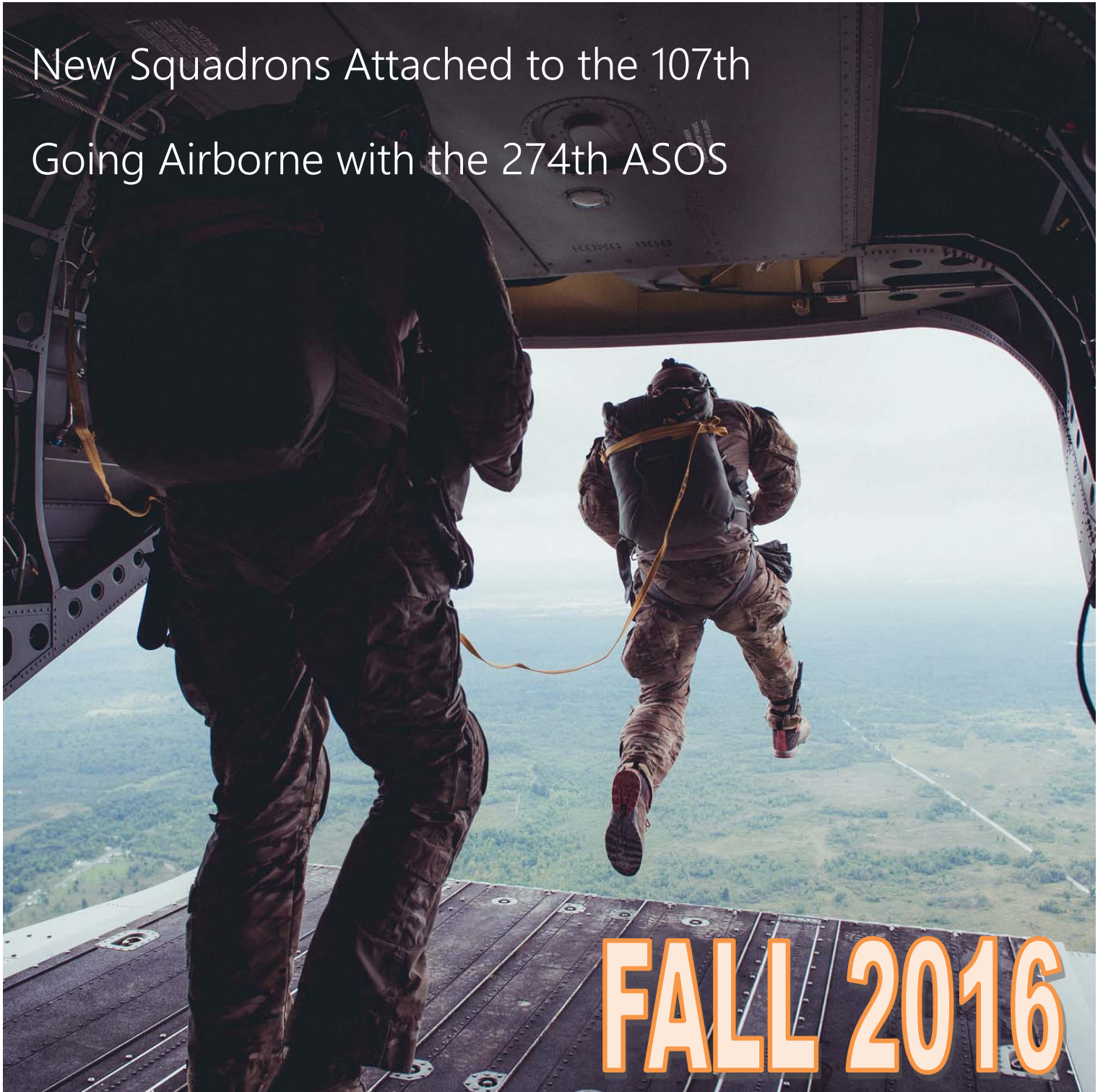




New Squadrons Attached to the 107th
Going Airborne with the 274th ASOS





Unit Member Highlight



Guardsman honored with police award for overcoming obstacles
Story by Guard Times Staff

A New York Air National Guard Officer and New York State Trooper who almost died in 2010 from a rare illness has been honored by the Buffalo-based Theodore Roosevelt Inaugural Site Foundation for his accomplishments since then.

Lt. Col. Eric Laughton, a Medical Service Corps officer in the 107th Airlift Wing, and a Captain in the New York State Police, commanding Troop A's Zone 1, was awarded the Theodore Roosevelt Association Police Award for 2016, during a Sept. 22 dinner.

The award goes to a police officer who overcomes a major handicap to excel in law enforcement. The award recognizes the way that President Roosevelt, who had been sickly as a child, worked hard to turn himself into the robust leader the nation remembers.

Getting the award was a "humbling" experience, Laughton said. It was one of the most significant things which has happened to him during his 28 years as police officer, he added.

Laughton's path to the award began in February 2010, while serving with the 109th Airlift Wing at Stratton Air National Guard Base in Scotia. During his drill weekend, Laughton developed an intestinal blockage and perforation and went into septic shock.

A doctor assigned to the 109th Medical Group drove him to the hospital, and other doctors from the wing prevented the hospital from discharging him too soon. Nurses who worked there and served in the 109th looked out for him. Unit members looked after his family while he was sick.

Despite their care, Laughton, then a Major in the Air National Guard, came very close to death as an infection set in.

His heart, lungs, liver and kidney began shutting down. He experienced acute respiratory distress. During surgery he slipped into a coma and was placed on life support.

But 13 days later he recovered, and began fighting back.

"I survived because of the never-ending support and prayers from my immediate family, my Air Force family and my New York State Police family," Laughton told those attending the dinner where he was honored. "Your support system is so important when tragedy strikes."

But Laughton, who had been in excellent shape, was a shell of the person he had been.

"My muscles had atrophied severely and I had lost 42 pounds [weighing only 128 pounds]," he told Tech Sgt. Catherine Schmidt from the 109th Airlift Wing's public affairs office later in 2010.

He couldn't walk or talk or text on a phone. It was a bitter existence for somebody who had prided himself on his athletic ability, he said.

Continued on page 3



Continued from page 2

He was tempted to pity himself, Laughton said, but realized that wasn't an option.

"Tragedy allows you the unique opportunity to give back," he said. "It can be a blessing. It affords you the chance to change someone's life," he said.

Since then Laughton, a Lockport resident, has been passing along the lessons he learned to others.

He's become a leadership coach. He's spoken to groups about what he learned from his illness. And he's published three books based on those lessons: *The 4 M's of Success: From Coma to Competition*; *The Success Equation*; and *Decisions and Consequences*.

"Nothing hits harder than life," Laughton said. "Getting knocked down in life is a guarantee but getting back up is always a choice."

"It will never be about the knockdown. It will always be about the get up," he said.



Trooper Michael Maciejewski, Trooper Paul Anthony, Trooper Cameron Hicks, Major Steven Nigrelli, Captain Eric Laughton, and Trooper Daniel Alaimo (left to right) pose for a photo September 22, 2016 at the Theodore Roosevelt Inauguration Anniversary ceremony where Laughton received a police award.



107th Attack Wing



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Lt. Col. Gary Charlton

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Chief Master Sgt. Phillip Tavenier

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THE THUNDERBIRD

Fall 2016

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On the cover:

Airmen from the 274th Air Support Operations Squadron, Syracuse, N.Y., conduct air assault and parachute jump training out of a CH-47 Chinook helicopter from the 1-169th General Support Aviation Battalion, Rochester, N.Y., Sept. 10, 2016. The training is part of an annual requirement for parachute jumps, and a larger exercise involving the Civil Air Patrol acting as close air support. (U.S. Air Force photo by Staff Sgt. Ryan Campbell)

Full story on page 5.



The 107th Attack Wing now has two new squadrons to support our mission. Please welcome the 222d Command and Control and 274th Air Support Operations Squadron.



The 222d Command and Control Squadron is an Air National Guard command and control squadron located at Rome, New York and Chantilly, Virginia.

Mission: 222 CACS provides the National Reconnaissance Office's (NRO) National Reconnaissance Operations Center (NROC) with augmentees to assist NRO and U.S. Air Force Space Command during times of need. 222 CACS provides support with ongoing space operations crucial to our national security. The NRO is a joint organization engaged in the research and development, acquisition, launch and operation of overhead reconnaissance systems necessary to meet the needs of the Intelligence Community and Department of Defense.



The U.S. Air Force 274th Air Support Operations Squadron (274 ASOS) is a combat support unit located at Hancock Field Air National Guard Base, Syracuse, New York. The 274 ASOS provides tactical command control of air power assets to the joint forces air Component Commander and Joint Forces Land Component Commander for combat operations.

Mission: The 274 ASOS trains, equips, and deploys mission qualified Tactical Air Control Party (TACP) members consisting of Air Liaison Officers and Joint Terminal Attack Controllers (JTAC) in support of the 42d Infantry Division, 27th Infantry Brigade Combat Team, and 86th Infantry Brigade Combat Team. Unit members are tasked with providing advice, guidance, and planning considerations to United States Army round commanders on the proper integration of USAF airpower and close air support onto the ground scheme of maneuver. As JTACs, 274th members are further qualified to provide terminal guidance and attack execution in a combat environment.

In a domestic operations role, the 274th is responsible for establishing communications during state emergency response and contingency operations as ordered by the Governor of New York.



[https://
www.facebook.com/
NationalReconnaissanceOffice/](https://www.facebook.com/NationalReconnaissanceOffice/)

[https://
www.facebook.com/274ASOS/](https://www.facebook.com/274ASOS/)





Going Airborne with the 274th ASOS

Story by Staff Sgt. Ryan Campbell

NIAGARA FALLS AIR RESERVE STATION, N.Y., (Sept. 14, 2016) – More than 15 Airmen from the 274th Air Support Operations Squadron, Syracuse, conducted airborne and air assault training at Ft. Drum, Sept. 10, 2016.

The Airmen conducted a series of parachute jumps as part of an annual requirement to meet a minimum amount of jumps for those that are qualified. Supporting the Airmen were four UH-60 Black Hawk helicopters from the 10th Aviation Brigade, Ft. Drum, and a CH-47 Chinook helicopter from the 1-169th General Support Aviation Battalion, Rochester.

“The purpose of conducting parachute operations was to facilitate training for both Air Force Joint Terminal Attack Controllers and the UH-60 Black Hawk crews,” said Senior Master Sgt. Eric Muller, superintendent of the 274th ASOS. “The training and familiarization of integrating assets into a larger mission is paramount in training individuals for combat operations.”

Along with the parachute jumps, the 274th ASOS also inserted an air assault force into one of the drop zones as part of a scenario which also involved close air support.

“The Civil Air Patrol from Syracuse, prior F-16 pilots, acted as our role players for close air support bringing in another level of realism,” said Muller. “Simply conducting parachute operations is beneficial, but by combining with close air support from platforms with multiple air players brings a certain amount of stress and real world factors which increases our training value across the spectrum of joint operations and between Air Force and Army aviation.”

Moving forward, the 274th ASOS plans to integrate aviation with live fire training exercises, said Muller. Future plans include bringing in F-16 fighter jets for close air support training, combined with air assault support from Army helicopters, said Muller.





LOOKING BACK...





Social Media, political guidance for military members

By Airman 1st Class Lauren Ely, Joint Base San Antonio-Randolph Public Affairs / Published September 08, 2016

In the midst of this political season, service members and Department of Defense personnel should be aware of behaviors, on social media and in real-world activities, to steer clear of.

Here are a list of Do's and Do Not's for social media and political activities:

Do:

- Register to vote and vote.
- Make personal monetary donations.
- Express personal views. This is the same as writing a letter to the editor, however, do not engage in any political partisan activity.
- Include a disclaimer if you are identifiable as a military member.
- “Friend,” “like” or “follow” the Facebook page or Twitter account of a political party or partisan candidate, campaign or group. But refrain from engaging in political activities with respect to partisan political entities’ accounts that would constitute political activity.
- Forward all inquiries from political campaign organizations to a public affairs officer for awareness and appropriate action.

Do Not:

- Suggest that others “like,” “friend,” or “follow” the partisan account.
- Forward invitations to partisan events.
- Post direct links of “likes” to partisan sites.
- Solicit others or fundraise.
- Imply or appear to imply Department of Defense sponsorship, approval or endorsement of a political candidate, campaign or cause.
- Campaign for a candidate on or off base.
- March in a partisan parade.
- Wear a military uniform to a partisan event.
- Attempt to influence the voting or participation of any other service member.

Partisan political activity is defined as activity directed at the success or failure of a political party, partisan political candidate, campaign group or cause.

A political campaign or election begins when a candidate makes a formal announcement that he/she seeks to be elected to a federal, state or local political office or when an individual files for candidacy with the Federal Election Commission or equivalent state or local regulatory office. A political campaign or election does not end until one week after the conclusion of the relevant election.

For a complete list of permissible and prohibited activities, please refer to DOD Directive 1344.10, Political Activities by Members of the Armed Forces Guidance for Military Personnel.

For voting assistance information, visit <http://www.FVAP.gov> or contact the voting assistance officer within your unit.



A Sight Picture of Leadership as We Turn a New Page in the 107th's History

As the 107th continues its transformation from an airlift wing to an attack wing, it is just as imperative that we keep transforming our Airmen into rock-solid leaders. Growing the contemporary Airman into a future leader is primary. The foremost way to accomplish this is through positive leadership as NCOs and officers. Nevertheless, what is leadership? Leadership is a word that we have heard over and over again since the day we got off the bus at basic training. Certainly you must have asked yourself these questions, “What is a leader, and what makes a leader great... What separates the leader and the led... How do we make future leaders... How do we become better leaders?” I’ve often heard Airmen say, “I have all my PME complete, promote me, I’m ready to lead.” Are they really ready? Have we prepared them for the next chapter in their Air Force lives and forged them into suitable leaders? Leaders that are willing and able to continue to train, mentor and set the example. As we attempt to accomplish this task, can we also continue to develop ourselves into better leaders and mentors?

In order to answer these questions we must go back to the fundamentals of what a leader must be. A leader in the Air National Guard has the responsibility for understanding and transmitting the Air Force values to our Airmen. These values are the foundation for service to the nation. Our beliefs, values, and norms have direct impact on our subordinates as well as our peers. The beliefs of a leader can directly affect the leadership climate, discipline, cohesion, training and combat effectiveness of a unit.

We have all had mentors in our lives. People who have influenced our behavior for both good and bad. In our military career there was that team leader, sergeant or officer that always had it together. He or she was that somebody whom we really admired and wanted to mirror. They looked sharp, made sound decisions and treated everyone fairly. They believed in you when you didn’t, and pushed you to reach your full potential. They would never task you with something they wouldn’t do themselves, getting right down into the dirt with you. They appeared like they had a big red “S” under their uniform. These folks were virtuous and respect came from their actions. They walked the walk and talked the talk and believed in their people as much as they believed in the mission. They continued to do the right thing even though it may have not been the popular opinion or the “old guard way” of business!

Continued on page 10

Continued from page 9

These servant leaders I speak of, were created from men and women who saw a spark and potential in them. They had mentors of their own who happened to be confident leaders who were able to imprint their leadership styles onto them. No man or woman becomes great on his or her own. They had people who raised their standards and challenged them to do better.

What we value the most in our lives guides our actions. Values influence our behaviors and priorities. We must make sure that our modern day Airmen have a value system that possesses courage, candor, competence and commitment. As a leader it is essential that you possess solid core values that give you moral courage to recognize improper behavior and correct it appropriately.

Norms are very important as well. We must make sure that our Airmen understand the difference between formal norms and informal norms. They must know that unwritten standards weigh just effectively as written standards.

Once we have instilled the basics, we should develop our subordinates ethically. We do this with personal contact and by teaching them how to reason clearly about ethical matters. We need to be honest with them and talk through possible solutions to problems. It is important to sometimes share our thought process with our subordinates when we have to make difficult decisions. The respect will come from caring enough to share how our thought process works and have the moral strength to do what is right.

In conclusion, we must go beyond PME to develop the future of the Air National Guard. It is our duty to mentor and self evaluate in order to create prodigious leaders. Possessing strong and honorable character and setting the standard reaffirms our commitment as NCOs and officers. We must be the example for optimistic individual values, able to resolve complex dilemmas and be fully committed to the profession of arms. We have to continue to know human nature, our jobs, our people and ourselves. By doing this we can successfully build our leadership bench on the Air National Guard team. Remember we set the example for both good and bad leadership. It is our obligation to make sure our war fighters have purpose, direction and motivation to take up that next challenge and eventually your job. The Air National Guard has a proud tradition of making history and leaders. So ask yourself: who are you mentoring, whom are you challenging and what legacy will you leave behind?



FAMILY DAY



Air Force Air Medal

Tech. Sgt. James Ward—OPS



Air Force Commendation Medal

Senior Master Sgt. Jason Fronden —MSG
Master Sgt. Kristian Alex—MSG
Master Sgt. Venita Jackson—OPS
Staff Sgt. Joshua Strange—OPS
Staff Sgt. Matthew Vandercreek— OPS



Air Force Achievement Medal

Tech. Sgt. James Ward—OPS
Staff Sgt. Ryan Campbell—HQ
Senior Airman—Seray Aksoy—MSG
Senior Airman—Christina Chapman—MSG



Community College of the Air Force

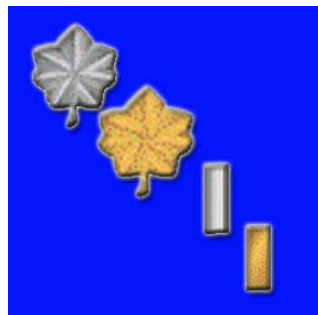
Senior Master Sergeant Christopher Kamholz - Criminal Justice and Financial Management
Senior Master Sgt. Randall Shenefiel - Emergency Management
Master Sgt. Joy Holland - Logistics
Master Sgt. Thomas Larson - Biomedical Equipment Technology
Master Sgt. Matthew Meincke - Emergency Management
Master Sgt. Kelly Thomas - Hospitality and Fitness Management
Tech. Sgt. Mark Dascomb - Avionics Systems Technology
Tech. Sgt. Jennifer Dewispelaere - Financial Management
Tech. Sgt. Matthew Dier - Financial Management
Tech. Sgt. Corey Lewis - Criminal Justice
Tech. Sgt. Gregory Sliwa - Aviation Maintenance Technology
Staff Sgt. Jesse Craig - Information Management
Staff Sgt. Joshua Strange - Transportation
Staff Sgt. Jeanette Valdez - Education and Training Management
Senior Airman Kelsey Traxler - Aviation Maintenance Technology





Officer Promotions:

Lt. Col. Maria Pelow—HQ
Maj. Christopher Kohn—136 AS
1st Lt. Maria Spadafora—HQ
2nd Lt. Philip Chan-Stud Flt
2nd Lt. Shawn Lavin—FSS
2nd Lt. Christopher Oh—Stud Flt



Chief Master Sergeant

Joel Micoli—OG
Edward Stefik—SFS

Senior Master Sergeant

Catrina Smith-Coffey-CES
Stephen Flateau-SFS
Jason Fronden—MSG
Timothy Gemsheim—FSS
Jonathan Mott—FSS
Daniel Owczarczak-SFS
Randall Shenefiel—HQ

Master Sergeant

Jennifer Beckett-HQ
Leonard Cheff-CES
Michelle Dargan-MSG
Matthew Meincke-HQ



Technical Sergeant

Elyse Bauer-HQ
Kristina Brown-COMM
Richard Burns-COMM
Kristopher Cox-CES
Matthew Dier-COMP
Heather Eberhart-FSS
Nicholas King-CES
David Loder-CES
Garett Mang-CE
Charles Skinner-OG
Andrew Thompson-CES
Ronald Weatherston-COMM

Staff Sergeant

Christina Chapman-FSS
Jesse Craig-COMM
Michael Feick-FSS
Joshua Gillebaar-OSS
Stasha Haag-FSS
Austin Heberlein-COMM
Christopher Holly-CE
Josha Kaczor-136AS
Robert Kirkpatrick-CES
James Pelletterie-CES
James Pirinelli-136AS



Senior Airman

Michael Dibernardo-COMP
Joshua Evans-FSS
John Jesz-COMM
Michael Legault-136AS
Kathryn Marotta-HQ

Airman 1st Class

Samuel Fanara-Stu Flt
Taras Patsukevych-Stu Flt





Chaplain's Page



"Trust in the LORD with all your heart and lean not on your own understanding." Proverbs 3:5

Your Senior Religious Support Team attended a RPA Chaplaincy Conference in Fargo, North Dakota. Topics covered were issues unique and specific to the RPA operations and how the Chaplain Corps can help provide tools of spiritual support for resiliency.

The concept of moral and/or spiritual injury was one of the most significant topics taught for MSgt Heather Cummings and myself at the conference. "Spiritual injury is our response to an event beyond our control that damages our relationship with God, self and other, and alienates us from that which gives meaning to our lives." "Moral injury is perpetrating, failing to prevent, bearing witness to, or learning about acts that transgress deeply held moral beliefs and expectations." Some see moral injury as interchangeable with spiritual injury because often those with Post-Traumatic Stress Disorder (PTSD) also suffer from an injury to one's spiritual or moral center. We all live with aversive emotional and psychological experiences but our response to that experience can cause us to withdraw and to think that we are unforgivable. This is when moral/spiritual injury deepens and consumes.

From the National Center for PTSD we can read that, "Moral injury results when soldiers violate their core moral beliefs, and in evaluating their behavior negatively, they feel they no longer live in a reliable, meaningful world, and can no longer be regarded as decent human beings. They may feel this even if what they did was warranted and unavoidable."

Moral/Spiritual injury happens in all combat, but how we respond after each battle can lessen this injury. Take for example, a veteran from WWII who was the first person I baptized. He lived with a plate in his head from the injuries he had received from an explosion. But even deeper than the plate in his head, he lived with a moral/spiritual injury in his heart. I still remember our conversation to this day when he said, "Pastor Jackie, I didn't want to kill the German soldiers. Heck, some of them could have been my cousins. But it was kill or be killed. How can I ever be forgiven?" How does healing come when you feel you have done something so terrible, you are unforgivable? To start, naming that you have been morally/spiritually injured is half the battle. The man I ended up baptizing, had lived with this moral

injury most of his adult life. He was deeply scared, and was finally naming it. He felt he wasn't worthy of even being baptized.

The second part of the healing comes through the power of being heard in a protected safe setting among others who "get it." In our Wing those who "get it" are those on the mission with us with Top Secret clearance and folks like Jason Masker, the Director of Psychological Health (DPH). Mission debriefings in protective and safe environments are very important where the hard questions can be asked. "Why?" we learned at the conference, is not the most productive question to be asked. If our question continues to be stuck on "Why," our question needs to be reframed for healing to occur. Instead of "Why" we need to ask, "Since this is my situation, how am I going to proceed?" We can ask "was there any purposeful negligence on our part?" Was the ground Commander's intent fulfilled?" If we can answer "no" to the first question and "yes" to the second, we are not morally responsible. When these questions are asked the process of healing begins. Forgiveness of self and acceptance of this forgiveness can take place.

Theological reflection is also a healthy avenue for the preservation of the self. To theologically reflect about your concept of God as a child and as an adult can be a helpful tool. Importantly, all of this reflection and healing is best to take place thoughtfully through compassion and gentleness.

Your Chaplain Corps is here to walk beside each of you in unity with compassion and gentleness. Hopefully, you can also name others who "got your back" as well within the Top Secret mission. The important take away is to be heard in a protected and safe setting, so we are healthy in the mission, in our own lives and in our families and communities. Chaplains and Chaplain Assistants function as representatives, symbol bearers, valley walkers and bridge builders supporting all in the RPA mission together. You are all precious and your Chaplain Corps wants to keep you well and balanced, Spiritually, Socially, Emotionally, Physically and Intellectually. Don't lean on your own understanding. It's a team approach.

Your Chaplain – Jackie Kraft



2016 RPD Chaplain Corps Conference

Chaplain Services

Wing Chaplain
LtCol Jackie Ann Rose Kraft
Office: (716) 236-3428
Cell: (716) 512-4390
Chaplain Crisis Phone: (716) 228-7719

**** If you need to see a chaplain please call Chaplain Services, at extension 2395 or the numbers listed above. Chaplains and Chaplain Assistants are always on call**

Here we go again, summer is transitioning to fall. Fall brings with it many things, Bills games, leaves changing colors, Halloween and even pumpkin spice lattes. Unless this is your first year here in WNY you're also aware of some other changes. Our warm days are numbered and soon we'll receive what feels like five minutes of sun each day. This climate and natural light change can bring on a host of mental health issues.



Seasonal affective disorder, also known as winter depression or winter blues affects many of us starting in fall and lasting through the winter. Symptoms of seasonal affective disorder consist of feeling sad, grumpy, moody, anxious, a loss of interest in usual activities, difficulty waking up in the morning, nausea, over sleeping and eating (cravings for carbohydrates), weight gain, lack of energy, difficulty concentrating on or completing tasks, withdrawal from friends, family, and social activities, and decreased sex drive. These symptoms can be tough on their own but if not addressed can lead to serious mood issues including major depression or bi-polar disorders.

If you consistently feel down in the dumps on Mondays this fall, you probably have nothing to worry about. This onset of low mood is common amongst Bills fans following game day. If your symptoms persist past that there are some things you can do on your own that are proven to help. Regular exercise is one of the best things you can do for yourself. Getting more sunlight may help too, so try to get outside to exercise when the sun is shining. Being active during the daytime, especially early in the day, may help you have more energy and feel less depressed.

A focus on self-care is a great way to combat seasonal affective issues. Sometimes it's not enough though. Effective self-care can be complimented by light therapy and/or counseling. Both light therapy and certain counseling modalities have been proven effective in the treatment and prevention of reoccurring seasonal affective disorder. Keep on taking care of yourself but if you have a hard time the old winter blues please stop by and see me. We'll come up with a plan to have you feeling better as soon as possible.

Best Regards,

Jason Masker, LMHC

Bldg. B202 Room 100





FALL SAFETY



The crisp weather and color changing leaves make it a great time to spruce up your home, go for a drive, walk your pets or cozy up indoors. But with all those things comes the potential for danger. It's important to be aware of your surroundings whether you live in the country or the city. Here are some autumn safety tips for your family, home, and car, for a safe and enjoyable [fall season](#).

Personal

Wash your hands. One of the best ways to avoid getting sick is to wash them regularly and thoroughly. Use hot water, plenty of soap, and wash for at least 30 seconds.

If you're a workaholic and get sick, avoid going to work and spreading it to your team. Your boss and coworkers will thank you because group productivity won't be at risk. It's easier to deal with one person away from the office than several, all because you coughed on them.

When you're outside and it's chilly, wear a jacket. It sounds pretty basic, but you'd be surprised how many people think they're "tough guys" walking around in a t-shirt when it's 40 degrees out.

Raking leaves? [Prevent back injuries](#) by standing upright while raking and pull from your arms and legs. Don't overfill leaf bags, and when picking them up, bend at the knee and use your legs, not your back, for support.

If you use a leaf blower, shield yourself. Wear appropriate clothing, eye protection, and work boots to prevent injury.

Do not allow children to play in leaf piles near the curb. The piles can obstruct the view of drivers and put your child at risk for getting hit, especially since it gets dark outside earlier.

Home

Every month should be [fire prevention month](#), but we tend to plug in a lot more devices in the fall and winter. It's important to test all smoke alarms and have a family fire drill. Remember to replace used and expired fire extinguishers as well.

Keep all flammable materials away from your furnace. This includes clothing, paint products, toxic materials, cardboard and more.

If you use a portable or [space heater](#), keep it away from clothing, bedding, drapery and furniture. Remember to shut them off if you leave the house and don't leave them unattended if you have children or pets.

Do not use your space heater as a dryer for hats, gloves and other articles of clothing.

If you have a [fireplace](#), inspect the chimney to confirm it is free of debris, creosote buildup, and is unobstructed so combustibles can vent. Make sure the bricks, mortar and liner are in good condition.

Do not warm your kitchen with a gas range or an open oven door, as this can lead to toxic air that is not safe to breathe.

Keep matches, lighters and candles out of the reach of children and pets.

When burning a candle, don't leave them unattended, burning near other flammable items or on an unsteady surface.

[Doing laundry](#)? Avoid fires by cleaning filters after each load of wash and removing lint that collects in dryer vents.

Do a quick check for areas that may need repair before extreme weather hits: unsteady roof shingles, warped windowsills and concrete that might be sloping toward the house.

Check all [outdoor lighting fixtures](#) to make sure they are working properly. This can safeguard you against falls and neighborhood crime.

[Clean your gutters](#) by removing all debris and leaves.

Car

With fewer hours of daylight, it can be difficult to see pedestrians or cyclists clearly, so if you don't have automatic headlights, make sure they are on at the onset of dusk.

In the mornings, the sun can be extremely bright, making it difficult to see brake lights ahead. Keep a pair of sunglasses in your car to reduce glare and protect your vision.

Temperatures can also [affect driving performance](#). Clear your windshield of frost before beginning your journey and turn on your defogger if necessary. Frost can also form on the road surface without being visible, so be cautious in wooded areas, bridges and overpasses, where ice can quickly develop. Remember, leaves + rain can also make for a very slippery surface!

Keep an [emergency kit](#) in your trunk. Some can be found in stores already pre-made for convenience, but if you want to create your own, be sure to include a flashlight, first-aid kit, jumper cables, windshield washer fluid and basic tools. You might even consider purchasing a car battery charger if you have a long commute each day.

Don't veer for deer. Meaning, don't swerve! You could lose control of the car quickly, especially if you are on a curve or narrow road with little to no shoulder. Instead, brake firmly with both hands on the wheel to come to a controlled stop.

Make the fall season a happy and safe one by being prepared, having a high level of awareness and knowing the right resources to contact if you're in doubt of what to do. *Copyright © 2012 Zing Blog by Quicken Loans. All rights reserved.*



Repair and Disposal of Worn Flags

WASHING

If your American flag is beginning to look dirty or dingy, washing it may save it from an early retirement. The Flag Code does not prohibit washing flags. In fact washing your flag on a regular basis can prolong its life. Most outdoor flags can be hand-washed with a mild laundry detergent. If you're not sure if your flag can be washed, or of the proper washing procedure, take it to the dry cleaners. Many offer free flag-cleaning services, especially in the month of July.

Despite the common myth, flags that touch the ground do not need to be destroyed. If your flag does touch the ground, and it gets dirty, simply wash it. Allowing a flag to touch the ground is disrespectful to the flag, but of course accidents do happen. Just try to prevent it from happening again.

REPAIRING

As long as the flag is serviceable, it is acceptable to repair minor damages. While it is permitted to do repairs yourself, taking your flag to a seamstress can be a safer option. It's important that the repairs are not noticeable, and that the dimensions of the flag aren't altered. Flags with large tears or excessive fraying should be retired.

To avoid damage to your flag, bring it inside in bad weather, and make sure your flagpole or staff is in good condition. Rust can corrode your flag. If you are putting a flag into storage, make sure it is dry and the bag or container locks out moisture. Mold and mildew can grow on damp fabric.

DISPOSAL

According to the Flag Code, any American flag that is worn, damaged or tattered beyond repair should be retired in a respectful and dignified manner. The preferred method is burning. This may shock some, since it is a well known fact that burning the flag is illegal. This however, is an exception to the rule. You can burn the flag yourself, making sure it is done in a discreet and professional manner, or many organizations like the American Legion, the Boy Scouts Council and the Girl Scouts Council will perform a flag retirement ceremony and burn your flag for you. In this case, burning signifies purification and rebirth.

Although burning is the preferred method, it is also acceptable to seal your old flag in a box or bag and bury it. The most important factor is showing respect to the flag during its disposal.

CONTACT

To properly dispose of your worn or tattered flag by burning, please contact the local branch of the following organizations.

The American Legion

Boy Scouts

Girl Scouts

**or MSgt Chris Zastrow
Ext: 2523
Bldg 901, Room 128**



Promotion Requirements

Where are you now?
Are you ready to take the next step?

Amn-E-2	A1C - E3	SrA - E4	SSgt - E5	TSgt - E6	MSgt - E7	SMSgt - E8	CMSgt - E9
				Sole occupant of at least a TSgt UMD position	Sole occupant of at least a MSgt UMD position	Sole occupant of at least a SMSgt UMD position	Sole occupant of at least a CMSgt UMD position
6 months TIG	6 months TIG	1 year TIG	2 years TIG	2 years TIG	2 years TIG	2 years TIG	2 years TIG
6 months TIS	1 year TIS	2 years TIS	4 years TIS	6 years TIS	9 years TIS	11 years TIS	14 years TIS
3 level PAFSC	3 level PAFSC	3 level PAFSC	5 level PAFSC	7 level PAFSC	7 level PAFSC	7 level PAFSC	9 level PAFSC
PME - BMT (Note 1)	PME - BMT (Note 2)	PME - N/A	PME - ALS	PME - N/A	PME - NCOA	PME - SNCOA & CCAF (Note 3)	PME - CCAF (Note 3)



Note 1: Promotion to Amn (E2) will be automatic, 6 months from the date member departs for basic military training (BMT) / tech school, unless the unit commander requests the promotion be delayed. (The Military Personnel Flight (MPF) will publish orders/update the Personnel Data System for promotion to E2).

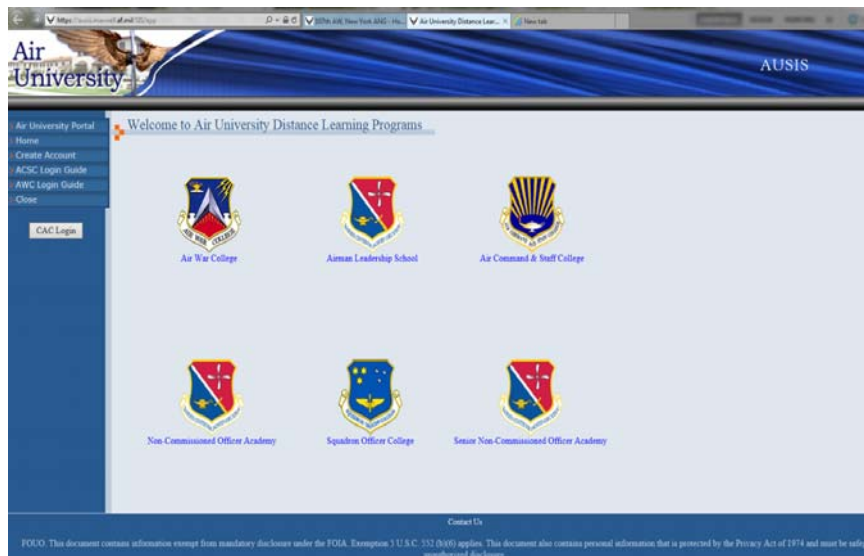
Note 2: Time in grade (TIG) requirement is computed from the date of entry on the initial active duty training (date member departs for BMT / tech school)

Note 3: 107th Sup - SEJPME required for promotion to SMSgt and CMSgt

Career Advancement-

Here is where you go for your PME
<https://ausis.maxwell.af.mil/SIS/app>

Continue your professional development though on and off-duty education. Join professional organizations (for example, base advisory and enlisted councils) and participate in organization and community events through volunteerism.



Social Media Tips

**Please keep the following in mind
when posting to social media sites like Facebook or Twitter.**

Once it's out there, it's there forever

- When you post something on social media, you can't "get it back." Even deleting the post doesn't mean it's truly gone, so consider carefully before you hit enter.

No classified information

- Don't post classified or sensitive information (for example, troop movement, force size, weapons details, etc.). If in doubt, talk to your supervisor or security manager. "Think OPSEC!"

Replace error with fact, not argument

- When you see misrepresentations made about the Air Force in social media, you may certainly use your social media property or someone else's to correct the error. Always do so with respect and with the facts. When you speak to someone who has an adversarial position, make sure what you say is factual and respectful. No arguments, just correct the record.

Admit mistakes

- Be the first to respond to your own mistakes. If you make an error, be up front about your mistake and correct it quickly. If you choose to modify an earlier post, make it clear you have done so (e.g., use the strikethrough function).

Use your best judgment

- What you write may have serious consequences. If you're unsure about a post, discuss your proposed post with your supervisor. Ultimately, you bear sole responsibility for what you post.

Avoid the offensive

- Don't post any defamatory, libelous, vulgar, obscene, abusive, profane, threatening, racially and ethnically hateful or otherwise offensive or illegal information or material.

Don't violate copyright

- Don't post any information or other material protected by copyright without the permission of the copyright owner.

Don't misuse trademarks

- Don't use any words, logos or other marks that would infringe upon the trade mark, service mark, certification mark or other intellectual property rights of the owners of such marks without owner permission.

Don't violate privacy

- Don't post any information that would infringe upon the proprietary, privacy or personal rights of others.

No endorsements

- Don't use the Air Force name to endorse or promote products, political positions or religious ideologies.

No impersonations

- Don't manipulate identifiers in your post in an attempt to disguise, impersonate or otherwise misrepresent your identity or affiliation.

Stay in your lane

- Discussing issues related to your career field or personal experiences are acceptable and encouraged, but you shouldn't discuss areas of expertise where you have no firsthand, direct experience or knowledge.

Be cautious with the information you share

- Be careful about the personal details you share on the Internet. Maintain privacy settings on your social media accounts, change your passwords regularly and don't give out personally identifiable information. Also, be mindful of who you allow to access your social media accounts.

Don't promote yourself for personal or financial gain

- Don't use your Air Force affiliation, official title or position to promote, endorse or benefit yourself or any profit-making group or agency. For details, refer to Code of Federal Regulations, Title 5, Volume 3, sec. 2635.702, Use of Public Office for Private Gain, in the Joint Ethics Regulation or Air Force Instruction 35-101, Public Affairs Responsibilities and Management.

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