



ANG member makes the finish line



Staff Sgt. Lyle Sherwood poses after running the Boston Marathon. Staff Sgt. Sherwood is currently waiting for tech. school dates, so he can become a crew chief. Picture courtesy of The Boston Marathon.

By Staff Sgt. Lyle Sherwood

Thanks to the contributions of the members of the 157th ARW, I was able to raise more than \$500.00 for the Lion's Eye Research Fund, an official charity of the Boston Marathon.

My debut marathon, Boston's 108th, was the second largest starting field with 18,002 starting and only 16,793 finishing. Temperatures soared to over 85 degrees, causing even the most experienced runners to fret over the dangers of heat related injury and illness.

Cheering crowds lined the route from Hopkinton to Boston urging on the runners from beginning to end. And this day, the crowds were awesome. They provided runners with ice, orange slices and extra water, many even

turning their garden hoses into misting stations in an effort to help us keep cool.

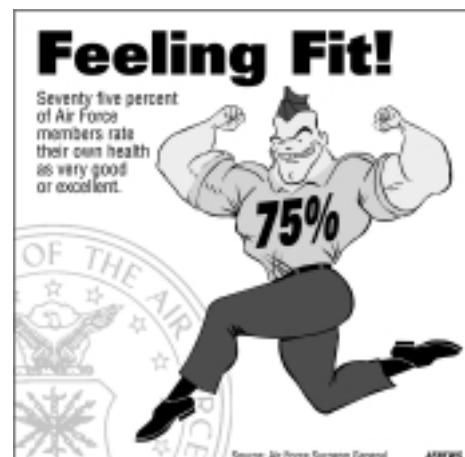
Tech. Sgt. Dan Pollard, everyone's favorite recruiter, generously outfitted me with a light cotton t-shirt with the emblem and colors of the New Hampshire Air National Guard and even a hand towel (which was quite handy) bearing our logo. I was motivated by 26 miles of cheers of "Go Air National Guard!" and lots of people shouted out that they had a son or daughter, father or mother in the Guard. Hundreds of uniformed military members provided traffic and crowd control and kept a vigilant eye on the crowds. They all met me with a smile and thumbs up!

In spite of the overwhelming heat, with all the attention my shirt was getting, I was not going to be able to quit and I sure didn't want anyone to see me laid out on a gurney!

By the time I reached the crest of heartbreak hill, people were dropping like flies. It was scary. More than 2000 people finished the marathon on their backs. I was happy to finish on my feet. In fact, I had enough physical reserve and had lost enough brain cells to finish the last 100 yards up Boylston Street at a full sprint!

1st Sgt. Gerry Lally will be pleased to know that I lost 15 pounds (and four toe nails) during the race and should be closer to reaching the Air Force weight standards!

Being my first marathon, I was able to simultaneously achieve my personal best and personal worst times. No matter how many I may complete in the future, I will always regard this year's race as my best, because of the patriotism and national pride that the crowds showed me. I plan to represent the 157th ARW in the 2004 Air Force Marathon at Wright Patterson in September. GO Guard!





Commander's Column

By Col. Richard P. Martell

We've just finished up a highly successful deployment to Turkey. Over 200 members of the Wing deployed during the month of April, performing yet another "link" in the Air Mobility global mission. Since 9/11, this Wing has been busy performing air refueling missions on the East coast, and this deployment allowed us to perform that function much closer to the action.

Our folks were busy supporting missions into Afghanistan and Iraq. One of the success stories was the partnership we formed with the 39th Air Base Wing (our host); the Turkish military; USAFE personnel and crews; and AMC active duty personnel and crews. Thanks to the mindset that we are all one team – it worked superbly! Another important job being done while we were there was our undertaking the task of writing the support plan for this operation for all of the Air National Guard. This document will ease the process and deployment of all the units that follow us. I thank all of you who participated in creating this important plan! Lastly, I would like to thank all of the people involved in the deployment and redeployment processes. I continue to believe that one of the best ways we can show you how much we appreciate your service to country is to make these transitions as "painless" as possible. I think our folks did a superb job at both ends of the mission!

When we come in for the June UTA, we will be hosting the Air Mobility Command's Inspector General Team. They will be arriving on Friday, June 11 and the team of approximately 45 members will be giving the Wing its Unit Compliance Inspection (UCI). Expect the team to be conducting inspections through Monday and then they will sit down to write their report. The outbrief will be on Thursday, June 17, time to be determined. All of you that want to attend are welcome!

As we have done in the past, I ask all of you to put on your "we've got company" face. Please extend all appropriate military customs and courtesies to our guests – look sharp – and have a great attitude! All of these actions will go a long way to showing the IG team what a great Wing we are!

Lastly, and along the IG line, many of our troops from services and base readiness recently participated in the first AMC IGX that has been held since the Global War on Terrorism began. Initial reports indicated that they did fine and we await their official grade. I thank them for stepping forward and getting this done.

Take care, good luck during the Unit Compliance Inspection, and have a great, safe, summer!



State HRA Position Open

By Col. Mike Horne

Vacancy Announcement for State Human Resource Advisor:

Chief Master Sgt. Mark Stevens retires in July, leaving this key position open. The position is located in Joint Force HQ-NH (Concord) and will be part of the new Joint Staff section.

HRA continued on pg. 4



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The Refueler welcomes articles and ideas that will improve the paper. If you have suggestions for feature or specific articles, please contact the PA office at x3413/3577, or your Unit Public Affairs Representative (UPAR).

Civil Engineering
Tech. Sgt. James Wallace x2395

Clinic
Senior Airman Lynsdey Hooper x2344

Mission Support
Master Sgt. Dan Ward
x3511

Operations
Tech. Sgt. Brian Elliott x3327
Tech. Sgt. Christie Rouleau x3321

Maintenance
Staff Sgt. Pam Clements x2442
Tech. Sgt. Robert Nicoletos x2512

Logistics
Tech. Sgt. Beverly Wallace x2696
Staff Sgt. Lisa Rowe

Services
Tech. Sgt. Lori Johnson x3291

Wing
Senior Master Sgt. Valerie Morgan x3151

ATC
Tech. Sgt. Tammy Daigle x3401
Tech. Sgt. Michael Caracoglia x3401

Promotions**Senior Airman**

Kelly L. Beaton
 Mathew J. Steer
 Jason Christiansen
 Keith R. Williams
 Jacob B. Wallace
 Evan M Appleton

**Staff Sergeant**

Bernard Reed
 Kenneth O'Brien
 Robert Stewart
 Michael Dolan

**Technical Sergeant**

John A. Rodgers
 Jeffrey Vermette
 Jonathon Evans
 Alfred Orsini
 Bernard Champagne

**Master Sergeant**

Phillip Cote
 Travis Allen
 Robert Wheaton
 Kevin Economos
 Gary Enos
 Mark Thomas
 William Bates

**Senior Master Sergeant**

Wade A. Krause

**Reflections**

By Senior Master Sgt. Jim Dahlberg

April was my last UTA. With a little over 21 years of military service, I'm clocking out to pursue other challenges. It has been a great career and I will always remember it as one of the best parts of my life.

On reflection, I have to tell you that my original goal for promotion was master sergeant. Now, when I look at the "senior" stripes on my sleeve, I know I met and surpassed that challenge, but not without the help of a lot of others in Personnel.

But as I reflect on the achievements of my own career, I'm more reminded of another veteran I once

knew whose experience with promotion during World War II was much different than what I think we enjoy today.

This guy enlisted in the Army in February of 1944; so old at the age of 34 that the others in his unit, mostly teenagers, referred to him as "Pops." Following basic, he went to New Jersey for anti-aircraft gunnery school. But, by July, the Allies had gained such complete mastery of the skies over Europe the need for anti-aircraft gunners evaporated. He was shipped to a replacement battalion in England and by the fall he was on his way to France.

He landed in a glider; a military courier with a satchel of secret documents. From then on, he was attached to Corps Headquarters moving constantly with the front line. Towards the end of December he found himself camped near the Ardennes Forest. The location would become known as the Battle of The Bulge and it was there that he would earn one of his 3 battle stars. It would also be the place where he thought he would die. Because, as he would later relate, "If the Germans didn't get me, I was probably going to freeze to death." Those weeks in Europe were the coldest on record.

In the months ahead, he would cross the Rhine on a pontoon bridge while a new German weapon, called a Jet, screeched overhead. He and others would crawl into caves to clean out pockets of German resistance. One of the first Americans to liberate a concentration camp, he would wonder aloud how any government could treat their own people the way the Nazis did.

At the River Elbe, his unit stopped and turned around. They had won the war and for the next several weeks they helped in the roundup and documenting of the army they defeated; up to 10,000 gray clad, haggard looking German soldiers per day.

The Russians brought Vodka and together they danced around the bonfires, celebrating an Allied Victory. Danced, that is, until the Soviets started feeding the fire with live ammunition. He would say. A new "wonder drug" called Penicillin would be discovered and a simple injection would

save the lives and limbs of thousands. The Red Cross would hand out Baby Ruth candy bars and he would remember, "Two were just enough to make you feel a little sick."

All of these things he did. Every challenge was met. But no matter how hard he tried, no matter how professional his appearance or conduct, he couldn't get promoted. Life on the line everyday, but stuck at the lofty grade of E-2.

And then one day in 1945, President Roosevelt signed a bill into law that required a minimum rank for anyone serving in a theater of operations. The news was electrifying and the promotions had both an immediate and dramatic effect on hundreds of thousands of GI's serving around the world, not least this soldier.

Eventually, he and 8 million other Citizen Soldiers would return to their homes and families. Their uniforms were relegated to the backs of closets and attics. And never again, at least no more than any of the other veterans of that war, would this particular veteran speak of his World War II experiences.

But in later years if you pressed him and he was in a jovial mood he would sometimes reminisce. And when he did, he was always fond of saying that he was "...proud to have served God and Country." That it was "...a great honor to be part of the Army that 'Saved The World.'" But "...by God it took an Act of Congress to get me promoted!"

This veteran I've been writing about, the one I've been quoting, was my father. Private 1st Class Kenneth L. Dahlberg. I only know of his exploits through his war letters, which my mother kept.

Today, I believe that every person who enlists in this unit has an equal chance to be promoted to the ranks of senior NCO, including senior and chief master sergeant. But it won't happen automatically. You have to work at it.

To begin with, get your upgrade training completed. For those who think your 5 Level is an impossible task, welcome to the club. The study and completion of this part of your training is the singularly most difficult academic challenge you will have in

Reflections continued on pg. 6

AAG

By: Col Mark F. Sears

National Guardsmen have been called to duty and served with honor and distinction in every major war and military operation since 1636.

Today, 367 years later, thousands of Army and Air Guardsmen continue to be deployed world-wide, working seamlessly with active duty counterparts as well as coalition partners, in support of the Global War on Terror (GWOT).

The New Hampshire National Guard, while small in terms of numbers, is playing a large role in this effort, mobilizing more than half of its soldiers and airmen for GWOT and Homeland Defense duty.

Most recently, our unit, the 157th ARW, deployed more than 200 airmen to Incirlik AB, Turkey, to complete the AMC air bridge operation for aircraft entering and departing the CENTCOM AOR.

While many of these missions were highly classified, our mission remained constant – provide much needed fuel to specified receivers at a specific place and time – and I can tell you we did it flawlessly – 100% mission effectiveness.

As the deployed Commander for the 385th Air Expeditionary Group for the second rotation, I had the opportunity to work with a group of hard working, dedicated people operating in what seemed, at times, a very chaotic environment.



Our challenges were many – maintaining a delicate “host nation” association with the Turkish military as we quickly ramped up to max operating capability; enhancing key relationships, at all levels, with 39th Air Base Wing personnel; constant scheduling changes and adjustments; the steep “learning curves” placed on our own folks who served in positions different from those at home base; the blending of active duty crews from a variety of bases and the constraints of different models of aircraft; and, yes, even the dreaded “Turkish trots” debilitating some of our people!

Yet, despite all this, the 385th performed superbly - remaining focused and mission oriented – with outstanding results.

HRA continued from pg. 2

This is an E-9 position, AFSC non-specific. The selected individual is required to successfully complete the HRA course to be appointed. There is a lot of travel required in this position to various workshop/conferences. Initial length of tour is 3 years, with possible extensions on a 1, 2, 3 year basis (not to exceed 6 years).

Selection criteria: behavior characteristics in diversity management, initiative / responsibility, teamwork / relationships, effective communications, etc. See ANGI 36-2110 for more details. In addition, this position will have provisional duties in Homeland Security and Military Support to Civilian Authorities.

To apply for this position, please contact Chief Master Sgt. Jackie Page at 603-225-1202 or via email jackie.page@nh.ngb.army.mil NLT 15 June 2004.

(Col. Mike Horne, 225-1336)



Space-A News

By Master Sgt. John Craig

The Air Mobility Command confirmed on Feb. 26, 2004 that the morale boosting policy, which allows eligible family members of active duty and retired personnel to travel Space-A with their sponsors within the United States, has been EXTENDED INDEFINITELY! This new rule affects point-to-point travel in CONUS, which has not been available in the past.

What does this policy change mean to the ANG? Simply stated, if you are on an active duty tour, you qualify.

Call 430-3323 for the recorded flight schedule and procedures for signing up, or visit the boom operators’ shop in bldg. 257 with your questions. You’ve earned this privilege. Take advantage of it!

Current space-A schedule:

<u>DEPART</u>	<u>DESTINATION</u>	<u>RETURN</u>
09 JUNE	EIELSON AFB, AK	17 JUNE
20 JUNE	RAF LAKENHEATH, UK	ONE WAY
24 JUNE	LITTLE ROCK AFB, ARK	ONE WAY
25 JUNE	LONDON IAP, ONT. CN	27 JUNE
11 JULY	GEILENKIRCHEN AB, GY	16 JULY
19 JULY	GEILENKIRCHEN AB, GY	23 JULY
28 JULY	SPANGDAHLEM AB, GY	ONE WAY

People Poll:

Questions and pictures by Airman 1st Class Brenda Dillon and Airman 1st Class Lindsey Watson-Kirwin

Q: Do you feel that you are adequately supplied with the proper materials to successfully perform all your duties?



"Supplies- yes.
Facilities- no. We have limited training space and accessibility to building materials is inadequate."
Staff Sgt. Robert L. Rojek
NCOIC of Honor Guard



"We do feel that we can complete all necessary duties, We just recently received all our gear."
Airman 1st Class J. Steer
Staff Sgt. Kenneth Mathew J. O'Brien
Security Forces



"Yes, we are adequately equipped to complete our mission. We are well trained and we have a good core group of people that can meet the needs of the base on drill weekends."
Tech. Sgt. E.M Pelkey
Firefighter



"I'd like to get more manning; it's always been a recruiting struggle around here. Management gives us all they can."
Staff Sgt. Brike W. Hall
Communication plans



"Definitely. Everybody does a great job making sure we have everything we need."
Senior Airman Stacy E. Stafford
Services



"Yes. I'm supplied with everything I need to do my job on drill weekends and prepare for TDY."
Master Sgt. Jake L. Negrotti
Airfield Management craftsmen

Army Guardsman begins Embassy Tour



Embassy of the United States of America in El Salvador



By Col. Mike Horne, Executive Support Staff Officer

NH Army Guardsman CW4 Joe Ducey began a four-month tour at the U.S. Embassy El Salvador as a Traditional Commander Activities (TCA) Coordinator at the end of May replacing Air Guard Capt. Bill Davis. Ducey is the sixth New Hampshire Guardsman to fill the position. He will oversee United States Southern Command funded engagement programs between El Salvador and various U.S. military components as well as civilian agencies. A secondary, but vital, aspect of the job is to serve as New Hampshire's 'downrange representative' for our thriving State Partnership Program with El Salvador.

New Hampshire's program is one of the most active in USSOUTHCOM and in FY04 has 10 scheduled exchanges on topics ranging from K9 counter-drug to advanced cardiac life support.

Congratulations to CW4 Ducey, and a big NH welcome home to Capt. Bill Davis!

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your Air National Guard career, no matter the AFSC. Get it done quickly. It's a great achievement, but you're still at the beginning.

Complete Airman Leadership School. Upgrading to your 7 Level should be next. The NCO Academy should follow. And once you've made master sergeant, enroll in the 'grand-daddy' of courses, the Senior NCO Academy. By this time in your life you'll probably be more inclined to kick back and relax, but like I said, you're going to have to work...

When you're not studying or mowing the lawn, check into the benefits we receive as Guardsmen from the University of New Hampshire System. It's called free tuition, in case you hadn't heard, and it extends from an Associate to a P.H.D. The Base Education and Training staff can tell you all about it.

If you do all these things -and attend unit drills- I guarantee you will gain promotion into the senior NCO ranks. And I'll guarantee you one more thing. Someday, when you reflect on your career, as I've done this week, at no point will you have to say that any of your stripes or promo-

tions or achievements took an "Act of Congress."

Finally, and this is probably more important than anything else I've said, while you're studying those CDC's, or standing guard on the flight line on a cold February morning, or sharing a meal with your family, remember -know- that you are a member of one of the most professional and effective military units ever. A unit whose roots go back over 200 years to another group of citizen soldiers, wearing 3 corner hats, who stood in a meadow not far South of here and fired "the shot heard round the world."

It's an old and prestigious unit that is known by a variety of names. To the neighbors in the towns and cities that surround it, it's referred to by the name of the Air Force Base that it used to be and the Trade Port that it's now a part of.

To its own unit members, other Tanker Units, and the Air Force it's most commonly referred to by a 3 digit numerical sequence that, for 40 years, has identified it as a Flying Wing.

But to most people: family, other state units and many international allies it's more often recognized and

Safe Fun in the Sun

By Airman 1st Class Brenda Dillon

1. Limit your exposure to avoid sunburn and wear sunscreen at all times even if your skin is tan or dark already.

2. Wear sunglasses. Eyewear protects your eyes from harmful ultravioletlight rays. Eyelids will not tan; they will burn.

3. Consider your medical history: If you are undergoing treatment for lupus/diabetes or are susceptible to cold sores, be aware that these conditions can be aggravated through exposure to ultraviolet radiation.

4. Stay hydrated. Drink at least 8 cups of water daily. Relying on thirst is not an accurate indicator of when to drink since being thirsty means you are probably already dehydrated.

spoken of using the name that it advertises on the tail fin of it's planes. Like a flag at 50,000 feet, it flies every hour of the day, everyday of the year. It's a name that signifies it as one of the original 13 colonies. Strong people. Rugged, tempered by ocean storms and harsh New England winters. It's the greatest state in the union. And it's home to the finest military unit in the world, the New Hampshire Air National Guard.



Rambling With the Retirees

By Julia Lightner-Fredyma, senior master sergeant, Retired

Where do I begin to thank all of the uniformed dedicated professionals of the NHANG for supporting and defending freedom at home and abroad? I take those smaller opportunities to notice, say thank you, and reflect from my heart.

During our March meeting for example, Senior Airman Cathy Coletti, NCOIC of Personnel Relocations, updated us on a variety of retiree personnel issues. Her presentation was highly professional and extremely valuable to those retirees in attendance (Loyal Wessling, Ron Simms, Mo Desrosiers, Ed Bentzler, John Gordon, Terry Hardy, Paul Russo, Doug Murphy, Hank Godbout, Oscar Annis, and Chief Master Sgt. Dave Eaton, our liaison). She so impressed me that I shared her package of info with three other retirees whom I thought it would benefit: a USNR and a NHNG retiree I work with at school, and Bob Gazda, a NHANG retiree, I dance with regularly.

A week or so later, I purposely attended a "Spring Fling Dance" at the Dover Elk's Club, which was also a fundraising event for the NHNG Chaplain's Relief Fund. Having the opportunity to dance only 3 minutes from my front door and for a GREAT cause was well worth it. My only disappointment was not seeing anyone there I knew.

Then on my way home from a hectic Friday to start my spring school vacation, a motorist who had been following me for some time, pulled along side my vehicle, rolled down his window and honked. He had noticed my NHNG license plate and wanted to know whether it was my husband or myself who was in the Guard. When I told him it was "myself", he proceeded to give me numerous respects and thank you's for my military service. His accolades were heartfelt and brought to mind not just my own military experiences but also those who came before AND after me.

As we plan to attend this month's Annual Retiree Homecoming Picnic on Tuesday, June 22nd, let us not forget to pay our own respects to those currently serving in the NHANG. We are their greatest allies. As a reminder, the Retiree Association does not meet on the June UTA because of the picnic. Until then, keep an eye on your U.S. Postal mailbox for the event details. We hope to see a record crowd again. The next retiree meeting will be in September, probably on the 10th.

To contact us: Email address changes: Doug Murphy (master sergeant) at Murph-D@comcast.net (235 Rosedale Ave, Manchester, NH 03103-6440, 603/625-8803).

Refueler address changes: Senior Airman Cathy Coletti, NCOIC, Personnel Relocations, 157 MSF/DPMAR, 302 Newmarket Street, Pease ANGB, NH 03803-0157; DSN: 852-2477 (COM: 603/430-2477); FAX: DSN:852-2456 or COM:603/430-2456; or via email cathy.coletti@nhpeas.ang.af.mil.

Other correspondence: Julia Lightner-Fredyma (senior master sergeant), 54 Bridle Path, Dover, NH 03820 (603/740-4928), jlightner50@hotmail.com

NHANG TRADITIONAL GUARD PERSON OF THE QUARTER

By Master Sgt. Norma Long



Senior Airman Greg Lawn (NHANG Photo by Senior Airman Curt Lenz)

Please congratulate Senior Airman Greg Lawn of the 157 Maintenance Squadron for the 2nd Quarter Award Winner of the NHANG Traditional Guard Person of the Quarter. Honorable Mention goes to: Staff Sgt. Jason Fritz (CES), Senior Airman Michael Glennon (LRS), Tech. Sgt. Kevin Nichols (CFM), Senior Airman Jason Veziris (OG), Tech. Sgt. Alan Beaulieu (133ARS), Tech. Sgt. Rodney Venable (CES), Airman 1st Class Brenda Dillon (ARW), Staff Sgt. Pam Clements (MXS) and Spc. Glen Camire (SFS). Thank you to the individuals who took the time to submit the above individuals. Senior Airman Lawn has his own special parking spot and receives \$50.00 from the Commander's Group. Next nominations will be in the month of June!!!

Col. Reddel gets his wings

By Airman 1st Class Lindsey Watson-Kirwin

On Feb. 27, 2004 William N. Reddel III was effectively promoted to the rank of colonel.

Col. Reddel III is the Director of Operations for the Joint Force Headquarters, New Hampshire Air National Guard, State Military Reservation, in Concord, NH.

The colonel has held many leadership positions here at Pease. Col. Reddel has been a KC-135E/R Instructor Pilot, Flight Commander, Quality Assurance Pilot for Maintenance, 157 Aircraft Generation Squadron Commander, and 133rd Air Refueling Squadron Commander. The colonel has accumulated more than

Col. Reddel continued on pg. 11

Aircraft Rescue and Fire Fighter Training Exercise & Security Forces Training Exercise





Family Program Updates

by Bonnie Rice, Family Readiness Program Coordinator



FAMILY PROGRAM MAILING LIST: Many of the free/discounted tickets that are received for our members are short notice – if you would like to get the ticket info when it is received, remember to have yourself added to our email-mailing list.



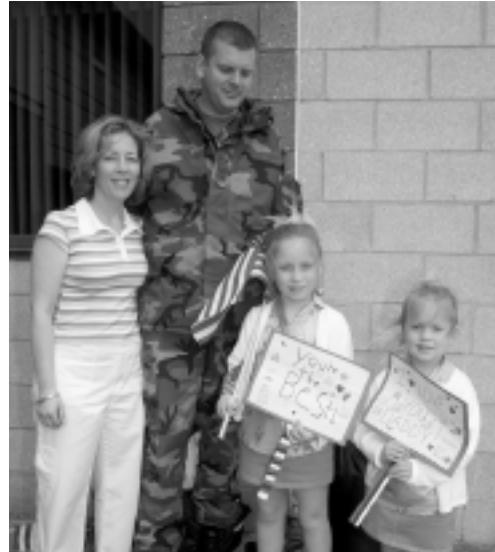
Senior Airman Michael Filiettaz is greeted by his mother Mrs. Richard Filiettaz and friends after his return home from Turkey on May 2, 2004. (NHANG Photo by Senior Airman Curt Lenz)

THANK YOU: Our Turkey Deployment is over and I need to thank all of our wonderful volunteers who gave of their time to make both our deployment and return receptions successful. Our volunteers who participated were: Ann Hyland-Hebert, Jim Protzmann, Pam Martell, Donna Sears, Nicole Piaseczny, Pat Noyes, Catherine Keenan, Rebecca Pellowe, Dawn Booker, George Gielen, April Rice, Jay Rice, and Brandie Rice. George Gielen was our fantastic volunteer who provided the resources for the cakes and muffins for all of the events. I would also like to thank all the wonderful military volunteers who supported our receptions. A special thank you needs to go to the Services Squadron. As always, they went out their way to help in many ways!!



Staff Sgt. John Bober hugs baby Brenna after his return home. (NHANG Photo by Tech. Sgt. Tim Psaledakis)

Our families are important to us. Thank you again to everyone who participated and supported the Family Program.



Master Sgt. Feenstra is greeted by his wife Brenda and daughters Meredith and Mallory after his return home from Turkey May 2, 2004. (NHANG Photo by Senior Airman Curt Lenz)

MILITARY DISCOUNT INFORMATION: The following is a great website that lists a variety of military discounts being offered by many local businesses. www.wokq.com/messageboards/homeland_helper.shtml. Remember, always ask if they offer any military discounts, you may be surprised. Many businesses have been very supportive of our Military Members.

YOUTH INFORMATION: A useful brochure for children of deployed military members can be found here: www.militarychild.org/pdf_files/deployment2.pdf.



AIR FORCE ONE SOURCE: The Military Child
Being a parent is a difficult job. Whether your child is an infant or teenager, you always want to do what's best for your child. This includes finding the right childcare and school programs for your children, especially when a special needs child is involved. Communicating with your child can also be a very stressful task.

Family Program Cont. from pg.10

Now there is another service available...Air Force One Source is a pre-paid resource that can help you implement your plans in preparing your child to adjust to new friends, a new community and a new school setting, and to:

Find local special needs resources, especially for family members who do not live near a base

Provide information on family and children support groups in the community

Review child care and elder care arrangements and find backup, new, or temporary care if necessary

Log on to www.airforceonesource.com today to read or download these informative articles:

- § The Positive Discipline
- § Questions Parents Ask
- § Talking with Your Teen

To read or download life articles, just go to www.airforceonesource.com and click on "This Month's Feature," or call Air Force One Source today.

Air Force One Source—any time of day, wherever you are. So get in touch with us today. We have consultants who speak Spanish and offer simultaneous translation into more than 140 other languages. TTY/TDD and accessibility Web site also available.

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 International: - 800-707-57844
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 En español, llame al 1-800-375-5971
 TTY/TTD: 1-800-346-9188

YOUR GUARDIANS OF FREEDOM AND THE AIR FORCE PARENT PIN PROGRAM: Secretary of the Air Force James G. Roche and Air Force Chief of Staff Gen. John P. Jumper launched the service-wide campaign to thank the parents of America's

airmen for supporting their children's service.

If you have not already done so – please go to the following web address to order your pins for your family members. Your family will be proud to wear the following pin....



The Air Force's Your Guardians of Freedom office developed a secure, web-based system for airmen to provide the names and addresses of up to two parents (or parental figures). Shortly after an airman registers and submits the necessary information, his or her parents receive personalized tri-fold cards from Secretary Roche and General Jumper containing high-quality lapel pins displaying the letter "P" cradled in the Air Force symbol. All airmen - active, Guard, and Reserve - are strongly encouraged by their chain of command to go to www.yourguardiansoffreedom.com and have pins sent to up to two recipients.

The social security numbers are required to ensure that ONLY current members of the Air Force (active, Guard and Reserve) can order the pins. The program is funded for up to two pins per Air Force member. The SSNs entered are matched against the AF/DP database to ensure that only authorized airmen receive these pins. (The SSNs are not stored. If you put in a bogus social, it will reject you. If you log on as a new user repeatedly and add the same social, you will notice that the system does not tell you your social has already been loaded.)

Family Readiness Program Contact info: Bonnie Rice, Family Readiness Program Coordinator
Building 16, Pease ANGB
Phone: 603-430-3545 or you may send an email to Bonnie at Pease:
bonnielee.rice@nhpeas.ang.af.mil
24-hour hotline: 1-800-472-0328



USAF SERVICES
The Best Support For Our Best Airmen

JUNE UTA MENU

DAY: Saturday
 DATE: June 11
 MENU: Grilled Ham Steak with Pineapple Sauce
 Scalloped Sweet Potatoes
 Hoppin John
 Steamed Asparagus
 Cauliflower
 SNACKLINE: Taco Salad
 SOUP: Airman's Special

DAY: Sunday
 DATE: June 12
 MENU: Cheese Stuffed Shells w/Marinara Sauce & Italian Meatballs
 Broccoli Parmesan
 Mixed Vegetables
 SNACKLINE: Grilled Rubeen
 Onion Rings
 SOUP: Airman's Special

Menu selections also include the salad bar, assorted fresh fruit, desserts and assorted hot and cold beverages
 Meal Charge \$3.30

Col. Reddel continued from pg. 7
 15,000 flying hours operating a variety of both military and civilian aircraft.
 Col. Reddel resides in Londonderry, NH, with his wife, Becky and their two daughters, Jordan (14) and Alexis (10).
 The colonel has set a great example in his pursuit of higher education. He has worked diligently to acquire a Bachelor of Arts, Bachelor of Business Administration, Associate in Science Aviation, and a Psychology Minor all from Nathaniel Hawthorne College, NH.
 Congratulations Col. Reddel. (Information provided courtesy of Col. Reddel's biography.)

From the Diversity Corner.



AIR NATIONAL GUARD
Together We Succeed

By: Senior Master Sergeant Valerie R. Morgan – Wing HR Advisor

May's Observance: Asian Pacific American Heritage Month: During the month of May, we celebrate Asian Pacific American Heritage Month, and pay tribute to these people who have played a vital role in the development of the United States. These citizens have made significant cultural contributions to the United States in the form of literature, art, cuisine, entertainment, and science – and have influenced all American lives.

Asian Pacific American Heritage Month is celebrated throughout the country with various community festivals, educational activities, and government sponsored events.

In 1978, former President Jimmy Carter signed a Joint Resolution designating the annual celebration, and, in 1990, former President Bush designated May to be Asian Pacific American Heritage Month. During the month, we honor the first Japanese immigrants who arrived in the United States in May 1843. They "came to America to discover the promise of our Nation and to realize their dreams." In a 2003 Proclamation, President Bush said, "the values and traditions of the Asian/Pacific-American community – love of family, entrepreneurship, excellence in education, and community service – have strengthened us as a Nation. During this month, we celebrate the contributions of these talented and hard-working citizens and recognize their rich legacy of ingenuity, perseverance, and achievement.

Generations of Asian and Pacific Americans have proudly served our Nation with honor and courage in wars and conflicts, including, most recently, Operation Enduring Freedom and Iraqi Freedom."

Did you know??—From 1911 to 1969, there have been nine Asian Pacific Americans who have received the Congressional Medal of Honor.



June Observances and Celebrations:

- International Volunteers Month
 - National Drive Safe Month
 - National Dairy Month
 - National Rose Month
 - National Tennis Month
 - National Adopt A Cat Month
 - National Accordion Awareness Month
 - American Rivers Month
 - National Flag Week - June 13th-19th
 - Flag Day – June 14 th
 - Father's Day – June 20th
 - Did you Know? In June, 1924, The United States granted full citizenship to American Indians.
- (Sources for the above include Asian Pacific American Heritage Month Web Site, www.va.gov/dmeeo/cal04, and www.umkc.edu/imc/june2.htm Web Sites)



Senior Airman Lyndsey Hooper takes a break from her busy day. (NHANG Photo by Airman 1st Class Lindsey Watson-Kirwin)

UPAR Highlight

By Airman 1st Class Lindsey Watson-Kirwin

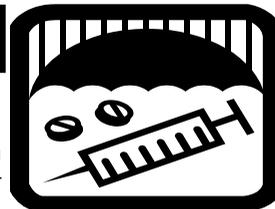
There are several Unit Public Affairs Representatives floating around base. Do you know who your UPAR is? If not, look on page two of the Refueler. We will start highlighting our UPARs in the Refueler to include their picture and a quick tid bit about them.

This month we are highlighting Senior Airman Lyndsey Hooper. Hooper is the Medical Readiness Administrative Assistant and the UPAR for the 157th Medical Group and the Unit Fitness Program Manager. Senior Airman Hooper is the 157th Medical Squadron Airman of the Year, as well as, a Dr William F. Croskery Award Nominee. Hooper is a member of the Pease Air National Guard Honor Guard Team. Senior Airman Hooper has volunteered on several occasions to assist the Recruiting team in their mission. Hooper is Presently on an MPA tour in the 157th Medical Group in support of OPERATION Iraqi and Enduring Freedom.

So if you are in the Medical group and need anything related to Public Affairs Senior Airman Lyndsey Hooper should be your first stop.

Clinic News

By Senior Airman Lyndsey Hooper



Congratulations: Lt. Col. (Dr) John Mirabello successfully completed Air War College in March. In addition to completing Air War College, Doctor Mirabello continues to make the Medical Squadron proud by being named, for the second year in a row, New Hampshire's "Top OB/GYN".

Clinic Fun Run: In order to better prepare ourselves for the new up-and-coming Fitness Assessment, the clinic engaged in a Fun Run Sunday of May's UTA. The Fun Run consisted of stretches and a mile and a half jog with some cadence calling and ended with pushups and sit-ups. This was done in order to show members where they stand physically and encourage them to make goals and start mentally and physically preparing themselves for this new assessment.

Things to look for in the future at the clinic... Lt. Col. Dunkelberger with the publication of the new Fitness regulation, ANGI 10-248, the clinic is looking into the possibility of having a nutritionist, fitness trainer and weight management specialists help us become a more fit and ready force. More to follow in upcoming Refuelers.

New ANG Fitness Program

By Master Sgt. Brenda M. Blonigen
Wing Fitness Program Manager

"Here we go again running the dangerous mile and a half once a year." "I will never have a 32.5-inch waist at the age of 45." "Why are we changing the fitness test again?" These are only a few of the comments that have been heard around Pease ANGB over the past four months with the anticipation of the new fitness AFI being released. Now the new AFI has been released and hopefully this article will clear up some of the misinformation that has been circulated.

Yes, to receive the maximum number of points for the abdominal circumference you would need a 32.5 inch waist for the men and a 29.5 inch waist for the women. The 1.5-mile run is a part of the fitness test, however, there are very strict guidelines for determining whether or not someone will complete the run or continue to do the step test as the Air Guard did last year. The majority of personnel will more likely be doing the step test.

Don't get discouraged by the 32.5 or the 29.5 or the 1.5-mile run, get encouraged and set a goal. The program will be implemented immediately. The actual fitness testing will not be accomplished until September.

A 45 year old woman can have an abdominal circumference of 34, do 18 push-ups, 30 sit-ups, run the 1.5-mile in 17:36 and receive a composite score of 75-89.99, which is considered "good". A 45-year old male could do 30 push-ups, 35 sit-ups, have an abdominal circumference of 36 and run the 1.5-mile in 13:36 for the same "good" composite score. Start now with your training, set a goal and stay encouraged it can only benefit you.



NEWS FROM THE RETENTION OFFICE

By Master Sgt. Norma Long

The Retention Office has now taken over the Tuition Waiver Program. Please stop by our office to pick up the tuition waiver form prior to starting your semester. We will only process forms for future classes and we will not backdate any forms. A reminder to commander's to not sign the tuition waiver form unless it's completely filled out by the member.

Effective April 1st there is a new Incentive List. If you're getting ready to reenlist check with your Unit Career Advisor or my office to see if you qualify for any incentives.

Did you know as an Officer you could also have the Montgomery GI Bill? You could receive \$282 a month if you're a full time student. If you have any questions on the above please contact Master Sgt. Long or Tech. Sgt. Foggarty at extension 3507.



Special Olympics

NEED VOLUNTEERS

The Special Olympics will be held this year at UNH on Friday June 11th and Saturday June 12th. We are looking for volunteers for Friday from 8:00 to 5:00 and Saturday the same time. If you can volunteer even a half a day would be great. Usually, we break at 12:00 for lunch. We usually wear our blues for the day activities and service dress for opening ceremony. Friday night will be the opening ceremonies. Anyone who volunteers needs to be at the field at 7:00. The parade of Olympians starts at 7:30 and we should be done by 9:00. If you have another commitment you can leave after the national anthem is played. It is preferred to have everyone stay until the fireworks are done. Please contact me as soon as possible if you can volunteer. I have to provide a list of volunteers. As a reminder, if you plan to volunteer, drill has to be made up or leave has to be taken. Please check with your supervisors to make sure you being absent will not impact the UCI. The team is supposed to arrive on Friday.

If you have any questions on the above, please contact me in the Retention office at 430-3507. Thank you, Master Sgt. Norma Long.

SEXUAL HARASSMENT



IT'S WRONG! IT'S ILLEGAL!
IT WILL NOT BE TOLERATED!
IT'S AS SIMPLE AS THAT!

What is Sexual Harassment? Sexual Harassment is a form of sex discrimination that involves unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature:

- "UNWELCOME" meaning, "NOT of a kind to be welcomed, desired, sought, wanted, and wished."
- "SEXUAL NATURE" meaning, "Behavior with some sort of sexual connotation to it." *Submission to such conduct is made either explicitly or implicitly as a term or condition of a person's job, pay, or career. *Submission to or rejection of such conduct by a person is used as a basis for career or employment decisions affecting that person. *The conduct interferes with an individual's performance or creates an intimidating, hostile, or offensive work environment.

How can sexual harassment impact the workplace and mission effectiveness?

- Interferes with work performance
- Creates fear, anxiety, and stress
- Destroys cohesion/threatens retention
- Lowers morale
- Undermines readiness
- Detracts from mission accomplishment

Take some time to answer these questions: Does this behavior contribute to work output and mission accomplishment? Could this behavior offend or hurt other members of the work group? Could someone misinterpret my behavior as intentionally harmful or harassing? Could this behavior send out signals that invite inappropriate behavior by others?

If you have seen any behavior that you find offending, don't be afraid to let that individual know you are offended by this behavior. If you have any questions, need advice or direction on how to deal with a situation, call: Military Equal Opportunity at DSN 852-3524 / 2612



Safety / Trespass Notice

By **TSGT Dale Snowden NCOIC, 157**

SFS / CATM This is a Safety reminder

that applies to everyone who works here at Pease ANGB. The Small Arms Range (building 146) located on Range Rd is off limits to unauthorized personnel. This is to include the immediate grounds surrounding the range building and the wooded area directly behind the ranges backstop due to the live firing that takes place at that location. This wooded area has been additionally posted with warning signs to warn personnel of the danger. Again no one should enter this area. In addition to the warning signs there will be a red flag and or red-lighted beacon in use whenever firing is in progress. If there is a valid need to enter the fore mention areas contact CATM personnel @ X-2611 or in an emergency contact Pease Dispatch @ X- 2911. These precautions are put in place for your safety.

Unit Climate Assessment...Another Survey

By **Maj. Marc Schwartz**

In the 1950's and 60's, most consumers kept complaints about the products they bought or the services they received to themselves. What other choice did anyone have? Who would listen, or even if you could talk to someone, they were often unable to help. During the last ten years, you may have concluded that the pendulum has shifted to the other extreme. Employers, businesses, instructors, and companies are among the many interested parties that want your input. How many surveys did you fill out this year requesting your opinion about your employer, your job, or the product you just bought?

In 50 years our culture has evolved from "no one was listening" to "everyone is listening." Or are they really? Forms and surveys ask us lots of questions. Given that many of the questions look similar can we assume that anyone was listening?



Next month, the wing commander will ask members of the 157th ARW to complete a Unit Climate Assessment. Even though this is a new survey for many of us, it does look like the Air Force Climate Survey that you completed in November. The similarities will undoubtedly raise the question, "Why should you fill it out, if it looks like the form you filled out in November? Who is asking these questions? Is anyone really listening? Will your answers serve any meaningful end?"

Let me try to answer these potential questions. The Military Equal Opportunity Office of the Air Force generated the survey items to help the wing commander and unit commanders assess the human relations climate throughout the wing. The program identifies those human relations factors, both positive and negative, that may affect mission readiness, such as unit morale, equal opportunity and treatment, interpersonal relationships and communications. Your military equal opportunity (MEO) office is managing this enterprise by monitoring the number of surveys completed on the website and by presenting the web generated reports to the individual commanders. Like the AF survey, anonymity is preserved not only for the individuals completing the surveys but each unit report is for that commander only. Like the AF survey, you will be able to complete the survey on-line. The final end product will go to the wing commander who receives a report for the wing as a whole.

Senior Leadership recognizes that the wing functions better as a team when individuals feel that they are empowered to do their job in an environment that is free of unnecessary duress, constraints, and burdens. Your unit commanders are in the best position to react to problems

Survey continued on pg. 15

Survey continued from pg. 14

in the unit. Furthermore, in order to recognize the severity of any potential problem(s), you will complete the same survey every two years so that MEO and the senior leadership team can evaluate whether problems have been addressed. Additionally, we want to identify developing problems so that we can respond quickly.

As you fill out the web-based forms, please consider adopting the perspective that you are talking to your unit commanders, and that MEO is the conduit to help your message reach them. MEO will look for trends, and suggest strategies for achieving the Air Force's goal of maximizing mission readiness by addressing issues distracting you from attaining that goal.

Military Equal Opportunity Staff:
DSN: 852-3524 COMM: (603) 430-3524 Major Marc Schwartz, Major Laurie McAvoy, SSgt Darrin Sargent, & SRA Anita Manupelli

SOFTBALL

By Staff Sgt. Michelle Mercier

The New Hampshire Air National Guard is trying to take a Coed Team to the 39th Annual Air National Guard Tournament in St. Joe's, Missouri from Aug. 10 to 15, 2004. All Air Guard members, retiree's, and dependents over the age of 18 are eligible to participate. If you or someone you know, is interested in participating please contact Staff Sgt. Michelle Mercier @ x2435, or Master Sgt. Phillip Erwin @ x3217 for more information.



Teams and Leagues

BY Airman 1st Class Lindsey Watson-Kirwin

If you are a member of a National Guard team or league such as: softball, bowling, golf or basketball please contact the Public Affairs office. We would like to start a sports section in the Refueler. The aforementioned sports are the teams/leagues we are aware of, if you know of another team or league please let us know. We would like to represent everything possible. Point of Contact: Airman 1st Class Lindsey Watson-Kirwin, 430-3577 (PA office)

Recruiter  Rap

Submitted by Senior Master Sgt. Shannon Tolley, 157 ARW Recruiting

Recruiting Quote of the month:
"Asking the right questions takes as much skill as giving the right answers"
- Robert Half, Founder, Robert Half Associates

EVENTS! EVENTS! EVENTS!

June 12: MARKET SQUARE DAY
Portsmouth, NH - POC: Tech. Sgt. Daniel Pollard (603) 430-3508

Aug. 7/8 KINGSTON ANNIVERSARY, Kingston NH - POC: Master Sgt. Mike Daggett (603) 430-2301

Aug.13-15: NEWMARKET OLD HOME DAYS, Newmarket NH - POC: Tech. Sgt. Daniel Pollard (603) 430-3508

Spreading the word about our organization is always fun! If you would like to help out, please contact the appropriate POC.

Our Newest Members!!! Give a big NH Welcome to these folks!

SFS
Airman 1st Class Jacob Noll
Airman 1st Class Chris Owens

SVF
Senior Airman Chad Marshall

133ARS
Airman 1st Class Jeffrey Morgenthau

MDS
Staff Sgt. Emily Tebbetts
Senior Airman Jody Young

MXS
Senior Airman Joseph Tibbetts
Airman Basic Kayla Bouchard
Airman 1st Class Mark Hanson

Senior Airman David Gilland
Senior Airman Hope Schumacher

CES
Airman 1st Class Adam Hults
Senior Airman Ronald Edmiston
Staff Sgt. Matt Noponen
Staff Sgt. Gregory Schumacher

LRS
Airman Basic Levi Nickerson
Airman 1st Class Valerie Johnson

Our Honorary Recruiter for the month is: 1st Lt. Nicholas Scola
THANK YOU, NICK!

Recruiting's Public Service Quick Tip: Keep that nasty dust off your TV and computer screens! After using your dryer sheet with your laundry, run it over your screens. The anti-static left in the dryer sheet repels dust and dirt.

**OUR RECRUITING TEAM -
1-800-257-9368**



Guard Talk

by Senior Master Sgt. Valerie Morgan
Wing Human Resource Advisor

Guard Talk welcomes your submissions. If you have something interesting or a special event that you'd like to share, please give me a call at tel: (603) 430-3151, fax: 430-2456 or drop a line to 157 ARW/HRA,

302 Newmarket Street, Pease ANGB, NH 03803-0157E-mail address: valerie.morgan@NHPEAS.ANG.AF.MIL

- Congratulations to **Mary Chanthaboury (LRS)** on the birth of her second child, a daughter, **Ariya Skye**, who was born on January 30 at 9:45 a.m. Baby Ariya weighed in at 6 lbs 12 oz and measured 21 inches long. She has a big sister, **Giavana, 5**, who is very excited about the new addition to the family. Mary works full-time as an administrative assistant at Hesser College in Portsmouth, where she is a part-time student majoring in computer science. While she's at work and going to school, the children are in the excellent care of their grandmother, Mary's mother, **Nang**. Mary is assigned to the IEU section in Logistics Readiness Squadron. The family resides in Biddeford, Maine.

- Please welcome **Moir Rose**, newborn baby daughter of **Barbee and Scott Harrington (CES)** who made her arrival into the world on April 14th at 9:36 p.m. Baby Moira is the couple's first child. She weighed in at 6 lbs. 4 oz. and measured 19 inches long. Barbee is currently on maternity leave from her job as a Special Education Teacher at the Rochester Middle School. Scott works full-time as an Information Management Specialist at Hanscom A.F.B. in Mass. He is a traditional guard member in the Fire Department. The family makes their home in Farmington.

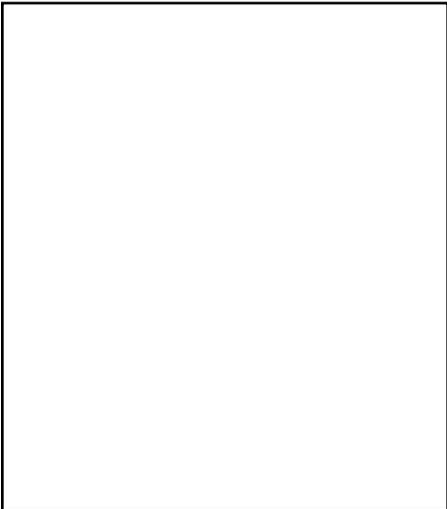
- Warmest wishes go out to **Nina Mignano and Bill Lewis (LRS)** who exchanged wedding vows on March 20th at a ceremony that took place on the beach at San Key, Clearwater, Florida. In attendance were **Jim Pettigrew (LRS)** and his family, as well as **Chad Brower (SFS)**. Nina is a court recorder in the Family Court for Monroe County, Michigan. She also works for her father's company, Mignano Stables. Nina has two teenagers, **Nick, 17, and Katie, 15**, who are high school athletes and very busy with school activities. Bill is currently deployed overseas until July. A honeymoon will follow the deployment!

- Kudos to **April Marie Rice, 18**, daughter of **Dean (MOF)** and **Bonnie Rice (ARW)** who has been accepted to Keuka College, located on one of the Finger Lakes in Western New York, where she was recently named as the recipient of the George H. Ball Achievement Award. April and her parents travelled to the college in March to receive the award — a \$10,000 scholarship for each of her four years of attendance. She was selected for this recognition because of her outstanding community service hours. April is a volunteer for the 157th Family Program and has also volunteered many service hours to 4-H where she is an active member. She made her own prom dress last year for 4-H and won awards at the county, state, and regional levels. She will graduate from Portsmouth Christian High School in June,

where she is an honors student. April will attend Keuka College in the fall and plans to pursue a degree in Bio-Chemistry. Her ultimate dream is to become a Large Animal Veterinarian. April's dad, Dean, is a full-time member of the Maintenance Operations Flight. Mom, Bonnie, is the Wing Family Readiness Program Coordinator.

- **Jim Leavitt (MDS)** has been doing some interesting things in his spare time. He doubles as a professional wrestler on the side and wrestles throughout New England as "Big Gun" Jim Sergeant. He started pro wrestling school in 2000 and had his first pro match in 2001. Jim then started wrestling for the "Wrestling Star Wars" (WSW) promotion located in Salisbury Beach, Mass. He won the WSW New England Heavyweight title, and also wrestled for the World Class Wrestling Alliance, where he won the WCWA Tag Team Championship (with Kidd USA) in 2002. Jim captured the WCWA Heavyweight Title in August, 2002. He has also wrestled for Killer Kowalski's All Stars where he was Tag Team Champion with former World Wrestling Entertainment Superstar, Tony Atlas. Jim also wrestles in Maine as part of Atlas Championship Wrestling, run by Tony Atlas. "Big Gun" has made various appearances at local schools, and at boys and girls clubs in the area. You can catch Jim and "Big Gun" as part of Atlas Championship Wrestling on television that is shown on Maine Adelpia channel 9. Check local listings for time and date. Jim is currently serving on active duty with the Medical Squadron as the Beneficiary Counseling and Assistance Coordinator. He is also a part-time police officer in Salisbury.

THAT'S ALL FOR THIS TIME, FOLKS! SEE YOU IN AUGUST!



DEPARTMENT OF THE AIR FORCE
157 ARW/PA
302 NEWMARKET STREET, BLDG 16
PEASE ANGB, NH 03803-0157

OFFICIAL BUSINESS

TO THE FAMILY OF: