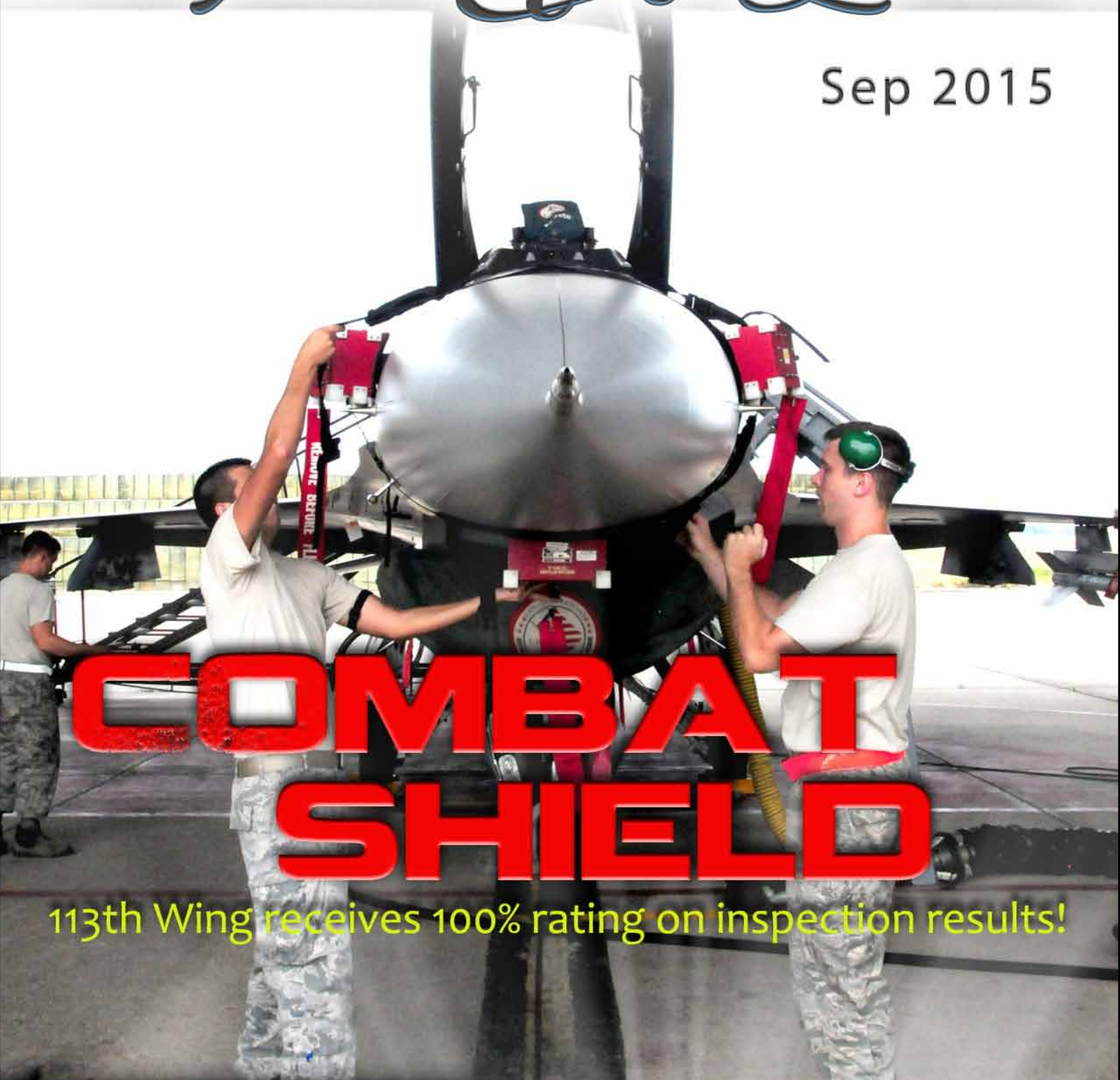


# POTOMAC

## *Air Monthly*

Sep 2015



# COMBAT SHIELD

113th Wing receives 100% rating on inspection results!

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

PROVEN • VIGILANT • READY

[www.113wg.af.mil](http://www.113wg.af.mil)

# September UTA training and events schedule

## Friday, September 11

Start	End	Event	Location	POC	Phone
14:00	16:00	National Security Leadership Series	Smart Bldg.	CPT McDaniel	202-685-8883

## Saturday, September 12 (Formation run and DCNG Family Day Picnic)

Start	End	Event	Location	POC	Phone
06:00		Bus departures for JFHQ Run- 44 pax each	LRS, MXG & behind Bldg 3252	Maj Taylor	
06:30		Showtime for Run Support Personnel	JFHQ Armory	MAJ Demby	202-685-9838
07:00		Showtime for Warm-up- All DCNG mbrs	JFHQ Armory	MAJ Demby	202-685-9838
07:15		CG/TAG Opening Remarks	JFHQ Armory	MAJ Demby	202-685-9838
07:45	09:00	Formation Run	JFHQ Armory	MAJ Demby	202-685-9838
12:00	17:00	DCNG Family & Diversity Day	JBAB Pavilions A6	MSgt Henderson	

## Normal Hours of Operation

10:00	12:00	FSS Customer Service	Trailer R62	SMSgt Levins	857-4012
10:00	12:00	Mobility and Clothing Issue	Bldg. 3212	MSgt Robinson	857-9316
10:00	12:00	CF Customer Service	Bldg. 3222	MSgt Noon	857-0714

\* CPTF will be closed due to the Formation run and picnic

### 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.

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Capt. Nathan Wallin  
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**Photojournalists**  
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Senior Airman Sumeana Leslie  
Airman 1st Class Anthony Small

**Broadcast Journalists**  
Tech. Sgt. Tabitha Hurst  
Senior Airman Justin Hodge  
Senior Airman Terace Garnier

## Sunday, September 13

Start	End	Event	Location	POC	Phone
07:00	12:00	Fitness Testing	East Fitness Center	MSgt Marx	857-3997
07:30	08:30	Contemporary Service	CE Bldg 3236 Room 121	Ch Lt Col Bowen	857-1032
07:30	08:30	Catholic Mass	LRS Conference Rm	Ch Lt Col Bowen	857-1032
08:00	16:00	Newcomer's Orientation	ANGRC, Sheppard Hall, Rm 260	SMSgt Cumberbatch	857-5449
08:00	10:00	Medical/Dental Appointments ONLY	Bldg 3282, Room A14	SMSgt Katt	857-6615
09:30	12:00	HRE/ POSH Training & HRA Training	Bldg 3212, LRS Conf Rm	Maj D. Taylor	857-3238
09:00	12:00	End of Course Testing (EOC) - 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
<b>11:00</b>	<b>12:00</b>	<b>MSgt Hawley Promotion Ceremony</b>	<b>Bldg 3213, SFS Classroom</b>	<b>MSG CSS Office</b>	<b>857-7309</b>
12:00	15:00	End of Course Testing (EOC) - PME/CDCs	CE Bldg 3236 Room 121	SMSgt Zayas	857-3084
13:00	15:00	Records Management Training	CF Classroom	A1C Wright	857-2838
<b>14:00</b>	<b>15:00</b>	<b>TSgt Chapman Promotion Ceremony</b>	<b>ANG Readiness Center</b>	<b>MSG CSS Office</b>	<b>857-7309</b>
14:00	15:00	FINAL SAPR Module 1 Training	Bldg 3213, WCR	MSgt Tjarks	857-7308
<b>14:30</b>	<b>15:30</b>	<b>TSgt Mahdi Promotion Ceremony</b>	<b>Bldg 3213, SFS Classroom</b>	<b>MSG CSS Office</b>	<b>857-7309</b>
<b>15:00</b>	<b>16:00</b>	<b>SMSgt April Retirement Ceremony</b>	<b>CE Bldg 3236 Room 121</b>	<b>TSgt Broadnax</b>	<b>857-7167</b>
<b>15:00</b>	<b>16:00</b>	<b>Capt Okoli Promotion Ceremony</b>	<b>LRS Warehouse</b>	<b>MSG CSS Office</b>	<b>857-7309</b>
15:00	16:00	SAPR Module 2 Training	Bldg 3213, WCR	MSgt Tjarks	857-7308

## Normal Hours of Operation

08:30	13:45	CPTF Customer Service	Trailer R62	SMSgt Brown	857-0678
08:00	13:45	FSS Customer Service	Trailer R62	SMSgt Levins	857-4012
09:00	13:45	Mobility and Clothing Issue	Bldg. 3212	MSgt Robinson	857-9316
08:00	13:45	CF Customer Service	Bldg. 3222	MSgt Noon	857-0714

## Council Meetings

06:30	07:30	Chiefs Council Meeting	LRS Conference Room	CMSgt Thomas	857-3228
13:00	14:00	Rising Six	LRS Conference Room	TSgt Fair	857-9888
12:00	13:00	TOP III	LRS Conference Room	MSgt Osecky	857-2349



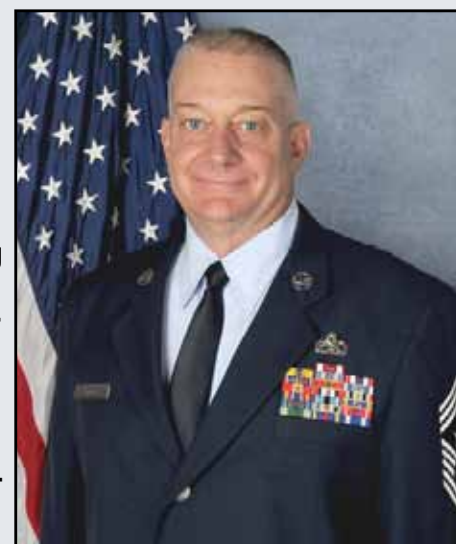
**Brig. Gen. George Degnon**  
113th Wing  
Commander

## 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](mailto:113WG.CAGL@ang.af.mil).



**Chief Master Sgt. Jeffrey Coombs**  
113th Wing  
Command Chief

# Airmen showcase CBRN defense to Joint leaders

By Staff Sgt. Matt Davis

Air Force District of Washington Public Affairs

Andrews personnel partnered with their higher headquarters counterparts to display Chemical, Biological, Radiological, and Nuclear (CBRN) Defense capabilities here Aug. 5. The demonstration, hosted by the Headquarters Air Force CBRN Modernization Working Group, gave an overview of Air Force CBRN defense capabilities to Office of the Secretary of Defense and joint leaders who directly influence investment decisions in new CBRN defense technologies.

The event, called the Air Force CBRN Defense Demonstration Day, included demonstrations of capabilities from three Air Force CBRN Defense communities: Aircrew Flight Equipment, Emergency Management, and the Surgeon General.

"The event showcases Air Force-wide CBRN Defense capabilities to the senior leaders who directly impact our equipment modernization efforts," said Allison Van Lare, Air Force District of Washington emergency management program manager.

"Joint Base Andrews, because of its proximity to DoD leadership, is often asked to represent the Air Force in events such as this one. It has been my experience that the personnel here are more than up for that challenge and consistently showcase the professionalism and expertise of Airmen worldwide," said Van Lare.

CBRN demo days are designed to provide these key lead-



ers with a clear understanding of the Air Force operational environment and the unique challenges Airmen face while executing the mission.

Attendees observed demonstrations of aircrew individual protective equipment donning, F-16 aircrew entry, aircrew and ground crew contamination control area procedures, wartime CBRN reconnaissance, CBRN sampling, sample testing, and mobile laboratory capabilities.

"With a better understanding of Air Force CONOPS, capabilities and specific challenges, the attendees can assist the Air Force in obtaining the kind of materiel solutions we need to improve our ability to fly, fight, and win in a CBRN environment," said Van Lare.

## *New Promotees*

### **Chief Master Sergeant (E-9)**

Katt, Thomas A. - 113 MDG

Sullivan, Paul E. - 113 MXG

### **Senior Master Sergeant (E-8)**

Hawley, William J. - 113 SFS

### **Master Sergeant (E-7)**

Foulsham, Justin C. - 113 AMXS

### **Technical Sergeant (E-6)**

Germuth, Christopher J. - 113 MXG

Hernandez, Aneliese - 113 MXS

### **Senior Airman (E-4)**

Minton, Zachary E. - 113 LRS

Robinson, Anthony J. - 113 SFS



**SUICIDE PREVENTION AND AWARENESS**

# Suicide prevention takes courage, communication

By Amaani Lyle

DoD News, Defense Media Activity

**WASHINGTON (AFNS) --** The Veterans Affairs Department has named September National Suicide Prevention Month, but the Defense Department continues its year-round, comprehensive, multi-pronged approach to address the issue of suicide in the military, a Pentagon official said Aug. 21.

Army Lt. Gen. Michael S. Linnington, military deputy to the Under Secretary of Defense for personnel and readiness, said DOD will broaden suicide prevention programs and resources to increase awareness, prevention and understanding across the force.

## **Leadership focus**

“Suicide prevention is about taking care of each other and that’s a responsibility leaders have to focus on year-round, daily, weekly, monthly ... not just in the month of September,” Linnington said.

According to the Department of Defense Suicide Event Report, the 2012 suicide rate (expressed as a number per 100,000 service members) for the active component was 22.7 and for the reserve components was 24.2. Across the services in 2012, 155 Soldiers committed suicide, as did a total of 57 Airmen, 59 Sailors and 47 Marines.

DOD will focus on total force fitness programs to build mental, physical and spiritual resilience in service members and their families with a focus on training and education for leaders and teams across the military to proactively recognize suicide signs and encourage communication.

## **Access to medical care**

Additionally, DOD will continue to direct efforts to enhance medical care, the general said. The department, he said, “has spent a tremendous amount of leader attention and resources on improving access to care, the quality of care and the ability of service members to seek care in an anonymous nature if that’s what they choose to do.”

“Suicide prevention is about taking care of each other and that’s a responsibility leaders have to focus on year-round, daily, weekly, monthly ... not just in the month of September,” Linnington said.

Linnington stressed the importance of leaders understanding the array of medical and resilience resources and their entry points.

## **Help for service members**

Military Crisis Line and Military OneSource, he noted, are among the many resources that demonstrate the partnership between DOD and the VA, and give service members an anonymous ability to call-in or engage in online chats to access immediate help.

Newer peer-to-peer networks such as Vets4Warriors have also emerged as valuable resources, he said.

In many instances, however, the first people service members can go to for help can be members of the military family, the general said.

“Having walked in our shoes ... I think it’s clear that service members are comfortable around those that serve with them and have shared experiences,” he said.

## **No stigma**

There should be no stigma attached to seeking help, Linnington said.

“Getting help when you need it is not only a sign of strength, but it works,” he said. “Having the confidence to seek help when you need it is important.”

Linnington also championed positive, energetic, command climates at all levels.

## **Leadership support**

“If leaders support the rehabilitation and resilience of their service members, then ... that opens the door for service members to go out and seek help,” he said.

The general debunked the notion that seeking help could negatively impact a military career.

“One suicide is one too many and leaders throughout the military will do whatever it takes to prevent suicide,” he said.



A member of the Combat Shield Evaluation Team, 53rd Wing, Eglin AFB, installs equipment on an F-16C to prepare for testing during the Combat Shield inspection at the 113th Wing, D.C. Air National Guard, Aug 31. (Photos by Senior Master Sgt. Adrienne Wilson)

## 113th Wing receives perfect passing rate

By Senior Airman Erica Rodriguez  
113th Wing Public Affairs

The 113th Wing distinguished itself by receiving the first 100 percent passing rate within the Air Force from the Combat Shield assessment team Aug. 31.

Based out of Eglin Air Force Base, Fla., the Combat Shield assessment team is part of the 53rd Electronic Warfare Group. The team travels to all Air Force bases to test and assess aircraft radar warning receivers, electronic attack pods, and integrated electronic warfare systems.

During this inspection, the 113th F-16 Fighting Falcons' radar detection warning systems were checked. This counter measure system alerts pilots to incoming missile attacks.

But before Combat Shield can do their testing, the 113th avionics team must conduct cable check sweeps on each of the aircraft. Using a lot of teamwork and manpower, the maintenance squadron was able to complete this task swiftly and accurately. This was a little more difficult for the maintenance squadron due to lack of testing equipment which had to be borrowed from other units. Despite this, using a lot of teamwork and manpower, the maintenance squadron was able to complete this task swiftly and accurately.

"Avionics had to borrow a USM670 test set from Atlantic City and Warner Robbins in order to stay current on scheduled radar threat warning inspection," said Staff Sgt. Jonathan Lorenz, 113th Maintenance Squadron F-16 avionics technician. "Therefore an insane amount of man hours in work was dedicated just to this one function of many for our shop. It was a complete team effort not only to complete all required sched-

uled maintenance without even having a serviceable test set but also to work broke jets to deliver for the flying schedule."

Not only was the squadron able to complete the task, they did so in within an amazing timeframe.

"Every aircraft that we had available, we were able conduct cable checks on within a week," said Staff Sgt. William Caporellie, 113th Maintenance Squadron F-16 avionics technician. "This was quite remarkable considering that each cable

check can easily take six hours per aircraft, we got it down to about 2 hours per aircraft. A lot of the maintenance shops stopped to help us and that's how we were able to get it done so quickly, it was a whole team effort."

The major accomplishment of the 113th Maintenance Squadron is a reflection of their hard work and dedication to the wings mission. Ensuring the safety of the pilots in combat situations is always top priority.

"The results are huge for the inspection simply because of what we were able to accomplish," said Lorenz. "There's never been 100 percent in the history of the Combat Shield program, which does nothing but make the 113th look as good as we are. Also, we can be confident in our aircraft in any combat situation knowing that our superb maintenance practices have contributed to the healthiest radar threat warning fleet in the Air Force."

### Major effort contributors:

Staff Sgt. Jonathan Lorenz, Staff Sgt. William Caporellie, Senior Airman Juris Krumins, Staff Sgt. Sean Hoffman, Master Sgt. Kenneth Cote, Staff Sgt. Jason Bruner, Senior Master Sgt. David Malone



Staff Sgt. Jason Bruner, 113th Wing Specialist Flight, assists the Combat Shield evaluation team with testing the F-16's radar threat warning system and electronic countermeasures pod.

# D.C. National Guard leadership exchanges ideas, expertise with Jamaica Defense Force

Sorty and photos by Senior Airman Sumeana Leslie  
113th Wing Public Affairs

**KINGSTON, Jamaica** -- Maj. Gen. Errol Schwartz, Commanding General of the District of Columbia National Guard traveled to Kingston, Jamaica on a State Partnership Program visit Aug. 20. During the visit, Schwartz reviewed the development of the humanitarian assistance program, the disaster response program developed with the Jamaica Defense Force.

"The DC National Guard had its first international subject matter exchange with Jamaica in February 2004," said Capt. Tamara Tomlinson, D.C. National Guard State Partnership Program coordinator. "

The relationship is beneficial for both counterparts, for soldiers and airmen primarily because they are able to experience real life scenarios that they would not ordinarily experience, helping them advance their development and prepare us all in the event of a mobilization."

The SPP offered training opportunities for servicemembers from both the Jamaican Defense Force and the D.C. National Guard, particularly in the areas of combating drug and arms trafficking, organized crime and gangs, money

laundering, criminal justice reform, economic development, financial stability, and medical care.

In his remarks welcoming Schwartz and the SPP teams, U.S. Embassy Kingston Chief of Mission Ambassador (Designate) Luis G. Moreno emphasized DCNG's contributions in helping "advance U.S. policy objectives in the Caribbean," particularly in their joint JDF-DCNG efforts in aircraft maintenance and boat patrol.

"The exchange has been very effective because we have been able to exchange our subject matter expert knowledge and assisted one another in a number of ways that have benefited the Jamaica Defense Force and the DC National Guard," said Jamaica Defense Force Deputy Chief of Defense Staff Brigadier Rocky R. Meade. "We look forward to the program continuing for a

very long time."

"I look forward to this partnership between myself and the leaders of the Jamaica Defense continuing," said Schwartz. "We have different levels of expertise that we are able to offer one another and I also look forward to having more success in the future."



Maj. Gen. Errol Schwartz Commanding General of the District of Columbia National Guard, discusses State Partnership matters with Jamaican Defense Force Deputy Chief of Defense Staff Brigadier Rocky R. Meade, at Up Park Camp in Kingston, Jamaica, Aug. 18



Maj. Gen. Errol Schwartz, Commanding General of the District of Columbia National Guard, and Jamaican Ambassador Luis Moreno, center, are surrounded by the DCNG State Partnership Program's team for a photo at the U.S. Embassy in Kingston, Jamaica, Aug. 18.

# Celebrating Hispanic Heritage Month

By **Capt. Jeffrey Haynes**

State Equal Employment Manager

During National Hispanic Heritage Month (September 15 to October 15) we recognize the contributions made and the important presence of Hispanic and Latino Americans to the United States and celebrate their heritage and culture.

Hispanic Heritage Month, whose roots go back to 1968, begins each year on September 15, the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua.

Mexico, Chile and Belize also celebrate their independence days during this period and Columbus Day (Día de la Raza) is October 12.



According to this Census, 50.5 million people or 16% of the population are of Hispanic or Latino origin. This represents a significant increase from 2000, which registered the Hispanic population at 35.3 million or 13% of the total U.S. population.

Please share in this special annual tribute by learning and celebrating the generations of Hispanic Americans who have positively influenced and enriched our nation and society.



## Talk about Max Impact!

Tech. Sgt. Nick Kibbey, 11th Wing Public Affairs broadcast journalist, captures video footage of the U.S. Air Force band Max Impact for a music video on the Joint Base Andrews flightline Aug. 26, 2015. A 459th Air Refueling Wing KC-135R Stratotanker and 113th Wing F-16 Fighting Falcon helped set the stage for the band during the media event. (U.S. Air Force photo/Kat Lynn Justen)

# DCANG Referral Appreciation Day

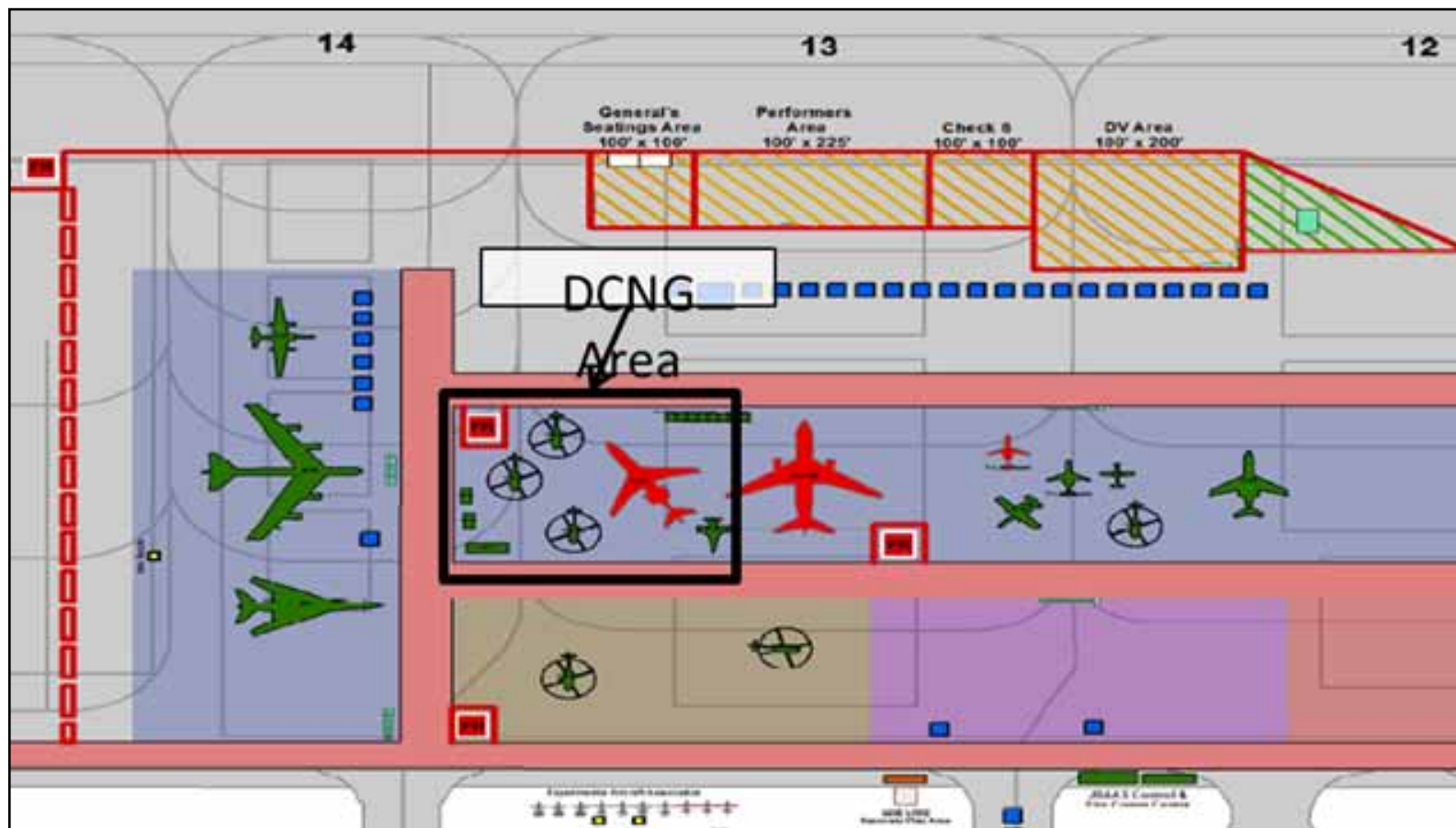
**By Master Sgt. Sean Young**  
113th Wing Recruiting Office Supervisor

Many of the 113th Wing D.C. Air National Guard members have referred family, friends and colleagues over the past two years that led to an enlistment. With budget constraints, it is difficult to reward and thank the members that have greatly contributed to our recruitment efforts. Despite these challenges, Chief Master Sgt. Albert Garver, with the support of the Armed Forces Foundation, has made funds for a day of recognition possible.

The first D.C. Air National Guard Enlistment Referral Appreciation Day will take place on Friday, Sept. 18. Those recognized have been sent a special Air Force e-invitation. Guests will be treated to special briefings on the history and

heritage of the D.C. Air National Guard, the importance of the current mission we perform and a few words from our top leaders. Guests will then enjoy a meal catered by Famous Dave's Barbecue, and will be bussed to the open house. Guests and their families will then enjoy the static displays and aerial demonstrations. After the Thunderbirds have performed, guests and their families will be bussed back to the parking area and will be able to depart the base without dealing with the traffic congestion.

We hope to continue recognition events like this. Please keep referring members to the D.C. Air National Guard! If you know someone that is ready to join, please have them email us at [113wg.jointhedcang@ang.af.mil](mailto:113wg.jointhedcang@ang.af.mil) or call 240-857-6172.



Do you have a family member, friend, or colleague that may be interested in joining the DCANG? Please stop by our Recruiting tent/display (see MAP) and talk to a DCANG Recruiter. We'll also have cool give-a-ways and our aircraft on display! Referrals are the highest compliment to our Recruiting Team, and most of the best quality leads come from our own DCANG family. Please come out to the DoD day Sep. 18, or the general public day Sep. 19. It has been a few years; however, we anticipate that this year will be more exciting than ever!

# July Warrior of the Month

By Senior Airman Erica Rodriguez

113th Wing Public Affairs

Master Sgt. Matthew Norvell, 113th Maintenance Squadron aerospace propulsion specialist, received the title of Warrior of the Month, Aug. 8.

Brig. Gen. George Degnon, 113th Wing Commander, recognized Norvell for his superior performance on the Alert Control Attachment leading up to the Air Force Evaluation.

Norvell has been a member of the 113th since 1991, taking after his father and uncle who were also members. In 1999, Norvell took on his current full-time position within the wing. Day-to-day his job duties include handling pro-

pulsion issues for alert, troubleshooting those issues and supervision.

Since joining, he has been a proud member and attributes much in his life to the unit.

“I think we play a vital role in protecting our homeland,” said Norvell. “Sept. 11 was a game changer for the unit. I’ve always been proud to be a part of this unit. It’s kind of put a roof over my head as a child and now to my children.”

Norvell’s dedication to his job and the success of his performance has undeniably proved him to be a Warrior Airman.



Master Sgt. Matthew Norvell, 113th Maintenance Squadron aerospace propulsion specialist, is coined by Brig. Gen. George Degnon as the July Warrior of the Month. (Photo by Senior Airman Sumeana Leslie)

**Psst... Don't forget your flu shot!**  
**Walk-ins available Sunday at the 113th**  
**Medical Group (first come, first serve)**

# August Warrior of the Month

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

Staff Sgt. Brian Sanks, 113th Communications Flight cyber security technician, was named Warrior of the Month Aug. 9.

Serving as the technical lead for the Air Force Network and DISA Enterprise email migration, along with his support of Red Flag Alaska, Sanks actions reflect the characteristics leadership looks for when selecting a Warrior.

Sanks has been a member of the 113th since June of 2012. He is currently responsible for ensuring security of the Wing's communications network, all while maintaining a smooth and continuous operation of the Wing's network services.

"I came here full-time as a technician and saw it as an opportunity to use my IT background in support of the unique domestic operations mission and the larger mission national defense," said Sanks. "My immediate goals are to continue doing anything I can that adds value to the organization and that supports my fellow airmen."

Sanks enjoys the diversity of the Wing's members and the experience earned through work that could be harder to find within the civilian world.

"There are so many different cultures and backgrounds at work here in the Wing," said Sanks. "I find it interesting to learn more about people and share perspectives. I also like sharing knowledge, 'best practices' and ways to do our job better with different organizations, both in and outside of the National Guard. That experience is tough to get in the civilian world so as guardsmen so we are very fortunate in that regard."

Sanks urges all young and new Airmen to become involved within their unit and to take control of their careers and communicate goals with their supervisors to excel within their careers.

"TDYs, special assignments and the like are great ways to learn more about the 113th mission and the diverse group of people that make up our wing," he said. "Also, take care of your career! As the saying goes, nobody will care more about your career than you. Talk to your leadership about 'taking the next step' and do everything you can, such as CDCs or the CCAF, to set yourself up for success."

Sanks hard work, leadership and dedication to the unit's missions have certainly earned him the title as "Warrior of the Month."



Staff Sgt. Brian Sanks, 113th Communications cyber security technician, poses with Chief Master Sgt. Jeffrey Coombs, 113th Wing command chief, and Brig. Gen. George Degnon, 113th Wing commander, after receiving the award for August Warrior of the Month.

# Save energy in the workplace

**By Capt. Samuel Richardson**

113th Civil Engineer Squadron environmental officer

Want to save more energy in the workplace? Try the following tips:

## **Electronics**

- Turn off monitors, lights, shredders and other equipment when not in use in your individual office- using more efficient power settings can help
- Unplug electronics and power strips in your individual office when leaving over the weekend or breaks!
- Buy/request environmentally preferred products such as recycled paper, Energy Star appliances, and compact fluorescent lightbulbs- your voice and opinion matter!
- Properly connect and use your smart strips when you receive them

## **HVAC**

- Keep your blinds open during the day to absorb sunlight, and shut the blinds at night to keep the warm air inside.

- Make sure all vents are clear of furniture and rugs, in order to improve airflow and comfort

## **Recycling**

- Utilize the correct recycling bins for your empty containers, paper, soda cans. Make noise and request such containers if your work area doesn't have them already!

## **Personal Habits**

- Walk to other building on 113th WG campus instead of driving, helps keep you healthy too!
- Try bringing left-overs from home to reheat rather than leaving campus for lunch.
- Bring a steel water bottle, mug, etc. to refill rather than purchasing countless plastic bottled waters.
- Utilize task/sensor lighting when natural light is not available.

Smart Strips are replacing the older power surges a lot of you currently have. Ensure you

DONT have overloaded or daisy chained power surges, I'll be around to check.



# Important financial information

**By Master Sgt. Somkiat Cholvanich**

113th Wing Comptroller Flight

- Projected pay date : 25 September 2015
- Office Hours: Sunday 0830-1500
- Please check with your unit AROWS/order specialist for any Outstanding Travel Order and Outstanding Military Pay order (E- Certification).
- Effective 1 Oct, Inactive Duty Scheduling, Certification, and Reporting will be accomplished via AROWS. Paper documents will no longer be accepted. Additional information will be available in the Wing Sharepoint.
- DTS policy change – as of 1 Sep, all lodging reservations must be booked through DTS. This includes reservations for both government and commercial lodging.



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

# News from the 113th Medical Group

By Chief Master Sgt. Thomas Katt  
113th Medical Group Superintendent

## TRICARE Dental Program

MetLife is proud to offer the TRICARE Dental Program (TDP) to active duty family members, National Guard, Reserve members, and their families. Take advantage of the cost effective dental coverage and convenience of having access to thousands of MetLife network locations. Join the 1.9 million military members who already protect their smiles and save on out-of-pocket costs with the TDP. Learn more about the benefits of the TDP so you can be better prepared for the unexpected.

The TRICARE Dental Program is...

### - *Cost Effective*

Government-supported premiums for most members and negotiated fees at over 164,000 CONUS dentist locations minimize out-of-pocket costs to maintain good oral health.

### - *Worldwide*

Active duty families move often. The TDP offers coverage worldwide, so when changing duty stations, enrollees do not have to change dental plans, because their dental coverage moves with them.

### - *Flexible*

The TDP offers continuous dental coverage when sponsors change status to and from active duty to National Guard and Reserve.

### - *Easily Accessible*

Members can visit any licensed and authorized dentist in the world; however, it is often more convenient and cost effective to visit dentists who participate in the MetLife Preferred Dentist Program (PDP).

## Sponsor's Military Status

## Type of Enrollment

Active Duty

- Single: \$11.30
- Family: \$33.88

Selective Reserve and IRR

- Sponsor Only: \$11.30
- Single: \$28.24
- Family: \$84.71
- Sponsor and Family: \$96.01

You have three ways to enroll:

Online: [https://www.dmdc.osd.mil/appi/bwe/indexAction.do;jsessionid=zDi3dw4hl4ApYHJbaCtcf5-K3adoKXFdQOgAnPZvmUd9Fi\\_5DhA!2025037323](https://www.dmdc.osd.mil/appi/bwe/indexAction.do;jsessionid=zDi3dw4hl4ApYHJbaCtcf5-K3adoKXFdQOgAnPZvmUd9Fi_5DhA!2025037323)

By Mail: <https://emloyeedental.meflife.com/dental/util/html/popUp.html>

By Phone:

CONUS 1-855-MET-TDP1 (1-855-638-8371)

OCONUS 1-855-MET-TDP2 (1-855-638-8372)

MetLife TDD/TTY Service for the Hearing Impaired 1-855-MET-TDP3 (1-855-638-8373)

Please Note: A CAC or DS logon is required to access the Beneficiary Web Enrollment site.

**If you have questions or concerns regarding your Medical/Dental health, please call the 113th Medical Group at 240-857-6657**

# Important family readiness information

By **Connie Moore**

113th Family Readiness

## **Key things to know about VA health care for combat veterans**

Any Service Member deployed to a combat zone after September 11, 2001 (must be discharged under conditions other than dishonorable), receives 5 years free health care coverage through the VA for deployment related conditions. This includes new conditions or conditions that worsened as a result of deployment, and includes both physical and mental health. Deployment related conditions do not need to be proven to receive care (ie: no LOD is required for cost free treatment under Combat Veteran status).

You must enroll and be seen by a VA provider within the 5 years to keep your VA eligibility once your 5 years of Combat Veteran benefit status through VA is expired. You will not keep your eligibility past the 5 year mark if you only complete an application.

If you are seen within the 5 year window, you will retain VA eligibility for health care even after your 5 years is up (regardless of income, Service Connection status, etc).

By waiting until after the 5 years is up, you will have to meet other strict eligibility criteria set forth by Congress in order to receive VA health care services. For National Guard/ Reserve members, your combat Veteran benefits renew after each deployment to a combat zone.

**Dental:** If you meet the eligibility for Combat Veteran benefits and you have not received a dental exam within 90 days of being discharged from Active Duty (line 17 on your DD214 must be checked 'no'), you are eligible for a free dental exam and treatment through VA. This one-time benefit must be applied for within 180 days of the discharge date on your DD214. You will need to request this through your local VA Medical Center/Clinic and ensure that they have a copy of your DD214 to verify eligibility.

**\*\*We encourage yearly primary care appointments to maintain health/wellness and keep your primary care assignment**

## **TRICARE options for family members of National Guard and Reserve members**

As the family member of a National Guard or Reserve member, your TRICARE options may change throughout the course of your sponsor's career. Your TRICARE eligibility depends on your sponsor's military status. If your sponsor's status ever changes from inactive to either, pre-activation, active duty, or deactivation, your TRICARE options will vary.

The first step in your family gaining TRICARE eligibility, is for your sponsor to register all eligible family members in the Defense Enrollment Eligibility Reporting System

(DEERS) in person, at a uniformed services identification (ID) card issuing facility and provide the required documentation; also when making changes with the family's composition (i.e. marriage, birth, death, divorce). Updating personal information such as address, email addresses or phone numbers can be done by logging into MilConnect at <https://myaccess.dmdc.osd.mil>, calling 1-800-538-9552 (TTY/TDD: 1-866-363-2883), faxing updates to 1-831-655-8317, or mailing updates to Defense Manpower Data Center Support Office:

Attn: COA  
400 Gigling Road  
Seaside, CA 93955-6771

For more information on DEERS and to keep your contact information up to date, visit [www.TRICARE.mil/DEERS](http://www.TRICARE.mil/DEERS).

If your sponsor is issued a delayed-effective-date active-duty order in support of a contingency operation for more than 30 consecutive days (pre-activation status), eligible family members may receive the same TRICARE benefits as active duty family members under Early Eligibility. TRICARE Standard coverage is automatically provided to those registered in DEERS. No enrollment is necessary! TRICARE Prime, TRICARE Prime Remote Active Duty Family Member (TPRADFM), TRICARE Young Adult and the US Family Health Plan are also available based on eligibility and/or geographical location. These programs require enrollment. Your family keeps active duty benefits when your sponsor transitions to active duty.

While your sponsor is inactive, he or she may qualify to purchase TRICARE Reserve Select (TRS) coverage. TRS is a great option for your family if your sponsor is a member of the Selected Reserve and is not eligible for or enrolled in the Federal Employees Health Benefits Program. TRS provides comprehensive health care coverage and allows you to see any TRICARE authorized provider. Visit [www.TRICARE.mil/TRS](http://www.TRICARE.mil/TRS) to learn about TRS. Your sponsor may qualify to purchase TRICARE Retired Reserve (TRR) coverage for your family upon entering the Retired Reserves and is under the age of 60. Visit [www.TRICARE.mil/TRR](http://www.TRICARE.mil/TRR) to learn more about TRR.

Families of National Guard and Reserve members may also be eligible for the TRICARE Dental Program (TDP). Enrollment in TDP is voluntary, and your premiums are based on your sponsor's status. To see if TDP is right for you, visit [www.TRICARE.mil/TDP](http://www.TRICARE.mil/TDP). To maintain continuous healthcare coverage when your sponsor's status changes you will need to purchase/enroll by the specific deadlines specified by your respective health plans. To verify your eligibility and learn more about your benefits as the family member of a

National Guard or Reserve member please visit [www.TRICARE.mil/reserve](http://www.TRICARE.mil/reserve).

When your sponsor is deactivated, your family may qualify for either the Transitional Assistance Management Program (TAMP) or the Continued Health Care Benefit Program (CHCBP). TAMP is available to eligible Guard/Reserve members that served more than 30 consecutive days in support of a contingency operation, and offers 180 days of transitional health care benefits to service members and

their families. Under TAMP, TPRADFM is not available. Visit [www.TRICARE.mil/TAMP](http://www.TRICARE.mil/TAMP) to learn more about TAMP. CHCBP is similar to COBRA health coverage, and CHCBP eligibility begins the day after you lose active duty TRICARE coverage or TAMP coverage ends. You must enroll in CHCBP within 60 days of losing TRICARE eligibility and pay quarterly premiums. Visit [www.TRICARE.mil/CHCBP](http://www.TRICARE.mil/CHCBP) to learn more about CHCBP.

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