

Passing of a torch in the Communications Flight

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

The Communications Flight of the 157th Air Refueling Wing celebrated the “passing of a torch” from Lt. Col. Scott Normandeau to Major William Wilson during its change of command ceremony Nov. 2.

Many 157th members, retirees, and family members gathered to “recognize and honor the change in leadership,” said Master Sgt. Stephen Shea, Communications Flight First Sergeant.

“Thank you to each and every member of the Communications Flight for supporting me and allowing us to do incredible things,” said Normandeau.

Normandeau received the Meritorious Service Medal second oak leaf cluster and was presented with a framed photo of the flight from the Chief’s Group.

Prior to passing the unit flag, Normandeau was also honored with one

last salute from the Communications Flight.

“It was a real honor to serve with you as your commander,” Normandeau said.

Normandeau will continue his career as a traditional member of the 157th ARW.

Col. “Dutch” Dunkelberger, Mission Support Group Commander, saw the change as an opportunity for Wilson to “take an excellent foundation to another level.”

“I have been blessed with great commanders and chiefs and people who have supported me along the way,” said Wilson.

Wilson assumed command and was rendered his first salute from the Communications Flight.



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

Maj. Wilson renders a salute to Col. “Dutch” Dunkelberger, Mission Support Group Commander, after assuming command of the Communications Flight Nov. 2.



The Communications Flight renders Maj. Wilson his first salute as Communications Flight Commander Nov. 2.

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*A Veteran’s Day Tribute
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*Blast off with CAP
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Take a moment to reflect

Commander's Column

By Col. Richard P. Martell



This year our holiday celebration and Year in Review will focus on self sacrifice, volunteerism, and giving back to the community. To me, this is the very definition of being a member of the Guard – from our roots - putting your citizen lives behind and responding to the needs of the state and nation. During the Year in Review, we will celebrate our Wing members' spirit of giving as well as recognize the support and accomplishments of others within our communities. We are an amazing organization that possesses a well kept secret on what we contribute and how we support the community, state, and nation.

I also reflect on Sunday, December 7. As we get together to celebrate, a much different event took place in 1941. It was on this day 67 years ago that Pearl Harbor was attacked. This event spawned the term "Greatest Generation" as it was the precursor to World War II. I ask you to reflect upon this as we focus on sacrifice and volunteerism: the greatest generation is rapidly passing on and it is you who plays a part in recognizing their contribution. Our National Guard Honor team VOLUNTEERS daily giving

of their time to honor these military professionals who helped shaped our nation.

Lastly, I ask you for one last reflection: we live in a world of change. For one generation life changed on December 7, 1941. For this generation life again changed on September 11, 2001. We will meet these challenges and work through the changes they bring. Most importantly put the challenges you face this holiday season aside and take the time to enjoy what you hold dear.

You deserve to have a great holiday season!! I wish you and your loved ones the very best! Take care....

“Self sacrifice, volunteerism, and giving back to the community. To me, this is the very definition of being a member of the Guard.”



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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 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

Home heating crisis: reach out

A letter from the The Adjutant General

Members and Families of the New Hampshire National Guard:

As you know energy costs have been rising. Throughout the spring and summer we have felt the impact mostly at the gas pumps. Now with the winter season quickly approaching, our thoughts turn towards heating our homes; it is a concern of yours and it is a concern of mine. There are several key steps that you can take to help alleviate this situation:

1. Become informed. There are many cost saving ideas that are available to all of us and can be accomplished inexpensively. Listed below are several good links that provide useful tips and articles containing research conducted on different types of efficient heat.

2. Become resourceful. Sometimes just the simplest of adjustments to our daily routines can reduce the demands we have on energy. I encourage you to be conscious of energy draining practices both at home and at your workplace.

3. Ask for help. Before it gets too late and you find yourself making a decision between food for your family and fuel for heat, reach out. The Chaplains Relief Fund is only one of many resources available to assist you in a time of need. Your unit Family Assistance Coordinator can also help in the matter.

Obviously, the higher cost of energy is a predicament that faces us all; by taking key steps we can all place ourselves in a better position to attack this problem.

KENNETH R. CLARK, Major General
The Adjutant General

NEED HELP? Contact the Chaplains Relief Fund:

Lt. Col. (Chap) William Paige 227-1560, william.r.paige@us.army.mil

Lt. Col. Robert Cordery 430-3456, robert.cordery@ang.af.mil

WANT TO HELP? If you find yourself in a position where you would like to assist your fellow Guardsmen; donate to the Chaplains Relief Fund.

<http://www.staywarmnh.org/>

<http://www.ase.org/content/article/detail/965>

<http://www.ftc.gov/bcp/edu/microsites/energysavings/index.html>

<http://www.aceee.org/consumerguide/checklist.htm>

<http://www.energy.gov/yourhome.htm>

<http://www.energysavers.gov>

Northcut wins Traditional Guard Person of Quarter

By Master Sgt. Norma Long, 157 ARW Retention Office Manager

Please congratulate Tech. Sgt. Benjamin Northcut of the 157th Operation Support Flight for the 4th Quarter Award Winner of the NHANG Traditional Guard Person of the Quarter. Honorable mention goes to: Master Sgt. Carlos Teran (MDG), Staff Sgt. Jeremiah Neault (SFS), Senior Airman Jeffery Nelson (CES), Tech. Sgt. Derek Gould (SFS) and Tech. Sgt. Anita Manupelli (ARW). Thank you to the individuals who took the time to submit the above individuals. Northcut has his own special parking spot and receives \$50 from the Chief's Group. Next nominations are due Dec. 15.



(Photo by Senior Airman Shilo Watters, 157 ARW Public Affairs)

Lt. Col. Glen Wass presents Tech. Sgt. Benjamin Northcut with certificate Oct. 4.

Independence Hall Dining Facility

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



Saturday

Holiday Meal

Assorted Cheeses
Fresh Fruits & Crackers

Turkey Noodle Soup

Boneless Rib of Beef with
Horseradish Cream Sauce

Roast Pork Loin with
Garlic & Rosemary

New England Baked Stuffed Fish

Oven Roasted Potatoes

Wild Rice Pilaf

Vegetable Du Jour

Bread and Salad Bar
Assorted Cakes
Assorted Hot and Cold Beverages

Meal Price \$6.35

Sunday

Commander's Call Luncheon

Menu may be
subject to change

Airmen can use regular detergent on ABUs

Story courtesy of Air Force Portal

WASHINGTON – Airmen are now authorized to wash their Airmen Battle Uniforms in regular detergent, regardless if the detergent uses optical brighteners announced Air Force leaders here recently. The Army released a memorandum concluding that ACUs laundered with detergents containing optical brighteners do not pose a detection threat to the wearer in an operational environment. “After reviewing Army test results and conducting follow-on evaluations we have determined that changes from laundering ABUs in detergents containing optical brighteners are negligible,” said Lt Col Chuck Arnold, Chief, Recognition and Uniforms Branch, Directorate of Force Development at the Pentagon. While any detergent can be used to launder the uniform,

fabric softeners or bleach should be avoided. The uniform should be tumble dried at the low heat setting, too. The ABU, which replaces the temperate and hot-weather Battle Dress Uniform and the Desert Camouflage Uniform, made its first appearance in late summer 2007 when it was issued to Airmen deploying to Iraq, Afghanistan and Kuwait. It was also issued in October to basic military trainees in the initial-issue clothing bag. It was authorized for wear by all Air Force personnel, including Reserve and National Guard, in November. The ABU, which was fit-and-wear tested in 2004 and altered based on feedback, is designed to be a wash-and-wear uniform. Starching and hot pressing is still prohibited; these procedures deteriorate the fiber in the uniform.

Promotions

Captain

Jeffrey Morgenthau, OPS

Master Sergeant

David Pinard, Jr., ATC

Staff Sergeant

Bryan Emerson, MXS

Melinda Fuller, MXS

Brian Sanford, MXS

Transfers

Staff Sgt. Nicholas Remacle

Lt. Col. Christopher Hegarty

Retirements

Master Sgt. John Lessard

Ain't no cure for the holiday blues

Story by the 157th Chaplain's Staff

Boy, over this past year we have done it all; ORE'S, ORI, AEF, ASEV, UCI meetings, individual and squadron deployments as well as daily operations. Whew...what next? Maybe, just maybe around the next corner we will find a break! Gee-whiz...here comes the holidays! It seems that stress and depression has become a way of life for us.

The holidays can be another corner with another challenge; another stress generating environment. Whether you have children or not, the challenge can be daunting. What should I get for my mom, dad, brother, sister, wife, children, grandparents, aunts, uncles, boss, co-workers or significant other? What can capture and express my deep love and care? With all that has transpired over the past year, drawing my energy and attention, I have had little time for my family or my own personal pursuits and I now have to ready for the onslaught of the holiday madness.

So, how might I mitigate the stress and frustration of the holiday blues; how can I enjoy the days preceding as well as the holidays? Here are some thoughts that may be helpful as you enter the holiday fray.

Be realistic about what you can and cannot do. If something is too much and overbearing for you, just say “No”.

Draw up a list of the things that you would like to purchase or make for gifts and stay within your budget. Going over your budget limits fosters more stress and frustration as you try finding a way to pay off your debts in the following months and still meet your monthly household bills.

Make sure that you can find time for yourself, just to be alone and take a break from the daily pressures. Go to the ocean, take a walk at night, or go to the library. Find something that gives you about 15 minutes or more to breathe.

The holidays involve lots of eating and maybe some drinking. Is this a good time to excuse ourselves from being fit to fight? Absolutely not! Yes, party but do not neglect your physical fitness workouts; they are good for both your body and emotional well being.

Find a simple joy in life, look into a child's face, a spouse's or a significant others face and see the love and joy. Look and behold the gentle falling of the snow or the surging of the ocean on a windy day.

If you are responsible for all the planning, coordinating, and cooking for the holiday celebrations decide not to do it alone. Call on other members of the family to pitch-in both in preparation and in cleaning up. Besides, by cooking and working together the load is not only lightened, but there is an opportunity for past memories recalled, news shared, and opportunities for a little good natured teasing.

Ultimately, you do have control over the level of your frustration and stress. It would be healthy and wholesome to make time for families and socialization, as well as time for prayer and solitude. Taking control of your life, living as opposed to existing, can make a great difference in your level of stress and frustration. Of course, some of life's pressures you cannot control and in these circumstances your attitude will enable you to deal well with any new challenge or obstacle. Simply know that you do have control over your feelings of stress and frustration, if you so choose.

From the Chaplain Staff to one and all, we wish you a joyous and happy holiday season and a blessed and healthy New Year.

Spin your wheels with the Minuteman Fund

The Minuteman Fund is organizing a night of family fun at Roller Skate Newington. We will be renting the rink for our families and extended family to enjoy this event.

Date: Saturday, Dec. 27

Time: 5:30 to 7:30 p.m. Doors will open at 5:15 p.m.

Cost: \$5 per person includes skating and rental of skates (You can bring your own skates)

In-line skates rental additional cost \$3

RSVP: No later than, Friday, Dec. 19

Please contact Bonnie Rice at (603) 430-3545, bonnie.rice@ang.af.mil or Master Sgt. Norma Long at (603) 430-3507, norma.long@ang.af.mil, We will need a head count of how many members plan to attend.

Honor Guard ribbon unveiled



New Hampshire National Guard Honor Guard members are now authorized a service ribbon.

This award will be presented to provide recognition of all members of the New Hampshire Army and Air National Guard who perform Military Funeral Honors. Members of the Navy, Marines and Coast Guard Reserves will also be entitled to earn the State Honor Guard Ribbon. In order to qualify for this ribbon, all members need to meet or exceed all Honor Guard expectations at all times and complete the required number of details listed below.

Non Full-Time Honor Guard Members, to include Traditional Guards Men, AGRs, Technicians and Retirees must complete 54 Military Funeral Honors missions to receive the ribbon and full-time Honor Guard Members (MPA/ADOS) must complete 108 Military Funeral Honors missions.

Award of the ribbon will be retroactive to January 1, 2000. Missions performed by Honor Guard members prior to January 1, 2000 will be counted towards the total required for the ribbon.

Missions will be documented and verified by the Honors Program Manager for the NHARNG and the Pease Honor Guard Superintendent for the NHANG.

This is a one-time issue award.

The NHNGHGSR will be announced on Permanent Orders issued by the Adjutant General and presentation of this ribbon will be conducted with appropriate formality and ceremony.

The ribbon (pictured above) red, white, and blue colors represent the flag and the freedoms we enjoy and that fellow members of the armed services have fought and/or died for. The triangular stars represent the flag presented to the next of kin.

Ready or not, here comes snow

The snow phone number is (603) 430-2556 or 2557 and is used to report delays or closures to Pease ANGB with all of the latest base conditions. If there is no current message on the line, you may assume it is a normal workday at Pease.

For those members deploying, please park in the appropriate long-term areas.

Recruiter Rap

By Staff Sgt. Dorrin Finley, 157 ARW Recruiting Assistant

Welcome New Members

Senior Airman Chad Tibbetts, LRS

Airman 1st Class Heather Guay, SFS

Airman 1st Class Kyle Pelton, LRS

Senior Airman Bonnie Demers, OPS

Airman 1st Class Chris Drake, SFS

Airman 1st Class Derek D'Amour, CES

We would like to congratulate Tech. Sgt. Brad LePelley who has graduated from Recruiting Tech School. Also our new recruiter, Staff Sgt. Hope Townes, is now on board with us and waiting to attend school.

High School visits throughout the year. Call us if you'd like to attend an event at your local school.

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.

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 and would like to take a walk down memory lane.



There's more than just one kind of hero

A tribute on Veteran's Day

The following poem was written by Aimee Philbrick, 13, daughter of Chief Master Sgt. Kelly Philbrick which she read at Marshwood Middle School's Veteran's Day celebration.

I smile a sad smile and silently
thank them for giving us
a reason for Veteran's Day

* * *

A Soldier, A Hero
When people think of someone
who serves our country
They think of a Hero.
Someone who protects us, a man or a woman
who might have to use a gun
against the enemy, even.

But I want to tell you about
another kind of hero,
one who is more than just a soldier.
He is also the best hug giver ever,
like a big teddy bear.
His fried eggs are super moist and delicious
every time, with just the right amount
of spices, not too much pepper.

Whenever he is building something
in his shop, he knows I am
always there to help
(if my homework is done, that is)

because he helps me with my math.
His wooden bowls are like
a rare work of art,
especially the ones with bark on the rim.

Each time he goes away on a trip,
he brings us back surprises.
Once it was a special hand-painted
doll from Spain!

When I was little, he lifted me up
to put the Christmas angel
on top of the tree
and when the porcelain head broke
it was OK because my sister
replaced it with her Barbie doll's head.
He rescued me, too, when I took a terrible fall
from my bicycle, flying over a fence.

So you can see, there is more
than just one kind of Hero.
Some don't just protect their country,
they protect their homes
and their special celebrations –
and their daughters!

What is an RCPHA?

By Maj. Stephanie Riley, 157 ARW Medical Group

Although the new physical exam process at the Medical Group has been in place for about four years, many of you may not have a good understanding of the changes that were implemented and the reasoning behind it. Many of you may remember the days when you would come to the old clinic next to Building 16. You would have to come in every year to fill out a health questionnaire and every five years you would have to do the more involved physical exam. This would usually include a blood draw, an EKG, hearing test, a dental exam, an eye exam, and seeing the physician who then would poke and prod you depending on your age and gender. Many females, since we were

lucky enough to have a gynecologist as one of our physicians, would also have that type of exam accomplished.

Then in October of 2004, The National Guard Bureau made changes to the Reserve Component Periodic Health Assessment (RCPHA)/ Periodic Individual Medical Readiness (PIMR) testing requirements. It was decided that because service members are supposed to see their civilian medical providers on a regular basis and have appropriate testing done at that time, the Air National Guard would eliminate clinical preventive service testing as a component of worldwide duty determination and deployability. The Log Letter outlining the changes goes on to

say that "because of fiscal constraints, medicolegal issues involving continuity of care, and referral access to adequate follow-up care have made it necessary for the ANG Medical Group to concentrate on DoD-mandated annual fit force evaluations for every member rather than on clinical preventive services." Basically what it is saying is it is expensive to do all the testing (like cholesterol blood tests, pap smears, fecal occult blood tests, etc.) that we used to do. Then when results come back, the medicolegal issue comes into play because our physicians are not covered for performing treatment functions.

RCPHA cont'd pg. 8

Air Force Eagle Eyes Program; Watch, Report, Protect

By Special Agent Peter Van Damme, Det. 102, Hanscom Air Force Base

As a result of the 9/11 terrorist attacks, the Air Force implemented an antiterrorism program called "Eagle Eyes," which is run by the Air Force Office of Special Investigation. Much like a neighborhood watch program, the Eagle Eyes program is an aggressive Air Force-wide neighborhood watch program that educates people on observable activities and what to do if they see something suspicious. The motto for Eagle Eyes is: "Watch, Report, Protect."

"Eagle Eyes reminds all base personnel (active duty, Reserve, family members, civilian contractors) as well as the civilian communities surrounding the base to remain vigilant and keep their eyes and ears open to any suspicious activities," said Special Agent Peter Van Damme, Det. 102, Hanscom Air Force Base.

"The 2001 attack did not just spontaneously happen. There were precursor events that occurred that eventually led up to the attack. These terrorists conducted surveillance, planned their attacks and rehearsed their operation," Van Damme said.

Lessons learned in the federal law enforcement and intelligence communities played a key role in the development of the Eagle Eyes Program.

"Of most importance, we learned that every terrorist act is preceded by observable activities. These activities usually include surveillance, elicitation for information, tests of security, acquiring certain supplies, a dry run -- practicing the terrorist act, and deploying the assets to commit the act," said Special Agent Bill Beattie, Det. 102, Threat Detection Branch Chief.

"Once the assets are deployed to commit the attack, it is almost always too late to prevent the act from occurring," he said.

OSI Det. 102 special agents here are out on the streets daily briefing Eagle Eyes information not only to the base community, but also to local vendors and companies that may be of interest to terrorists. Through education, it is possible to train individuals on how to help prevent a terrorist attack from occurring.

"When the community is aware of pre-attack indicators, they can play a vital role in deterring a potential attack," Be-

attie said.

Once a potential indicator is observed, it is reported to OSI through various channels. OSI then investigates the reported activity.

Here are some examples of what has been reported

through the Eagle Eyes program: a duffle bag containing Air Force flight suits stolen from an Airman's vehicle; two females attempted to elicit information from Security Forces members concerning missile and troop operations; two unidentified males entered a local copier store and laminated a suspected counterfeit military identification card. Through joint investigative efforts with local Police Department the counterfeit ID was confiscated.

By reaching out to Air Force members, their families and the local community through educational briefings and word of mouth, these incidents were reported in a timely manner. By reporting these incidents, potential criminal or terrorist plots were foiled.

"Through education, we believe many incidents can be easily avoided. Simple things like not leaving valuables, such as your military identification, military uniforms, or deployment gear in your vehicles can prevent a potential terrorist activity from occurring," said Beattie.

Law Enforcement officials, to include OSI special agents, cannot be everywhere at all times.

The Eagle Eyes Program relies on you to remain vigilant, only you know your neighborhood and your workplace. Please continue to remain cognizant and continue to "Watch, Report and Protect."

If you see anything out of the norm or anything suspicious occurring on or off base, please report it immediately to Security Forces, available 24-hours a day at (603) 430-3200 or directly to Det 102, Hanscom AFB via email at, hanscom.threat.detection@hanscom.af.mil. Additionally, you can call AFOSI Det 102 at (781) 377-4605, or through HQ/AFOSI Global Watch at (877) 246-1453.



157 ARW retiree "Beach Party"

Date: March 5, 2009

Time: 2 p.m.

Who: Open to all 157 ARW Retirees in the area

Location: Englewood, Fla. (West of Port Charlotte)

Details: No responses are needed - just show up with your lunch, drinks, and chair. We are never sure if we can get a pavilion but we get there early to try, We normally get about ten or twelve couples and welcome all retirees who can make it. If you are interested, contact Dick St Jean at (941) 697-2927 email: flasaint@comcast.net or Gil Biron at (941) 697-7125. This beach is on Beach Road which is off SR 776.

RCPHA cont'd from pg. 6

Their scope of practice, on a drill weekend, is limited to performing RCPHAs and fitness duty exams; the clinic is not a treatment facility. So if a result comes back that indicates the need for follow up, we don't have a way to schedule follow up appointments with a physician and make sure the right treatment is followed. It is up to the individual to take responsibility for that and then to update the Medical Group to any changes in their health status.

So now the expectation is that members will fill out the SF 507 Health Questionnaire every year and it will be reviewed to see what changes in an individual's medical status may have occurred. For those on flying status, you may remember the "long fly" and "short fly" physicals. Those types of physicals have basically gone away. Flyers will continue to be seen on an annual basis and will have "flying status specific" testing according to a grid developed by Guard bureau. Flyers also fill out the SF 507 as part of their annual RCPHA. If anyone identifies that they were put on a new medication or that they had a hospitalization, for example, they will probably be contacted by the Medical Group so that we can have them send us more medical documentation concerning the issue or have them seen one of our physicians to see if they need to be profiled. These

measures are not taken to penalize members, it is to ensure that everyone is medically ready to deploy at any time. We have had to pull people off of a deployment line because of medical issues that are identified at the last minute and we want to avoid having that happen. There are a large number of members that arrive in theater with preexisting medical conditions that cannot be supported in the deployed theater. The loss of manpower and the high cost of medical care and transport that these medically unqualified members incur places a huge burden on our system and ultimately jeopardizes mission capability and success. I remember being deployed to Qatar and seeing National Guard soldiers who we would have to send back home because they had medical conditions that they never revealed to their units. One soldier, for example, was on three types of medications for depression and anxiety, that he had never revealed, and he had to be sent home. Now his unit was going to be undermanned, something that could have been prevented if he had been up-front from the start.

Many folks have relied on the five year exam as their physical exam that determined how healthy they were and allowed them to avoid seeing a civilian doctor. This change has forced people to find a civilian primary care physician

to follow up with. The Guard realizes that many people have not done this because of a lack of health insurance and we have seen legislation passed that allows National Guard members to obtain Tricare insurance at a low cost to the member. The Air Guard has also strongly encouraged members to see a dental provider and have annual civilian dental exams performed that are then documented on the DD Form 2813. To help encourage this practice, members may take advantage of United Concordia dental insurance. I have to say, I recently signed up for United Concordia and had my dentist submit the cost of my last visit to them. I had a dental cleaning as well as a bunch of x-rays taken at the visit and I thought I would end up footing most of the bill because my dentist is not on United Concordia's list of providers. I was extremely pleased to see that all but thirteen dollars of the bill was taken care of through the dental insurance. Hopefully people will take advantage of these insurance programs because the Guard has the expectation that "all traditional ANG members have the personal responsibility of ensuring that they have adequate peacetime civilian healthcare coverage, and that they meet military medical readiness/worldwide deployability standards."

CAP blasts off during Rocketry Day

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

Cadets and senior members from the Seacoast Composite Squadron of Civil Air Patrol hosted their annual Rocketry Day on Oct. 18 at the National Guard Training Site in Center Strafford for dependents of National Guard personnel. The event was done in partnership with the Pease Family Readiness Office and the N.H. National Guard Counter Drug Task Force. The morning consisted of the dependents building Alpha 1 rockets with assistance from the CAP members. After lunch the rockets were taken outside and launched under supervision of Maj. Goupil, squadron commander.

Another happening in Seacoast Squadron was the monthly pilot's meeting highlighted by an FAA representative who spoke about winter flying situations.

Cadets in CAP have to pass certain physical fitness levels as they advance in rank. Cadets of the Seacoast Squadron took the President's Fitness Challenge in conjunction with their CAP fitness tests in Nov. Cadets Davila, Hutton, Piazza, Hagman and Comtois earned the National Award. To do so, they had to reach the Mitchell Award standards for their age

and grade in sit ups, curl ups, pushups, shuttle run and mile run.

A group of members again joined with the Pease Greeters on Veteran's Day to welcome home a plane load of military returnees and give a big sendoff to those troops heading overseas.

The Seacoast Squadron of CAP meets in Bldg. 252 at Pease ANGB on Thursday evenings. Cadets meet each week except holidays and the adult (senior) members meet two or three evenings depending on the activities planned. For more information on Seacoast Squadron contact: Maj. Nic Goupil, commander, at (207) 439-4906 or Maj. Mike Hall, squadron recruiter, at (603) 289-8923.



(Photo by Lt. Col. Mary Ann Croker)

CAP members assist participants in Rocketry Day Oct. 18

Readiness cont'd from pg. 10**TRANSITIONAL ASSISTANCE PROGRAM (TAP):**

DATES: Dec. 8 to 12

LOCATION: Wilbrandt Auditorium, Pease ANGB, NH

RSVP: To reserve your spot call Bonnie Rice

WHAT: 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.

SCHOLARSHIPS

What: Defense Commissary Scholarships for Military Children

Deadline: It is the applicants' sole responsibility to ensure that their complete application package is received at a commissary by the close of business on Feb. 18, 2009. Please note that this is not a postmark date!

For additional info and to download an application go to www.militaryscholar.org/

Commissaries are an integral part of the quality of life offered to service members and their families. The Scholarships for Military Children Program was created in recognition of the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community. It is the intent of the program that a scholarship funded through contributions be awarded annually for each commissary operated by the Defense Commissary Agency www.commissaries.com worldwide.

MORALE, WELFARE AND RECREATION

Both the Portsmouth Naval Shipyard and the Hanscom Air Force Base Information 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) 438-2713 or the Hanscom Air Force Base Tickets and Tours Office at (781) 377-3262.

PORTSMOUTH NAVAL SHIPYARD SKI INFORMATION

Ski tickets for 2008-09 season will be sold at ITT, Relief Valve Recreation Center, Bldg 22, PSNY, call Judy for ticket information at (207) 438-2713. For information on ski rental equipment call Todd (207) 438-1514. Gear Issue is located in Bldg H-10 (PSNY), rear of building. They will have the following tickets this season (some are not available yet but will be in soon): Cranmore, Waterville Valley, Gunstock, Loon, Sunday River, Sugarloaf, Brettonwoods, Sunapee, Cannon, Wildcat, Pats Peak, and King Pine.

Free December Movies at the Portsmouth Naval Shipyard:

These FREE movies are offered to military members and their families every Friday night at 7 p.m. at the Portsmouth Naval shipyard Auditorium. (The main gate at the shipyard will be able to give you directions to the cinema.) Bring your own snacks and beverages and enjoy the movie!

The following movies will be shown in December:

Dec. 5, Mamma Mia

Dec. 12, Polar Express

Dec. 19, movie yet to be determined

Dec. 26, no movie

PSNY RECREATION CENTER "RELIEF VALVE"

During the upcoming December holiday break, you and your family may want to check out the opportunities offered at the Portsmouth Naval Shipyard "Relief Valve" Recreation Center. Open weekdays from 8 a.m. to 7 p.m. and Saturday and Sundays from noon to 5 p.m. Featuring:

- o Ten Computers with internet
- o TVs with video games
- o Comfortable seating areas
- o Mini Movie Theatre (with over 300 movies to choose from)
- o Large flat screen plasma TV
- o Reading Room
- o And tickets and tours information available.

MINI MOVIE THEATRE

The Relief Valve also has a Mini Movie Theatre to show movies call (207) 438-2769 for additional details.

Available from Hanscom Air Force Base:

Call Tickets & Tours for more information at (781) 377-3262.

DISNEY ON ICE

What: Disney on Ice Celebrates 100 years of Magic

Location: Dunkin Donuts Center

Dates: Saturday, Dec. 27 at noon Section 120 lower level and Sunday, Dec. 28 1 p.m. Section 124 lower level

Cost: Tickets are \$24.50 each for both dates.

For more information, call the ITT office at (401) 841-3116 or (401) 841-3137.

DISCOUNT SKI LIFT TICKETS FROM OUTDOOR RECREATION

On sale beginning Monday, Nov. 24. Hanscom AFB will have tickets for New Hampshire, Massachusetts and Maine resorts. Click here for the '08-'09 ski ticket price list. www.hanscomservices.com/ODR_Skitickets.html There will be a 4 ticket limit per ski area. Supplies are limited- get yours while they last! Call Outdoor Recreation for more information at (781) 377-5316.

Family Readiness Program

Bonnie Rice – Family Readiness Program Coordinator

302 Newmarket Street Pease ANGB 03803

Phone: (603) 430-3545

bonnie.rice@ang.af.mil

E-MAIL 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 e-mail 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 retiree e-mail listing.

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 for the 10 a.m. Commander's Call.)

Who: For "Immediate" family members of the NH Air National Guard

DEPLOYED FAMILY INFORMATION GATHERING

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

UPCOMING WING FAMILY PROGRAM ACTIVITIES

VFW HOLIDAY CHILDREN'S PARTY

WHEN: Saturday, Dec. 13 from 9 to 11 a.m.

WHERE: VFW Post 168 Ladies Auxiliary in Portsmouth, 238 Deer Street, Portsmouth, NH

FOR: Open to all military children, any branch of the service, ages 4 months to 12 years old.

To RVSP: No later than Dec. 8 - E-mail bonnie.rice@ang.af.mil or call (603) 430-3545. (Be sure to leave your name and number so that I can return your call. Please submit

child's first and last name, age, and gender for planning purposes.)

Breakfast will be served. Activities will be planned to make this a fun day.

Should the event be postponed/cancelled – a voice message will be left on my voice mail at (603) 430-3545.

Remember space is limited!

*This is based on a limited first come first served basis

Please note: The VFW puts a lot of time, money and effort into making their parties enjoyable for all our military families who attend. The gifts they provide for the children are costly and space is limited. At times, it becomes necessary to cut off sign-ups because the space is full. Please remember, if you have sent an RSVP that you are planning to attend, and a situation arises that will not allow you to make it, kindly let me know as soon as possible so that other children may be able to come and enjoy the event. We would really appreciate your support on this so that we can continue to enjoy these wonderful events put on by our VFW members.

NH MILITARY FAMILY SKI DAY

DATE: Sunday, Feb. 1, 2009

LOCATION: Pats Peak, Henniker

WHAT: Family Fun Ski Day for all New Hampshire Military families

We are once again working with Pats Peak in Henniker to have our Annual NH Military Family Ski Day. Last year our Family Ski Day was a huge success, we had several military families come together for a fun filled "family ski day" at Pats Peak. Pats Peak allows us to use a portion of their lodge exclusively for our military families. This allows our military families a place come inside and enjoy hot chocolate throughout the day. The facility offers a tubing area for the children as well.

This is a very family friendly mountain with ski lessons available to youth of all ages. Go to the Pats Peak website (www.patspeak.com) for classes and information available for your youth that day (prices will vary due to our group package rate)

More details will soon be available. Details and sign up info will be e-mailed out to our e-mail listing. Please call to have your name added to the e-mail list to receive the info as it is made available.