

OFFICIAL MAGAZINE OF THE DISTRICT OF COLUMBIA AIR NATIONAL GUARD

POTOMAC

Air Monthly

Nov 2015

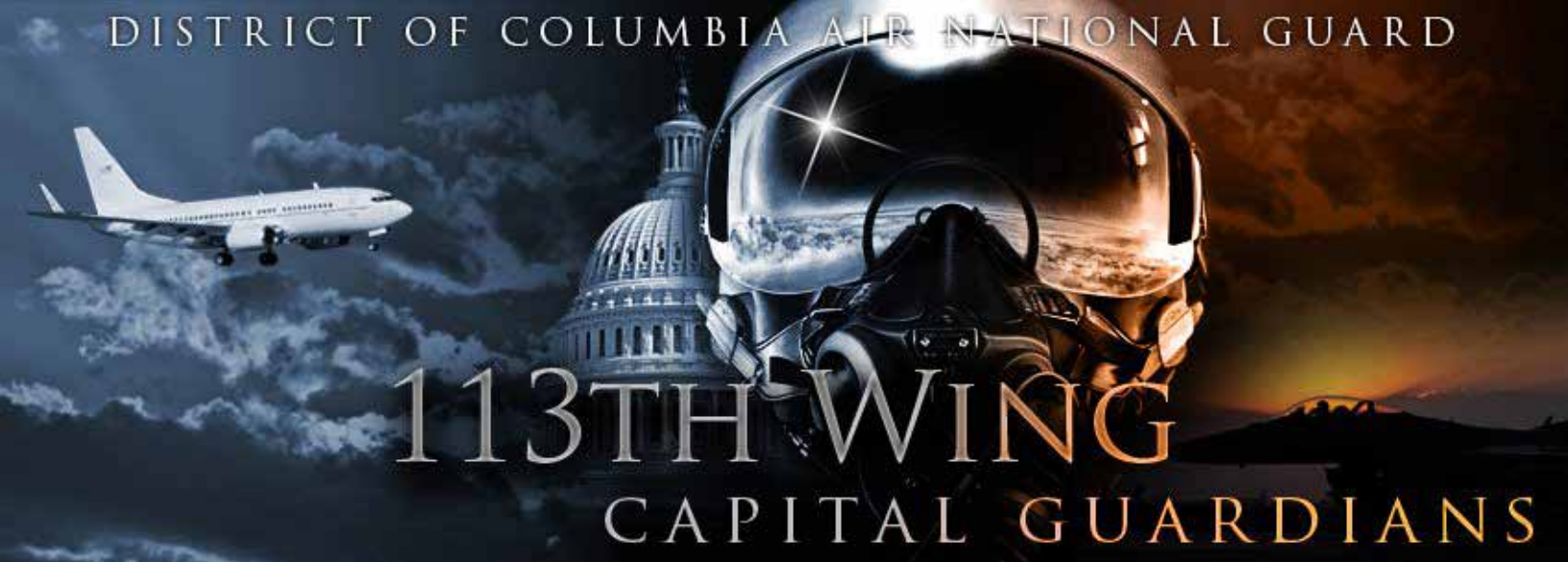
Outstanding Unit 2015

113th WG proves it's the best once again

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113TH WING

CAPITAL GUARDIANS

The **Potomac Air Monthly**

113th Wing Commander

Brig. Gen. George M. Degnon

113th Wing Vice Commander

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113th Wing Command Chief

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Senior Airman Justin Hodge

Senior Airman Terrace Garnier

New Promotees

Lieutenant Col. (O-5)

Nino, Jacqueline A.

Major (O-4)

Lee, Renee H.

First Lieutenant (O-2)

Otterbein, Garret S.

Technical Sergeant (E-6)

Butler, Michael N.

Heredia-Salazar, M.

Sor, Karry

Williams, Malcolm T.

Staff Sergeant (E-5)

Bochenek, Stephen J.

Kelley, Amanda L.

Senior Airman (E-4)

Kundi, Wasif M.

Smith, Ariana M.

November UTA training and events schedule

Saturday, November 7

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	10:00	IAO Training	Bldg 3222, CF Classroom	SSgt Jason Firmin	857-6525
10:00	11:30	Initial Records Management Training	Bldg 3213, WCR	MSgt Tjarks	857-7308
13:00	14:00	SMSgt Liston's Promotion Ceremony	Sheppard Hall, Rm 260	SMSgt Wilson	857-2811
13:30	14:30	IDS Meeting (review for CAIB)	Bldg 3213, WCR	Capt Lee	857-4867
14:30	15:30	SMSgt Crowder's Retirement Ceremony	201AS, Hangar 8	CMSgt Quasney	857-4460

Normal Hours of Operation

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

Sunday, November 8

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	Bldg 3213, WCR	Ch Lt Col Bowen	857-1032
07:30	08:30	Catholic Mass	LRS Conference Rm	Ch Lt Col Bowen	857-1032
08:00	10:00	Medical/Dental Appointments ONLY	Bldg 3282, Room A14	CMSgt Katt	857-6615
09:30	11:30	AROWS-ID Member Training	CF Computer Room	SMSgt Brown	857-0678
09:30	11:30	HRE/ POSH Training & HRA Training	Bldg 3212, LRS Conf Rm	Maj D. Taylor	857-3238
09:00	16:00	Newcomers Brief	Base Theater	MSgt Young	857-6172
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
12:00	13:00	TOP III	Bldg 3213, WCR	MSgt Osecky	857-2349
13:00	14:00	CAIB Meeting	Bldg 3213, WCR	Maj Lee	857-4867
13:00	14:00	Rising Six	CE Conference Room	TSgt Fair	857-9888

Normal Hours of Operation

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

AF recognizes 113 WG as Outstanding Unit

By Senior Airman Erica Rodriguez

113th Wing Public Affairs

For the 15th time in their history, the D.C. Air National Guard's 113th Wing received the Air Force Outstanding Unit Award for operational performance and mission accomplishment, setting clear track record as a showcase unit that can get the job done.

"The Capital Guardians are committed to exemplifying the highest standards in the military with exceptionally meritorious service to both country and community," said Brig. Gen. George Degnon, 113th Wing commander. "Although an Air Guard unit, we support numerous Active Duty commands and conduct daily operational missions protecting the skies of D.C. and providing strategic airlift for the First Lady, members of Congress, and the executive branch."

The 113th Wing distinguished itself by exceptionally meritorious service by flawlessly executing more than 1,500 F-16 missions and 480 Aerospace Control Alert missions with more than 2,500 total flying hours protecting the nation's capital. The unit also conducted 14 First

Lady and Second Lady missions, 16 congressional delegation missions and 33 White House and Department of Defense missions.

During the 2015, the 113th Wing also deployed more than 500 members in support of Operation ENDURING FREEDOM, multi-national exercises PITCHBLACK, TRI-SLING

and CRUZEX, as well as joint-forces exercise SENTRY SAVANNAH, while accomplishing both their peacetime and wartime missions.

Members from the 113th Wing contributed to the community throughout the year through volunteerism, providing safety and security during high-visibility events such as the Martin Luther King 50th Anniversary "March on the Capital," the Independence Day celebration and other national events in Washington.

The Outstanding Unit Award was established Jan. 6, 1954 and is awarded by the Secretary of the Air Force to numbered units that have distinguished themselves by exceptionally meritorious service or outstanding achievement that clearly sets the unit above and apart from similar units.



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

Saving Energy in Workplace

By Capt. Samuel Richardson
113th Civil Engineering Squadron

Guardians, here are a couple tips for you to save energy in the workplace:

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 Wing 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 DON'T have overloaded or daisy chained power surges.



Individual with a PT Score of 90% (Excellence) or higher for Oct. 2015

113th Maintenance Group

Senior Master Sgt. Allan Gilbreath
Master Sgt. Kenneth Cote
Tech. Sgt. Steven Miller
Tech. Sgt. Christopher Germuth
Tech. Sgt. Mark Sims
Staff Sgt. Eric San Miquel
Staff Sgt. Holly Pratt
Senior Airman Ethan George
Senior Airman Charles Robinson

Master Sgt. Cruz Velez
Master Sgt. Noah Flick
Master Sgt. Dan Marx

201st Fighter Squadron

Lt. Col. Douglas Macivor

113th Wing Staff

Capt. Cindy Piccirillo
Airman 1st Class Anthony Small

113th Operations Group

Col. Mark Piper

JFHQ

Lt. Col. David Houghland

113th Mission Support Group

Maj. Brian Jackson
Chief Master Sgt. Charles Gass



Guardians Defeat Hunger

Commentary by Capt. Cindy Piccirillo

113th Wing Staff

In the Washington Metro Area, one of three residents is at risk of hunger, which is more than 641,000 residents; 200,000 of them are children. As the Capital Guardian's, we are here to serve and protect our community, this does include the threat of hunger. Many people at risk of hunger in our area are working adults who often have to make difficult choices, possibly between paying rent or buying food. Senior citizens on fixed incomes are also faced with the same tough decisions between buying medication and food. And many children in the area go to school with empty bellies, making it difficult to focus and learn.

According to a U.S. Department of Agriculture report, 13.2 percent of all households in the District of Columbia were food insecure in 2011-2013, higher than the 12 percent national average of all households. This means that the availability of nutritionally safe food was not avail-

able to them. Among those 13.2 percent of households in the district, 4.9 percent were considered to have "very low food security." The households that fall into the category had more severe problems, experiencing deeper hunger and cutting back or skipping meals on a more frequent basis for both adults and children.

So what can we do? Donate. Volunteer. The Capital Area Food Bank distributes 45 million pounds of food, the equivalent of 37.5 million meals to more than 478,000 residents of the Washington Metro Area through a network of 700 agencies. Help us collect as much food as we can for the Capital Area Food Bank. Food collection boxes are located throughout the wing, including Joint Force Headquarters. The D.C. Air National Guard Food Drive runs from Nov. 2 to 13. If you would like to volunteer at the Capital Area Food Bank, visit www.capitalareafoodbank.org for more information.



New Commander for the MXG

Col. Louis Campbell receives the 113th Maintenance Group flag from Brig. Gen. George Degnon, 113th Wing commander, during the Maintenance Group Change of Command ceremony, Sept. 23. Campbell assumed command of the group from Col. Keith MacDonald. (Photo by Senior Airman Erica Rodriguez)

MXS Faces Off in Competition

Photos by Senior Airman Erica Rodriguez



Members from the 113th Maintenance Squadron teamed up to go head-to-head in their annual Weapons Load Competition.

Teams of three were evaluated and timed on the technical proficiency of their work loading and unloading ammunition onto the F-16.

The competition provided a friendly, moral builder for the unit, as well as a way to display work efficiency and skill.

Readiness is a number one priority of the 113th Wing and the members of the 113th MXS showed that they are indeed ready and prepared at a moments notice.



Warrior of the Month:

Staff Sgt. Jonathan Lorenz, 113th Maintenance Squadron Avionics Technician



Q: Where is your hometown, anything you'd like to share about your family?

A: My hometown is Baltimore. I come from a blue collar family that has worked in the General Motors Factory, Bethlehem Steel Mill and my parents worked in local unions.

Q: How long have you been a member of the D.C. ANG?

A: I joined active duty Air Force in June 2008 and I've been with the D.C. ANG since November 2012.

Q: What brought you to the D.C. Guard?

A: Initially I was an A-10 avionics guy active duty so I was hoping to join the Maryland ANG but they weren't accepting prior service at the time so I came down here and learned the F-16.

Q: What are some of your proud accomplishments within your career?

A: I think what I'm proud of is being able to go anywhere and make an impact in a good way through hard work. I try to be the best at everything I do and it's done nothing but help me in life. I think the time I spent in Kandahar (September 2010-April 2011) refined me and is something I'll always look back on and remember the long hours and all the great people I worked with.

Q: What goals do you have for the future?

A: My goal is to just keep doing what the government pays me to do; fix jets and kick a**.

Q: What are some of your hobbies, favorite sports, or things you like to do in your free time?

A: I enjoy boating a lot and spend most of my time offshore with my family and friends. The last free place on earth is the open sea, so there's really nothing better than freedom.

Q: What advice would you give young new airmen?

A: Work hard, know that there is a bigger purpose than yourself, and hold true to the promise you've made to yourself, your family and the greatest country in the free world.



NATIVE AMERICAN ★ HERITAGE MONTH ★

By Tech. Sgt. Torree Wilson
201st Airlift Squadron

As the first people to live on the land we all cherish, American Indians and Alaska Natives have profoundly shaped our country's character and our cultural heritage. Today, Native Americans are leaders in every aspect of our society -- from the classroom, to the boardroom, to the battlefield. This month, we celebrate and honor the many ways American Indians and Alaska Natives have enriched our Nation, and we renew our commitment to respecting each tribe's identity while ensuring equal opportunity to pursue the American dream.

In partnership with tribal nations, President Barack Obama's Administration addressed injustices and built new avenues of opportunity for American Indians and Alaska Natives. He stated that as we celebrate National Native American Heritage Month, we should "move forward in the spirit of mutual understanding and mutual trust, confident that our challenges can be met and that our shared future is bright".

He made several amends to strengthen the bonds and trust against and resolve the longstanding legal claims that Native Americans had against the United States. On November 23, 2012, he proclaimed November as National Native American Heritage Month. In December 2013, the House of Representatives unanimously passed H.R. 2319. The bill allows for construction of a Native American Veterans' Memorial on

the grounds of the National Museum of the American Indian in Washington, DC.

Keith Harper, a member of the Cherokee Nation, became the first member of a federally recognized Indian tribe to serve at the U.S. Ambassador level when he was confirmed as United States Representative to the United Nations Human Rights Council in June 2014. Although he may have been the first member to serve at the U.S. Ambassador level historically, American Indians have the highest record of service per capita when compared to other ethnic groups. This may be attributed to the deeply rooted traditional cultural values that drive them to serve their country. To include a proud warrior tradition, best exemplified by the following qualities said to be inherent to most, if not all, Native American societies: strength, honor, pride, devotion, and wisdom. These qualities fit perfectly with military tradition!

National American Indian Heritage Month honors the many contributions and accomplishments of American Indians and Alaska Natives. During November, we remember the legacy of the first Americans and celebrate their vibrant culture and heritage. Since the Revolutionary War, Native Americans and Alaska Natives have played a vital role in our country's freedom and security. They proudly serve in all departments of the United States Government today.

Interested in becoming a 113th First Sergeant??

Package applications are now accepted until 3 p.m. Nov. 23 by 113th FSS Superintendent, Chief Master Sgt. Kim Turner.

Applicants must be promotable Tech. Sgt. or current Master Sgt. and will be evaluated based on their package.

If there are any questions about the application process, please contact the Chief Master Sgt. Jeff Coombs, 113th Wing Command Chief, at 240-857-0329 prior to submitting your package. No packages will be returned. Incomplete packages will not be considered.

Important financial information

By Senior Master Sgt. Courtna Brown
113th Comptroller Flight

- Projected pay date : 20 November 2015
- Office Hours: Sunday 0830-1500

AROWS Inactive Duty Processing

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

Program highlights:

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

Flying Status:

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

Training:

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

Nov. UTA- Sunday at 0930 in CF conference room

Guides:

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

Questions:

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

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



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



Education Programs

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

Gen Arnold Education Grant:

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

Merit Scholarship:

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

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

Supplemental Education Loan Program:

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

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

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



Food drive

Date: 2 - 13 November 2015 Thanksgiving "Giving"

Location: 113th Wing, boxes located in CSS sections

Contact: Capt Piccirillo & SMSgt A. Wilson

Requested items



**Tuna, salmon,
chicken**



**Beans, corn,
stews, sauces**



**Brown rice &
pasta**



100% juices



Peanut butter



Flour

Each year, the Capital Area Food Bank
distributes **30 million pounds of food**
through more than **700 community partners.**



United Way #8052
CFC #30794

Donate online!

capitalareafoodbank.org

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AMERICA**

'til no one is hungry