



DMAVA HIGHLIGHTS

APRIL 7, 2016



ANG FIREFIGHTERS PERFORM JOINT TRAINING

Story and photos by Tech. Sgt. Andrew Merlock, 177th Fighter Wing Public Affairs

Firefighters from five different Air National Guard units employ various techniques at the 165th Airlift Wing's Regional Fire Training Facility in Savannah, Georgia, April 4, 2016.



Airmen from Connecticut, Maine, New Jersey, Rhode Island and Vermont Air National Guard Fire Departments conducted joint live aircraft fire training here at the 165th Airlift Wing's Regional Fire Training Facility in Savannah, Georgia, on April 4, 2016.

The training, which is an annual requirement, enables Airmen to practice various firefighting techniques, in addition to the utilization of various firefighting equipment.

"You had Airmen from four different states accomplishing the same mission and the teamwork was flawless," said Master

Sgt. James Gillespie, Assistant Chief of Training for the 177th Fighter Wing, New Jersey Air National Guard Fire Department. "The way our deployments are set-up, it's not going to be one total guard unit going. We're going to be mixed with a bunch of different guard unit fire teams."

Initially, the training day started with familiarization of the equipment and techniques that the Airmen would utilize in real-life situations. The guardsman practiced obtaining water supplies from various outlets in addition to the utilization of the P-22 Pumper, P-19 Aircraft Rescue Firefighting, P-26 Water Tanker, and P-34 Rapid Intervention Vehicle.

"Each guard unit is given its equipment package based on the type of aircraft you fly," Gillespie continued. "To be able to come here and utilize all the equipment that the Air Force has to offer better prepares airmen for a deployed environment."

The training culminated with the live aircraft fire response training exercise. Airmen from the various Air National Guard Units

assembled in four fire teams to extinguish fires on various aircraft locations, including the interior compartment.

"We're ensuring that an egress path is cleared at all times," explained the evaluator and safety officer, Tech. Sgt. Brad Crandall of the 143rd Airlift Wing, Rhode Island Air National Guard. "The emphasis is to cool down the aircraft so that any potential passengers in a real-world situation have a path to get out of that danger zone. That's what we are ultimately there to protect."

The aircraft fire training exercise is one of the many joint training sessions that the five Air National Guard Units will conduct at the Facility.



Cover: Heat is on!

Airmen from the Connecticut, Maine, New Jersey, Rhode Island and Vermont Air National Guard Fire Departments perform aircraft fire training at the 165th Airlift Wing's Regional Fire Training Facility in Savannah, Ga. April 4, 2016. (U.S. Air National Guard photo by Tech. Sgt. Andrew J. Merlock/Released)

CUTTING CARS

Story and photo by Tech. Sgt. Andrew Merlock, 177th Fighter Wing Public Affairs



Airman 1st Class Brooke Hunt of the 177th Fighter Wing Fire Department, New Jersey Air National Guard, utilizes a halligan tool to soften a vehicle during basic vehicle extrication training exercises at the 165th Airlift Wing's Regional Fire Training Facility in Savannah, Ga. April 6, 2016. Airmen from the Connecticut,

Maine, New Jersey, Rhode Island and Vermont Air National Guard Fire Departments are conducting training exercises together to maintain operational readiness. (U.S. Air National Guard photo by Tech. Sgt. Andrew J. Merlock/Released)

Airmen from Connecticut, Maine, New Jersey, Rhode Island and Vermont Air National Guard Fire Departments conducted basic vehicle extrication training exercises at the 165th Airlift Wing's Regional Fire Training Facility in Savannah, Ga., April 6, 2016.

The training provided practical, hands-on exercises focusing on softening, a term used to describe the prying of doors and other openings, and stabilizing a vehicle in addition to the deployment and use of extrication tools.

"Take it all in, make good sound decisions and take into account the safety of your crew," explained Tech. Sgt. Brandon Sotter, Assistant Chief of Operations for the 158th Fighter Wing, Vermont Air National Guard, who was instructing the vehicle softening portion

The basic vehicle extrication training exercise is one of the many training sessions that the five Air National Guard Units will conduct together during the week at the 165th Regional Fire Training Facility

of the exercise. "We didn't make the scene that way, we're just trying to make it better."

Airmen practiced the deployment and operation of cribbing tools to stabilize an overturned motor vehicle, in addition to Hurst spreaders and cutters, similar to the Jaws of Life. These tools are utilized by fire departments throughout the Air National Guard to prevent further injury and ultimately remove an entrapped victim of a motor vehicle accident.

"EMS is a large part of our job now," explained Senior Airman Colin Bellavance of the 158th Fighter Wing Fire Department, who also served as an instructor. "This is a big part of it, responding to scenes and providing assistance to patients in need."

CHALLENGE CANDIDATES BEGIN NEW TERM

Photos by Master Sgt. Mark C. Olsen, New Jersey National Guard



New Jersey Youth Challenge Academy Class 44 candidates' in-process at the Joint Military and Family Assistance Center at the National Guard Armory in Bordentown, N.J., April 6, 2016. During the next two weeks of the 22-week program, the candidates will undergo an acclimation phase where they will adjust to the program's physical, mental and social discipline. The voluntary educational program provides 16 to 18 year-old high school dropouts a structured residential program in a quasi-military environment where they can earn a general education development diploma. Since 2008, there have been 1,554 Youth Challenge graduates and 66 percent have earned their high school diploma.



177th firefighters train at 165th



Staff Sgt. Kenneth Merlock of the 177th Fighter Wing Fire Department, New Jersey Air National Guard, prepares to enter a building during a structural ladder rescue training exercise at the 165th Airlift Wing's Regional Fire Training Facility in Savannah, Ga. April 5, 2016. (U.S. Air National Guard photo by Tech. Sgt. Andrew J. Merlock/Released)



Airman 1st Class Otis White of the 177th Fighter Wing Fire Department, New Jersey Air National Guard, operates a P-19 Aircraft Rescue Firefighting vehicle during a training exercise at the 165th Airlift Wing's Regional Fire Training Facility in Savannah, Ga. April 5, 2016. (U.S. Air National Guard photo by Tech. Sgt. Andrew J. Merlock/Released)

5 ways to sneak in your fruits and veggies

From Guard your Health

You've always heard that fruits and veggies are good for you. But do you know why? Filling up on fruits and veggies will help you stay fit, reduce your risk of developing a disease, and keep your digestive system running smoothly. With just a little planning, you can find veggies and fruit that are affordable, and keep them within reach for meals and snacks. Here are five tips on how to get more fruit and veggies into your daily diet.

1. Look for color

When choosing what to put on your plate, pick fruits and veggies that are full of color. Eating a variety of colors helps you get the nutrients your body needs to function properly. Nutritionists recommend choosing foods that are dark green, red, and orange. Think kale, spinach, broccoli, red peppers, tomatoes, and carrots.

2. Take your pick

If getting your daily dose of fresh fruits or veggies is hard for you, consider buying them dried, canned, or frozen. No matter which kind you choose, make sure the fruit and veggies are low in salt and sugar. Can't stand raw vegetables? Toss your veggies into a pan and steam, sauté, or roast them with a little seasoning of your choice. Don't like the texture of whole fruit? Pick up a package of dried fruit instead.

3. Mix and match

Combine vegetables or fruit with your favorite foods. Here

are some ideas:

Pile berries or banana slices on top of yogurt or cereal. Try this Yogurt and Berry Breakfast Parfait

Mix chopped mushrooms and onions into ground meat for your burgers, chili, or meatloaf

Use a lettuce wrap in place of hamburger and hot dog buns or taco shells

Doctor up soup and pasta sauce with added cans of diced tomatoes, mushrooms, or beans

Chop up any veggies on hand and stir them into a casserole

4. Pack for the office or on-the-go

Always have fruit or veggies on hand to fight mid-afternoon cravings. Some easy choices are:

Keep dried fruit at your desk or in your car

Bag some baby carrots, cherry tomatoes, celery sticks, and/or pepper slices

Grab an orange, banana, or apple on your way out the door

5. Balance food and drink versions

Try making your own smoothies. Or pick a 100-percent fruit juice, such as orange or grapefruit juice, for a quick fix first thing in the morning. Nutritionists support swapping out one daily serving of whole fruit or veggie for liquid form. Be careful though! Store bought fruit and veggie drinks can be filled with extra sugar and calories so make sure you read the nutrition label before buying.



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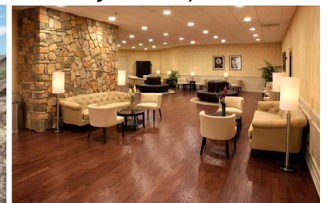
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