PAIN JOURNAL Mar 2016



THE 113TH WING OFFICIAL APP KICKS OFF!

DETAILS INSIDE

- SILVER FLAG
- SRRBINFO

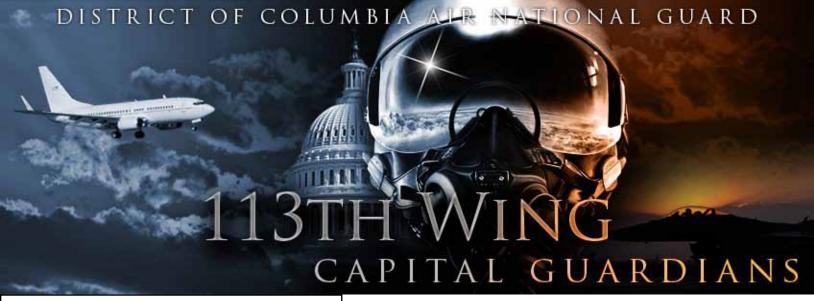


113TH WING

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READY



Potomac Air Monthly

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113th Wing Vice Commander

Col. Maren McAvoy

113th Wing Command Chief

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Airman 1st Class Anthony Small

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New Promotees

Staff Sergeant (E-5)

Clark, Shanice D. - 113 MDG

Truesdale, Dana D. - 121 FS

Tun, Min L. - 113 MXS

Senior Airman (E-4)

Dawson, Vanity C. - 113 OSS

Felixcotto, Jose O. - 113 MXS

Kutchey, Adam J. - 213 MXS

Rowe, Sean P. - 113 MXS

Sabbat, Frantz J. - 113 MXS

Smith, Brittany L. - 113 MXS

Airman First Class (E-3)

Moultrie, Delante C. - 113 MXS

Nelson, Derek J. - 113 SFS

Capital Guardian Schedule of Events

March UTA training and events schedule

Saturday, March 12

Start	End	Event	Location	POC	Phone
08:00	16:00	Newcomers Briefing	Navy Building 3282 Rm 10	1TSgt Yarnell	857-5449
09:00	11:00	Medical Appointments ONLY (Profiles)	Bldg 3282, Room A14	CMSgt Katt	857-6615
09:00	12:00	End of Course Testing (EOC) - PME/CDCs	CE Bldg 3236 Room 121	SMSgt Zayas	857-3084
09:30	10:00	PWCS Managers Training	Bldg 3222, CF Classroom	SSgt Pickeral	857-2244
11:00	12:00	SMSgt Valerie Levins Retirement	201AS, Hangar 8	MSgt Monica Brown	857-3997
12:00	13:00	Chiefs Council Meeting	LRS Conference Rm	CMSgt Thomas	857-3228
13:00	13:30	IT Equipment Custodian (ITEC) Training	Bldg 3222, CF Classroom	TSgt Arnone	857-0714
14:30	15:30	CCM Change of Responsibility	201AS, Hangar 8	CMSgt Callaghan	857-4199

Normal Hours of Operation

08:30	15:00	CPTF Customer Service	Trailer R62	SMSgt Brown	857-0678
08:30	10:30	FSS Customer Service	Trailer R62	SMSgt A. Wilson	857-4012
12:30	14:00	FSS Customer Service	Trailer R62	SMSgt A. Wilson	857-4012
09:00	14:30	Mobility and Clothing Issue	Bldg. 3212	MSgt Robinson	857-9316
09:00	14:30	CF Customer Service	Bldg. 3222	MSgt Noon	857-0714

Sunday March 12

Sunday, March 13						
Start	End	Event	Location	POC	Phone	
07:00	12:00	Fitness Testing	East Fitness Center	SMSgt Brown/MSgt Marx	857-3997	
07:30	08:30	Contemporary Service	CE Bldg 3236 Conference	Rm 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	
09:00	10:00	Supervisor Safety Training Bldg	3236, CE Conference Roc	om MSgt Marrah	857-5039	
09:00	10:00	201st Safety Briefing	Bldg 3213, WCR	Maj Hagen	857-5039	
09:00	12:00	End of Course Testing (EOC) - PME/CDCs	s CE Bldg 3236 Room 12	21 SMSgt Zayas	857-3084	
09:00	10:00	CSS Training	Bldg 3222, CF Classroo	om SMSgt A. Wilson	857-1225	
10:00	10:30	Medical Walk-ins	Bldg 3282, Room A14	CMSgt Katt	857-6615	
10:00	11:00	IT Equipment Custodian (ITEC) Training	Bldg 3222, CF Classroo	om TSgt Arnone	857-0714	
10:00	11:30	Initial Records Management Training	Bldg 3213, WCR	MSgt Tjarks	857-7308	
12:00	13:00	Enlisted Councils Meeting	TBD C	MSgt Katt/ TSgt Fair	857-9888	
13:00	14:00	CAIB Meeting	Bldg 3213, WCR	Maj Lee	857-6464	
15:00	16:00	MSG Change of Command	201AS, Hangar 8 M	Iaj Church/ MSgt Bello	857-7309	

Normal Hours of Operation 09:20 15:00 CDTE Customer Service

08:00 15:00 CF Customer Service

08:30	15:00	CPTF Customer Service	Trailer R62	SMSgt Brown	857-0678
08:00	14:00	FSS Customer Service	Trailer R62	SMSgt A. Wilson	857-4012
09:00	15:00	Mobility and Clothing Issue	Bldg. 3212	MSgt Robinson	857-9316

Bldg. 3222

MSgt Noon

857-0714

New App takes off at 113 WG

113th Wing Public Affairs

When is drill weekend? How do I get to the 201st? What's the number for Finance?

Do you ever search for answers to questions like these?

Starting this drill weekend March 12 and 13, Capital Guardians will have another option to find what information —in the palms of their hands using their smartphones.

The 113th Wing will launch a mobile application to provide Airmen easier and more efficient access to Wing information, activities and a host of other popular functions. Developed by 113th Wing Public Affairs, the app is designed to enhance communication and keep all Airmen in the know.

Staring March 12, the app will be available for download in the iTunes App Store and Google Play and users can search for "113th Wing." The app will also be available for download directly from the wing website, www.113wg.ang.af.mil.

In addition to providing another option to communicate with Airmen to deliver important information at their fingertips, the app will also offer push notifications to alert Airmen of weather delays, work cancelations, safety and security information, and more.

More than 100 Airmen participated in a survey providing insightful comments for the development of the app. Many

suggestions were incorporated to meet Airmen's expectations and the Wing will continue to invest time and dollars into making the app a valuable resource.

113th Wing Public Affairs will keep track of what kind of

information Airmen are looking at on their mobile devices and which features are getting the most use. PA will continue to conduct occasional surveys to for Airmen's feedback to improve the app content.

The app for iPhone or Android provides users direct access to:

- UTA schedule
- Events and activities
- Official Capital Guardian social media accounts
 - Wing Bulletins
 - Air Force and Wing news
 - Fitness, health and wellness
 - Local weather forecast
- Airmen resources, including the SARC, Chaplain and family support
 - Various AFIs
- Quick links and contacts to frequently called offices

The 113th Wing mobile app is currently available for personal iOS versions 6.0 and above and Android versions 3.0 and above. The app is

not yet available for download on government-issued mobile devices.



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

Understanding the Selective Retention Review Board process

By Capt. Andrew Wong DC JFHQ

What is SRRB?

Every year, most, if not all, states manage a Selective Retention Review Board (SRRB) for retirement-eligible Air National Guard officers and enlisted members. The purpose of SRRB is to ensure that the Air National Guard has a quality trained and combat-ready force, while maintaining stable promotion opportunities for lower grade personnel. SRRB is essentially a force management tool used by commanders to recommend continued service in the ANG or non-retention.

What happens when I'm being considered for SRRB?

Everyone who is retirement-eligible is considered for SRRB. This program is used only for force management considerations and should never be used as a disciplinary/punitive action. Your commander will meet and discuss his/her recommendation with you. Factors in his/her recommendation may include, but not limited to: promotional opportunities for you and those behind you, your career development and progression, needs of the unit, and unit manning considerations.

My commander made his/her recommendation, what does this mean?

Keep business as usual, but remember that this is only a recommendation. The commander's recommendation will be reviewed by an appointed board of officers and command chief. The board will review the Form 27, other relevant personnel information, and letter to the board by the member being considered (if he/she wishes to submit). The board will then make its own recommendation to the Com-

manding General, who will ultimately decide whether to approve all, some, or none of the board recommendation.

What happens if I am notified by the Commanding General that I am being non-retained?

You will be given a date of separation/discharge and you should work with the Force Support Squadron on the proper separation/retirement procedures.

Can I appeal the Commanding General's decision?

Once you receive official notification of the CG's decision for non-retention, you are given no more than 30 days to forward a request for reconsideration through your chain of command to the CG. The CG will provide a final decision on the request for reconsideration and there is no appeal beyond the CG.

If I am notified that I am being retained this year, what happens next year?

You will be considered for SRRB each and every year. The only exception is if you are an AGR and have between 18 and 20 years of active service toward retirement, you will be in the "sanctuary zone" and therefore, be exempted from consideration.

None of these questions helped me. Where can I get more information?

ANGI 36-2651 describes the entire SRRB program and procedures. The instruction can be found on the e-publishing website. Capt Andrew Wong and SMSgt Ena Nash from Joint Force Headquarters are responsible for implementing this program within the DCANG. If you have any further questions, please contact our office at (202) 685-9854 or by email at andrew.t.wong2.mil@mail.mil and ena.e.nash. mil@mail.mil.

Individuals with a PT Score of 90% (Excellent) or higher for Feb 2016

Senior Airman Brittany Smith

Senior Airman Brianna Washington

Staff Sgt. Joshua Greer

Staff Sgt. Patrick Troxler

Staff Sgt. Michael Kammerer

Staff Sgt. Alberto Millan

Staff Sgt. Regina Nolting

Tech. Sgt. John Mattingly Master Sgt. Robert Hook Master Sgt. Joshua Vance Col. William Rogers



Beside every strong man is a strong woman

By Tech. Sgt. Toree Wilson 201st Airlift Squadron

Women have been an intricate part of the military since the Revolutionary War, but in the early days of our nation they had to disguise themselves to serve alongside men. When they were accepted into the military, women were given auxiliary roles. Many served in military camps as laundresses, cooks, and nurses but only with permission and only if they proved they were helpful. As the weapons and methods of warfare changed in the late 20th century, so did the structure of the military. The Pentagon began to realize that gender matters less on the battlefield. That did not stop the progression of females in the military or them being treated equally. To date women are still fight-

Q: Who is Cathay Williams?

ing for equality and roles.

A: The only documented Female Buffalo Soldier. She had to serve as a man and was only discovered due to war injuries.

Q: Can you name the first women to enlist in the Army Air Force? And what year?...hint: She enlisted in the first minute of the first hour of the first day regular Air Force duty was authorized for women on July 8, 1948.

A: Ester Blake originally enlisted in March 1944, in Miami

in the Army Air Forces.

Q: Do you know the first African American woman in the-USAF to be promoted to the rank of colonel and whom at the time of her retirement was the highest-ranking African American woman in the USAF...hint: She was promoted to COL in 1968.

A: Col Ruth Alice Lucas

Q: Who is the highest-ranking woman to graduate from the U.S. Military Academy and the highest-ranking woman to graduate from the U.S. Military Academy...hint: she became the first black surgeon general, Dec. 11, 2015. In 2013, she was also the first black female major general of the Army's active component, and was Army Medicine's first African-American female two-star general.

A: Lt. Gen. Nadja West

Hopefully after the quick quiz you are interested to congratulate the women serving around you. Unfortunately, strides to become equal are still in motion. Thankfully recognition of hard work and perseverance is starting to be given to well deserving females in the military. Airmen or Solider, from the highest to lowest rank...take time to render a well deserving salute to the stellar women that serve daily to our nation.



Silver Flag kicks off

Photos by Senior Airman Erica Rodriguez



Civil Engineer structural specialists build a large tent at Silver Flag 2016 in Ramstein Air Base, March 8. The large tent is used as a dining facility during the exercise deployment.



Power production technicians prepare a mobile runway edge sheave for removal during training in Silver Flag 2016 at Ramstein Air Base, March 11. The Mobile Aircraft Arresting System is used in contingency environments allowing aircraft to safely land in the event of an emergency or where conditions are not present for conventional landings.



Tech. Sgt. J.R. Weglan, 175th Fire and Emergency Services fireman, checks exercise wounded airman during Silver Flag 2016 at Ramstein Air Base. The 175th FES participated in a search and rescue exercise with cadre acting as terrorists.

For more photos, visit the 113th Wing Facebook page at www.facebook/113WG

Spring 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.

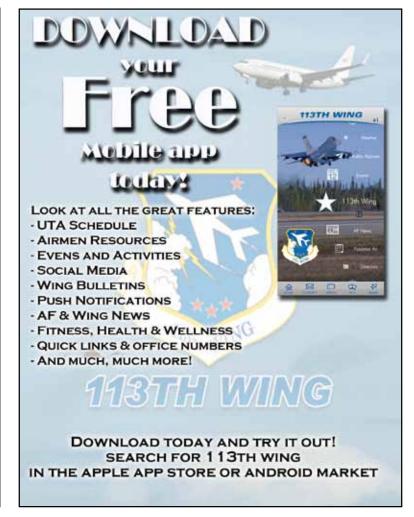
Cleaning: Spring is a popular time to clean and reorganize homes and garages slightly neglected during the winter. Discard medicines, chemicals and cleaning products which are out-of-date and not clearly labeled, and store kept items out of reach of children and pets. Separate newspapers, rags and other 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.





Capital Guardian Announcements

Important financial information

By Master Sgt. Somkiat Cholvanich

113th Comptroller Flight

March 12 & 13, 2016 UTA Pay date – 25 March 2016

Customer Service Hours – 0830 -1500

Reminders:

Military Pay Outstanding Order: Please check for outstanding Military Pay order by logging into AROWS- click on awaiting action or In Progress. If there is outstanding Military Pay Order you will see the link to click on to e-certify your AROWS order for pay.

Outstanding Travel Order in DTS: Please check for outstanding travel order by logging into DTS: Under Review/Sign Tab select Digital Signature, The routing status will be separated in two sections: Pending Actions-waiting for approval or review and Document History-completed routing.

Traveler Cannot Update GTCC Information in DTS

- The Travel Assistance Center identified (on 21 February) that travelers are no longer able to update their Government Travel Charge Card number in DTS.
- --- This likely occurred as a result of a maintenance release/update which occurred over the weekend of 19-20 February.
- When attempting to update information, DTS is instead presenting an "invalid card number" error.
- --- The error occurs both when attempting to update the information within an active travel document or from the traveler profile update option on the main menu.
- This issue has the potential to increase the percentage of GTCC declines due largely to mismatches between the account information in DTS and the actual/correct account information.
- The issue is being tracked under ticket number 160221-000193 and system problem report number DTS 457.
- The work-around is for the traveler to notify their Defense Travel Administrator (Unit DTS Administrator), who then must make the required update using the DTS Maintenance Tool.
- The PMO-DTS is currently working with the prime contractor to determine a viable fix.





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MAR 26TH 10AM - 9PM SUNDAY

MAR 27TH 10AM - 5PM

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