

We remember our comrades

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

On Sept. 19, about 75 people gathered at the POW/MIA Memorial outside Pease Air National Guard Base to pay respect to servicemembers who were killed in action, are missing in action or were prisoners of war.

In addition to Wing members, retirees, local VFW members, Pease Greeters and civilians, three former POWs were also present at the event. They were Lt. Alan Davis of the Army Air Corps, and Cpl. Raymond Brunelle and Pfc. Girard Vaillancourt both of the Army.

“We are humbled in your presence,” said Senior Master Sgt. Catherine Porter, 157th Air Refueling Wing member and event organizer.

“Every year National POW/MIA Recognition day is held on the third Friday of September. This day is set aside to honor the brave Americans who were held as prisoners of war, and to remember those who are still missing in action,” said Porter. “Our gathering today is to remember, as we do so well in the military, through symbols and traditions like the National League of Families POW/MIA Flag and the ‘Table set for One,’” Porter added.

During the ceremony, the POW/MIA flag was raised as its history was read. The flag is flown to remind us of the plight of POW/MIAs and is the only flag besides the American Flag to be flown over the White House.

A table set for one was in place at the memorial so “we can be ever mindful of personal sacrifices of our comrades,” said Master Sgt. Bill Gammon, event participant.

The event concluded with the names of all POWs, MIAs, and KIAs from N.H. and Maine from Korea to the Gulf War which was about 150 names. The names of POWs, MIAs, and KIAs from WWII were not read because there are about 75,000.



A table set for one is to remember those who are not with us today but is saved for their hoped return.

The POW/MIA Memorial at Pease Air National Guard Base.

A look at Active Associate



Commander's Column

By Col. Richard P. Martell

Very soon, we expect the announcement to be made that the 157th ARW will become one of three Air National Guard KC-135 Wings identified as "Active Associate." The term Active Associate is fairly new and is 180 degrees out from the traditional way we use to look at partnerships between the Active Air Force, the Air Force Reserve (AFRES), and the Air National Guard (ANG). For many years, we had AFRES and ANG wings "associate" with an AF Wing. The host Wing (AF) would provide the infrastructure and aircraft and the associate unit would partner

and use those assets in (for lack of a better term) a secondary role.

More recently, we have seen a migration to just the opposite where the host Wing is Reserve or Guard and it is the Active component that is the "associate." In my mind, there are many good reasons for this, some include: taking advantage of strategic location; reducing infrastructure costs; blending and taking advantage of varying experience levels; and lastly, getting the most out of a high value, limited number of aircraft. This last item, I believe, is the way of the future. With aircraft costs being so high and with each branch of service having a fairly fixed share of the national budget, it is highly unlikely we will ever see the big (numbers wise) buys of aircraft. With that reality, we need to take the most advantage of the aircraft we have and that means using them as often as possible for the mission as well as for training. I like to think of it as it relates to the airline industry. Airlines make money by flying people and goods. An ideal airline would never have a plane on the ground – they would be in the air doing the money making part of that business. Equating that to the Air Force mission, we would be more efficient if the aircraft were out doing the mission more hours of the day.

That is some of the very basic background, but what does it mean for us? I believe that our becoming Active Associate is very important for some of the following reasons. One, we are in a superb location for the tanker (and airlift) mission. Our proximity to the ocean (supporting the Trans Atlantic crossings) as well as our up-to-date facilities and large ramp makes us an ideal location. We are a location to build on for the future!

Second, we have a very experienced work force. With a 98 percent retention rate, folks serve here a long time. Sharing that experience and knowledge with active duty co-workers only makes sense as we are taking advantage of the training dollars already invested in us. Expect a column in the future to talk about the Servant-Leader concept as it pertains to Active Associate.

Lastly, with limited resources in our future and taking full advantage of the aircraft and equipment, we need to work within the Air Force as a whole at breaking down barriers and working collaboratively. It is natural for any one person to identify themselves as being part of "their" organization. Also when you have an "us" and "them" - competition, a lack of understanding and distrust can exist. I like to believe that as we evolve into Associate units we will see a more cohesive "whole." If that vision holds true, it will be good for the Air Force and Air National Guard alike.

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.

Current UPAR List:

Clinic

Tech. Sgt. Aaron Cleaver
Master Sgt. Emily Tebbetts

Mission Support

Vacant

Operations

Tech. Sgt. Lisa Joyce
Staff Sgt. Shane Hurd

Maintenance

Master Sgt. Michael Mercier
Staff Sgt. John Michniewicz

Logistics

Tech. Sergeant Michael Berry

Services

Master Sgt. Lori Johnson

Wing

Capt. Ken Leedberg

ATCS

Tech. Sgt. Harry Welch

Security Forces

Tech. Sgt. Daric Buttrick

State Headquarters

Master Sgt. Bill Bates

Couch potato to 5K



(Photo courtesy of the Logistics Readiness Squadron)

The “Couch Potato to 5K” group, started by Senior Master Sgt. Michael Davis, was comprised of members of the Logistics Readiness Squadron. The goal of the group was to help as many people as possible to improve upon their fitness level and have fun while doing it. Run times for the members who participated were up 21.2 percent from last year’s fitness test.

Front row (Left to Right): Staff Sgt. Michael Glennon, Staff Sgt. Christie Ashcraft, Tech Sgt. Maria Dulin, Tech Sgt. Brian Bell, Tech Sgt. Betty Snyder, Master Sgt. Kathy Davis, and Staff Sgt. Samantha Peplinski

Back Row: Master Sgt. Raymond Drury, Tech Sgt. Shaun Shea, Senior Master Sgt. Jason Griffith, Senior Master Sgt. Michael Davis, Master Sgt. Gil Fradillada, Senior Airman Patricia Covolo, and Tech Sgt. Mark Houle

Have you “mist” flu season?

By Maj. Stephanie Riley, 157 ARW Medical Group

Flu season runs from November to April, with most cases occurring between late December and early March. The vaccine is usually offered between September and mid-November. Getting immunized before the flu season is in full force allows the body to build up immunity to the virus. Your body takes about two weeks for antibodies to develop and provide protection against the flu. The flu vaccine will actually reduce the average person’s chances of getting the flu by up to 80 percent during the season.

Influenza is a contagious disease caused by the influenza virus; it spreads from person to person via airborne droplets after you cough or sneeze. Anyone can get the flu, and symptoms include fever, sore throat, chills, fatigue, cough, headache and muscle aches. For most people it lasts only a few days, but for some, the symptoms

can last two to three weeks and can lead to pneumonia which is very dangerous for those with heart or breathing conditions. Each year about 36,000 people die from influenza, mostly the elderly and those with weakened immune systems, and up to 200,000 people are hospitalized. Estimates of influenza-related events also include 95 million infections and 25 million physician visits.

This year, most of us will have the distinct pleasure of receiving the FluMist as the required means of vaccination. DoD has planned to procure the majority of the flu vaccine for the 2008-2009 flu season as intranasal FluMist per the Defense Health Affairs policy. I know that this will not be a popular decision with most of you but that is the policy that we, at the clinic, must adhere to.

Flu cont’d pg. 8

Independence Hall Dining Facility

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



Saturday

Chicken tenders with sauces
Meatloaf
Mashed potato
Vegetable du jour
French fries
Gravy
Cream broccoli soup
Turkey and roast beef sandwich bar

Bread and Salad Bar
Assorted Cakes
Assorted Hot and Cold Beverages

Meal Price \$3.85

Sunday

Roast pork loin
Baked fish
Vegetable du jour
Mashed potato
Oven roasted potato
Manhattan clam chowder
Turkey and roast beef sandwich bar

Bread and Salad Bar
Assorted Cakes
Assorted Hot and Cold Beverages

Meal Price \$3.85

*Menu may be
subject to change*

Seacoast Squadron members recognized

Story and photo by Maj. Penny Hardy,
Seacoast Squadron Public Affairs Officer

The N.H. Wing of Civil Air Patrol held their annual conference in Manchester on Sept. 6. This annual event serves to gather members from the various squadrons together to network and learn. It also serves to recognize those who have done an exemplary job for Civil Air Patrol this past year. This year several members of the Seacoast Composite Squadron were recognized.

Maj. Nic Goupil, Seacoast Squadron Commander, received the Aerospace Education Officer of the Year award. Capt. Steven Donnell received recognition as the Ground Crew Member of the Year. Former Cadet Commander C/2Lt Michael Piazza was chosen by his peers as Cadet of the Year. Piazza is now in his first year at the U.S. Air Force Academy.

At the conference there was a contest for squadrons to display what they are all about. Seacoast Composite Squadron chose to use the history of the squadron as their theme because it was the first squadron in N.H., founded in 1941 at the outbreak of WWII. The display, put together by the cadets, showcased its history with historical documents, uniforms and photos. Types of rockets used in the wing rocket competition were also on display as well as photos of community activities, glider flying, Winter



Maj. Nic Goupil receives Aerospace Education Officer of the Year Award at N.H. CAP Wing Conference.

Carnival and events with the Pease Greeters. It also showed before and after photos of a restored Stinson aircraft that was used in WWII as a subchaser. This aircraft was owned by colonels Al and Margie Sambold. It is now on display at a museum in Indiana. The squadron display won first prize.

Also recognized at the evening banquet was one of the squadron's earliest members. Maj. Joseph Verna who belonged to the former Blackcat Squadron prior to joining the Army in 1943 also flew out of the former Portsmouth Airport.

For more information on Seacoast Composite go to www.seacoastsquadron.net.

Promotions

Lieutenant Colonel

Robert Blonigen, OSF
Michael Domingue, JFHQ

Captain

Matthew Valentino, ARS

First Lieutenant

James Blume, ARS

Master Sergeant

Christina Ryan-Miller, MDG
Chad Penniman, ATC
Thomas Grondin, CES
Christopher Boesch, COMM

Technical Sergeant

Angela Stebbins, JFHQ

Staff Sergeant

Jason Christiansen, SFS
Randy Gagnon, SFS
Robert Gibson, SFS
Jeffrey Greenlaw, SFS
Kenneth Hoyt, CES
Gary Thomas, ATC
Yancey Devoy, MDG

Senior Airman

Joseph Cloutier, SFS
Anthony Nickerson, SFS

Airman 1st Class

Nathan LeClair, STUFLT

Dancing the night away

By Master Sgt. Norma Long, Minuteman Fund Member

During September drill, about 140 people attended the first Hangar Dance organized by the Minuteman Fund. Tech. Sgt. Leigh's and Tech. Sgt. Yvette Menot's "Big Dawg Entertainment" volunteered their time to DJ the event. For a small admission fee of \$10, the attendees enjoyed Muddy River catering. Missions End volunteered their time to work the bar and promote their opening in October. This event would not have been successful without the support of many organizations on base. The Dock Rat and Quality Assurance Sections were responsible for set-up/break down and decorating the hangar. A thank you to the medical clinic for allowing us to use their decorations in addition to the ones we purchased. The two teams did an excellent job with the hangar and with the busy drill weekend we all had.

The Minuteman Fund is a nonprofit organization which strives to provide for the morale, welfare and recreation of members of the New Hampshire Air National Guard in order to create and maintain a high morale and state of well-being for the mission completion. Please stay tuned for future Minuteman Fund Events.



(Photo by Bonnie Rice, Wing Family Program Coordinator)

Members relax during hangar dance.

Recruiter Rap

By Staff Sgt. Dorrin Finley, 157 ARW Recruiting Assistant

Welcome New Members

Robert Howe, MDG
Dan Tzizik, MDG
Ian Tate, OPS
Jarrod Burch, ATC
David Belliveau, ATC
David Turner, ATC
Ronald Williams, AMXS
Amanda Bailey, LRS

Nicholas Carrier, SFS
Kimberly Arvanitis, SFS
Eric Nelson, CMF
William Hoover, ATC
Christopher Bartlett, ATC
Tyran Robinson, CES
Jacob Richards, ATC
Benjamin Bauman, CMF

We would like to welcome Staff Sgt. Hope Townes to our recruiting team. Townes has been selected as a production recruiter for the 157th ARW. She comes to us from Aircraft Avionics. We are really looking forward to having her join the team. Townes will be replacing Tech. Sgt. Beverly Wallace who will be returning to LRS. Be sure to wish Staff Sgt. Townes well. We would also like to wish Tech. Sgt. Wallace good luck in her position in LRS.

We would also like to welcome Pam Davis to our recruiting team. She is the new administrative assistant working out at our Manchester office.

Five things for GUARD RECRUITING ASSISTANTS 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 weekly.
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 to earn \$2,000 per referral.

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) 365-0287 for Nashua, Manchester Memorial, Keene, Salem, Alvirne, Pinkerton, Merrimack, Londonderry, Timberlane or any school in the southwestern part of New Hampshire.

Enlisted Council back in action

The New Hampshire Air National Guard Enlisted Council is back in full swing. The Council has been on sabbatical for the last few months due to the ORI but is now ready to get back to business. The Enlisted Council was formed a year ago under the direction of State Command Chief Master Sergeant Matthew Collier. The Council is made up of enlisted members from each of the elements of the New Hampshire Air Guard. The goal of the Council is to provide a unified voice for all enlisted members through which to advise senior leaders in the creation of policies and to guide operations for the benefit of all.

The Enlisted Council will begin meeting again this month to conclude the administrative functions of starting such an organization. In the coming months, the Council will ratify its charter, elect officers, and begin the anxiously awaited operational phase of its charge.

Anyone who is interested in being involved should speak with their first sergeant or their squadron's representative to the Council. Not all of the Squadrons are currently represented actively; that said it is the Council's goal to have one or two active members from each element so that it can accurately reflect the true voice of all enlisted guardsmen. Traditional, technician, and AGR members are encouraged to participate in and support this dynamic new means of helping to shape the future of the New Hampshire Air National Guard. More information will be dispensed in next month's Refueler.

Government Travel Card Update

Your new DoD Government Travel Card should be arriving shortly. Here are a few things you should know:

- 1) New DoD Government Travel Cards are issued by CITI
- 2) Mailing to member's homes has begun; return address on envelope is: P.O. Box 6409, Sioux Falls, SD 57117-6409
- 3) After receipt, call the number on the card to activate it
- 4) Bank of America card (current vendor) should be used through 11:59 p.m. EST on Saturday, Nov. 29 - CITI card should be used for any charges on or after Nov. 30.
- 5) More info at www.defensetravel.dod.mil



(Photob by Spc. George Welcome, U.S. Army)

Four members of the 157th Air Refueling Wing reenlist while deployed to Bagram Air Base, Afghanistan Sept. 30. Pictured from left to right: Master Sgt. Peter Vatisstas, Tech. Sgt. Donald Mullikin, Staff Sgt. Matthew Steer and Staff Sgt. Justin Woody.



(Photo by Master Sgt. Daniel Pollard, 157 ARW Recruiting Office)

Tech. Sgt. Ron Connary presents Michael Wright of Greg Biffel's race team a signed collage from the 157th Air Refueling Wing at the NASCAR race Sept. 14.

Readiness con't from pg. 9

1, 2, 3 MAGIC PARENTING CLASS:

Dates: Oct. 28, Nov. 4 and 12 and 18

Time: 11:30 a.m. to 12:30 p.m.

Please note: This is during the lunchtime - feel free to bring your lunch - you are welcome to come and leave as it works for your regular work schedule.

Where: Pease, Building 16 Conference Room

Are you tired of your kids arguing with you? Exhausted from having to nag and remind? Would you like them to do their chores and homework and go to bed without a fuss? Then the 123 Magic Program is for you.

Come and join other Guard parents during a workshop being offered by "Families First" of Portsmouth. (Spouses are invited and encouraged to attend.) Of the all of the parenting strategies that Families First offers this is the one that time and again parents come back and say, "That worked!" Families First is a health and family center in the Community Campus in Portsmouth. Families First will be presenting a four week series:

- * Using the 123 Magic Method
- * Stop the Fighting, Testing, and Whining
- * Start the Responsible Behavior

To sign up: Call Bonnie Rice at 430-3545 or bonnie.rice@ang.af.mil

HEALTHY CHOICES GUARD YOUTH ROCKET DAY:

When: Oct. 18, 8:30 a.m. to 3:30 p.m.

Where: Center Stafford Training Site

Who: Guard Youth Ages 10-15

(Open to all children of NHNG members including deployed service member families, AGR's, technicians, and civilian state employees)

What to Bring: A healthy bag lunch

RSVP to Sgt. Athena Petrin at athena.kottos@us.army.mil or (603) 227-1571

Space is limited to 25 youth, first come first served basis.

PASSPORT DAY FOR NHNG MEMBERS AND FAMILIES:

Going on a Cruise or taking a trip to Canada? Soon you will be required to have a Tourist Passport.

The NHANG has partnered with the National Passport Center in Portsmouth through the Federal Executive Association to host Tourist Passport Days at Pease ANGB. The major benefits for you are:

- * No need to stand in long lines at an acceptance facility that has no appointments, such as the Post Office.
- * The waiver of the \$60 expedite fee.
- * You will receive your passport within a few weeks of the application being accepted. The normal process time is six weeks.

Who: All NHNG Members and Civilian Employees and their immediate family members

When: Monday, Oct. 20 from 1 to 8 p.m. (More time slots can be given if there are enough interested in signing up.)

Where: Upstairs Conference Room, Building 16 Pease ANGB - It should only take 15 minutes to process your application, provided you bring all the proper documentation.

Cost: \$75 for a renewal passport; \$100 for first time passport

For details and to make an appointment for you and your family call or email Bonnie Rice at (603)-430-3545 or bonnie.rice@ang.af.mil.

DISCOUNTS AND BENEFITS INFORMATION:

EASTERN MOUNTAIN SPORTS MILITARY DISCOUNT

Portsmouth Store Only: Back by popular demand we will be offering a 20% discount to all Guard members and their dependents with a military ID card on Oct. 17 and 18.

News from the Retention Office

By Master Sgt. Norma Long, Recruiting and Retention Manager

STUDENT LOAN REPAYMENT PROGRAM:

Just a reminder if you are on this program, you must provide your lender information to my office prior to your anniversary date. This will allow time to process the proper documents.

FY 09 INCREASED GI BILL AMOUNTS:

Chapter 30-\$1,321 Chapter 1606-\$329
Chapter 1607 - \$528.40 up to \$1056.80.

The full and part time fact sheets are available in the Retention Office and in SharePoint under the Retention Office.

ACTIVE DUTY GI BILL:

If you currently have benefits remaining from your active duty GI Bill and you are mobilized for at least 90 days or more, you are eligible to have your delimiting date changed. All you need to do is send your DD Form 214 to the VA. Your delimiting date is still 10 years, but you get a brand new 10 years window each time you separate from active duty. You still only have 36 months of benefits.

CHAPTER 1606:

Any member who has been mobilized for just one day needs to send a copy of their mobilization orders and DD Form 214 to the VA. The VA will automatically adjust the delimiting date for the period of mobilization plus four months. The VA address is: VA

Regional Office, PO Box 4616, Buffalo, NY 14240-4616.

Officers are eligible for Chapter 1606. Please contact the Retention Office to initiate a NOBE.

MOBILIZED MEMBERS:

If you currently have Chapter 30 Active Duty Bill benefits you have the option of increasing your current GI Bill benefits. You can contribute up to an additional \$600 to increase your benefits.

As a result of mobilization or MPA tour a number of members are now eligible for MGIB CHAPTER 30 education benefits. The guidance is as follows; those members must complete 24 months of consecutive service without break to be eligible for the benefit. You pay in \$1200 and can receive \$36,000 in GI Bill benefits for someone who hasn't used any GI Bill.

CHAPTER 1607:

This program is for members who have Chapter 1606 benefits who may have retroactive benefits potentially payable to service members who were activated for 90 or more days since Sept. 11, 2001. The only members who are eligible for this program are members who have been called to active service in support of a contingency or national emergency.

If you have any question, please contact Master Sgt. Norma Long in the Retention Office at extension (603) 430-3507.

Tune in to Hispanic Heritage Month

By Capt. Sue Barricklow, State Equal Employment Manager

Hispanic Heritage Month begins on Sept. 15, the anniversary of independence for five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition to those nations, Mexico declared its independence on Sept. 16, and Chile on Sept. 18.

The term Hispanic, as defined by the U.S. Census Bureau, refers to Spanish-speaking people in the United States of any race. Currently, Hispanics make up about 15 percent of this country's popu-

lation and white non-Hispanics 66 percent. By 2050, it is estimated that Hispanics will make up 30 percent of the population, and white non-Hispanics less than 50 percent. It is increasingly important for all of us to learn more about the history and contribution of Hispanics in this country. It will help us understand the uniqueness of the culture and facilitate the changes that will naturally occur as the diversity of our nation increases.

To celebrate Hispanic Heritage Month,

Senior Master Sgt. Fred Balas, 157th ARW Human Resource Advisor and I invite you to watch a great documentary about the only all-Hispanic unit in the U.S. Army: Puerto Rico's 65th Infantry Regiment.

What: "The Boriqueneers" narrated by Hector Elizondo

Where: Broadcast on CCTV

When: Sat. Oct. 4 and Sun. Oct. 5 at 9 a.m., 11 a.m., and 1 p.m.

Enlisted Force Structure

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

The enlisted force structure explains roles and responsibilities for enlisted personnel, at every rank. It has general descriptions for airmen, NCOs, Senior NCOs, and also describes in detail what each particular rank is responsible for. Do you know the difference between a technical sergeant and a master sergeant? How about the jump from a senior airman to a staff sergeant? This AFI tells you exactly what each rank should be doing. It's particularly helpful to be familiar with this AFI if you go to PME in residence. It's available on the Air Force ePub site, but you can also order it as a handy,

pocket sized pamphlet (the little brown book). Read it, know it, live it.

I'm not suggesting that you turn into a mindless drone. In fact, it's quite the opposite. Learn your job and the responsibilities of your rank and then look forward. What's the next step? How can you contribute? What are your particular skills? Everyone has different skills that they bring to the table. We are varied and talented bunch. It's important to review our core responsibilities from time to time so we don't forget the basics.

ANG Command Chief Master Sergeant visits the 157th

By Staff Sgt. Dorrin Finley, 157 ARW Public Affairs

Chief Richard A. Smith, Air National Guard Command Chief Master Sergeant, visited us here at Pease Air National Guard base this past September drill to discuss some of the past and current events, policies, and procedures of the Air National Guard. He hosted an open forum for question and answer session with current members and welcomed in our newest members to the guard. He also passed out coins to Non-commissioned officers of the year.

Chief Smith discussed topics of Base Realignment and Closer, deployments, retention, and many other items of interest. "Our mission is unthinkable and retention has never been better," said Smith. He gave striking words of encouragement to the enlisted force and the Air Guard as a whole. "Every job has a meaning and it takes everyone to complete the mission," he added.

He discussed changes of the Air Guard from how it once was. "We have changed, we are no longer strategic, we are operational," said Smith. The Air Guard is doing much more than the one weekend a month and 15 days a year. He also discussed our culture as a guardsman. "We put down our plow and pick up our musket."



(Photo by Staff Sgt. Curt Lenz, 157ARW Public Affairs)

Chief Richard Smith, Air National Guard Command Chief Master Sergeant, addresses enlisted members of the 157th ARW Sept. 6.

Flu cont'd from pg. 3

FluMist is a live, attenuated influenza vaccine (LAIV) that has been designed to stimulate an immune response that more closely resembles the body's response to a natural influenza infection. It contains attenuated (weakened) live vaccine strains that are engineered not to cause systemic disease. It is indicated for healthy, non-pregnant persons aged two to 49 years.

There are contraindications to getting FluMist and if you fall into any of these categories you will be getting the traditional flu shot. Those who should not get the FluMist include adults 50 years of age and older; pregnant women or those who are breastfeeding; anyone with a weakened immune system; and people who have a history of heart disease, lung disease, cancer, asthma, kidney disease, diabetes, anemia or Guillain-Barre syndrome. We will also exempt you from getting FluMist if you live with a child that is under the age of twelve months or a child age five or younger that has asthma. You should talk with a health care provider before getting either form of the flu vaccine if you have ever had a serious allergic reaction to eggs or egg products, gentamycin, gelatin, arginine or to a previous dose of flu vaccine.

Prior to administering the FluMist you will be asked about your current health status to determine any contraindications to the FluMist. The vaccine should be postponed for 72 hours for anyone in the acute phase of a respiratory or fever-related illness. If you are on or have been taking any antiviral medications, such as Acyclovir (given for herpes virus infections) and AZT (given for HIV), it is advised that FluMist not be administered for at least 48 hours after the last dose of antiviral. It is also advised that we shouldn't give any other vaccinations at the same time as the flu vaccine.

There may be some side effects associated with the FluMist including a runny nose or nasal congestion, headache, sore throat, tiredness or muscle aches, weakness, chills and cough. Fever is usually not a common side effect of the vaccine. Less common adverse events include nausea, rash, sinusitis and hypersensitivity

reactions (including anaphylaxis, facial edema and itching).

There is no guaranteed way to prevent anyone from getting the flu but getting the vaccine is the most important precaution you can take. Others include avoiding large crowds during flu season, practicing good hand washing and covering your mouth and nose with a tissue when you cough or sneeze. Eating a proper diet, getting enough sleep and following an exercise program are also ways to boost your immune system to fight off disease. Hopefully everyone in the Wing will make it through flu season without having to suffer from a prolonged bout with the flu.

Flu Vaccination Schedule Oct. 31 - Nov. 2

<i>Date</i>	<i>Location</i>	<i>Time</i>
Oct .31	Missions End	8 to 11 a.m. 1 to 6 p.m.
Nov. 1	Missions End	7 to 10 a.m.
Nov. 1	Maintenance	8 to 10 a.m.
Nov. 1	Clinic	9 a.m. to 5 p.m.
Nov. 2	Ops	8 to 10 a.m.
Nov. 2	Clinic	12 to 1 p.m.
Nov. 2	Missions End	8 to 11 a.m.
Nov. 2	JFHQ-Concord	TBD

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

EMAIL LISTING:

For updates on events, activities, discounts and benefits, contact Bonnie Rice to have your e-mail address added.

During our recent computer/e-mail conversion some of the Family Program E-mail listings were lost – if you would like to be added or re-added to the Wing Family Program email listing contact Bonnie Rice at the above e-mail address or phone number. Please note: some e-mails are not being received at the base –when an e-mail is received, a response will be e-mailed back – if you have not gotten a reply be sure to call.

Retirees, we also have a retirees e-mail listing.

DEPLOYED FAMILY INFORMATION GATHERING

Our next deployed Family Information Gathering will be held on Wednesday, Oct. 15 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.

UPCOMING WING FAMILY PROGRAM ACTIVITIES:

SAVE THE DATES:

Saturday, Dec. 13 – Portsmouth VFW Holiday Party

Sunday, Feb. 1, 2009 – NH Military Ski Day

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.

COMMANDERS CALL-4th ANNUAL WINTER CARNIVAL:

What: Hanger Winter Carnival – Family Event

When: Sunday, Dec. 7 from 8 to 11:30 a.m. for children and families of the New Hampshire Air National Guard (Members will be able to enjoy the carnival from 8 to 9:45 a.m. at which time they will be asked to be in their seats at for the 10 a.m. Commander's Call.)

Who: For "Immediate" Family Members of the NH Air National Guard

Details: Our Annual Winter Carnival is fast approaching. Volunteers are needed in many areas to make this event a success. Unit members and family members are welcome to join in the planning, contact Bonnie Rice if you are interested in volunteering. Again this year we will be asking each of the Wing's Groups produce a game or activity booth for the Carnival. A prize will be awarded for the winning booth. Watch for further details. We are hoping to have lots of volunteers to work together for another successful Winter Carnival for our Wing Families! Volunteers are still needed in the following areas: Set up, clean up, children's room; gathering donations and more....

YELLOW PAGES

Snow blowers need tuning up and lawn mowers need to be stored for the winter. 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.