

## Performing the mission and taking care of family

*Stories and photos by 1st Lt. Sherri Pierce, 157 ARW Public Affairs*

For family and friends of the 23 157th Air Refueling Wing Security Forces members deploying to Afghanistan, the gathering at Pease Air National Guard Base Saturday, Aug. 9 was bittersweet. They spent cherished time with loved ones but it would be the last time for about six months. After a few short hours, the group deployed to Afghanistan where they will perform air base defense missions as part of the 455th Air Expeditionary Wing.

Prior to deploying, the airmen spent two weeks at Fort Bliss, Texas for theater-specific training. For some members this is their third deployment but for everyone it is the first time deploying to Afghanistan.

During the gathering, the room was filled with spouses, brothers, sisters, mothers and fathers who wiped tears from their eyes while the children ran around and played bringing life to a somewhat solemn gathering. Also in attendance, were the Pease Greeters who are about 100 retired military members and other men and women who not only support the military but see them off and welcome them home from deployment.

"We come here as fellow Americans to pay our respect," said Ed Johnson, Chairman of the Pease Greeters. "We respect the sacrifices you make...and we respect the sacrifices that the families are experiencing," he added.

As is customary for each departure, the retired military members stood at attention and saluted the departing security forces members.

"We, the old warriors, salute you, the new warriors," said Johnson.

The Pease Greeters also gave each member phone cards to keep in touch with their families who are just as much a part of the 157th ARW as the departing members.

Families are not just servicemembers' immediate relations, said Bonnie Lee Rice, Wing Family Program Coordinator. "It includes the parents, spouses, significant others, neighbors, friends, aunts, uncles, whoever."

"New Hampshire provides a lot of great support for families," said Staff Sgt. Justin Woody who married his wife, Britney, just two weeks before deploying. "I feel confident about the support she will get," he added.

Staff Sgt. Paul Dovich feels "very confident that the Wing will be there if (his family) needs anything."

"We are prepared to support any and all needs of the families," said Rice. "I am always available via office phone, cell phone or e-mail 24-7."

While everyone no doubt looks forward to the homecoming, no one is more excited than two members of the security forces team who will come back to families larger than the ones they left.



**Staff Sgt. Edward Dubaniewicz kisses daughter, Sierra, 18 months, before leaving for a six month deployment to Afghanistan.**

Staff Sgt. Edward Dubaniewicz is leaving his wife, Alayna, who is expecting their second child, and his daughter, Sierra, 18 months, here in N.H.

Due in September, Alayna said "I wish he was here when the baby is born but I have family and friends nearby to help."

The couple said they will communicate as much as possible through e-mails and via a web cam they purchased for their home.

Master Sgt. Bill Charland's wife, Judy, is also expecting their second child during the deployment.

While Charland won't physically be able to be with his wife during delivery, he will be able to view the birth thanks to a web cam and telecommunications equipment from Portsmouth Regional Hospital.

# The road ahead



## Commander's Column

By Col. Richard P. Martell

Like many of you, I took a nice vacation post ORI and spent a great deal of time pondering the things that are important over the next three years. Here are my thoughts on what our future tasks are:

- First, available to all of you (on our "P" drive) are the very detailed IGPRS findings on both of our major inspections. Even though many of you have already moved beyond the event, it is critical that every member of the Wing who participated have access to and read the results of their UTC graded event. Even better would be that each member of the Wing who is

UTC tasked look over their UTC graded area to get a sense of what their Mission Essential tasks are and what is expected of them. It would be a nice professional way for us to close the loop on three years of extensive work.

Second, we now head into our major Environmental compliance inspection (ESO-HCAMP) which will judge how good of a steward we are to the environment and how well we have kept up with various EPA type regulations and laws. For each member, we need the knowledge of how to safely perform our jobs, what PPE is required, and how to do our job in such a way to be environmentally friendly. Hopefully your supervisor has answered these questions for you – if not – ask!

The beginning of 2009 us beginning our AEF cycle with numerous Wing members, aircraft, and equipment deploying in support of the Air Force mission. This will keep us busy at all levels as we prepare our folks for deployment, process them in both a volunteer or mobilized status, support them and their families while deployed, and care for them during reintegration. This will keep us very busy well into the late spring.

The year 2010 has two major events we need to prepare for: our Unit Compliance Inspection (UCI) and a major air show. For the UCI, my goal is that we perform a self inspection of ourselves that is far more critical than any inspection team can perform. To do that, we will need to develop experts in the inspection areas as well as bring in some outside resources. We will continue to perform our self inspection reviews but expect there will be additional focus on those items. The air show will once again be a partnership with Community, State, and Wing and hopefully will showcase a major air demonstration team. This is what we have pointed towards for the last few years, knowing that hosting a team like the Thunderbirds or Blue Angels will draw a considerably bigger audience. There will many volunteer opportunities, so if this interests you – be ready!

Work on becoming the lead for KC-135 active associate Wing as well as being prepared to accept a new KC-X type aircraft continues. We have now turned our attention towards examining all the issues involved and being prepared with possible solutions to those issues. I strongly believe with our infrastructure, our experience with 24/7 Ops, and as well our experienced work force, we are the right unit to set the tone and develop the standards for this important future mission! It will challenge us at many levels and I am not promising it will be easy, but I need all of you to understand and believe that being engaged in this future mission will keep us viable for the long term future.

Lastly, I know there will be many changes in leadership and supervision over the next few years. My core belief is that we need to leave behind an organization that is as good as or better than we found it. My dream is that we develop a group of leaders that consistently put the needs of the organization and the individuals ahead of their own. I invite you to become one of those leaders!

**REFUELER**


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The Refueler welcomes articles and ideas that will improve the paper. If you have suggestions for feature or specific articles, please contact the PA office at 603-430-3577 or 603-430-3413, or your Unit Public Affairs Representative.

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#### Maintenance

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#### Wing

Staff Sgt. Celeste Bragg x3456

Tech. Sgt. Scott Perry x3408

#### ATCS

Tech. Sgt. Harry Welch x3212

#### State Headquarters

Master Sgt. Bill Bates DSN: 684-9272

## Poirier named guard person of quarter



(Photo by Master Sgt. Tim Psaedakis, 157 ARW Public Affairs)

**Master Sgt. Craig Poirier receives certificate from Col. "Dutch" Dunkelberger Aug. 2.**

Please congratulate Master Sgt. Craig Poirier of the 157th Mission Support Group for winning the 3rd Quarter NHANG Traditional Guard Person of the Quarter. Honorable mention goes to: Senior Airman Danielle Lewis (OSF), Senior Airman Samantha Peplinski (LRS), Senior Airman Jeremiah Murphy (CES) and Senior Airman Nichole McCarthy (LRS). Thank you to the individuals who took the time to submit the above individuals. Poirier has his own special parking spot and receives \$50 from the Air Force Sergeant Association. Next nominations will be due Sept. 15.

## Achieving your best score yet on fitness test

**By Maj. Stephanie Riley, 157 Medical Group**

It's that time of the year again for us to start thinking about taking the annual fitness test. I have to admit that I tend to get a little more anxious, as each year passes, about my ability to do well on the test. Being the competitive person I am, I always strive to do better than the "kids" in my unit. But, let's face it, after having two kids and facing middle age, I no longer feel as young and fit as I used to.

I do try to keep up some kind of work out regime throughout the year but, as many of you can identify with, it's hard to fit that in when you work fulltime, have kids to raise and maintain a busy lifestyle. So when it comes time to face the fitness test again, I break it down into its categories and try to train to achieve my best results.

To begin with, you have to fill out the health questionnaire prior to taking the test, to make sure that you are physically able to do it. The first group of questions on the questionnaire refer to whether you would be able to do the 1.5-mile run. Specifically they ask if there is any history of heart, blood pressure or cholesterol problems, what your waist measurement is and whether you smoke. It also asks if you have been running frequently within the past three months. Depending on how you answer the questions will determine whether you do the 1.5-mile run or the step test for the cardio portion of the fitness test. I have to admit that I am glad that I am able to do the run because my heart rate always seems to be on the elevated side when I have done the step test, which leads to a lower score. It must have something to do with the amount of caffeine that I drink on a daily basis. That is why they suggest not having any caffeine in your system prior to doing the step test.

The second part of the questionnaire deals with your present level of physical fitness. It asks such things like if you have a heart condition, if you have chest pain or dizziness when exercising, if you have any joint pains or injuries. It also asks if you take any prescribed medications that may affect you when exercising, if you are pregnant or if you have any reasons that may prevent you from exercising. If you answer "yes" to any of these questions, you have just bought yourself a ticket to visit us at the clinic and be evaluated by a medical provider. When you turn your fitness questionnaire in to your unit's fitness monitor, it is their responsibility to have an appointment scheduled for you at the clinic. When you come to your appointment, you need to bring a copy of your questionnaire as well as a "memorandum for medical clearance" form that has been printed out with your name on it. If you don't bring those items with you, we will send you back to your fitness monitor to obtain them.

**Fitness con't pg. 4**

## Independence Hall Dining Facility

**Dining Hours  
11 a.m. to 1 p.m.**



### Saturday, Sept. 6

Hot Dog Topper Bar  
(Frankfurters, Beef Chili, Cheddar Cheese  
Sauce, Sauerkraut, Onions, Mustard,  
Ketchup & Relish)

Italian Meatball Sub

Made-to-order Deli Sandwiches  
(Choice of Sliced Turkey or Tuna Salad)

Onion Rings

French Fries

Bread and Salad Bar  
Assorted Cakes  
Assorted Hot and Cold Beverages

Meal Price \$3.85

### Sunday, Sept. 7

BBQ Beef Sloppy Joe

Chicken Breast Stuffed with Broccoli &  
Cheese

Made-to-order Deli Sandwiches  
(Choice of Sliced Turkey or Tuna Salad)

Buttered Noodles

French Fries

Bread and Salad Bar  
Assorted Cakes  
Assorted Hot and Cold Beverages

Meal Price \$3.85

*Menu may be  
subject to change*

### Fitness con't from pg. 3

If you are one of the chosen ones to meet with the medical provider, the form that you have brought along will be filled out based on what the provider finds out when talking to you. For example, if you have a bad knee that gets aggravated from running, you may be exempt from the running part of the fitness test and may do the step test instead. The provider will also determine if you need to go on a profile for the condition identified, and then you will have to follow up with appropriate medical documentation from your doctor. If you are exempt from one part of the fitness test, you may still be able to do the rest of the test and then your score will be determined by a calculation that only takes into account the parts of the test that you participated in.

The fitness test, as many of you know, measures your ability in four different areas: aerobic (running or the step-test), body circumference, crunches and sit-ups. In 2007, the Air Force made a change to the test and how the scores are determined. It is now a pass or fail grade and the scores are broken down as follows: 90 points or above is considered excellent, scores between 75-90 are considered good and a score below 75 is a failing score and the individual

needs to be re-tested within 90 days. It was also announced by the Air Force that fitness test results (pass or fail) will be included on all future performance reports, so a failing grade can have a significant impact on a member's career in terms of promotion, assignments, retention, etc.

So, in gearing up for the test, what I do is find out what I need to perform to achieve the max amount of points for my age category. For a full list of the ages and the requirements you can visit <http://usmilitary.about.com/od/airforce/blmalefitness.ht> if you're a male and <http://usmilitary.about.com/od/airforce/blfitfemale.ht> if you're a female. Once I have those numbers, I work to get as close to or over the max amount as I can. The breakdown of how the points are awarded is 50 points for the aerobic portion, 30 points for the body circumference, 10 points for sit-ups and 10 points for push-ups.

I have certainly found that it is much easier to be engaging in a fitness regimen throughout the year so that your body doesn't go into shock when you try to get ready for the fitness test. So for those of you that are also gearing up for the test this fall, hopefully this information will help you achieve your best score yet!

## The man in the blue truck

**By Tech. Sgt. Michael Berry, 157 ARW Logistics Readiness Squadron**

Everyone knows at least one Tech Sgt. Shaun Shea story. In his near 20 years at Pease, Shea has become as much of a part of Pease as the KC-135. Though you may know the stories, here are some things you may not know about the man in the blue truck.

Shea was born in Dover and graduated Somersworth High School. He went to UNH's Thompson School where he hoped to one day work as a Surveyor. While at the Thompson School, Shea found himself looking towards a different life and joined the Coast Guard in 1983.

While there, he was stationed in Newburyport, Mass. Shea's career involved being a Yeoman, working Drug Enforcement, and Search and Rescue.

In 1987, Shea traded in his sea legs and became a DOD Police Officer for the Navy Yard. He worked Nuclear Supply at the Navy Yard until 1989 when he joined the New Hampshire Air National Guard.

Since 1989, Shea has worked in the warehouse here at Pease for Senior Master Sgt. Wade Krause. In addition to driving the Pick Up and Delivery truck, Shea has worked in Receiving, Storage and Issue, and assisted in the Mobility section. Shea is also the current union president for technicians.



(Photo courtesy 157 Logistics Readiness Squadron)

**Tech. Sgt. Shaun Shea getting ready to make deliveries.**

## Promotions

### Captain

Suzanne Barrickow, JFHQ

### Master Sergeant

Joseph McGill, SVF  
Tammy Daigle, ATC  
Joyce Kilmer, HQ

### Technical Sergeant

Joseph Samson, SVF  
Robert Rojek, SVF  
Joseph Jeddrey, LRS

### Staff Sergeant

Nicholas DiSalvo, ARS  
Meghan Kincaid, MDG  
John Michniewicz, AMXS  
Justin Toiano, AMXS

### Senior Airman

Jennifer Rouleau, ARS  
John Stevens, LRS

### Airman 1st Class

Michael Johnson, STUFLT

## Transfers

1st Lt. James Wallace  
1st Lt. Thomas Shea  
Master Sgt. James Albano  
Staff Sgt. Jeffrey Delorey

## Retirements

Chief Master Sgt. Mark Long  
Senior Master Sgt. Craig Land  
Senior Master Sgt. Roy Blanchard  
Senior Master Sgt. Elaine Halsey  
Master Sgt. Peter Coletti  
Master Sgt. Michael Samson  
Master Sgt. Michael Toews  
Master Sgt. Scott Lindquist  
Master Sgt. James Conrad  
Tech. Sgt. Brian Marden  
Tech Sgt. Norman Geis  
Staff Sgt. John Forti

## Deployment can't from pg. 1

The 157th Air Refueling Wing Family Readiness Program tries to ensure families have all the support they need while their loved ones are away.

"Before departure, we try to help airmen prepare his/her family," said Rice.

"We offer suggestions to help the children during the deployment such as reading a book on tape or making a video for a child to listen to or watch while they are away," Rice said.

Rice makes sure the families know where all important papers are and that they are signed up for medical benefits. She helps establish a communication plan and even suggests pre-ordering flowers to let the children and family know that the deployed members are thinking about them.

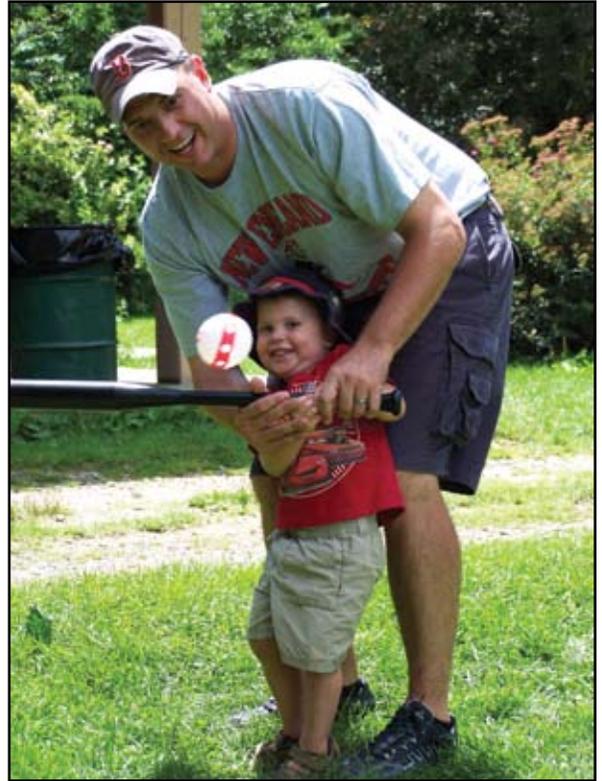
"We just talk to the airman to find out any assistance he/she can use prior to departure," she added.

During the deployment, family members are encouraged to attend a monthly deployed family gathering. Families enjoy a meal and the company of others in a similar situation. They can voice questions or concerns as well as get any assistance they may need.

The meetings are usually held on the second Wednesday of each month and are open to families of all service branches.

The Family Program also offers a service called the Yellow Pages. It is a helpful resource for deployed families because it provides free or discounted services to them while their loved ones are away. The list is confidential and information is released to families with the permission of the person or agency that has offered the service. The Yellow Pages have assisted families of all services in New Hampshire, Maine, and Massachusetts.

Rice works with local agencies to provide other free or discounted opportunities to all service members and families. See back page for contact details.



Staff Sgt. Paul Dovich helps son, Aiden, 2, take a swing at a ball during the July 30 get together at Stratham Hill Park for deploying members of the 157th Security Forces Squadron.

## Catching up with 157 softball tournament participants

Photos and story by Tech. Sgt. Michelle Mercier, 157 Maintenance Group

The New Hampshire Air National Guard was represented at the 43rd Annual Air National Guard Tournament in Panama City Beach, Fla. from Aug. 6-10. Fourteen members of the Wing attended this year's tournament. This year we entered a Coed and a Men's Open Team. In order to enter both teams we needed to pick up ANG members from other states to represent us. Our Men's Open Division played five games including a pseudo Red Sox-Yankees game in which the Sox (NHANG) came out on top, defeating the team from New York (12-10). Next year's tournament is going to be held in Sioux Falls, SD from Aug. 5-9, 2009. If you or someone you know is interested in participating in the future, please contact Tech. Sgt. Michelle Mercier (MXG) at x2441, Master Sgt. George Gibson (ATC) at x3219, or Tech. Sgt. Jason Coleman (MSF) at x2461.



**Top right: The Coed Team: Front Row: Nicole Terito (NY), Steve Pina (LRS). Middle Row: Terri Hinsman (CIV), Jason Coleman (MSF), Barb Leary (VT), Deb Tzrinske (MXS), Jennifer White (NY), Darsy Cote (OG), Daryl Iannillo (MXS), Christina Hall (MXS). Back Row: George Gibson (ATC), Jeff Greenlaw (SFS), Eric Stephens (ATC), Phil Erwin (ATC), Mike Wettstein (ATC), Gary Thomas (ATC), Dutch Dunkelberger (MSG), Michelle Mercier (MXS).**

**Left: Men's Open Team Front Row: Gary Thomas (ATC), Jason Coleman (MSF), Dutch Dunkelberger (MSG), Steve Pina (LRS). Back Row: Brian McDonald (TN), Mark Wagner (TN), Phil Erwin (ATC), Jeff Greenlaw (SFS), George Gibson (ATC), Mike Wettstein (ATC), Daryl Iannillo (MXS)**

# The “Honor” in Honor Guard

By Staff Sgt. Angela Stebbins, 157 ARW Public Affairs

“Honoring Those Who Served” comes from the mission statement of the NH Military Forces Honor Guard. This single phrase sums up one of the largest details our Honor Guard members perform, Funeral Honors.

Our Armed Forces have always provided Military Funeral Honors whenever possible, however, it was on an as available basis until January 1, 2000 when Congress helped solidify the necessity of such honors. They mandated that we render Military Funeral Honors using a detail of not less than two members of the Armed Forces for any eligible veteran, if requested to do so by the members family.

One of our Pease Honor Guard members, Master Sgt. Bill Bates, recently attended an Air Force Honor Guard, Mortuary Affairs and Protocol Conference to learn more about these funeral honors.

When asked what it is he would say is the most important thing he learned from this training, Bates said, “I would like to pass on the importance of the Pease Honor Guard.” He continued, “The primary responsibility for Funeral Honors falls on the Active duty Air Force as they are mandated to provide Funeral Honors for our Veterans, retiree and service members. However, here in the northeast, the Air Force has only one active duty base left, Hanscom Air Force Base which is located in Massachusetts, over an hour from here. In addition, Hanscom’s Area of Responsibility (AOR) is not only Massachusetts, but all of Maine, New Hampshire, Vermont, Rhode Island, Connecticut and Northeastern New York. As this is a very large area for one base to cover, the Hanscom AFB

Honor Guard depends heavily on Air National Guard and Reserve Units in each state to provide support for Funeral Honors. Without us, their mission to provide Honors to our veteran’s, retirees and service members would be greatly impacted to the degree of possibly not being able to provide Honors to all that deserve this final respect.”

Staff Sgt. Robert L. Rojek, Pease Honor Guard Program Manager reported that in 2007 the Hanscom AOR provided Honors for 1885, of which Pease ANGB supported 181. He said, “This year Hanscom has already provided 1319 funeral honors, 127 of which we have supported and we are only half way through the year. This number is already 20 more than last year at this time, and the numbers have shown a continual increase since 2002 when the Pease Honor Guard was only doing about four funerals per month, but now is at 15 per month.”

There are typically two different types of honors performed by our Honor Guard team, veteran’s honors or retiree’s honors. For veterans, the ideal situation calls for at least three members, two for the flag folding ceremony and one to play Taps on the bugle, however for retirees, our teams consist of a seven person detail to be pallbearers, perform a six person flag fold, a firing detail, Taps and a Flag Presentation as required by the Air Force.

With the combination of increasing honors requirements, force reductions, base closures, and an increased operations tempo, the base-level honor guards now have an ever increasing challenge and need the support of team members and commanders now more than ever. Bates said, “Each year the numbers are growing and the Active Duty Air Force is depending more on the reserve components to augment them. In order for us to provide these honors, we depend on two things, the support of our current Honor Guard members to do their part, and the approvals of our Chain of Command to allow us the time away to perform these services.”

The Pease Honor Guard is currently made up of 3 full time members and 37 volunteers, 2 of which are retirees.

Rojek said, “Unfortunately, only nine of our members are regularly available for services when needed, not nearly enough to comfortably accommodate such a demand. If we could get up to 50 members who ALL volunteer to do just one funeral a month at minimal, we wouldn’t have any problems in covering the details. However, right now we are struggling, especially when trying to cover retiree funerals as they are the 7 person detail for each event.”

“The Honor Guard is my way of giving back,” said Rojek, “I love what I do, there is no better honor than giving a prior military member’s next of kin a flag as a token of our thanks for his/her service to our country.”

If you are interested in joining the Honor Guard team please contact Rojek at (603) 430-3333.



(Photo courtesy 157 ARW Public Affairs)

**Members of the 157th ARW Honor Guard take part in retirement ceremony.**

# What does the Honor Guard do?

*By Staff Sgt. Robert Rojek, Honor Guard Program Manager*

Being a member of the Honor Guard is not for everyone; it takes a person with a lot of heart, lots of desire and commitment. This job can be challenging. There are some winter days when we are participating at funerals in below-zero temperatures and summer days when the heat index is over one-hundred degrees. We get rained on, snowed on and sun-burned. It's not for the faint of heart, but is for those who want to do their part in adding to the honor of those served before us and to earn that certain pride you get from doing so.

Yes, sometimes we get a great seat, and more important an opportunity to stand proud with "Old Glory", at a Patriots, Red Sox, Monarchs, Wolfs, Fisher Cats games or NASCAR races. This is one of many perks of being a member of the base honor guard.

However, if your first interest in joining the Honor Guard is in the ability to go to these athletic events and/or the spotlight of performing at these events, please give some more thought about what it means to be an Honor Guard member. We perform the solemn duties of honoring veteran service members who came before us at funerals and memorial services in a time honored tradition. Attending such events is secondary.

We provide the uniform and training, but please note, as a team member you are required to perform several Honors per month that could occur on any day of the week, including weekends and you would need your immediate supervisor's approvals as well as the ability to work these details in with your civilian career. We practice every other Tuesday and Thursday (as long as we aren't at a funeral) towards the end of the duty day. Members are asked to attend one practice a month and recently we have added two all day practice each year (one in the early spring and one in early fall) which members are asked to also attend at least one a year. These practices help build team members knowledge of military funerals, help with timing along with perfecting movements. Precise drill ceremony movements and flag folding are skills learnt from much practice by members of the honor guard.

As part of the preparation for an upcoming ceremony, the team practices each movement until it is done flawlessly. We also try to get to a detail at least an hour early to be able to rehearse and perfect our timing prior to the actual event as well.

Accomplished team members should be confident in their personal appearance and drill movements; they are at ease with the awesome responsibility they carry forward into each individual ceremony they officiate.

Every time we go out it is a different family, but it's usually the same reaction, they are so overwhelmed and proud. You can tell how much the families appreciate what we do when we go out there. We are there to show our nations honor towards their loved one and that respect is very visible when we present the flag to the next of kin.

We are there to perform this service proudly and correctly. We are there to help them get through a difficult time; it is an awesome thing to be a part of.

In our training room, which is also the mobility processing area, many of you may have noticed that there are Honor Guard Posters on the walls. These are to not only remind the Honor Guard Members of their responsibilities and motivate them, but they are also there to remind ALL members that no matter how we come home, the Honor Guard and the Air Force will always show them the respect they deserve and that we take care of you "From Cradle to Grave".



(Photo courtesy 157 ARW Public Affairs)

**Members of the 157th ARW Honor Guard march in a parade commemorating the 100th year of the signing of the Portsmouth Peace Treaty.**

# 157th proves ready for combat environment

By 1st Lt. Sherri Pierce, 157 ARW Public Affairs

Every five years, each Air Force unit goes through what is called an Operational Readiness Inspection. It is the SAT of Wing tests so-to-speak and it rates the Wing's readiness for war in a simulated combat environment. In June, the members of the 157th Air Refueling Wing took the test and proved they are more than ready for the challenge.

Inspectors for the Air Mobility Command arrived at Pease Air National Guard Base in June for the first of the two-part inspection. The Nuclear Operational Readiness Inspection "is an inspection designed to evaluate the Units' readiness to support the USSTRATCOM mission," said Capt. Nelson Perron. The IG presented a scenario that world tensions had escalated to a "point that the 157ARW had to generate aircrews and aircraft in support of a nuclear mission," Perron added.

The second phase was a multi-wing deployment to "Nagoya Air Base, Japan" at Volk Field Combat Readiness Training Center in Wisconsin. Members of the 157th ARW joined with members of the 128th Air Refueling Wing and the 105th Air Wing to form the 875th Air Expeditionary Wing. In this portion of the inspection, the IG tests the Wing's combat readiness. They scrutinize the way the Wing mobilizes, deploys to a "war zone" and how they redeploy back home.

Lt. Col. Mark Schmitz, IG Team Chief, Senior Master Sgt. Robert Aguilar, Jr., IG Inspection Superintendent, and Master Sgt. Mark Beale, IG Inspection Manager, presented the results to the 157th ARW in a wing-wide forum on Aug. 2.

Although the results cannot be released publicly, the 157th ARW is definitely ready.

"It was really, really great work by the entire Wing. It is a great honor for me to be in Concord representing you," said Maj. Gen. Kenneth Clark, the Adjutant General of the New Hampshire National Guard.

"There are two phrases I heard throughout the briefing 'outstanding teamwork' and 'mission accomplished. I couldn't be prouder to represent you, us, as commander of the New Hampshire Air National Guard," said Brig. Gen. Mark Sears. "You are, without question, the most outstanding team I have ever worked with."

In addition to the ratings the wing received as a whole, several groups were recognized for outstanding teamwork and about 45 individuals were given either an IG Team Chief coin or a coin from Gen. Sears for going above and beyond their duties.

Chief Master Sgt. David Eaton, 157 Air Refueling Wing Command Chief Master Sergeant, received a Team Chief's coin on behalf of all the senior non-commissioned officers.

"We are the world's finest air, space, and cyberspace force and it is a testament to our senior NCOs," said Schmitz.

Col. Richard Martell, 157th ARW Wing Commander, also received a coin of excellence from the IG.

"It was a distinct pleasure to work with this unit," said the IG Team Chief, Col. Schmitz. "You were focused, driven and motivated and epitomize the motto 'Live free or die.' I salute you for your superb work."



(Photos by Tech. Sgt. Aaron Vezeau, 157 ARW Public Affairs)

**Security Forces member Master Sgt. Erik White prepares to engage combatants on June 18 while deployed to the 875th Air Expeditionary Wing, Nagoya, Japan.**



**Civil Engineers pre-plan the layout of gravel walkways that will lead to sand bag bunkers.**



**Members train on function checking their M-16A2 rifles.**

## Elliot wins NGAUS award



(Photo courtesy 157 ARW Public Affairs)

Please congratulate Capt. Eric Elliot of the 157th Medical Group for winning the National Guard Association of the United States Company Grade Leadership Award.

Elliot was the 157th ARW selection for Company Grade Officer of 2007 and his award package was sent to the national level where he won for the entire nation among all army and air selectees.

Please congratulate Elliot when you see him.

## Air Force reunion

An Air Force Reunion will be held on Saturday, Oct. 18 at the Great Bay Gallery Function Facility in Somersworth. This event is open to anyone who has ever worn a "blue suit" and their adult dependants, plus civilian employees. Maj. Gen. Joseph K. Simeone, USAF (Ret) will be the guest speaker.

For further information, contact Ray Drapeau, Chief Master Sgt., USAF (Ret), 1 Polk Avenue, Portsmouth, NH, 03801, or email [rddrapeau@comcast.net](mailto:rddrapeau@comcast.net) to be placed on the mailing list. You must reply before Sept. 15.

## Logistics Readiness Squadron welcomes Major Sulley

**By Tech. Sgt. Michael Berry, 157 Logistics Readiness Squadron**

Portsmouth native Maj. Strider Sulley was recently hired as the new Logistics Readiness Officer. Previously, Sulley was a traditional officer in the 157th Aircraft Maintenance Squadron since 2004.

Sulley gained his commission from the U.S. Naval Academy in 1993 and was, oddly enough, appointed into the U.S. Army Transportation Corps as a second lieutenant. Sulley's first assignment was to Fort Eustis, Va. where he served as a platoon leader for a Landing Craft, Utility (LCU-2000) Heavy Boat Company. Sulley also spent time as a Company Executive Officer (Deputy) and Army S-1 (Personnel) Officer for a battalion of 978 soldiers while at Fort Eustis.

Following his assignment at Fort Eustis, Sulley furthered his logistics career by completing the Army's Combined Logistics Officer Advanced Course in Fort Lee, Va. which is the Army's version of Squadron Officer Course and then completed the Army's Combined Arms Services School at Ft Leavenworth, Kan. In 1997, he and his family PCS'd to Wiesbaden, Germany, where he held

several varied positions: G3 Operations Officer for the U.S. Army V Corps's 3rd Corps Support Command; Commander of the U.S. National Movement Team; and Commander of Headquarters Company, 27th Transportation Battalion (Movement Control).

Following his ETS from the Army in 2000, Sulley spent one year in the University of New Hampshire's Army ROTC department and then accepted a job at the Seabrook Station Nuclear Power Plant. While at Seabrook from 2001 to 2008, he was a Senior Nuclear Systems Operator and Work Week Manager for Florida Power and Light Energy.

In addition to wearing the Air Force Maintenance and Logistics badges, Sulley completed the U.S. Army's Airborne and Air Assault schools as well as the Navy's Survival, Evasion, Resistance, and Escape course. He has deployed to such exotic locations such as Haiti, Slovenia, Croatia, Kosovo, and the former Yugoslav Republic of Macedonia.

When you see Sulley around base, please welcome him to the full time force.

## Medical Group seeking Training and Education Monitor

157th Medical Group is looking for a Unit Training and Education Monitor (3S1). This is a technical sergeant billet and reports directly to the MDG Commander. Tech school is five-weeks.

Responsibilities include: the oversight and management of all on-the-job training, upgrade training and professional military education of the medical enlisted members; membership on the training and education committee; and management of supervisor's training.

If interested please contact Col. Gretchen Dunkelberger, 157 MDG/CC at (603) 430-2496 or Tech. Sgt. Sandy Chabot at (603) 430-2340.

## Making strides against breast cancer

We are looking to put together a team this fall for the breast cancer walk. We did not have a team last year due to the ORI. In 2006, we had a 13 member team that raised over \$1,625. This year it would be fun to have a bigger team and double the amount we raised two years ago. The walk takes place in Dover on Sunday, Oct. 19 at 11 a.m. This year there will be a 1.8-mile walk or 5-mile walk. There is a \$10 registration fee and we will register everyone on-line for anyone who would like to make their donations that way. Please contact Norma Long at (603) 430-3507 or by e-mail at [norma.long@nhpeas.ang.af.mil](mailto:norma.long@nhpeas.ang.af.mil) by Sept. 7 if you are interested in being on the team.

# Medical Group trains at Patriot 08

By Maj. Stephanie Riley, 157 Medical Group

Members of the 157<sup>th</sup> Medical Group headed out to annual training at Volk Field in Wisconsin in July. They participated in Patriot 08, a National Guard-sponsored training exercise that involved national guard, active duty and reserve units from both the Army and Air, as well as Canadian, Dutch and British soldiers. It was a 2-day, large-scale exercise that took place in three different locations - Camp Ripley, Minn., Fort McCoy and Volk Airfield, Wis.

Unlike many exercises that put participants through scenarios that are critiqued and graded by entities such as the Inspector General, Patriot 08 was strictly for training purposes and was planned out with that in mind. It allowed units from more than 45 states and countries to come together and form a cohesive joint force that functioned much as it would have to in a deployed location. Since participants were not being scored on certain scenarios, commanders were able to create exercises to meet the training needs of the different units.

Four members of the 157<sup>th</sup> Medical Group participated in the planning and execution phases of the exercise. Lt. Col. Paul Loiselle and Capt. Phil Plourde (who has since transferred to a unit in Georgia) were instrumental in getting the N.H. airmen involved in the exercise and making sure that things went off without a hitch. Master Sgt. Jason Messenger helped out with the logistics, providing the supplies or manpower that was needed to ensure training scenarios were successful. Master Sgt. Sandy Chabot worked in the "Pit" where all of the mannequins and live volunteers were moulaged to look the part of the devastating combat injuries that one would see at a military theater medical facility.

For the other 13 members that traveled to Volk Field, the concept of a Joint Force started at home. As it was touted as a regional exercise, guard members from Maine, Vermont, Massachusetts and Rhode Island all traveled to Pease ANGB to be flown out together by the tankers from the 157<sup>th</sup> ARW. It is always a source of comfort and pride for me when our aircrews fly us to our TDY destinations.

The first week at Volk Field revolved mainly around getting certification in EMEDS training, a requirement for medical personnel. EMEDS is the acronym for Expeditionary Medical Support System and involves building a "tent hospital" and being familiar with all of its functions. We spent a day putting up the six tents that connect to form the hospital and then unpacking and storing

all of the supplies that fill the tents. We then trained on the equipment and practiced scenarios that would get us ready for the three day mass casualty exercise that was planned for the next week. Training also included learning how to load the Army Blackhawk helicopters and the C-17 aircraft used for aerovac missions. To be able to have hands-on training in those tasks was great, something that can't be duplicated at most home bases.

By the end of the first week, we had broken into two EMEDS sites that were staffed by medical personnel from the various participating units. Col. Gretchen Dunkelberger, 157<sup>th</sup> MDG Commander, was named commander of the RED site and felt that the experience provided exceptional training. "I thought the opportunities presented for the Patriot Exercise, were unbelievable. The ability to train with our brethren in the AirEvac System and the Canadian and the Dutch Royal Air Forces only enhance the experience. This has been by far the best CRTC training to date that I have received."

The other personnel, from the 157<sup>th</sup> MDG, that filled out the various departments at the EMEDS sites included Maj. Patrick Racz and Tech. Sgt. John Timblin from Dental, Tech. Sgt. Denis Doucet from the Lab, Airman 1<sup>st</sup> Class Marc Fillion from Supply, Master Sgt. Carlos Teran and Staff Sgt. Sarah Duggan from Admin and Maj. Stephanie Riley, Capt. Alyn Theriault, Master Sgt. June Fonteyne, Tech. Sgt. Scott Ellis, Staff Sgt. Kevin Weller, and Staff Sgt. Ben Vickery from Nursing Services. As the mass casualty exercise was to run both day and night for three days, the participants were assigned to either a day or night 12-hour shift.

By the start of the second week, the two EMED sites were up and running, the staff waiting to begin receiving casualties. The first day was quite the reality slap with the first wave of patients flowing through the facilities. Whereas in the civilian sector, if a hospital's resources become overwhelmed, the facility can divert patients to other facilities. That was not an option for the EMEDS personnel. Instead, it became imperative to interface with the aerovac process and try to get patients out to the CASF or CSU. The CASF is a Contingency Aeromedical Staging Facility that will hold patients that are waiting to get on aerovac flights. Patients must be stabilized and cleared for flight prior to going to the CASF. The CSU, Casualty Staging Unit, is the Netherlands version of the CASF and would hold patients waiting for aerovac flights, as well.



(Photo by Col. Gretchen Dunkelberger, 157 Medical Group)

**Members of the 157th Medical Group work on a patient while participating in the Patriot 08 training exercise at Volk Field, Wisc.**

## Missions End Grand Opening Oct. 4 from 3:30 to 8 p.m.

It's been a long time in the works (almost 11 years), but it's FINALLY happening!

All personnel are invited to stop by and look us over at the Grand Opening - membership is not mandatory. If you haven't already "sneaked a peek" while in Bldg 149 for deployment processing, retirement, promotion, etc., come enjoy a beer or soda and come and see the craftsmanship and hard work that has gone in to the Missions End.

All personnel are authorized a one-time visit to the Missions End without being a member. After that initial visit, membership is required. Personnel eligible for membership are all members of the NH Air or Army National Guard, their dependents, all base support civilian personnel, and NH National Guard retiree. No one can be signed in as a guest by a Missions End member.

Come and help us celebrate! And remember, membership can be purchased for the low, low cost of \$20 (check should be made out to Missions End; cash is also accepted) payable to Tony Manix, Tim Pellowe, Jeff Floyd, Tammy Lakemper or Dawna Noel in Maintenance, Mike Ploof at Security/LRS, or Sue Williams, upstairs in Bldg 145.

## Peatfield outstanding civil servant

On Aug. 2, Mr. Pete Peatfield was recognized with the Exemplary Civilian Service Award for his outstanding service and support to the New Hampshire Air National Guard over the past decade as Air Traffic Manager.

**Mr. Pete Peatfield receives award from Lt. Col. Brian Elbert, 260th Air Traffic Control Commander, Aug. 2.**



(Photo courtesy 260th Air Traffic Control Squadron)

## Move-over law in effect

More than 150 U.S. law enforcement officers have been killed since 1997 after being struck by vehicles along America's highways, according to the National Law Enforcement Officers Memorial Fund. To lower that deadly toll, a new coalition of traffic safety and law enforcement groups is launching a nationwide public awareness campaign to protect emergency personnel along our nation's roadsides.

A new law went into effect in N.H. last month that effects all drivers. Below are the rules of this law.

When in or approaching an incident involving a fire, collision, disaster, or other emergency resulting in partial or complete blockage of a highway, or a location where a police officer has made a traffic stop, every driver other than the driver of an emergency response vehicle, shall:

I. Maintain a reduced speed.

II. Obey the directions of any authorized person directing traffic and of all applicable emergency signals and traffic control devices.

III. Vacate as soon as possible any lane wholly or partially blocked.

IV. Give a wide berth, without endangering oncoming traffic, to public safety personnel and any persons in the roadway.

(Source: MoveOverAmerica.com)

## Patriot con't from pg. 10

If a patient was critically injured and needed to be aerovaced, a Critical Care Air Transport team was activated. This team is made up of a physician, a critical care nurse and a respiratory therapist and provides direct care to the patient in flight. All of these elements were present during Patriot 08 and the EMEDs units were tasked to utilize them appropriately. As summed up by Fonteyne, "For the first time ever I saw the big picture and how everything fits in. I was exposed to the aerovac portion, sending patients to the CASF and CSU. The active duty, Guard and Reserve members all needed to mesh together to accomplish the mission and that's what happened."

The other aspect that becomes critical is that members need to be flexible and perform duties that may be outside their normal AFSC. Ellis, for example, is a medic who, more often than not, found himself behind the wheel of a humvee ambulance to transport patients to the CASF. Another medic, Vickery, gave an impromptu fire safety in-service after a simulated fire in one of the EMEDs tents because he is a firefighter in the civilian sector. It is in this respect that I think Guard personnel are a valuable resource. They usually hold civilian jobs that may be related to their guard

jobs or may incorporate a different skill set that could prove beneficial in a deployed location.

Patriot 08 certainly tested the abilities of those that attended and provided valuable sustainment training on peacetime and wartime tasks. It also served to highlight areas of training that may need to have a stronger priority in future exercises. Having deployed in the past, I know first hand how much time and energy is spent on sending injured troops out on aerovac flights. Theriault, who has deployed as both a member of a CCAT team and a clinical nurse also knows the value of enhanced training in this area. "The Air Force should field a training program for the computerized system that is utilized in the AOR that the Guard and Reserve Force could practice on at their home station. It is also important to get everyone involved and aware of what it takes to get patients through the system. In Balad, anyone that was available might be tasked to help unload a Blackhawk or carry a litter."

At the end of the exercise, we all flew home with the satisfaction of knowing that we had experienced important medical training, had strengthened ties with our NATO allies and had forged new friendships within our close military community.

## Award writing and bullet statements made easy

**By Tech. Sgt. Aaron Cleaver, 157 ARW Medical Group**

Do you have some airmen in your section that are doing an amazing work? Perhaps you think a junior NCO has done a great job improving a program? Maybe someone working for you has done the hard work of scheduling and tracking training for airmen in your shop, and they did it in a memorable and fun way. Lucky you. If you have folks doing good work, then you need to recognize that. Keep this in mind when you deploy, and keep it in mind on drill weekends. Get out your pen, take a few notes, write some bullets, and submit an award.

When it comes to awards, you need to write a good bullet statement and it's not as hard as you might think. Writing good bullet statements requires you to toss a lot of what you know about grammar, and start over. Don't worry about dangling participles, and forget the pronouns. You just need a good ACTION verb to start with: fostered, administered, cultivated. You get the idea. Then you add a strong IMPACT statement. The trick is tying them together in a bullet that makes sense and leaves an impression (the bang for your bullet, if you will). You can also precede the action verb with an adverb if you so desire. You didn't just solve that problem. You

CREATIVELY solved it. See what I mean?

Maybe you're a new supervisor and you need some help with military writing. No problem. Seek out a NCO that went to the NCO academy and they can probably help you. Perhaps you did the correspondence NCO course, and now you feel left out. Or maybe you went in residence, but you were too busy reading the Refueler during the Bullet Statement lecture. Don't panic. We have a solution. A creative solution. If enough supervisors are interested, Tech. Sgt. Aaron Cleaver will teach a class about bullet statement writing. This class includes helpful tips to help you understand how to construct an effective bullet statement. You'll walk away with a good list of action verbs too (good for bullet statements AND Scrabble). After attending this FREE PowerPoint presentation your awards submissions are 100 percent guaranteed to get your folks the awards they deserve, or your money back. Call Cleaver at the Public Health Office at (603) 430-2342 or e-mail him at [aaron.cleaver@ang.af.mil](mailto:aaron.cleaver@ang.af.mil) if you'd like to arrange for a class. You'll be writing accurate, specific, brief, and masterfully developed bullet statements in no time!

## Information assurance starts with YOU

**By Master Sgt. Adam Hughes, Information Assurance Manager**

With October quickly approaching that means the change of seasons, a new drill schedule, a new budget and now the Wing's new Information Assurance Awareness Program (IAAP).

Information assurance awareness exists to help you understand the inherent risk in information systems that can cause potential harm to national security due to the improper use of information systems. Throughout this year, we hope to educate you on what the Air National Guard Enterprise (Network) is and why it is more than just a tool for e-mail and the internet. The ANG enterprise is a major component to the DOD Information Warfare System and should be treated and protected as so. We will be educating you on programs such as Communications Security (COMSEC), Computer Security (COMPUSEC) and Emissions Security (EMSEC).

Starting in October, our new awareness program "Information Security Starts with YOU" will become visible throughout your organizations. Look for posters, signs, articles and other reminders that the information we deal with day to day can be harmful to this nation's security and to you person-

ally. Think about how much information we process on a daily basis. Things like payroll, personnel status, flying schedules, and equipment/aircraft status and social security numbers just to name a few. Often times we handle this information via snail mail, telephone calls, e-mail or you're your average water cooler conversation. If you put it all together you now have the potential to compromise information that is vital to this Wing, DOD mission and you (keep in mind that identity theft is alive and well globally).

Let me start with the story of Robert P. Hanssen who was a veteran FBI agent who spied for Moscow for more than 20 years. During these 22 years, he exchanged personnel information and secrets for cash. He is quoted as saying "security at the bureau was so lax that it amounted to criminal negligence and that even the file clerks had easy access to classified national security information stored on the bureau's computers." The lax awareness of his fellow employees and his level of clearance made it easy for him to collect information to sell to the Russians. We may never know the full extent of the information he sold or

how that impacts the security of this nation today. At 57 years old, Hanssen a husband and father of six children was sentenced to life in prison without the possibility of parole. His days are now spent in 23 hours of solitary confinement. This is a synopsis of this case, but the point is that as an enterprise user we all have access to sensitive information, although it is not classified its compromise can be detrimental to the mission, your coworkers and you personally. "Information Assurance starts with YOU", secure it, protect it, be aware and stay vigilant.

***"Information Assurance starts with YOU, secure it, protect it, be aware and stay vigilant."***

## 13th Annual Retiree Day a success



(Photo by 1st Lt. Sherri Pierce, 157 ARW Public Affairs)

Retirees from the 157th ARW pose for the annual picture on Aug. 20. About 150 retirees and about 400 people total enjoyed a barbecue meal while catching up with old friends. Full time members who retired this past year were recognized. Thanks to the 157th Medical Group for heading up the event again this year.

### *Recruiter Rap*

*By Staff Sgt. Dorrin Finley, Recruiting Assistant*

#### **High school visits**

Call Tech. Sgt. Bev Wallace-Regional Recruiter for New Hampshire and Maine (603) 365-0933 for Dover, Portsmouth, Crosby Kennett, UNH, Oyster River, Exeter, Farmington, Nute, Coe-Brown, Spaulding, Somersworth, and Kingswood Regional. Now recruiting in all Southern Maine schools.

Call Tech. Sgt. Ron Connary (603) 365-7237 for Concord, Bow, Goffstown, Manchester West/Central, Pittsfield, John Stark, Merrimack Valley, Pembroke, Hopkinton, Franklin, Laconia, Prospect Mountain, Winnisquam, and Plymouth schools.

Call Tech. Sgt. Brad LePelley (603) 622-3739 for Nashua, Manchester Memorial, Keene, Salem, Alvirne, Pinkerton, Merrimack, Londonderry, Timberlane or any school in the southwestern part of New Hampshire and would like to take a walk down memory lane.

#### **Five things Guard Recruiting Assistants need to know to make more money**

1. Once you register yourself go out and nominate friends, family and co-workers who might be interested.
2. Keep adding notes about how you helped "recruit" your nominees on a weekly basis.
3. Refer the nominee to a recruiter to be pre-qualified.
4. Do not promise a nominee anything such as a specific job or bonus.
5. Keep in touch with the recruiter throughout the process.

If you haven't registered yet, please go to [www.guardrecruitingassistant.com](http://www.guardrecruitingassistant.com) to earn \$2,000 per referral.

#### **Upcoming events**

- Sept. 12-14 -NASCAR
- Sept. 18 - Employment Security Job Fair
- Sept. 27 - Hillsboro Schnitzel Festival
- Nov. 12 - Hire a Veteran Job Fair

## Family Readiness Program

Bonnie Rice – Family Readiness Program Coordinator  
302 Newmarket Street Pease ANGB 03803  
Phone: (603) 430-3545  
bonnielee.rice@nhpeas.ang.af.mil  
Emergency 24-hour hotline: 1-800-472-0328

### DEPLOYED FAMILY INFORMATION GATHERING

Our next deployed Family Information Gathering will be held on Wednesday, Sept. 10 at 6 p.m. at Pease Air National Guard Base, Building 16, Conference Room. Families of our deployed members are highly encouraged to attend. This is a wonderful opportunity for you to get to know other deployed families. If you are interested in attending these meetings, please RSVP to Bonnie Rice (as soon as possible) so the meal can be planned. These monthly gatherings are still open to those who have had their loved ones return as well. Our monthly deployed family gatherings are normally scheduled on the second Wednesday of each month.

### TRANSITIONAL ASSISTANCE PROGRAM:

Dates: October 27-31

Location: Wilbrandt Auditorium, Pease ANGB, NH

The TAP Program that had been traditionally held at the Portsmouth Naval Shipyard has moved to Pease. This is program presented by the Portsmouth Naval Shipyard Fleet and Family Support Program and the Department of Labor/Employment Securities. If you are transitioning from a military to a civilian career, you may be interested in attending the next TAP seminar. This workshop is designed to assist voluntarily and involuntarily separating or retiring service members make a successful career transition. Members should plan to attend at least six months prior to separation or retirement. Casual civilian attire is suggested. Spouses are welcome. Please RSVP.

### LOOKING FOR RETIREE E-MAIL ADDRESSES

If you would like the 157th ARW to send you information via e-mail, please send your information to Bonnie Rice at bonnielee.rice@nhpeas.ang.af.mil.

### YELLOW PAGES

Summer is here! Lawn mowers need tuning up, snow blowers need to be stored for the summer. This yellow pages is a helpful resource for families during the time their loved one is away. It lists those interested in providing a free or discounted service to our military families in need. This list is kept confidential; contact information is only released to families with the permission of the person or the agency that has offered the service. The Yellow Page listing has assisted families of all components of the service from throughout New Hampshire, Maine and Massachusetts. If you would like to become a part of our Yellow Pages, please contact Bonnie Rice.

### MORALE AND WELFARE AND RECREATION

Both Portsmouth Naval Shipyard and the Hanscom Air Force Base Tickets and Tours and MWR offices offer local attractions as well as Florida resort tickets at a discounted price. Call Portsmouth Naval Shipyard MWR Office at: 207-438-1514 or the Hanscom Air Force Base Tickets and Tours Office at: (781) 377-3262

The Portsmouth Naval Shipyard still has tickets available for the following September events. Call (207) 438-2713 for further information.

NASCAR Tickets: NASCAR race at Loudon on Sept. 14.

Deep Sea Fishing: Space is still available for the next Deep Sea Fishing Trip to be held on Sept. 14

## Drill Dates:

October 4 & 5  
November 1 & 2  
December 6 & 7

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

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