

PLANETALK

167TH AIRLIFT WING

FEBRUARY 2022

Next UTA 5-6 MARCH 2022



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IN THIS ISSUE

Command Comments	3
167th Hosts WVANG State Command Chief Change of Responsibility.....	4
167th Airlift Wing members participate in Green Flag Little Rock exercise.....	5
167th Airlift Wing hosts retirement ceremonies for WVANG leaders.....	6
Airman Spotlight February 2022 Senior Airman Emma Van Horn.....	7
Chaplain Chat, Turning Towards Instead of Away.....	8
West Virginia National Guard Feedback Line.....	9
Safe and Secure.....	10
Combating Trafficking in Persons, Sexual Assault Prevention and Response	11
Save the Date - Brothers At War Resilience Workshop.....	12
Accolades.....	13



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ON THE COVER

U.S. Air Force and U.S. Army personnel load a modified M113 armored personnel carrier to a 167th Airlift Wing C-17 Globemaster III aircraft during exercise Green Flag Little Rock 22-03 at Alexandria International Airport, Louisiana, Jan. 10, 2022. GFLR 22-03 focused on three joint-accredited items: combat airlift; survival, evasion, resistance and escape; and aeromedical evacuation. (U.S. Air National Guard photo by Staff Sgt. Tim Sencindiver)

ON THE BACK COVER

U.S. Air Force Staff Sgt. David Landis, a loadmaster with the 167th Airlift Squadron, guides a modified M113 armored personnel carrier onto a 167th C-17 Globemaster III aircraft during exercise Green Flag Little Rock 22-03 at Alexandria International Airport, Louisiana, Jan. 10, 2022. GFLR 22-03 focused on three joint-accredited items: combat airlift; survival, evasion, resistance and escape; and aeromedical evacuation. (U.S. Air National Guard photo by Staff Sgt. Tim Sencindiver)



167AW WING COMMANDER
Col. Martin Timko

Vision

The Premier Airlift Wing
Mission Ready, Committed to Airmen and Community,
and Dedicated to Continuous Improvement



167AW WING COMMAND CHIEF
Command Chief Master Sgt. Troy Brawner

Mighty Airlift Wing!

Punxsutawney Phil came out of his burrow and saw his shadow so right on cue, a very chilly February UTA was presented to the wing this weekend. However, despite the cold, there was the usual flurry of activity as folks got to the business of Drill and all of the other hosted events. We were visited by WVNG Leadership to include both MG Crane and CSM Jones who, along with the WV JFHQ Staff, received updates on the happenings at the 167th and to preside over some special ceremonies. On Saturday morning, our newest State Command Chief, CMSgt Brandon Ives, was installed during the Change of Responsibility ceremony. Bringing a wealth of experience from multiple units and locations, Chief Ives and his wife Patty look forward to getting to know the men and women of our Martinsburg Family.

With Chief Ives becoming the new State Command Chief, it brought the reality of retirement for Chief Dave Stevens. Having served the wing in a multitude of capacities to include both Wing Command Chief and State Command Chief, this impactful enlisted professional will be missed by all. Additionally, the wing bid a fond farewell to our former AAG-Air, Brig Gen Ray Shepard, who formally retired on Sunday morning. He too served in multiple capacities, especially at the state-level in both the legal and legislative realms. Every military career eventually comes to an end – the wing wishes both of these gentlemen the best in their retirements.

Ceremonies and retirements aside, I did get to spend a good deal of time with both TAG and AAG-Air concerning wing topics. Both MG Crane and Brig Gen Cochran were impressed with the efforts by our deployed members while the home-station mission sets kept flowing as well. With all of our folks back from their RCP 5/6 efforts, after some well-deserved reconstitution time, you should see additional familiar faces on-base next month! I echo state leadership in stating how proud I am of the wing as you handled both national-level and state-level missions with professionalism and Mountaineer Pride these past months. Either deployed overseas or elsewhere stateside or launching weekly out of the EWVRA: the 167th always gets it done while leaving a positive impact on the people and entities we interact with during the mission. Never taken for granted by this commander – be proud of your accomplishments!

Turning the page on a successful deployment period, the wing can look forward to having our personnel back home while focusing on the daily mission. While the 502(f) CORONA Task Force continues its great work for the state and local communities, it speaks volumes to our folks in how seamlessly that mission has folded into what we do around here daily. We will get our returned deployers back into the groove around here while we work to stay ready for the next mission coming in the future. Right back into UTA in four short weeks if you can believe it! Until then, stay healthy, stay safe, and most importantly: STAY MIGHTY!

--Marty

Team,

It was an incredibly busy drill weekend. I hope it was a productive one for you. We welcomed our TAG, MG Crane and SEL, CSM Jones along with numerous members of their team. Col Timko and I would like to thank each of you for showing our guests just how amazing the 167th AW is. I believe we left a great lasting impression on our visitors as they finished up their weekend with us.

I'd like to wish my friend, WVANG State Command Chief David Stevens the very best in his retirement. His dedication and commitment throughout the years have been second to none. We thank him for his leadership. He is a true patriot and will be missed by all of us. With Chief Steven's retirement we welcome our new WVANG State Command Chief, CMSgt Brandon Ives and his wife Patty. Chief Ives brings a wealth of knowledge and experience with him to WV. I look forward to working with him. There is plenty of work to do. Welcome Chief!

We wish Brigadier General Ray Shepard a final farewell as he enters his retirement. Thank you, Sir, for your leadership and many years of service to the WVANG.

Very soon our last RCP deployers will return. I am excited to get them back on WV soil and to have us all together again. It's been an especially wild and crazy year for them. We look forward to hearing their stories and for them to share some of their valuable experience.

Congratulations to the 167th AW's Emma Van Horn (AMN category), TSgt Joshua Webber (NCO category), and MSgt Jacob Heavner (1st SGT category) on winning their respective categories at the state OAY competition. The three of them along with MSgt William McGraw (SNCO category) from the 130th AW will move onto compete at the national level. We wish them the very best.

Finally, I'd like to congratulate CMSgt Jody Miller and CMSgt Paul Vosburgh on their recent promotion to Chief. I look forward to their leadership and working with both.

The super bowl is this weekend. Please have a plan if alcohol is part of your festivities. Enjoy the game and time with family and friends.

I look forward to seeing you in March!

Your Chief,

Chief Brawner

167th Hosts WVANG State Command Chief Change of Responsibility

by Senior Airman Edward Michon



Left photo: Chief Master Sgt. David Stevens salutes Brig. Gen. David Cochran, Assistant Adjutant General-Air, West Virginia National Guard, during a state command chief change of responsibility ceremony at the 167th Airlift Wing dining facility, Martinsburg, West Virginia, Feb. 5, 2022. The ceremony was held to mark the transition of the West Virginia Air National Guard state command from Chief Master Sgt. David Stevens to Chief Master Sgt. Brandon Ives. (U.S. Air National Guard photo by Staff Sgt. Tim Sencindiver)

Right photo: Chief Master Sgt. Brandon Ives, West Virginia Air National Guard state command chief, makes his first remarks as the newest WVANG command chief during a state command chief change of responsibility ceremony at the 167th Airlift Wing dining facility, Martinsburg, West Virginia, Feb. 5, 2022. (U.S. Air National Guard photo by Senior Airman Edward Michon)

The 167th Airlift Wing hosted a state command chief change of responsibility ceremony in the base dining facility, Feb. 5.

The wing bid farewell to Chief Master Sgt. David Stevens, the outgoing WVANG state command chief since 2019, relinquishing his duties to Chief Master Sgt. Brandon Ives, the incoming WVANG state command chief.

Brig. Gen. William Crane, adjutant general, West Virginia National Guard, welcomed Chief Master Sgt. Ives into West Virginia's "One Guard Family" at the opening of the ceremony.

"We appreciate you coming to West Virginia to take on this tremendous opportunity," said Crane. "We're certainly glad to have you and look forward to working with you."

The outgoing Stevens formally passed the responsibility of WVANG state command chief to Ives and made his closing statements.

"I am grateful to have had the opportunity to be your 14th state command chief. It has been filled with many challenges but has been very rewarding," said Stevens. "It has truly been an honor and a pleasure."

Stevens addressed his peers and fellow Airmen, encouraging them to welcome Ives into his new role.

"Make him feel at home here," said Stevens. "Show him first-hand your ready spirit and share with him your mountaineer pride."

Chief Master Sgt. Ives comes to West Virginia with over 30 years of military experience, spending a majority of his career as an aircraft maintainer. Ives spent the last three years as a command chief at Fairchild Air Force Base, Washington and also recently completed an assignment at Joint Base McGuire-Dix-Lakehurst, New Jersey as a command chief with Task Force Liberty during Operation Allies Welcome.

Ives, during his welcome speech, placed an emphasis on the importance of young Airmen – the future of our ranks.

"We as a military need to rely on them right now," said Ives. "They come to us with a ton of knowledge and a new way of looking at things."

With a focus on empowering these service members early in their career with the necessary guidance and leadership, Ives focused how they contribute to the overall mission.

"I've gotten to work with some of the most amazing young Airmen, both officers and enlisted, and it was absolutely astounding," Ives stated. "You take a group of these young Airmen and you give them a mission with a desired end goal, they will overwhelmingly get it done."

As the new WVANG state command chief, Ives stressed the importance of innovation and creativity within the organization and outlined his goals of protecting these ideals.

"I will do my best to serve you and pursue to missions and priorities for West Virginia," Ives said at the closing of the ceremony. 🐾

167th Airlift Wing members participate in Green Flag Little Rock exercise

by Staff Sgt. Tim Sencindiver

The 167th Airlift Wing successfully completed the Green Flag Little Rock 22-03 exercise hosted by the 34th Combat Training Squadron at Little Rock Air Force Base, Jacksonville, Arkansas, January 9-21.

The primary objective of GFLR is to support the Joint Readiness Training Center and provide training to the maximum number of airlift crews, mission planners and ground support elements in a simulated combat environment with an emphasis on joint force integration.

The 167 AW's C-17 Globemaster III was accompanied by C-130J Hercules, KC-46A Pegasus, B-52 Stratofortress, A400 Atlas and CASA CN235 aircraft and their crews while participating in the exercise.

"Green Flag Little Rock provided our unit with a chance to integrate with multiple U.S. Air Force, U.S. Army and French forces in a realistic tactical scenario," said Lt. Col. Randall Wright 167th Squadron Commander. "

During GFLR the 167th Airlift Squadron conducted eight missions with 19 sorties while transporting U.S. Army infantry, U.S. Air Force aeromedical evacuation personnel, civilian evacuee role players and various military cargo. All of which was accomplished while performing in complicated threat and airspace scenarios, such as semi-prepared runway operations and aerial refueling.

While some units had 40-50 participants in the exercise, the 167th had 14. Though the limited manning posed a challenge initially to mission planning for the 167th, the team adapted by utilizing home station support, earning them accolades from the 34th CTS.

Staff Sgt. Alex Barb, a loadmaster with the 167th AS, said the exercise challenged him by giving him a chance to work behind the scenes and learn more about mission planning.

"Overall, the exercise was a success in terms of our training and combat experience, but more importantly we documented lessons learned to make us more capable for future exercises and or conflicts," said Wright. 🐾

Top photo: U.S. Air Force Maj. David Groom a pilot with the 167th Airlift Squadron banks to the right immediately after takeoff from on a semi-prepared runway during exercise Green Flag Little Rock 22-03 at Ft. Polk, Louisiana, Jan. 13, 2022. GFLR 22-03 focused on three joint-accredited items: combat airlift; survival, evasion, resistance and escape; and aeromedical evacuation.

Bottom photo: U.S. Air Force aeromedical evacuation specialists secure patients in the cargo area of a 167th Airlift Wing C-17 Globemaster III aircraft during exercise Green Flag Little Rock 22-03 at Ft. Polk, Louisiana, Jan. 13, 2022. GFLR 22-03 focused on three joint-accredited items: combat airlift; survival, evasion, resistance and escape; and aeromedical evacuation. (U.S. Air National Guard photos by Staff Sgt. Tim Sencindiver)



167th Airlift Wing hosts retirement ceremonies for West Virginia Air National Guard leaders



Brig. Gen. Ray Shepard, the former Assistant Adjutant General-Air for the West Virginia Air National Guard, talks about his military career during his retirement ceremony at the 167th Airlift Wing, Martinsburg, West Virginia, Feb. 6. Shepherd served as judge advocate at the 167th for about 12 years before moving on to serve in a number of roles at state headquarters including director of staff and chief of staff. (U.S. Air National Guard photo by Senior Master Sgt. Emily Beightol-Deyerle)



Chief Master Sgt. David Stevens, former West Virginia Air National Guard state command chief (retired), receives the Legion of Merit from Maj. Gen. William Crane, adjutant general, West Virginia National Guard, during Stevens's retirement ceremony at the 167th Airlift Wing dining facility, Feb. 5, 2022. Chief Master Sgt. Stevens retired after 38 years of service in both the U.S. Marine Corps and West Virginia Air National Guard, serving in multiple capacities and positions, ending his career as the state command chief for the WVANG. (U.S. Air National Guard photo by Senior Airman Edward Michon)

Airman SPOTLIGHT

Name:

Senior Airman Emma Van Horn

Hometown:

Winchester, Va.

Job Title:

Knowledge Management

Senior Airman Emma Van Horn is a knowledge management specialist for the 167th Communications Flight and the 167th Airlift Wing Airman Spotlight for February 2022.

As a knowledge management specialist, Van Horn is responsible for the coordination and distribution of information and data, managing the flow, distribution, life cycle and disposal of communications and information integral to our operations.

"Senior Airman Van Horn has been a tremendous asset to not just communications flight, but the entire wing," said Maj. Donald F. Carpenter, 167th Communications Flight commander. "She was instrumental in creating process efficiency over the last year utilizing automation and workflow creation for a number of administrative tasks."

Carpenter said Van Horn has also excelled outside the wing.

"She is in the final semester of her bachelor's degree program a year ahead of her classmates and was selected for the highly-competitive Bank of America Information Security Analyst Program, where she will be immersed in several different disciplines before selecting a career track to work for the organization upon graduation."

Hometown: Winchester, VA

Job Title: Knowledge Management

How long have you served in the unit? 3 years in February

How does your job support the 167th's mission? Knowledge Management is responsible for coordinating and distributing proper information and data throughout the Wing.

Civilian job: In July I'm starting a rotational program with Bank of America's Cybersecurity Department.

Education: Gradating in May with my Bachelor's Degree in Cybersecurity.

Hobbies: Working out, hiking, snowboarding and spending time with my dogs.

Goals: Pass the Security + Certification before I graduate so I can provide more support and



value to the communications flight.

I am proudest of: Being awarded Airman of the Year for the Wing and for the state of West Virginia.

People may be surprised to know this about me: For senior superlatives I won most likely to get the teacher off topic.

The most exciting thing I've done in the military is: Learn Power Automate and Power Apps which has allowed me to automate several processes throughout the wing such as orders request, hotel reservations, and help desk requests.

One/Some of the most valuable lessons I've learned throughout my career: Always work hard and put 100% of your effort into every task and it will not go unnoticed. In addition, excuses are the nails that build the house of failure.

My advice to the newest Airmen in the Wing: Push yourself to complete tasks on time and to the best of your ability. Don't be afraid to ask for help. Take advantage of every opportunity. Always be a team player.

The best thing about working with my team is: The communications flight is very supportive and willing to go out of their way to assist others and team members. In addition, they recognize every team member for their accomplishments and hard work. Everyone encourages each other to excel and advance their professional career. 🐾

Turn Towards Instead of Turning Away

by Chaplain (Lt. Col.) Jonathan Yost



**Chaplain (Lt. Col.)
Jonathan Yost**

If you've been married for more than a hot minute, you've probably recognized that marital bliss isn't as natural as you would like. The fact is, all relationships take work, especially marriage.

John Gottman is one of the leading marriage therapists in the world. His organization, The Gottman Institute, has devoted over 40 years to researching over 3,000 couples. In one study they interviewed newlyweds, and then followed up with them six years later. The difference between the ones that stayed together, compared to the ones that divorced is, the ones that stayed together were much better at one thing: Turning Towards instead of Turning Away. At the six-year follow-up, couples that stayed married turned towards one another 86% of the time. Couples that divorced averaged only 33% of the time. In fact, the majority of arguments are results of turning away instead of towards.

Now, this data is most interesting and very telling! It implies that there is something you can do today that will dramatically help your marriage. Equally important, this data tells us that there is something you cannot afford to do, as it can lead to the demise of your marriage.

To help you understand how to turn toward your spouse, we need to define what Gottman calls a bid. A bid is any verbal or non-verbal attempt by one partner, for the attention, affirmation, or affection of the other partner. It's important to remember that these bids can be extremely simple in nature, such as exchanging a smile, a wink, or a hug. Normally, women initiate more bids than men. Men typically have a harder time making themselves vulnerable. Bids are often subtle because it's scary to say, "Hey! I want to connect! Pay attention to me!" Instead, we start small with non-verbal communication, and ask questions that show we are interested in connecting.

Successful couples are attentive, they listen and look. They put down their phones and turn off the TV when the other person wants to chat. Here are some simple ways to turn towards your partner:

- Ask them how their day was.
- Put your arm around them in the morning, and tell them you are thankful to wake up next to them every day.
- Give your partner your undivided attention when they talk about work or their family.
- Tend to your partner's needs, both big and small.
- Kiss hello, and goodbye
- Verbally notice when your partner looks stressed.
- Ask what's on their mind, and how their day was.

These small daily interactions may seem minute and insignificant, but as Solomon said in his book on love, "it's the little foxes that ruin the vineyard." (Song of Songs 2:15) Ultimately those little acts, like how you bid or respond, will make the most dramatic difference in your marriage.

GLORIFYING GOD
SERVING AIRMEN
PURSUING EXCELLENCE



WVNG FEEDBACK LINE



**WE WANT TO HEAR
FROM YOU**

- SHARE YOUR THOUGHTS
- 100% ANONYMOUS
- IMPROVE THE ORGANIZATION



SCAN THE QR CODE
OR VISIT



[HTTPS://APP.SUGGESTIONOX.COM/R/WVNGTAGHOTLINE](https://app.suggestionox.com/r/wvngtaghotline)

Antiterrorism & Force Protection- General Security

submitted by Lt. Col. Tim Rice, Wing Antiterrorism Officer

These Antiterrorism tips address general security precautions.

- Do not volunteer personal information.
 - Be cautious of conversations in public places and on the telephone.
 - Do not have rank or duty title in commercial phone books.
- Avoid (when feasible/possible) wearing military uniforms or other identifiable clothing while traveling off the installation. If possible, remove military headgear and cover uniform when traveling in a vehicle. If a uniform is required, consider changing at the office.
- Vary routes and times when going to and from work, taking children to school, shopping, etc. Be unpredictable and avoid establishing routines.
- Look for unfamiliar objects or activities when traveling by vehicle, especially during early morning or late at night.
- Avoid isolated areas, side streets, civil disturbances, and demonstrations.
- Consider removing family name from home or vehicle.
- Know where your family members are at all times and encourage them to check in by telephone.
- Verify all deliveries and repairs through proper credentials or other documents.
 - Contact the agency or company they claim to represent for additional verification.
- Be alert for unidentified vehicles or personnel and exercise caution with strangers.
- Know your neighborhood & neighbors.
- Keep all outside doors and accessible windows closed and locked.
- Keep car and house keys separate and maintain accountability.
- Conduct frequent checks of your vehicles to ensure they are in good working order and there are no anomalies.
- Never leave young children at home unattended.
- Examine mail for suspicious letters or parcels.
- Familiarize children with police and fire stations and teach them emergency procedures and telephone numbers.
- Advise children to avoid isolated areas, to travel and play in groups, never talk to or go anywhere with strangers and to keep family members informed of their whereabouts.
- When making travel reservations, do not use rank or position and if possible use military air.
- When in a restaurants, locate emergency exits upon entering, chose a table with greatest field of view, avoid business conversation near other patrons, and do not reveal after-dinner plans.
- Stress the importance of security and the seriousness of the threat to the whole family.
- Be alert to your surroundings and report suspicious personnel or activities to local authorities
- Remember to trust your instincts!

These tips, and other important information are located in the CJCS Guide 5260, Service Member's Personal Protection Guide: A Self-Help Handbook to Combating Terrorism, which can be found on the base intranet.

REMEMBER: Antiterrorism and Force Protection is EVERYONE'S job.
The 167th Airlift Wing Antiterrorism Officer is Lt. Col. Tim Rice, 242-5084.





COMBATING TRAFFICKING IN PERSONS U.S. DEPARTMENT OF DEFENSE

STOP Human Trafficking

Force, fraud, or coercion to compel a person to provide labor, services, or commercial sex.

Victims come from all backgrounds and can be women, men, and children.

Any minor (under 18 years of age) involved in commercial sex is a victim of human trafficking.

Recognize **SIGNS**

Physical/Environmental Indicators include signs of abuse, no identification, confined to worksite.

Psychological/Behavioral Indicators include submissive, anxious, lack of free will.

REPORT IT

Chain of Command

Local Law Enforcement

DoD Inspector General Hotline

1-800-424-9098 or visit <http://www.dodig.mil/hotline>

National Human Trafficking Hotline

1-888-373-7888.



167th AW POC:
MSgt Michael Seavolt
CTIP Program Coordinator
ext 5759

For more information go to:
CTIP.defense.gov/

Sexual Assault Prevention & Response

Have questions? Need Help?
We're here for you!

West Virginia National Guard
Sexual Assault Response Coordinator:

Jenny Colagrosso

Office: 304-561-6681; DSN: 623-6681

24 hour Blackberry: 304-541-0573

jenny.r.colagrosso.civ@mail.mil

167th Airlift Wing
Sexual Assault Response Coordinator:

Lindsey Hash

Office: 304-616-5991; DSN: 242-5991

lindsey.hash@us.af.mil

167th Airlift Wing
Volunteer Victim Advocate:
Emily Beightol-Deyerle
Office: 304-616-5251; DSN: 242-5251; Cell: (304) 839-9157
emily.beightol_deyerle.2@us.af.mil

24/7 Sexual Assault Support for DoD Community
DoD Safe Helpline:

Call: 877-995-5247

Texting: (*55-247);

Texting outside the US: (202-470-5546)

Online Resources: www.safehelpline.org



Save the Date

"Brothers at War" Resilience Workshop

12 June 2022 0800-1400
Wing Dining Facility

The documentary film *Brothers at War*, in which Jake Rademacher tells the story of his two Soldier brothers serving in Iraq and Afghanistan, serves as the catalyst.

In addition to providing an up close and personal view of our Service Members at war, the film is a deeply personal view of a family divided, but ultimately profoundly bonded by the crucible of war.

The *Brothers at War* Resilience Workshop integrates multimedia, journaling, instruction and group participation to break down barriers and start the reintegration process for Service Members and their Families.

- Open to 167th Airmen and their spouse/ significant other
- **No cost** – Registration, workshop, & lunch.
- Recent deployers, Operation Allies Refugee, Operation Allies Welcome, and COVID orders Airmen encouraged to participate
- **Limited Seating available. Registration information coming soon!**

Emotional Ice Breaker

The film makes tough subjects easier to talk about. This unique approach allows family members to understand deployment and what their service member has experienced. *Brothers at War* and its DVD extras emotionally jumpstart the Workbook session by allowing participants to **get to the heart of the matter quickly**.

Extremely Popular With Participants

Service and Family Members find the program "*honest, worthwhile, engaging, deep, powerful, strong, sympathetic, and energized*", with **94% willing to recommend it to others**. -- DCoE Survey

Stigma Reduction

For those who need it, the sense of "*uniqueness*" and stigma are **dissipated** so that the individual feels that their emotions, and thoughts are common and can be helped by the Psychological, Medical, and Spiritual resources available.

BROTHERS AT WAR

TWO BROTHERS WENT TO FIGHT. ONE WENT TO FIND OUT WHY.

"Brothers at War celebrates the courage and integrity of the American Soldier and the American Military Family. It is also a film about a man's love and respect for his two brothers and his dedication to telling their story...A great film that I am proud to be a part of."

-- Gary Sinise, Executive Producer of "Brothers at War"



ACCOLADES



Welcome

Capt Erin Swingholm, FSS
TSgt Joshua Smith, MSG
SSgt Thomas McCarthy, CES
A1C Aaron Pierson, SFS
A1C Cyrus Rodriguez, MXS
AB Brayden Locke, LRS

Welcome Back from Technical Training

AB Ella Johnson, OG
A1C Dustin Strait, MDG

CDC High Scores

SSgt Alexis Rodriguez, MDG
SrA Cody Griffith, CES

Promotions

To Airman

Skylar Bingaman, FSS

To Senior Airman

Cole Hixon, MXS
Devren Musser, MXS
Connor Ottaviano, MXS
Zachary Langhorne, LRS
Emman Van Horn, CF

To Staff Sergeant

Noah Lowe, MXS
Dominique Wright, AW
Liam Faith, MXS
Jack Fleagle, CES

Promotions

To Technical Sergeant

Skylar Hinson, MOF
Travis Turner, MXS

To Chief Master Sergeant

Paul Vosburgh, MXS

To Second Lieutenant

Jacqueline Thompson, AS
Craig Pyzik, AS

To Captain

Michael Gonzalez, MDG

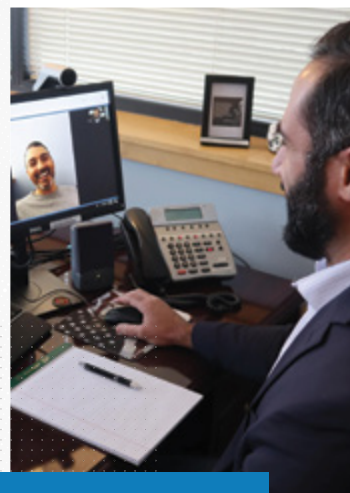
Retirements

TSgt Robert Laidlow, CES
Lt Col William Yeager, MDG



Who We Are

Conveniently located in your community, Vet Centers help you and your family build meaningful connections and develop tools for achieving success in both your military and civilian lives.



93% of those who use Vet Centers would recommend us to others!

Our Services

Counseling.

We provide individual, group, couples, and family counseling to talk through problems, brainstorm solutions, discuss what resources are available, and work with you to create effective and practical plans for your personal growth.

Referrals.

We provide medical, benefit, employment, and other VA and community referral services to help you and your family navigate time-consuming tasks, like applying for VA benefits or finding a job.

Community engagement.

Vet Centers help you connect with your community by working with local partners and using our resources to advocate for your needs. Ultimately, this allows us to create a greater support system for you and your family.

Our Core Benefits

Welcoming environment.

Our Vet Center community treats you like family. We work hard to ensure you feel respected, safe, relaxed, and comfortable with everyone while you are here.

Community of support.

Whether you come in for one-on-one counseling or to participate in a group session, Vet Centers allow you to form social connections, try new things, and build a support system with people who understand you and want to help you succeed.

Practical and therapeutic services.

At Vet Centers, one size does not fit all. From talk therapy to recreational activities, our team works with you to identify your individual goals and find the right plan that meets them.

94% of those who use Vet Centers found us to be welcoming and courteous!

Call us 24/7

Vet Center Call Center:

877-WAR-VETS (927-8387)

Can't make it to a Vet Center?

Our services are also offered through Mobile Vet Centers, virtual appointments, and other community locations that might be more convenient.

Veterans Crisis Line

If you or someone you know is in crisis or having thoughts of suicide, call 1-800-273-8255 and press 1, text 838255, or chat online at: <https://www.veteranscrisisline.net/chat>.

