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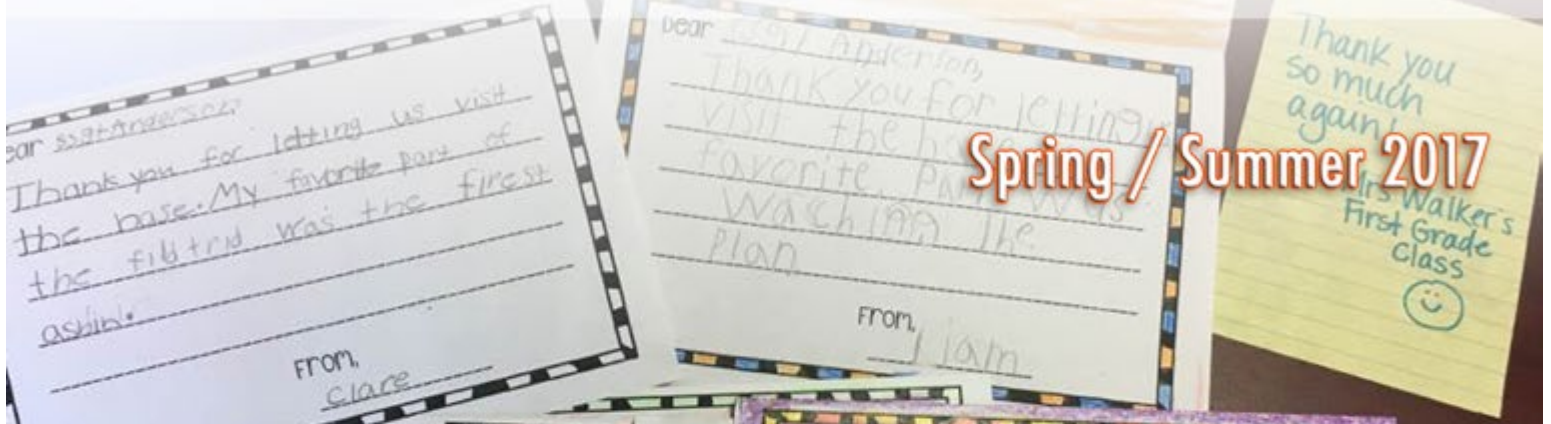
AIR NATIONAL GUARD

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# Skibird



Magazine of the 109th Airlift Wing, Stratton Air National Guard Base, Scotia, N.Y.



Spring / Summer 2017



## Tour Season in Full Effect





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VICE COMMANDER  
Col. Alan Ross

COMMAND CHIEF  
Chief Master Sgt. Denny Richardson

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**COVER PHOTO ILLUSTRATION  
BY SENIOR MASTER SGT. WILLIAM GIZARA**

**2017 Tour Schedule**

(as of May 12, 2017)

JUNE

- 7 St. Mary's 2nd Grade Class, 10 a.m. - 1 p.m.
- 8 UMAC Steering Committee Tour, 8:30-10:30 a.m.
- 13 Oliver Winch Middle School, 9 a.m. - 1 p.m.
- 15 The Meadows at Glenwyck, 1 - 3 p.m.
- 29 Lake George Elementary STEM, 10 a.m. - 1 p.m.

JULY

- 26 Mont Pleasant Middle School, 9 a.m. - 1 p.m.

AUGUST

- 6 Girl Scouts Cookie Drop & Base Tour - Time TBD

**Summer Volunteer Opportunities**

AUGUST

21-25 SICM Summer Lunch Program - Jerry Burrell Park. Help serve lunches to children who may otherwise not have a midday meal throughout the summer.

**UPCOMING EVENTS**

SEPTEMBER

- 30 Fall Festival 2017 - Face painting, pumpkin decorating, music, games, cider donuts, chili cookoff, bouncy bounce and more! Stay tuned for more information.

*For more information on community events, visit the Community Manager's SharePoint page and also the Facebook NOTAMs group. NOTAMs is open to all 109th AW members and their immediate families. Search "109AW NOTAMs"*

**SPRING / SUMMER 2017**

Volume 53 Number 1

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**FIND US ON FACEBOOK "109th Airlift Wing"**





The 2018 National Guard Bureau Posture Statement “Building a Force for the Future” was released in April. The graphic global collage of photos on the title page featuring a 109th LC-130 taking off from Shackleton Glacier naturally invites you to review the presentation, which serves as a slim, quick-reference summary of current National Guard roles, missions, accomplishments, plans, and programs. Gen. Joseph Lengyel, Chief of the National Guard Bureau, provides an overview of the National Guard’s core missions: “fighting America’s wars, securing the homeland, and building enduring partnerships at the local, state, Federal, and international levels.” He also names his top priorities: 1) to provide ready forces to the President and our Governors; 2) to support the well-being of our people; and 3) to encourage innovative thinking to address our most pressing challenges.

Well, not only did General Lengyel very succinctly describe the array of activities at Stratton ANGB over recent months, but he used that LC-130 photo very aptly again on Slide 18, titled “Uniquely Guard.”

Indeed! Since transferring to the 109th Mission Support Group from JFHQ in February, I have been freshly amazed by the unique aspects of the 109th mission and the extraordinary challenges it presents that our people seem to just take in stride, as many members have been executing this mission for years, and in some cases, for their entire careers. Upon closer inspection, though, the old duck metaphor comes to mind: while it may look as if we’re gliding across the water with little effort, in fact, there’s a tremendous amount of rigorous paddling going on just below the surface to meet mission requirements.

Flying and supporting aging, ski-equipped LC-130Hs with scarce available aircraft parts providing tactical airlift in support of the U.S. Antarctic Program led by the National Science Foundation is a wholly unique challenge. Deploying aircraft and Airmen to Antarctica and Greenland for 10 months of the year – every year – while contributing to America’s war efforts abroad, and supporting civil authorities during severe weather events, natural disasters, and emergencies is remarkable. Doing all this while simultaneously training our newest generation of 21st century Airmen and ensuring they are always ready to answer the call from State or Federal leaders and integrate into a joint force to get a mission done, is nothing short of incredible. But I see that 109th Airmen are doing it every day, and making it look easy when it is anything but.

Over the past six months, the 109th has had over 80 Airmen - fully 20 percent of the Mission Support Group - deployed in theater in support of America’s wars. From new A1Cs to Lt Col squadron commanders, 109th Airmen have been contributing proficiently to our nation’s defense. Hardly a week goes by without receiving accolades about the performance of our Airmen in their deployed locations. They are beginning to return home, and we are very proud of their contributions to the fight. The Operation Deep Freeze main body season concluded successfully in February with the last of the ODF deployers returning in early March. The 139th EAS deployed six LC-130s into the Joint Operating Area in October, and hubbing out of McMurdo Station, delivered personnel and cargo/fuel resupply to the South Pole and several other Antarctic field camps, which included 157 missions to seven remote locations requiring ski take-offs and landings. After-action review was accomplished and planning for the FY17-18 season began within weeks of this season’s wrap.

..... (Continued on page 7)



Greetings fellow Airmen! My first six months in the position has moved at a rapid pace but reinforced why I applied for this position. I continue to be impressed by the great leadership, management and volunteerism that you do every day! Thank you for your commitment to excellence and willingness to accept change during my transition.

The Chief of the National Guard Bureau, Gen. Joseph Lengyel, recently released the 2018 National Guard Bureau Posture Statement with the theme, “Building A Force for the Future”. The four major focus points are: (1) Fighting America’s Wars, (2) Securing The Homeland, (3) Building Partnerships, and (4) Soldiers, Airmen and Families.

**Fighting America’s Wars.** Simply stated, the Air National Guard has transitioned from a ready reserve to an operational force. This means each and every one of us must do our part to ensure we are prepared to defend our country and its allies with dignity and honor. We accomplish this through readiness; ensuring we accomplish the little things so that we may focus on larger items. Career field progression and attending in-residence PME are required parts in maintaining readiness. Recruiting and retention of members are critical and the responsibility of us all; do your part to recruit, train and retain.

**Securing The Homeland.** We are no strangers to securing our homeland and providing assistance to our civilian neighbors and surrounding communities. The volunteerism that we provide is good but we must improve upon the processes in place. When our neighbors call, we will be ready to answer; this is the 109th Airlift Wing commander’s top priority. Since 9/11 we have seen a dramatic change in how we respond and are utilized around the state. We are an operational force committed to providing service to our communities. Our vision is unparalleled tactical airlift to remote Polar Regions in support of homeland defense.

**Building Partnerships.** We must continue to forge solid relationships at international, state and local levels. The partnerships we have with Greenland, New Zealand, Canada and National Science Foundation will continue to pay dividends for years to come. You should know that our state partnership is with South Africa and how it impacts you directly. During domestic response or base-wide emergencies, we will only be as successful in response/recovery actions as the relationship we build with local fire, law enforcement and civilian emergency management. Partnerships built on trust and respect are forever lasting.

**Soldiers, Airmen and Families.** The Air National Guard is committed to Soldiers, Airmen and families. The 109th AW has a great support network that is here for you and your family. The Airman and Family Readiness Program Manager, Chaplains, Director of Physiological Health, Financial Advisor and Yellow Ribbon Program Coordinator are here to provide you information and support. Take full advantage of these great benefits provided to assist you and your family.

Together we are postured to build a force for the future. Thank you for all that you accomplish on a daily basis, I’m proud to serve by your side.

*Denny Richardson*

DENNY RICHARDSON, CMSgt, NYANG  
Command Chief, 109th Airlift Wing



Col. Maureen Murphy assumed command of the 109th Mission Support Group during a change of command ceremony here Feb. 4.

Murphy, a 30-year Air Force veteran, comes to the 109th from Joint Forces Headquarters where she served as the New York Air National Guard director of staff. She assumed command from Col. Jeffrey Hedges who has served as the MSG commander since 2014.

The change of command ceremony is deeply rooted in military tradition; it represents the transfer of responsibility from the ongoing commander to the incoming commander.

"I am thrilled to have Maureen come here as the next Mission Support Group commander," said Col. Shawn Clouthier, 109th Airlift Wing commander. "I think she'll be a great asset."

Hedges, a 30-year Air Force veteran, leaves the 109th to assume his new role as the NYANG director of staff. He has been at the 109th since 2010.

Hedges thanked the Airmen of the MSG for their dedication during his tenure, stating that "specific recognition" for the hard work of the MSG Airmen was both "proper and appropriate."

The ceremony was well attended by 109th Airmen, family members, and several military leaders from across New York, at both the wing and state level.

"I am humbled by the trust that (NYANG leadership has) placed in me to lead this extraordinary group of Airmen," said Murphy. "I will do everything in my power to live up to that trust, and I am honored to serve under you."

"Your knowledge, your skills, your dedication, and your pride in this base, and this mission was blinding ... In a really good way!" said Murphy addressing the MSG Airmen. "I could not be more proud to serve as your commander, and I am humbled by the responsibility."

**STORY | Staff Sgt. Benjamin German**

**PHOTOGRAPHY | Senior Master Sgt. William Gizara**



# CHANGE OF COMMAND

..... (Continued from page 4)

Meanwhile, on the civil support front, we hosted a three-day NORTHCOM Joint Reception, Staging, Onward Movement and Integration (JRSOI) course at Stratton over the March UTA. A week later, Joint Task Force 3 was activated on base, and was tasked to provide Soldiers and Airmen to Operation Winter Storm Stella, which was initially forecast to strike downstate.

We stood up the JTF 3 Operations Center along with our 42nd Infantry Division partners, processed members into State Active Duty status, and due to a shift in the storm, chopped 30 of our Airmen to JTF 4 to assist with snow removal operations in Binghamton and Utica. While certainly not a major event, we practiced and demonstrated our ability to quickly respond to the Governor's call to duty to assist our fellow New Yorkers. As of this writing, we also have several members who volunteered to participate in Operation Lake Ontario Flooding, filling and distributing sandbags to State residents to mitigate property damage.

Later in March, several 109th members served on the Dual-Status Commander's staff for NORTHCOM's Ardent Sentry 2017, a national-level emergency response staff exercise, which simulated a response to a 10 KT nuclear detonation in the vicinity of New York City. Regular training and exercising with our federal, state, and local partners increases our readiness to respond effectively to domestic emergencies in which our military skills, training, and technical proficiency would be crucial to saving lives and alleviating suffering in service of our state or nation.

The Greenland season opened like clockwork in early April, and is well underway. Our Airmen will be busy through the end of August transporting cargo, fuel, and National Science Foundation researchers to and from Kangerlussuaq and science field camps across Greenland. The Greenland flying provides an Arctic training environment critical to ensuring readiness of Aircrews and Maintainers to support the upcoming ODF season as well. To boot, 25 Airmen successfully completed Arctic survival training, or "Kool Skool" at Raven Camp in May.

Our MSG Airmen who did not deploy during this period, as well as our State workforce, have continued base support at and from home station, and have taken excellent care of the installation through another winter and spring. Most members displaced in 2015 by the Building 1 renovation project have now returned to Building 1, and Senior Master Sgt. Willie Gizara is in the process of designing an ambitious new historical display in the main hall in tribute to our wing's military history and legacy of service to State and Nation.

The 109th is both a wholly unique and model Air National Guard Wing, contributing to mission success on every front in which the National Guard is engaged. Again, General Lengyel's top priorities for the force going forward are to ensure readiness; support the well-being of our people; and encourage innovative approaches to our most pressing problems. From what I've seen here, I believe our priorities are in order, and that the mission expertise, analytical capacity to "deep dive" our processes, and unsurpassed dedication of these Airmen will propel us to ever more innovative ways to succeed in our mission.

MAUREEN MURPHY, Col., NYANG  
Commander, 109th Mission Support Group

## COMMANDER'S CORNER





Airmen with the Canadian Air Force visited the 109th Airlift Wing on May 24, 2017. The visit was in preparation for a Maintenance Exchange Program between maintainers with the 109th AW and the Royal Canadian Air Force. According to Senior Master Sgt. Ron Jemmott (pictured), 109th Maintenance Squadron inspection element supervisor, the goal of the program is for maintainers to work side by side with their counterparts, refine maintenance practices/skillsets and exchange “best practices.”

**PHOTOGRAPHY | Senior Airman Jamie Spaulding**

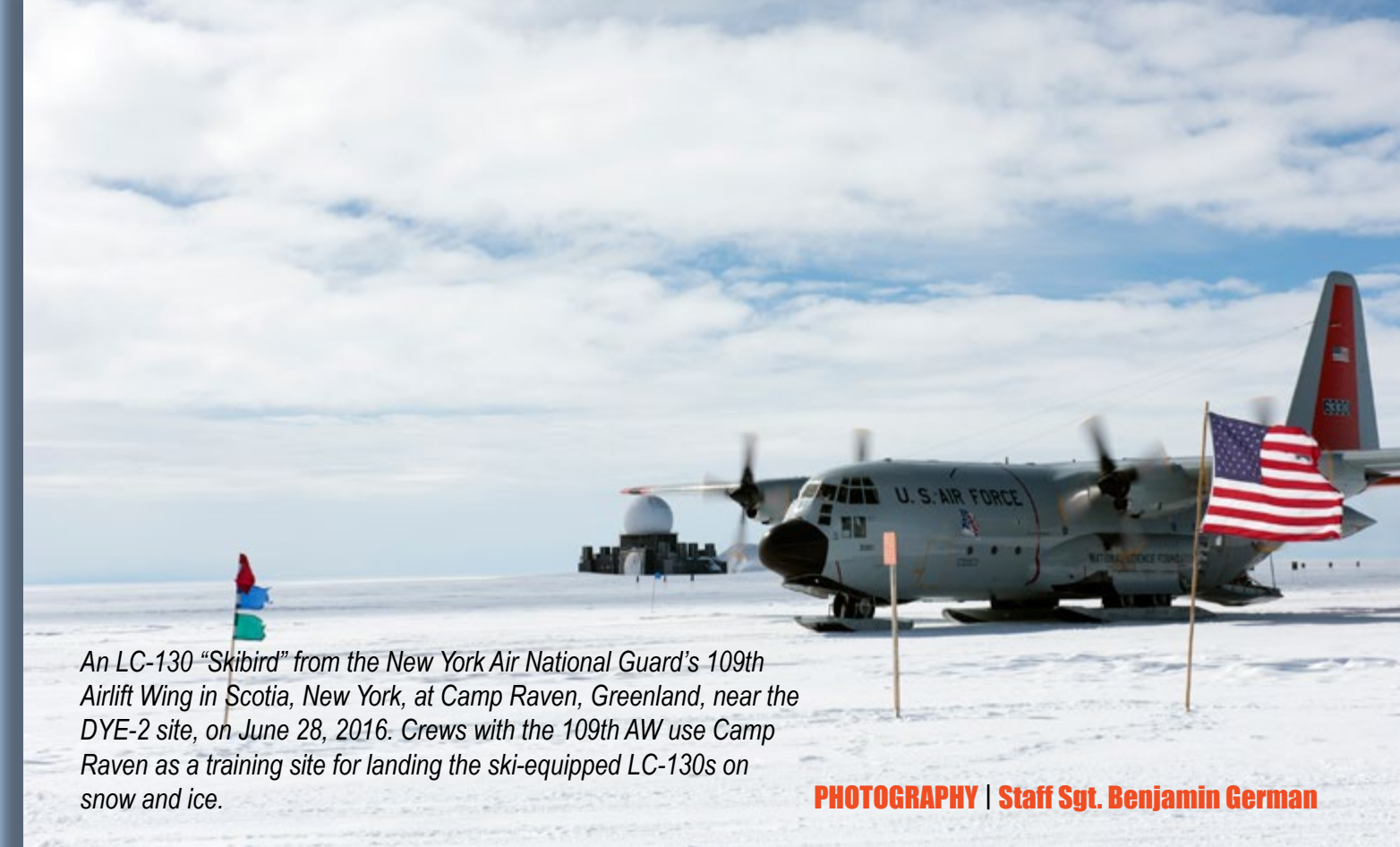
# MAINTENANCE EXCHANGE





An LC-130 "Skibird" from the New York Air National Guard's 109th Airlift Wing in Scotia, New York, sits on the ice runway near McMurdo Station, Antarctica, Dec. 7, 2015, during the wing's 28th season supporting ODF.

PHOTOGRAPHY | Maj. Joshua Hicks



An LC-130 "Skibird" from the New York Air National Guard's 109th Airlift Wing in Scotia, New York, at Camp Raven, Greenland, near the DYE-2 site, on June 28, 2016. Crews with the 109th AW use Camp Raven as a training site for landing the ski-equipped LC-130s on snow and ice.

PHOTOGRAPHY | Staff Sgt. Benjamin German

FROM ANTARCTICA...

## 109th AW completes 29th ODF season

The 109th Airlift Wing's 29th season supporting Operation Deep Freeze came to an end in March – six LC-130s and about 500 Airmen spent five months on the southern-most continent at McMurdo Station, Antarctica, in support of United States Antarctic research efforts.

The New York Air National Guard unit completed more than 150 missions within Antarctica by flying an estimated 2,550 researchers and support staff plus about 3 million pounds of cargo and 2 million pounds of fuel to research stations across the continent. Operation Deep Freeze, the military component of the U.S. Antarctic Program, is managed by the National Science Foundation. The unique capabilities of the ski-equipped LC-130 aircraft make it the only one of its kind in the U.S. military, able to land on snow and ice.

"As we end our 29th season supporting Operation Deep Freeze, I am thankful to our outstanding Airmen who deploy year after year to the other side of the Earth to perform operations on the Antarctic continent, one of the harshest and most unforgiving environments on the planet," said Col. Alan Ross, 109th AW vice commander, who also served as the unit's deployed commander in Antarctica in January. "They, along with our Airmen at home, not only support the conduct of science in this unique environment, but also support the strategic interests of the United States by helping maintain an active and influential presence in the Antarctic."

Along with the routine missions of providing the military logistical support to the National Science Foundation, the NSF agreed to provide a humanitarian medication evacuation flight for retired U.S. astronaut Buzz Aldrin after he became ill while visiting as a private tourist in early December. An aircrew with the 109th Airlift Wing flew Aldrin from the South Pole to McMurdo Station.

Various military distinguished visitors also had the opportunity to see those supporting Operation Deep Freeze in action throughout the season. Visitors included Army Lt. Gen. Daniel Hokanson, National Guard Bureau vice chief; Air Force Lt. Gen. L. Scott Rice, Air National Guard director; Air Force Lt. Gen. Samuel Cox, 18th Air Force commander; Navy Rear Adm. Mark Montgomery, Pacific Command director of operations; and Coast Guard Rear Adm. Linda L. Fagan, U.S. Coast Guard deputy commandant for Operations, Policy & Capabilities.

"These senior officers were exposed to many elements of our round-the-clock operations in theatre," Ross said. "These distinguished visitor engagements are significant in that our senior military officers, who set policies and priorities, gain a greater understanding of the realities and challenges of operating in this environment and, therefore, will be better equipped to make informed decisions concerning the future of this operation," he said.

## Airmen, aircraft begin Greenland operations

The 109th Airlift Wing's annual support for National Science Foundation research in Greenland got underway in April and May as wing members delivered 177 tons of cargo and 2,000 gallons of fuel during the first three-week rotation of the season.

The second rotation of three LC-130 ski-equipped aircraft and 80 airmen departed on May 15.

Airmen and aircraft will rotate between the town of Kangerlussuaq, the wing's operations base while in Greenland, and Stratton Air National Guard Base in Scotia, N.Y., four more times between now and the end of August.

The Airmen and aircraft transport fuel, cargo and passengers to and from the various science camps throughout Greenland during the summer months.

The wing's Greenland missions also serve as training for the support the unit provides for the National Science Foundation's Antarctic Program when it is winter in New York and summer in Antarctica.

Along with the unit's routine supply missions, this rotation also includes 25 Airmen who are taking part in Arctic survival training at Raven Camp better known as "Kool Skool". Airmen spend three days in the field learning survival skills, including how to build a shelter and use only the items immediately available to them to survive in the Arctic.

The 109th deploys at various times between April and August for Greenland. Each year, about six rotations consisting of two to four aircraft and up to 80 Airmen each, go for anywhere from six to 14 days at a time depending on the needs of the National Science Foundation.

Each year the 109th flies more than 800 hours during the Greenland support season; while transporting about 2.1 million pounds of cargo, 49,000 pounds of fuel, and 1,790 passengers.

The Greenland season will come to a close in August; however, there's not much downtime for those supporting the mission.

The Greenland planning conference for 2018 will be held in October, around the same time Airmen and aircraft begin shifting to support Antarctic operations as part of Operation Deep Freeze, the U.S. Department of Defense's support to Antarctic science programs.

...TO GREENLAND

ODFS

STORIES | Master Sgt. Catharine Schmidt



## Doctor, neighbor saves Colonie teen

(Courtesy of Times Union, published May 19, 2017)  
- by Lynda J. Edwards

COLONIE - Dr. Kevin Collins, an Albany Medical Center Hospital physician with more than 16 years experience in trauma and emergency medicine, was driving home from work on Colonie's Albany Street when he spotted the badly injured Madison Dunlap, 15, crumpled near the road. Her beloved dog that she was walking was dead. Colonie emergency medical personnel and firefighters were on the scene. Madison had fractured bones in her face, jaw, arm and leg. She needed a temporary tracheostomy. That May 11 afternoon, Collins stopped to help.

"It may have been about 15 minutes after the crash," he said. "Fortunately, a neighbor had started CPR on Madison soon after the accident. A lot of people think they should only do CPR when someone has stopped breathing but that isn't right. You should start CPR as soon as you notice someone is gasping for breath. I could see the biggest threat to her life at that moment was that she was having trouble breathing."

"I have a first aid kit in my car that has equipment I've been trained as a trauma center doctor to use," Collins said. "That was helpful. The EMS personnel and I were able to open a passageway in Madison's throat so she could breathe."

Collins could not detail all of what happened due to medical privacy strictures. But Terry Dunlap said the damage to his daughter's throat and lungs was a huge danger to his daughter.

On Facebook, he called Collins a hero, "our neighbor who saved Madison's life at the scene ... Madison was actually revived twice in the field."

The two men live just five houses apart, but had not met before Collins stopped to treat Dunlap's daughter.

"I am not a hero; I was in the right place at the right time," Collins said. "I've had years of training to prepare me. The heroes are people like the neighbor who aren't medical professionals but run to help however they can."

Collins believes that CPR helped save Madison's life. He urges everyone to carry a first aid kit in their cars that contains a CPR mask along with basic bandages, blanket and antiseptic.

Madison was treated at Albany Med. She is a basketball player, and doctors there told her dad the girl's reflexes played a part in saving her life.

"They feel Madison's forearm (the one with the com-

pound fractures) went up in a dab formation that the kids do," he said on Facebook, referring to a move in which a dancer lifts one arm straight out or diagonally above her head on one side of her body straight above her head while keeping the opposite arm crooked on the other side of the body. The dancer turns her face into the crook of her lower arm.

She was walking her dog at 4:30 p.m. Police say she was doing what a pedestrian is supposed to do, facing traffic as she walked alongside Albany Street near Runnel Drive.

*\*Editor's Note - Capt. (Dr.) Kevin Collins is a flight surgeon with the 109th Airlift Wing.*



Capt. (Dr.) Kevin Collins, a flight surgeon with the 109th Airlift Wing and a physician at Albany Medical Center, came to the aid of a Colonie teen who had been hit by a car. The teen's father credits Collins to saving his daughter's life. (Courtesy photo)

## From deployed location, Airman graduates with Buffalo State's Class of 2017

(Courtesy of the Buffalo News, published May 13, 2017)  
- by Matthew Spina

BUFFALO - Nine months ago, at the start of the most recent college year, a technical sergeant with the Air National Guard learned he was again being deployed to the Middle East. This time, it created an extra complication. He would miss his college graduation.

Adam Winters was juggling studies, a job and military service, and it was tough. It grew even worse when the mission of the 107th Air National Guard wing in Niagara Falls changed. His one-weekend-a-month training moved across upstate, to the 109th Air National Guard base in Schenectady.

Collecting his criminal justice degree, in cap and gown, was important to Winters. He explained his predicament to other students at Buffalo State and to the dean of students, Charles Kenyon.

This is the age of instant electronic communication, everyone reasoned. Surely something could be done to take some sting out of Winters' predicament.

At the college's highest levels, wheels turned.

On Saturday, hundreds of fresh college graduates paraded to the stage for a handshake and an unforgettable moment of recognition. Proud friends and relatives hooted and cheered in the first of the college's two ceremonies for a total of 1,752 undergraduates that day.

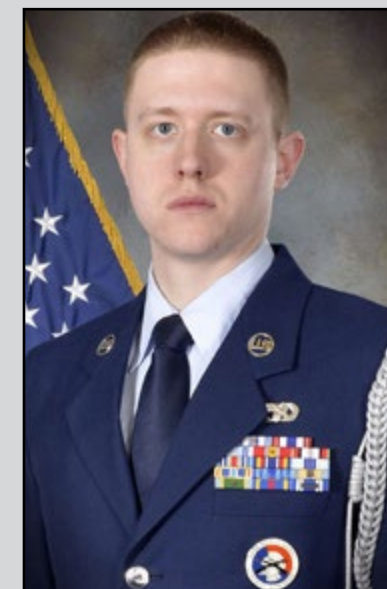
When everyone was back in their seats, the college president, Katherine Conway-Turner, returned to the microphone and waited for quiet.

"We have one more graduate to recognize," she began.

The graduate couldn't be in Buffalo because he had been deployed to Southwest Asia, she explained. Then on an overhead screen, Winters appeared in desert fatigues. His red hair was obscured by a graduation mortarboard atop his head. Its tassel fell along his grinning face. From seven time zones away, Winters was attending via Skype.

Service members Skyping in to graduation ceremonies is not unheard of. But it has been more commonly used to let proud parents deployed overseas watch their children collect diplomas and degrees. Service members graduating via Skype is less typical. Certainly it was a first for Buffalo State, Conway-Turner said later.

Winters launched into his prepared remarks. He thanked the college for accommodating him, and his family for their support. And he especially thanked his fiancée, Katherine Peterson of Buffalo, for all the support



Tech. Sgt. Adam Winters, who is currently deployed, is assigned to the 109th Air Transportation Operations section. Winters recently graduated from Buffalo State and was able to participate in the graduation ceremony while overseas. (File photo)

she had given him when the chips were down, or when he was tired and frustrated.

He had helped her through law school, at the University at Buffalo, and now she has helped him through Buffalo State, he said. A whoop went up when he told the crowd they were to be married in June 2018.

"To the graduating class of 2017, congratulations," he said. "We did it." He went on to give them a pep talk about life, saying "everyone here should strive to dedicate themselves for a greater purpose."

Over to the side, with a set of Winters' dog tags dangling around her neck, Peterson took it all in. They had met through mutual friends in 2012. Three deployments later, they are still together.

"I was anxious and excited," she said later. "I was anxious, hoping that all the technology would work. But I was also excited to see his face again because I haven't been able to talk to him these last few days."

What did she take away from his comments?

"That he loves me a lot. And that he credits me with a lot more than he probably should."

Reached by email, Winters was bubbling over with appreciation.

"The efforts of the college these past few weeks were incredible," he said. "Staff from many different departments came together to try and make me feel as close to home and part of the celebration as they possibly could."



# ‘LOST BOY’ GIVES BACK TO U.S.



Thirty years ago and 6,000 miles away, Airman 1st Class Francis Andrew was a 7-year-old “Lost Boy.”

Andrew was one of about 20,000 Sundanese children who lost their families during the country’s civil war between ethnic groups and regions which began in 1983 and lasted until 2005.

These “Lost Boys,” as refugee workers called them, traveled by foot from Sudan to Ethiopia and then to Kenya in search of safety. In 2001, Andrew - then 21 years old - was one of those who made it to the United States and safety.

Since then he’s gotten a college degree, has a wife and an 11-year old son, along with a good job with Delhaize Group, the company which operates Hannaford and Food Lion supermarkets.

And in 2016, at the age of 36, he joined the New York Air National Guard’s 109th Airlift Wing so he could give back to his adopted country.

“There are only a few places in the world that can give you opportunities to thrive, and I am lucky to be in this country,” Andrew said. “I see that as an opportunity to give back.”

Andrew took his first step on U.S. soil only a few weeks after 9/11. He and a group of others were en route to a life they had only dreamed of when the events of 9/11 took place.

Andrew said many of the boys were scared wondering why they could not escape war. As one of the older refugees, he tried to comfort them and tell them to stay strong. The group was grounded in Holland for a couple weeks before finally making it to the United States.

Andrew got settled in Ohio, arriving with just a change of clothes. He soon found a job and also obtained his GED diploma. While in Ohio, Andrew met his wife, Lekeya, who was going to college there but was from the Albany area.

A year later, Andrew moved back to the Albany area with Lekeya where they have been since. He started going to Hudson Valley Community College and obtained his associate’s degree – another goal he never thought he’d have the opportunity to accomplish. He also talks to his mother, who still lives in South Sudan, frequently.

“I worked hard, had a family and bought a house,” he said. “Things I never thought I would have. When I was in the camp, we just lived day by day. If you made it out today, you hoped for tomorrow and then to make it out tomorrow.”

Because of all the opportunities Andrew had once arriving to the United States, he said he wanted to do something to give back to the country that had done so much for him. He made the decision to join the military.

“I want to be able to sit down with my son and my grandkids and tell them stories of what I achieved and what I did to get there,” Andrew said. “I don’t like taking things for granted – I try working hard for the things I get.”

Andrew heard about the 109th Airlift Wing and the missions the unit takes to Greenland and Antarctica.

“I saw the mission that we do here, and it caught my attention,” he said. “Being able to go to Antarctica is something that I never would’ve imagined I could do growing up in a refugee camp, and then now seeing these missions I may be able to go on is another milestone for me.”

He also said the Air Force core values were values he held in his heart even before joining, so joining the Air Force was the perfect fit for him.

Andrew left for basic training in March 2016, and while there and then at technical school, took on a mentorship role for the younger Airmen he encountered.

“I wanted to help them out and motivate them,” he said. “I would support them – I tried to blend in but also tried to help them. I look at things differently – when I see younger Airmen who are upset, I always pull them aside. I don’t like to share my story with too many people, but when it gets to the point that my story can help someone else, I’m always open to sharing it with them.”

Andrew is now assigned to the 109th AW’s Command Support Staff. He started his assignment there over the April Unit Training Assembly, performing administrative duties for wing leadership.

Since joining the 109th AW, Andrew said it’s a great place to work. From the recruiter who helped him through the process of joining, Master Sgt. Shawn Keating, to the cadre in his student flight who prepared him for basic training, and to the wing leadership, Andrew is thankful to them for everything.

“It’s a good base – people really get along here,” he said. “Everyone is open, even the leadership. It’s the kind of leadership skills that I want to learn – to have that connection with people. I’m happy to be here, and I’m hoping that my story will help someone out.”

**STORY | Master Sgt. Catharine Schmidt**

**PHOTOGRAPHY | Senior Master Sgt. William Gizara**





Capt. Brandon Caldwell and his wife, Amanda, brought home a healthy baby boy one year ago. Just like all first-time parents, they expected a brand-new routine, sleepless nights and dirty diapers. What they didn't expect was their baby to contract meningitis from Group B Strep (GBS). But that's exactly what happened.

Amanda had tested positive for GBS while pregnant, but said that the way it was presented to her, she didn't think she had anything to worry about.

"We left the hospital, and he was healthy," she said. "Nothing was ever said after that about what to look for or that he could get sick later on. So that wasn't even something on my mind."

A few weeks after bringing Reagan home, Brandon and Amanda noticed something wasn't right. A few days later he was in the pediatric intensive care unit with meningitis.

"We spent 13 days in the hospital – about nine days in the PICU," Brandon said. "It took them five days to stabilize him to even get him an MRI. The meningitis caused some swelling on his brain, and he had damage on both sides. They were worried he was going to have severe hearing and vision disabilities, and was a likely candidate for cerebral palsy."

The Caldwells spent Reagan's first year dealing with the aftermath of the meningitis which included cortical vision impairment. In an interview with the Today Show, Amanda said he is developmentally delayed.

"He struggles with the fine motor, gross motor, and obviously, vision. We truly don't think he is going to be low (functioning) once his vision picks up," she said.

Reagan currently sees numerous therapists, teachers and doctors, and is making improvements every day.

"His hearing's fine, he doesn't have any indications of cerebral palsy, and his vision is getting better every day," said Brandon.

After meeting with a doctor in Boston in February, Reagan received a stronger prescription for

his glasses which help him with his CVI. As his vision improved, the Caldwells started to see everything else improve. In March, the Caldwells even made national news with a video posted to their Facebook page.

As a pilot with the 109th Airlift Wing, Brandon has needed to be away for a lot of Reagan's first year. Brandon returned from a deployment in Antarctica in March and was nervous that Reagan wouldn't remember him. Not only did Reagan remember his father, he saw him clearly for the first time thanks to his new eyeglass prescription, and the father-son interaction was caught on video.

The Caldwells said the members of the 109th Airlift Wing have been very supportive this past year. While they spent time at a hotel during Reagan's hospital stay, the Airman and Family Programs Office worked to get their hotel bill taken care of. Another Airman raised about \$7,000 for the family's expenses. While Reagan was in the hospital, another pilot with the squadron took Brandon's place on a scheduled mission. And when Brandon has had to go away, Amanda said she received a lot of support from the base.

"It was pretty incredible to have that community," she said.

As Reagan's first birthday approaches, the Caldwells said that he has made incredible growth over the last few months. His vision has improved from the "below-normal" range to the "low-normal" range for his age. He's also rolling over and close to crawling.

"As his vision got better, he got more motivated to move," Brandon said.

"I want to see him walking, running; and he's well on his way," Amanda said. "His legs are strong, his arms are getting there, he's very curious – just like any other kid. He's made huge growth."

In October, the Caldwells set up a Facebook page, "GBS/Strep B Streptococcus: Reagan's Journey" to help raise awareness.

"I felt like when it was presented to me it was not presented in a way that I knew that I needed to watch for these signs," Amanda said. "I know I'm not the only one out there who had no idea that GBS was actually a big deal. I think everybody needs to know the warning signs of meningitis and sepsis in order to get their baby to the hospital. Meningitis can kill you within 24 hours and has long-term effects. We don't know what he's going to need in the end, but he could have vision issues forever because of this, and I just think everybody needs to know how dangerous it actually is."

The page currently has more than 900 followers. Amanda is also going beyond Facebook to help raise awareness by volunteering with the local hospital's maternity manager to come up with some ideas to educate parents on the signs of meningitis.

**STORY | Master Sgt. Catharine Schmidt**

**PHOTOGRAPHY | Senior Master Sgt. William Gizara**





# SCOTIA-GLENVILLE MEMORIAL DAY PARADE



Airmen with the 109th Airlift Wing salute Col. Brian Backus, 139th Aeromedical Evacuation Squadron commander who served as Grand Marshal for the Scotia-Glenville Memorial Day Parade on May 24, 2017.

PHOTOGRAPHY | Senior Master Sgt. William Gizara





## Stratton participates in Watervliet Arsenal HAZMAT exercise

Airmen with the 109th Airlift Wing's Fire Department and Emergency Management section participated in the Watervliet Arsenal's annual HAZMAT exercise April 21, 2017. The arsenal hosted more than 60 county and state first responders. This exercise required all participants to rotate through six different hazardous material stations, ranging from a simulated oil tanker leak to a simulated chlorine leak from drums. The Air National Guard's Emergency Management section is trained to prepare for, identify, detect and mitigate CBRNE hazards. (U.S. Army photos by Watervliet Arsenal Public Affairs)



## CGO COUNCIL DONATES TO VMC

(Courtesy photo)

The 109th Airlift Wing's Company Grade Officers' Council donated \$2,000 to the Veterans Miracle Center in Albany on May 5 from funds raised during the council's annual golf tournament in September. This was the second year the officers' council donated the proceeds from the tournament to the Veterans Miracle Center.

"We continue to support the Veterans Miracle Center because 100 percent of the donated amount goes directly to helping veterans in need," said Capt. Jared Semerad, CGO Council member.

The center opened in November 2014, and according to its website, its mission "is to offer veterans and active-duty military personnel real solutions that will enhance their lives. We seek to provide clothing, personal care and hygiene products, houseware items, ambulatory equipment, toys for their children and much more - as well as specialists available in counseling for personal needs, jobs, housing or financing. All goods and services are available free-of-charge to veterans and their immediate household."

This year, Melody Burns, VMC director of operations, said the money donated will go toward purchasing beds and complete bed-sets for veterans in need.

The golf tournament took place in September with more than 70 participants from the 109th Airlift Wing, including families and friends.

"We are extremely grateful for the sponsorships and donations received from members and businesses in our surrounding community," Semerad said. "Without their generosity, many of our local veterans would go without or have to wait quite a while for much-needed supplies and comfort items."

The CGO Council is made up of company grade officers (second lieutenant through captain) throughout the 109th AW.

**STORY | Master Sgt. Catharine Schmidt**

# community



# An American Flag's journey across the world



By Tech. Sgt. Connie Anderson, 109th AW Community Manager

November 2016 was the first I had heard from Army 1st Lt. Jordan Henrickson, an infantry officer stationed at Fort Bliss, Texas. He had a very special request and was wondering if we could accommodate. As Lieutenant Henrickson described: "I was gifted an American Flag for my commissioning into the Army in 2014 and since then, it has flown all over the world, in places of conflict and peace: Afghanistan, Kuwait, Iraq, Jordan, Qatar, Bahrain, Germany, Djibouti, Egypt, Somalia, The Pentagon, United States Capitol, Wisconsin State Capitol, Arlington National Cemetery, and most recently United Arab Emirates. I am wondering if it would be possible to be flown and certified in Antarctica after one of the flights and what the process is to do so?"

I asked Lieutenant Henrickson to mail his flag to me as soon as possible. Lt. Col. Joseph Hathaway agreed to transport the flag to Christchurch, New Zealand, and there, he handed it over to Maj. Joshua Caldon. The goal was to fly the flag from New Zealand to McMurdo, Antarctica, then McMurdo to the South Pole Station, to generate certificates for each flight and to have pictures taken of the flag at the South Pole. Major Caldon took it a step further. He had a picture taken of the flag on the deck of the USCGC Polar Star, and before he left Antarctica, passed this special American flag to Capt. Jacob Papp to fly to more camps across the continent.

The flag returned to the United States in March 2017 and was mailed to South Korea to fly its next mission. Shortly after, Lieutenant Henrickson gifted me with my own flag that had been flown at the Pentagon on my behalf. Here's the backstory:

"When I was a Platoon Leader (led 44 Soldiers), I made a contract with my NCOs that if they help strengthen me as a junior officer and give me their best to develop their Soldiers and the Platoon in general, that upon their ETS or PCS, I would gift them an American flag and have it flown over the Pentagon in their honor."

Lieutenant Henrickson offered his contacts at Camp David, Arlington, Afghanistan and other locations, so I could begin a journey of my own – which I plan to begin in the very near future!

Since Antarctica, the flag has flown in South Korea, Kosovo, Bulgaria, and is on its way now to the U.S. Embassy in Santiago, Chile. Then, the flag will be heading to the U.S. Consulate General in Montreal, Canada and from there, will return to the 109th for a mission to Greenland, then on to Guantanamo Bay, Cuba. Other exciting travels are on the schedule for 2018: China, Nepal, all seven summits at Mount Everest, and in the fall, the flag is scheduled for the International Space Station, likely carried by Dr. Jeanette Epps, who will be the first African American ever to go to space.

After approximately four months and dozens of emails and phone calls, there is no doubt that it took some effort and extra care to coordinate flying the American flag in Antarctica, but it has been an incredible honor to be a part of making it happen!

You can follow Lieutenant Henrickson's American flag's journey on Instagram [@americanflagjourney](https://www.instagram.com/americanflagjourney).



(Left) Army 1st Lt. Jordan Henrickson (left) requested that an American Flag he was gifted be flown in Antarctica. The flag is currently making its way around the world. (Above) Maj. Joshua Caldon flew the flag to the South Pole and then brought it on the deck of the USCGC Polar Star before leaving Antarctica this past Operation Deep Freeze season. (Courtesy photos)



# 109th Airlift Wing AIRMEN OF

# THE YEAR

Company Grade Officer



Captain Sanning Pingitore  
Mission Support Group

Senior NCO



Master Sergeant Michael Riggins  
Operations Group

NCO



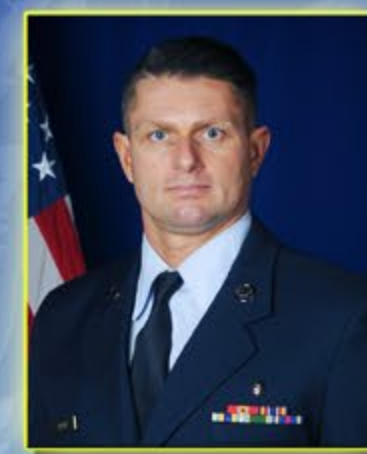
Technical Sergeant Randolph Welch  
Operations Group

First Sergeant



Master Sergeant Lynette Tangredi  
Mission Support Group

Airman



Airman First Class Jason Malm  
Medical Group

## TANGREDI, MALM SELECTED AS NYANG AIRMEN OF YEAR

**STORY | Master Sgt. Catharine Schmidt**

**GRAPHIC | Senior Master Sgt. William Gizara**

Two Airmen with the 109th Airlift Wing have been selected as the New York Air National Guard Outstanding Airmen of the Year for 2016 based on their superior leadership, job performance, community involvement and personal achievements.

Master Sgt. Lynette Tangredi, 109th Security Forces Squadron, was selected as New York's Outstanding First Sergeant of the Year, and Airman 1st Class Jason Malm, 109th Medical Group, was selected as the state's Outstanding Airman of the Year.

"The extraordinary efforts of these Airmen reflect outstanding leadership and dedication to duty," said Col. Shawn Clouthier, 109th AW commander. "I am very proud of their accomplishments and have confidence they will represent the 109th Airlift Wing and New York well as they go forward to compete at the national level."

### First Sergeant of the Year

Tangredi, a 20-year Air Force veteran, said being a first sergeant was always something she wanted to do.

"When I was active duty, (the first sergeant) was the one guy I remembered who was always the point of contact -- always helping,

always reassuring, and he just left an impression on me," she said. "I just knew that I wanted to do that one day."

Tangredi spent much of her career with the 109th Airlift Wing in the Communications Flight and was determined to one day become a first sergeant.

"Everybody always said it's the best job in the military, and they're right," she said. "I absolutely love it -- it's amazing being able to go to Greenland and Antarctica and to just see a completely different aspect of the way the Wing works. It's an extremely rewarding job."

Tangredi said she applied for a few first sergeant positions before being selected for the Security Forces Squadron. "They are so well put together," she said of the Airmen with the SFS. "They don't miss a bit, they're always on point. They look out for each other -- there's a lot of brotherhood and a lot of camaraderie."

"The Shirt has been an enormous asset to Security Forces and the Wing," said 1st Lt. Gregory Durrant, 109th SFS operations officer. "Not only does she support SFS but she has deployed as a first

sergeant to Greenland and to Antarctica in support of Operation Deep Freeze. She is always looking for new ways to incorporate volunteerism and self-improvement for all squadron members and has become irreplaceable in her support for family members whose loved ones are currently deployed."

When Tangredi was selected as the Wing First Sergeant of the Year and then the state's she said she was surprised and humbled.

"To think that there's so many amazing first sergeants on this base and (across the state) -- just being at that level of competition was very humbling," Tangredi said.

### Airman of the Year

Malm joined the 109th Airlift Wing's Medical Group in 2014 as a dental technician. He was already a dental hygienist with a local dental practice as well as a firefighter with the Johnsonville Fire Department when he made the decision to join the military.

"I started the firefighting and loved serving my community and it was just an extension of that service; to bring what I was doing in the community to a higher level," he said. The combination of his civil-

ian career as a dental hygienist and firefighter enabled him to bring the two things he loved together.

"In his short time at the 109th MDG, A1C Malm has firmly established himself as an invaluable asset," said Master Sgt. Sean Carty, 109th MDG superintendent of administration. "It is clear that he sets high standards for himself as he has exceeded every expectation to date in his career. From job proficiency to dress and appearance, physical fitness and continuing education both on and off duty, A1C Malm is an excellent role model for all Airmen to emulate. We are very proud to have A1C Malm represent the 109th and the NY Air National Guard as outstanding airman of the year."

"It's a privilege, it's an honor, it's humbling," Malm said of his selection. "Since Day 1 I've been all in. When you're selected among your peers who are all outstanding, it's humbling. (The MDG) has a lot of faith in my abilities; for them to nominate me for that was enough of an honor. It's a responsibility that I don't take lightly, and I wholeheartedly plan to represent the Wing with the utmost honor and integrity."



# CONGRATULATIONS

Air Force Association  
2017 Richard L Etchberger Team of the Year:

Air National Guard National Defense Transportation  
Association Award for 2016:

109th Air Transportation Office

Air Transportation career field

*for displaying superior technical expertise, attracting the  
praise of superiors, and providing leadership and inspiration to  
their co-workers.*

AF  
S  
C





F-47 1948 - 1951  
139th Fighter Squadron



The F-47 Thunderbolt could reach an altitude of over 40,000 feet and cruise at 300 mph. As a high altitude fighter escort it could carry a 1,000 pound bomb.

# knowing OUR

# HISTORY

C97 1960 - 1971  
109th Air Transportation Group



The C-97 Boeing Stratocruiser had a wing span of 141 feet 3 inches. Their four Pratt & Whitney engines could lift 153,000 pounds. It could travel 4,300 miles at 350 mph.

F-94 1954 - 1957  
139th Fighter Group



The F-94 "Starfire" is a two-seated, all weathered interceptor that is radar equipped. It has four 50 cal. machine guns and flew up to 400 mph.

F-86 1957 - 1960  
109th Fighter Group



The F-86 "Sabrejet" was a single-engine fighter, powered by a J-37 General Electric turbojet engine, with 9,000 pound thrust. Its ceiling was 50,000 ft at 600 mph.

F-51 1951 - 1954  
139th Fighter Interceptor Squadron



The F-51 "Mustang" is a low-winged monoplane powered by a single liquid-cooled engine. It carried six 50 cal. machine guns and could fly at 400 mph.

# is to CELEBRATE

# OUR future

C130 1971 - Present  
109th Airlift Wing



Although the first C130 was an A model. The 109th now uses the LC-130 Hercules. It's powered by four Allison T-56A-15 Turboprop engines and flies up to 350 mph.



# HEAD'S UP

By Lt. Col. Ben "Rucksack" Louie, 109th Bioenvironmental Engineering

People have experienced neck and shoulder pain from staring at their smart phones or sitting at their workstations too long. The pain may be caused by poor posture associated with neck hunching.

Simply stated, neck hunching or "text-neck" increases shear stress on the cervical vertebrae (neck bones) and strains the neck and shoulder muscles. Symptoms can range from a nagging upper back pain to sharp, severe upper back muscle spasms. Other symptoms may include shoulder pain and tightness which could produce painful shoulder muscle spasms. Cervical discs can become pinched, resulting in pain radiating down arms and into hands. Furthermore, "text-neck" has been loosely associated with flattening of the spinal curve; spinal misalignment and degeneration; onset of early arthritis; disc herniation and compression; nerve and muscle damage; loss of lung volume capacity; and even gastrointestinal problems.

A typical adult head weighs 10-12 pounds (-force) per square inch (or lbf/in<sup>2</sup>) of axial stress and almost zero lbf/in<sup>2</sup> shear stress in a neutral position. Tilt it forward 15 degrees from vertical and it can exert a force of up to 27 lbf/in<sup>2</sup> shear stress. The typical Airman views their smart device by canting their head forward about 30 degrees from vertical can go up to 40 lbf/in<sup>2</sup> shear stress. The graphic below indicates head angles and their estimated forces.



(Image Courtesy of Surgical Technology International)

The Wing has purchased elevating desk platforms that raise workstations so you can stand instead of sit. This has the potential benefit of improving posture, improving blood flow to the lower extremities, and allowing lower extremity muscles to stretch.

The following exercises/tips may provide some relief (please consult your medical provider before any exertion):

- Bring/elevate your device up to eye level. Use your eyes to look down at your phone WITHOUT excessive forward head tilt.
- Move your head from left to right several times and touch your ear to your shoulder on both sides. This can help keep the joints and muscles in your neck limber.
- Use resistance exercises to strengthen the ligaments and muscles that support your neck.
- Place your hands on your forehead while you push your head forward. Place your hands on the back of your head as you push your head back.
- Stretch your pectoral and deltoid muscles. Stand in a doorway, extend your arms/elbows on the outside of the door frame and push your chest forward into the entry.

Since these exercises only take a couple of minutes, you can perform them several times a day. Lastly, stand up frequently without your smart device and give your head and neck a break.

## The other side of deployment

By Chaplain (Lt. Col.) Jacob Marvel, 109th AW Chaplain

This article isn't for you. If you are a member here at the unit, I invite you to read it, but then pass it along. This isn't for you. There's an old Greek legend of Odysseus, a husband, father and son, who goes to war and has a tough time returning home. He escapes from cyclops, cannibals, witches and a six-headed monster. Wine, women and song all tempt him and slow down his return, but after ten years Odysseus is back, though not sure if his family will welcome him home. The Odyssey is worth the read, especially if you or someone you love is returning from deployment. Writers like Jonathan Shay and Ed Tick have used this myth to explain the difficulties some military members have in returning home. Once we've been deployed, we don't just walk back in our front door unchanged

It's usually a struggle to find a new normal.

But another part of this myth that deserves attention is how Odysseus' family handles his absence and his return. When we deploy, though only the member gets paid, our family and friends pay a price. When we walk back in the front door, not only have we changed, but our family has changed as well. This old Greek myth has something to teach if you, or someone you love, has been away for some time. First, it can take a long time to emotionally return

Just as Odysseus struggled physically to get back, so also it's common for those returning to not fully "arrive" that first day...or even that first week, or month, or longer. Second, in the myth it's Odysseus' son Telemachus who is among the first to greet him and know he's back – even before his wife Penelope knows or believes he's returned. Children may not be as smart as adults, but they are often wiser. Third, even though he doubts her, Penelope has not only been faithful to her missing husband, but has found creative ways to keep the household together. She's a strong partner; she's made some changes in the household for the better and Odysseus needs to learn some new routines. Fourth, after he's been welcomed by his immediate family, Odysseus visits his father and extended friends and family – we all need to intentionally get back in touch with the relationships that fed us before we deployed, even though we all have changed.

As I write this, and in the coming months, many members of our unit will be returning from deployment. Many who love and care for them will face the struggle of waiting for a loved one to fully return, or to welcome how everyone has changed, or to intentionally connect with extended family and friends.

One final lesson from the myth: there are guides who help during the story. Whether it's Athena giving Odysseus advice, or family friend Eumaeus encouraging Telemachus to trust his instincts, characters in the story do not face their struggles alone. For those of you facing a significant change in the coming months, of learning a new normal, please reach out and find someone to journey with you. There are many of us here to want to celebrate your return, and who are willing to help along the way.

## Wing holds first During Deployment Yellow Ribbon event

By Colleen Casey, 109th AW Airman & Family Readiness Program Manager

Families of deployed 109th Airlift Wing members came together on March 5 at Wolf's 1-11 Restaurant for a During Deployment Yellow Ribbon event hosted by the Airman and Family Readiness Program.

The goal of a Yellow Ribbon event during a servicemember's deployment is to address challenges and stressors associated with separation that National Guard families may experience, while providing an opportunity for families to connect with one another. Service providers are also there to provide information, resources and services for the families.

This was the first During Deployment Yellow Ribbon event the 109th Airlift Wing has held. Service providers at the event included Military OneSource, Red Cross and Tricare. They introduced their services and resources in a friendly, easy-going manner and encouraged family members to have discussions and ask questions rather than listen to a PowerPoint presentation.

I discussed Our Military Kids grant availability, childcare subsidies, and the base's new Personal Financial Consultant available to them. Kelly Young, the 109th Director of Psychological Health, performed an activity which promoted family members to speak about their experiences and feelings while demonstrating their feelings through manipulating Play-Doh. There was some tears and laughs but it truly was eye-opening and soul-cleansing. The families appreciated the ability to speak freely and knew they were not alone in their struggles.

Families took a survey after the event, and this was some of the feedback:

"So glad we attended this event. It was lovely. Thank you for all you hard work!!"

"Thank you for providing this event. Enjoyable!"

"Thanks for supporting our son!"

"Good event, thank you for the support!"

# wellness



# FINANCIAL FITNESS

Service members and their families are jumping into Financial Fitness this year with financial “check-ups,” conversations about the new Blended Retirement System, exploring options for part-time or retirement-related small business creation, reviewing their own priorities spending plans, tackling tax planning, and much more!

With the addition of a dedicated, full-time Personal Financial Counselor (PFC) to the base, service members and families have an advocate and coach available to help navigate the sometimes frustrating and confusing maze of financial topics and support members in developing their own individual financial goals and plans. PFC Laurie Bonser is a Certified Financial Planner and CPA and also holds an MBA and Masters of Taxation degree. Her father was an Air Force crew chief for many years and so Laurie particularly appreciates the opportunity to be associated with the 109th in the PFC role. Her experience includes many years of working with clients in the areas of financial education, planning, and coaching and Laurie shares her mission of “Transforming financial awareness, empowerment, and action” through one-on-one conversations, workshops, and writing.

PFC services are provided through the Department of Defense as part of their mission to support and empower service members and their families with financial knowledge and success. There are hundreds of PFCs based across the nation with the same goal of serving and supporting all branches of service in a program that is confidential and no-cost to the members. Appointment times can be scheduled to coordinate with members’ schedules, including drill weekend. Meetings may take place on base in offices, conference rooms, briefing halls, and other public locations within the community. Laurie can be reached via work cell at 518.948.7028 or email [PFC7.NY.NG@Zeiders.com](mailto:PFC7.NY.NG@Zeiders.com).

In addition to the overall focus on Financial Health & Wellness, Laurie will be spending significant time during 2017 providing information to members and their families on the new Blended Retirement System (BRS) option that will be available for opt-in during 2018 by current service members having less than 12 years or 4,320 points of service as of December 31, 2017. Members with more than 12 years or 4,320 points of service, and those not electing to opt-in to the BRS, will be grandfathered-in to the current retirement plan and will receive pension benefits as expected under the present calculations. (New members who begin service after December 31, 2017 will be automatically enrolled in the BRS.)

The decision to opt-in to the BRS is a very individual choice, and DoD individual calculators will soon be available will help service members assess the relative benefits of the retirement choices by using custom information about their current position, future service plans, promotion opportunities, TSP contribution rates, new matching contributions, projected investment growth, and more. Members will be able to experiment with the calculator information themselves and are also welcome to schedule an appointment with Laurie to discuss options and review input assumptions.

Beyond the mandatory online Opt-In course for service members, group workshops will also be scheduled on base beginning in May that include an overview of the BRS, the reasons and benefits behind this new option, other resources available to help service members make the appropriate choice, and Q&A time. Please look for emails and announcements from HR/Personnel on these workshop opportunities and the calculator availability.

## Upcoming Financial Education /Q&A Sessions

Days/Times: Thursdays, 10:30 - 11:15 a.m.

Location: Aircrew Briefing Room

POC: Laurie Bonser, Personal Financial Counselor/Educator

- |         |   |
|---------|---|
| June 8  | Practical Budgeting: Priorities and Goals |
| June 22 | Smart Vehicle/Toy Ownership               |
| July 13 | Savvy Home Buying                         |
| July 27 | College Planning: Make It Easier          |

## WANT HELP WITH FINANCIAL MATTERS?



### MAKE THE MOST OF YOUR MONEY AND YOUR LIFE

Personal Financial Counseling (PFC) can help you and your family: manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.

#### SUPPORT AND COUNSELING SERVICES

- Confidential financial consultations for individuals and families
- Referrals to military and community resources
- Support for family members during deployment
- Help with credit management and budgeting
- Help navigating benefits
- Services provided through DoD



#### TRAINING AND WORKSHOPS INCLUDE

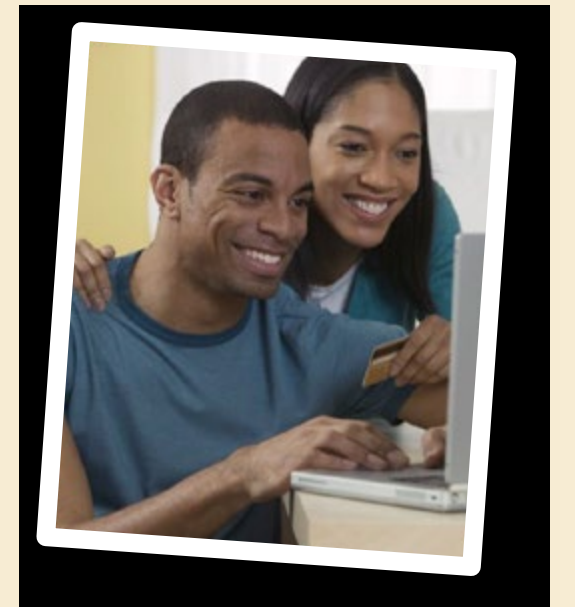
- Money Management
- Budgeting and Developing Spending Plans
- Debt and Credit Card Management
- Consumer Rights and Obligations (dealing with creditors)
- Financial Planning: Reaching Life Goals
- Financial Readiness and Economic Security
- Financial Readiness for Deployment
- Transitioning to Civilian Life
- Home Buying
- Understanding Mortgages
- Preventing Foreclosure
- Kids and Money: Raising Financially Savvy Kids
- Military Benefits, Pay and Entitlements
- Savings and Investments
- Retirement Planning
- Estate Planning
- Tax Planning

PFC services are Purple, no cost, and confidential for:

All active service members, their families, surviving unmarried spouses, and service members separated/retired within the past 180 days. (Appointments held in base offices, conference rooms, and public meeting spaces.)

Your contact is:

Laurie Bonser, CFP, CPA, MBA  
Personal Financial Counselor  
Based: Stratton Air National Guard  
Scotia, NY (50 mile service radius)  
Phone: 518.948.7028  
Email Address: [PFC7.NY.NG@zeiders.com](mailto:PFC7.NY.NG@zeiders.com)





# PROMOTIONS

Nov. 5, 2016 - May 20, 2017

**Colonel**  
Janice Zautner MDG

**Lieutenant Colonel**  
Joshua Caldon AS  
Sharon Weinlein MDG

**Major**  
Paul Benintende AS  
Amanda Coonradt AS  
Dia Ham AS  
Christopher Husher AS  
Dannielle Flanigan MDG  
James Nicholson Jr. AS  
Christine Schwab AS  
Sean Wettig AW

**Captain**  
Jessica Algier AS  
Anthony Amico AS  
Joshua Haveman AES  
Salem Jacobsen LRS

**First Lieutenant**  
Caleb Bagwell AS  
Samuel Green AS  
Haleigh Hinds AES  
Benjamin Watsky AS

**Chief Master Sergeant**  
Karolyn DeVito MDG  
Edward Holub FSS  
Shawn Peno JFHQ

**Senior Master Sergeant**  
Michael Brienza MOF  
Michael Cousineau AS  
Bryan Hanus AW  
Amber Mastroianni JFHQ  
Carmelo Modesto OSS  
Jessica Panis FSS  
Mark Prevendoski AES  
Brian Pritchard AMXS

**Master Sergeant**  
Ralph Fiorillo II AMXS  
James Gagne MXS  
Alexander Gordon MXS  
Francis Johnson III OSS  
Morris King III MXS  
Elizabeth Mahan MDG  
Jeremy Naparty MDG  
Mary Perez-Tucker MXS  
Matthew Pierce LRS  
Donald Quigan III SFS  
Shaun Stillman CES

**Technical Sergeant**  
Stephen Bogart CES  
Jeremy Bourquin CES  
Justin Beyer MXS  
Catlin Boyle SFS  
Erin Byrns CPTF  
Logan Brennan AS  
Tyler Briscoe MDG  
Vanessa Castell MXS  
Amanda Cimorelli OSS  
Matthew Clancy LRS  
Brandon Deming AS  
Gabriel Enders AS  
Brett Gatta AS  
Matthew Jones AS  
Come Ketchakeu AW  
Michael Knott MXS  
Mitchell Lake MXS  
Matthew Livingston CF  
Jeffrey Ostermann SFS  
Joseph Paludi AMXS  
Devin Reilly CES  
Jason Stark MXS  
Brianna Tator CES

**Staff Sergeant**  
Robert Baldascini JFHQ  
Jesse Bowden AS  
William Brady SFS  
Kyle Brubaker CF  
Patrick Cotnoir FSS  
Gabriella Diaz MDG

**Staff Sergeant (cont.)**  
Francis DiCaprio SFS  
Lydia Gerardi MDG  
Daniel Hall AMXS  
Elijah Hammondwood AES  
Elizabeth Hanrahan MDG  
Timothy Mallory LRS  
Nicolas Mancuso AW  
Benjamin McCabe MXS  
Jonathan Michael AES  
Adam Militar MXS  
Marianna O'Brien MDG  
Zachary Parrillo AS  
Blake Pasquarella MXS  
Bartholamew Ripley LRS  
Christopher Rogan LRS  
Alex Sakadolsky CF  
Cole Vanderlinden CPTF

**Senior Airman**  
Sarah Anderson MXS  
Alexandra Babcock MXS  
Emily Bogart AW  
Bejamin Bruce LRS  
Bianca Bustamante AES  
Daniel Guthrie LRS  
Nicholas Henderson LRS  
Eric Junquera AS  
Jaclyn Lavin FSS  
Alex Listing AMXS  
Eric Lunafalcon MXS  
Jason Malm MDG  
Nathan Martineau MXS  
Sean McClendon CES  
Sarah McKinney MXS  
Riley Mendicino AS  
Krista Nuite MXS  
David Reedy LRS  
Trevor Rivenburgh SFS  
Scott Squadere AES  
Amy Story MDG

**Airman 1st Class**  
Bradley Collyer CF  
Jonathan Magaletti AES

# AWARDS

Nov. 1, 2016 - May 1, 2017

**Meritorious Service Medal**  
Col. Jeffrey Hedges JFHQ  
Master Sgt. Rick Cowser LRS  
Master Sgt. Jim DuPuis SFS  
Master Sgt. Matthew Plank LRS

**Aerial Achievement Medal**  
Senior Master Sgt. Brian Alix AS  
Senior Master Sgt. Michael Messineo AS  
Master Sgt. Douglas Anderson AS  
Master Sgt. Maurice Huard AS  
Tech. Sgt. Jason DeRose AS  
Tech. Sgt. Wesley Fool AS  
Tech. Sgt. Nicholas Oneil AS  
Staff Sgt. Christopher Dumond AS  
Staff Sgt. Scott Salisbury AS  
Staff Sgt. Theodore Stickney AS  
Senior Airman Eric Junquera AS  
Airman 1st Class Corey Russo AS  
Airman 1st Class Nicholas Macholdt AS

**Air Force Commendation Medal**  
Maj. Amanda Coonradt AS  
Capt. Shawn Rulison CES  
Tech. Sgt. Justin Carkner LRS  
Tech. Sgt. Nickolas Cross MXS  
Tech. Sgt. Aaron Muha MXS

**Air Force Achievement Medal**  
Tech. Sgt. Thomas Rivera MXS  
Staff Sgt. Latisha Webb AMXS  
Staff Sgt. Daniel White FSS  
Senior Airman Michael Bala MXS  
Senior Airman Christopher Denegar MXS  
Senior Airman Adam Medvitz AS



# RETIREMENTS

Dec 2016 - May 2017

Lt. Col. Douglas Daeffler  
Lt. Col. Maureen Silver  
Maj. Anthony Bucci  
Maj. Jeffrey Quinn  
Maj. Erik Srokowski  
Chief Master Sgt. Kurt Garrison  
Chief Master Sgt. MaryAlice Rebis  
Chief Master Sgt. Mark Schaible  
Chief Master Sgt. Michelle Shafer  
Senior Mater Sgt. Robert Bolger

Senior Master Sgt. Ford Chambers  
Senior Master Sgt. Anthony Helstowski  
Master Sgt. Jason Bach  
Master Sgt. Bret Backus  
Master Sgt. Joshua Fuson  
Master Sgt. Thomas Houck  
Master Sgt. Faye Reynolds  
Master Sgt. James Welch  
Tech. Sgt. Jason Cooper  
Tech. Sgt. Natima Davis



**109<sup>th</sup> Airlift Wing**  
1 Air National Guard Road  
Scotia, NY 12302-9752



Photo by Senior Airman Jonathan Hooker

### ***Mission statement***

*The 109th Airlift Wing employs the Department of Defense's only ski-equipped aircraft to conduct operations in remote Polar Regions. We train, equip and deploy premier, combat-ready Airmen to support state and national objectives.*

### ***Vision statement***

*Unparalleled tactical airlift to remote polar environments, propelled by highly trained, combat-ready Airmen.*