of other units in the Wing.

You can also join the local chapter of a national organization. NGAUSDC/EANGUSDC work together to a great degree and are focused on improving readiness, quality of life and benefits specifically for military members serving the National Guard through state and federal legislation. This is where numbers matter. The larger the number of active members the greater the voice they have concerning legislative issues with Congressional leadership.

There are many more options than these listed here and you can be active in more than one. The key is to be active, the more involved we are, the more we grow as a wing.

Tuition assistance available to all D.C. Guard members

By Airman 1st Class Kelli Wilson
113th Force Support Squadron

The Maj. Gen. David F. Wherley Jr. District of Columbia Retention and College Access Program Joint Policy, also known as the D.C. Tuition Assistance program, is now available for all D.C. Guardsmen. You can obtain up to \$6,500 per fiscal year to pay for tuition and other college expenses.

*All the forms are electronic and can be signed using your CAC

*Max per year is \$6500 from 1 Oct to 30 Sept

*Remember to include a copy of your registration, your



bill from the school with the student's name on it and your degree plan.

*POC is Airman 1st Class Kelli Wilson, 240-857-4012

Recruiting and Retention News

By Senior Master Sgt. Jessica Cumberbatch
113th Force Support Squadron

EDUCATION BENEFITS

Traditionals and Technicians:

Did you know that upon your first 6 year enlistment/service agreement (officers) with the ANG you become eligible for the Montgomery GI Bill Selected Reserve?

PROGRAMS WHICH QUALIFY FOR PAYMENT:

Associates, Bachelors, Masters, Doctorate

Vocational/Apprenticeship

Correspondence/Independent Study

Flight School (Ground School)

Certifications (Teaching, Microsoft, etc...)

MONTHLY PAYMENT AMOUNTS as of 1 OCT 14:

Full time - \$367.00

¾ time - \$274.00

½ time - \$182.00

<½ time - \$91.75

Not sure if you're already eligible? Email 113.wg.retention@ang.af.mil to inquire.

AGRs and Activated Members:

Did you know that you qualify for Air Force Tuition Assistance?

Eligibility:

Must have 6 months retainability from the end of the semester/course

Can be used for degrees up to Masters level and one certification

Administered by Active Duty

Apply through Air Force Virtual Education Center on the AF Portal

Payments:

\$250 per credit hour

\$4,500 max per fiscal year (1 Oct—30 Sep)

\$4,500 max on one certification

REENLISTMENT BONUSES (1 Jan - 31 Mar 2015)

MINIMUM ELIGIBILITY CRITERIA

Must be fully qualified on day of reenlistment (cannot cross train to qualify)

Must have less than 16 yrs total military service at time of reenlistment

Must be a drill status member/Traditional

BONUS PAYMENT

\$15K (6yr contract)

- \$7500 initial payment/\$7500 on 3rd anniv.

\$7500 (3yr contract)

- \$ 3750 initial payment/\$3750 on 2nd anniv.

QUALIFYING AFSCs (as of 28 Oct 2014)

2A6X6 - Aircraft Electrical & Environmental Sys

2A5X1/2A5X4 - Aerospace Maintenance

2W0X1 - Munitions

3S2X1 - Education and Training

2A3X3 - Tactical Aircraft Maintenance

2W1X1 - Aircraft Armament Systems

2A6X1 - Aerospace Propulsion

2A6X2 - Aerospace Ground Equipment

2A6X4 - Aircraft Fuel Systems

2A6X5 - Aircraft Hydraulic Systems

2A3X4 - Aircraft Avionics

2T1X1 - Vehicle Ops

3P0X1 - Security Forces

3D1X2 - Cyber Transport

2T2X1 - Air Transport

3D1X3 - RF Transmission

3E4X1 - Water and Fuels

4N0X1 - Aerospace

Medical Service



COMMISSIONING & OFFICER RETRAINING OPPORTUNITIES

The D.C. Air National Guard will be accepting applications for commissioning and officer retraining opportunities!

Open dates: 15 Feb - 30 Apr 2015

AFSC's include:

21A - Aircraft Maintenance

21R - Logistics Readiness

38P - Equal Opportunity

38P - Force Support Officer

If you are interested, please go to www.113wg.af.mil/careers for more information.

Please direct all inquiries to 113wg.dclang.commission@ang.af.mil.

DO YOU KNOW YOUR UNIT CAREER ADVISOR?

AMXS - SSgt John Sherouse

CES - TSgt Ken Adams

WG - TSgt William Johnson

MDG - SSgt Jaileen Branch

FSS - SSgt Shailah Florvil

MXS - TSgt Justin Sanderson

201AS - MSgt Phillip Taylor

CF - MSgt Allen Hotte

LRS - MSgt Sharon Belle-Scott

MOF - MSgt Linda Pier

SFS - MSgt William Hawley

OG - MSgt Jason Scott

* For more information, please contact the Retention office at 240-857-5449 or 113.wg.retention@ang.af.mil

Springtime safety hazards

By Senior Master Sgt. Glenn Thompson

113th Wing Safety

Each of the four seasons brings a new set of hazards. The arrival of spring means warmer temperatures and more people venturing outside, which leads to a long list of outdoor hazards. There are safety hazards everywhere and in almost any situation. As spring approaches, familiarize yourself and your family with common hazards to better enjoy the season.

Cleaning: Spring is a popular time to clean and reorganize homes and garages slightly neglected during the winter. Discard medicines, chemicals and cleaning products which are out-of-date and not clearly labeled, and store kept items out of reach of children and pets. Separate newspapers, rags and other combustible material from fireplaces, dryers and other heating elements to prevent fire. Change smoke detector batteries at daylight savings time. Clean up garage clutter and store tools safely away from a child's reach.

Grass Cutting: Emergency rooms see more than 60,000 lawn mower accident patients each year. Rid the lawn of stones, sticks and other possible flying debris before mowing. Wear shoes and avoid loose-fitting clothes. Turn off the gas tank when filling up, and store gasoline-approved containers in cool areas away from children, pets and homes. Never leave a running mower unattended, and constantly keep an eye out for children.

Yard Maintenance: Stay hydrated when performing yard duties in the hot sun, and use gloves, eye protection and other protective clothing. Trimmers, power saws and other

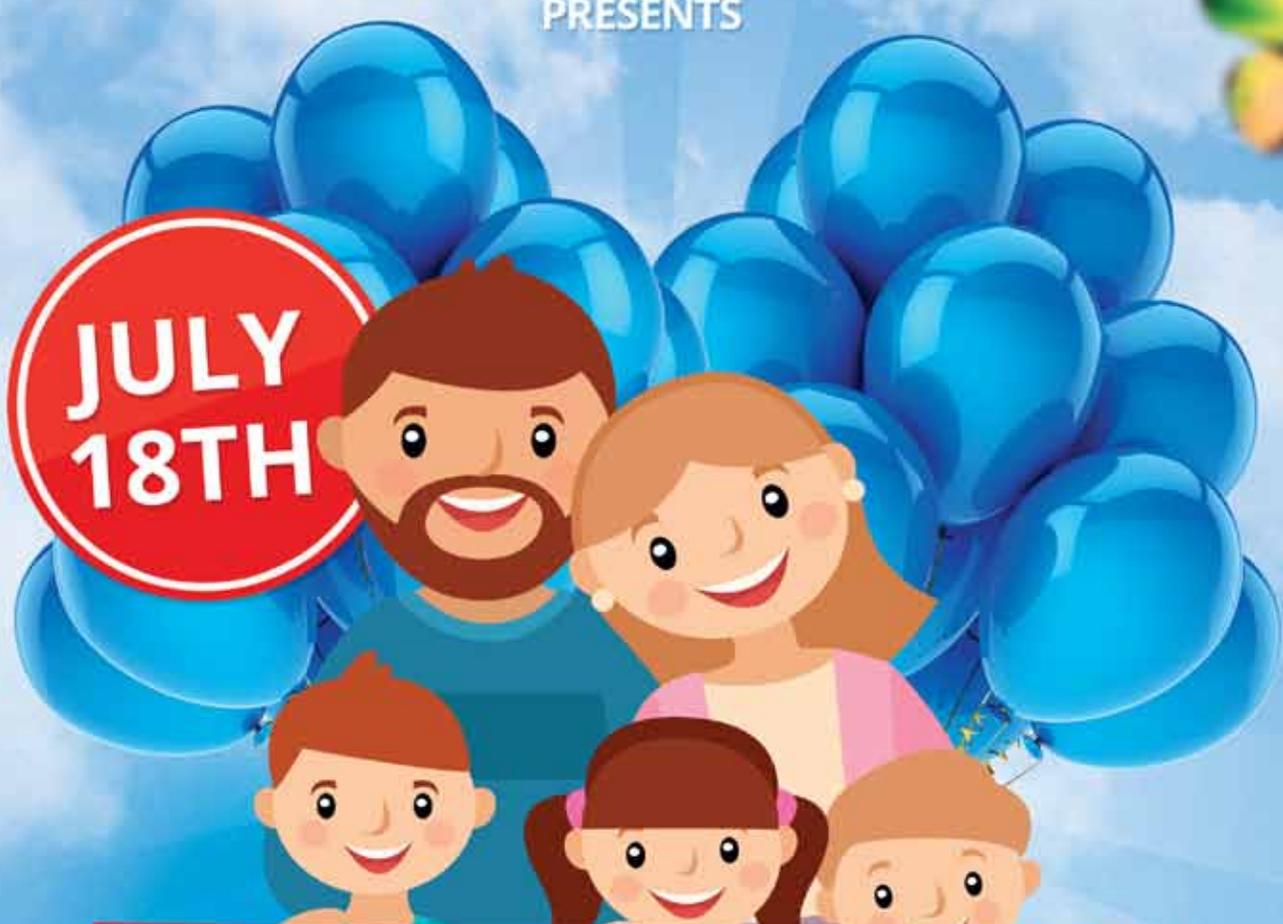


lawn tools cause nearly 55,000 injuries each year. Operate tools safely and store them unplugged in a safe place. Do not use tools with broken or worn parts or wiring. Avoid contact between power lines and other wiring and ladders or cutting tools

Water Safety: Avoid walking on thinly-iced lakes or rivers. Rivers can be dangerously high from excessive rain and recent thawing of winter snow and ice. Avoid standing on river banks with swiftly-moving waters. Spring waters can be cold enough to cause hypothermia, reminds the New Hampshire Fish and Game Department (Ref. 2, 3rd paragraph). All boaters should wear life vests, take safety equipment and be mindful of other boaters and partially submerged objects in waters.

THE 113TH WING

PRESENTS



JULY
18TH

FAMILY

2015

DAY!

FOOD, BEVERAGES, AND EVENTS FOR ALL AGES

OPEN TO **ALL** CURRENT AND FORMER DCANG MEMBERS & THEIR FAMILIES
LOCATION: **SANDY POINT STATE PARK** ANNAPOLIS, MD
TIME: 12PM - 5PM

FOR MORE INFORMATION CALL

SMSGT THOMAS KATT @ (240) 857-6615

OR

MRS. PATTY RUSSELL @ (240) 857-2178

DISTRICT OF COLUMBIA NATIONAL GUARD

5TH ANNUAL

MILITARY BALL

A

STAR-SPANGLED

EVENING

2015

25

APRIL

RECEPTION 1730 DINNER 1830

DRESS CODE FORMAL MILITARY ATTIRE CIVILIANS FORMAL ATTIRE

LIVE ENTERTAINMENT | DINNER | DANCING | DRINKS

FOR MORE INFORMATION CONTACT PFC VICKY PALACIOS @ (202) 685-9761