

When disaster strikes NH, we mobilize

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

It is 10 p.m. on Dec. 16 – going on day six with no power due to the ice storm last week. I know it would make this story more dramatic if I said I am writing this by candle light, bundled in a blanket trying to stay warm, but I'm not. Luckily, I have friends and family who have taken me and my family in since the power went out five days ago. Am I inconvenienced? Yes. Is it frustrating? Yes. Am I more fortunate than others? Absolutely.

Take Patricia Olson of Stratham. When we arrived at her house around 1 p.m. this afternoon, she answered her door wearing a winter coat and a fuzzy hat (you know, the ones with flaps and ties to strap it to your head) trying in vain to get her fire started in her wood stove.

Before I get too far, let me rewind a bit and tell you how we got to Olson's house. The selectman in Stratham received an e-mail from the Emergency Operations Center in Concord informing them that the National Guard was available to assist if they needed it. They decided that after five days of no power it was time to go door-to-door to check on residents and the town didn't have the manpower to do it themselves.

Enter the 157th Air Refueling Wing. Ten two-member teams set out to the Stratham Office of Emergency Management to meet with the Police Chief Michael Daley to find out how they could help. Each two-member team was assigned an area in which to go door-to-door to check on residents. Tech. Sgt. John Bober and Staff Sgt. Jeremy Cox were assigned to "the most dangerous section and one of the hardest hit areas" of Stratham according to Daley. I decided to hop in their truck and watch the National Guard in action.



Tech. Sgt. John Bober starts a fire for a local Stratham resident who was left without power due to the ice storm that hit the area Dec. 11.



Patricia Olson of Stratham, warms herself by a fire. Members of the Wing assisted the town with welfare checks during the ice storm that left Olson without power and heat for at least six days.

It didn't take long – about four houses – to find Olson, home alone with her cat with no power. She had trouble communicating with us due to a medical condition, but with ashes and half burnt newspapers building up in the wood stove (and the subzero temperature inside), it wasn't hard to deduce that she wanted a fire started.

Bober started to clear out the debris while Cox and I gathered some fire wood from outside. After several tries and numerous jokes about how he is an engine mechanic and not adept at starting fires, Bober managed to do just that. A red glow emanated from the stove and Olson started to clap her hands and mouthed "happy." She immediately took off her winter coat and jokingly I told her it might be too soon to do that, but she was so excited that she didn't seem to care.

Before we left, Bober and Cox left her some emergency information with Olson but without power or a cell phone she was going to be hard pressed to get in touch with anyone. Bober and Cox vowed to come back and check on her as well as bring back a 9-volt battery to power her non-functioning smoke detector.

Interestingly enough, in the short time we were there, we learned a lot about Olson. She cares for endangered birds and other wildlife from her home and makes stained glass. While we were there, we also noticed a framed flag with an inscription saying "From a grateful nation and a loving family" and a shadow box filled with flyer's wings and medals including a bronze star. On the wall was a black and white picture of a man in uniform who, through a brief game of charades, we figured out was her father of whom these memorabilia belonged to and honored.

The great ice storm of 2008



On Wednesday evening it didn't look all that bad from the Seacoast. There was some icing and the power flickered once or twice. At 11:30 p.m. the power went out and I figured it would be a couple of hours at most for it to be restored – not to worry. Reporting to work on Thursday morning a different picture emerged. Roughly half the State of New Hampshire was without power and the forecast for the coming days was that temperatures would fall to the teens. The base was without power, except for locations that were on our emergency generators, and no heat was available.

This was the beginning of our 10 day response to the State in support of disaster relief. We activated the Installation Control Center (ICC) for 24-hour operations; the State Homeland Security Emergency Management (HSEM) Operations Center did the same; and the NHNG Joint Operations Center (JOC) did as well. At HSEM, we had a NG representative who would relay "missions" to the JOC, which in turn would task National Guard units throughout the State. Notionally, the 157th ARW is responsible for Area of Responsibility (AOR) "Wildcat" – which encompasses slightly more than the greater Seacoast. The other AOR – "Granite" is the rest of the State and is tasked to the NH Army National Guard.

As Thursday progressed, a clearer picture emerged and the outlook for power restoration was that it would take several days. As this point we had two major tasks before us – first being ready to support missions that involved saving lives and second to build capability to support long term disaster relief. One of the first challenges we faced was contacting Wing members to respond as the Governor called out the Guard. On the Air side we were authorized 150 members per day on State Active Duty (SAD) and it was a challenge reaching members in a power out situation. Slowly we built capability as members responded to be tasked out on missions. Next, we wanted to build additional capability at the Wing to serve as a shelter location – and eventually we were tasked with being capable of supporting a 1,000 person shelter. We cleared hanger 254 and our CE folks quickly connected an emergency generator and wiring to get the heat functional in that facility. We remained in contact with the Red Cross and monitored the emergency shelter operations in the surrounding communities. We coordinated with the electrical service providers and got power restored to the base – further increasing our capabilities. At about this time we first learned that the Federal Emergency Management Agency (FEMA) would be assisting and that Pease would be the focal point for its operations. Soon FEMA arrived with many tractor trailer trucks, containing essential supplies such as water, generators, cots, blankets, and food. We provided security and storage of many of these items at the Wing as well as providing a liaison to work with FEMA to streamline the delivery of items requested by the State to the communities.

Over the next 10 days the New Hampshire National Guard conducted hundreds of missions providing food, water, shelter, traffic control, and delivery of emergency generators, door-to-door "wellness" checks and debris removal.

I thank all of you that responded – many of which left their families that were without power – to respond to the needs of the State. This was the most significant disaster that I ever recall happening to NH and we were fortunate that the results were not worse. With the lack of heat and power in the majority of NH homes and temperatures in the teens – we could have rapidly faced a situation that called for us to support life saving missions.

We stood ready, we will evaluate and get better, and we will be there – the next time.



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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

Air Guard to host three KC-135 associate wings

By Lt. Col. Ellen Krenke, National Guard Bureau

Three Air National Guard KC-135 Stratotanker wings will become active associate units beginning this summer, Air Force officials here announced Dec. 10.

Active-duty Airmen will be assigned to the 117th Air Refueling Wing in Birmingham, Ala., the 126th Air Refueling Wing at Scott Air Force Base, Ill., and the 157th Air Refueling Wing at Pease Air National Guard Base, N.H.

They will begin reporting in July 2009, and the three active associations are expected to be fully operational by September 2011.

Under these associate organizations, the Air Guard wing will act as the host organization.

"New Hampshire's northeast coast location and very high quality of life make it an ideal location for the active-duty Airmen to train in and operate the KC-135," said Maj. Gen. Kenneth Clark, the New Hampshire National Guard adjutant general who is also a rated KC-135 pilot.

The assigned aircrew, maintenance and support personnel will work side-by-side with Guard members flying and maintaining the Air Guard's fleet of aircraft to accomplish the wing's missions including contingency deployments such as operations Iraqi Freedom, Enduring Freedom and Noble Eagle.

All three units already have participated in these operations. Members of the 157th ARW deployed 768 Airmen to locations throughout the United States and the world in the past year. They are

instrumental in the Northeast Tanker Task Force trans-Atlantic air bridge that supplies millions of pounds of fuel annually to in-flight military aircraft.

In addition to its federal mission, these units have also responded to domestic crises, including Hurricane Katrina.

In June, the Illinois governor ordered members of the 126th ARW to state active duty to support the Illinois Guard's flood control mission. More than 330 unit members patrolled levees, sandbagged and provided security to flood-ravaged towns on a 24-hour basis.

In September, the 126th completed its transition from the KC-135E to KC-135R aircraft.

The 117th ARW has roots to a flying squadron that was founded in Birmingham and federally recognized in 1922. It is one of the oldest active Air Guard flying units in the country.

"The Air National Guard and Air Force have always trained together and deployed together," said Capt. Angela Rogers, a 117th ARW spokeswoman. "This initiative will close the gap and now allow us the opportunity to also work day to day together."

Air Mobility Command officials at Scott AFB will maintain administrative control of the active-duty Airmen.

Air Force officials said the associated unit construct will provide greater day-to-day mission capability in the three wings through an increase in full-time manning.

Associate can't pg. 8

Independence Hall Dining Facility

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



Saturday

Swedish Meatballs
Buttered Noodles

Grilled Frankfurters
French Fries

Made-to-order
Deli Turkey Sandwich

Bread and Salad Bar
Assorted Cakes
Assorted Hot and Cold Beverages

Meal Price \$3.85

Sunday

Chicken Parmesan
Pasta w/ Marinara Sauce

Grilled Burgers
French Fries

Made-to-order
Deli Turkey Sandwich

Bread and Salad Bar
Assorted Cakes
Assorted Hot and Cold Beverages

Meal Price \$3.85

*Menu may be
subject to change*

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.

Have you done your neck check?

By Maj. Stephanie Riley, 157 ARW Medical Group

Well, it's that time of the year again when people start making their New Year's resolutions and the most popular one is to lose weight. Every year I vow to try and do something to better my health whether it is to eat better or exercise more. Now that I have hit my 40s, I am finding it all the more difficult to stave off those pesky pounds. Whenever I go for my annual physical, I always ask if it might be because of my thyroid so at least I will have something to blame it on besides my lifestyle. But, so far I have been lucky enough to have normal thyroid levels.

For those of you who are unfamiliar with the thyroid and what it does, let me fill you in. The thyroid gland is a small, butterfly shaped gland located in the lower front of the neck, below the voice box (larynx) located in the upper part of the neck and above the collarbones. The thyroid gland produces thyroid hormone which controls virtually every cell, tissue, and organ in the body. If your thyroid is not functioning properly, it can produce too much hormone, which causes the body's systems to speed up – called hyperthyroidism; or it can create too little thyroid hormone, which causes the body's systems to slow down – called hypothyroidism. If your thyroid gland isn't working properly, neither will you.

It is estimated that approximately 27 million people have a thyroid disorder and more than half of them remain undiagnosed. Thyroid disorders are more common among women, some studies have shown that as many as 10 percent of women and 3 percent of men have hypothyroidism. It can affect people of all ages, 1 out of every 3500 infants is born without a thyroid gland. The elderly, however, remain the most susceptible to hypothyroidism and often go undiagnosed because the symptoms may be mistaken for signs of aging.

Speaking of symptoms, some of the signs of hypothyroidism include weight gain, fluid retention, puffy face, cold intolerance, low sex drive, abdominal bloating, dry or thinning hair, joint or muscle pain, fatigue, forgetfulness, constipation, irregular menstrual flow,

and thickening of the skin. Some of the signs of hyperthyroidism include nervousness, irritability, increased perspiration, racing pulse, thinning of the skin, muscular weakness, insomnia, more frequent bowel movements, and weight loss despite a good appetite.

I don't know about you, but I can identify with quite a few of the symptoms of hypothyroidism. That is something that I will be bringing up to my doctor, when I go in for my annual exam. The way to diagnose the disease is through blood tests that measure your TSH (Thyroid Stimulating Hormone). An increased TSH level is the most accurate indicator of primary hypothyroidism because this hormone is increased when the thyroid gland even slightly under produces thyroid hormone. Some other tests may include a "free T4" or thyroxine level which is the active thyroid hormone in the blood or thyroid autoantibodies which may indicate whether an auto immune response is causing the hypothyroidism. So depending on the levels of the hormones, your physician can make a determination of whether you may have a disease of the thyroid.

Once the diagnosis has been made, you will probably find yourself with a medication prescription to help control the hypo or hyperthyroidism. For hypothyroidism, since it is usually a permanent and progressive condition, it is necessary to treat this for life. It will require taking the appropriate medication and dose that the physician decides upon and to have periodic monitoring of TSH levels to make sure the right range is being maintained. The body is very sensitive to even small changes in thyroid hormone levels so it is very important to take the medication in a consistent manner every day. Untreated hypothyroidism can lead to obstructive sleep apnea, depression, and increased serum cholesterol levels which may increase the risk for atherosclerosis and heart disease.

Treatment for hyperthyroidism focuses on slowing down the heart rate, reducing the nervousness and blocking the action of the thyroid hormone in the blood. This is usually done with medi-

Promotions

Lieutenant Colonel

Scott Hoyt, OPS

Captain

Scott Treadwell, FM

First Lieutenant

Thomas Mueller, SFS

Senior Master Sergeant

Michael Krall, CMN

Technical Sergeant

Benjamin Vickery, MDG

Staff Sergeant

Mark McCassin, AMXS

Jeffrey Nelson, CES

Brandon Dutra, MXS

Adam Hanson, OPS

Senior Airman

Sean Avery, MXS

cation and if that doesn't work, radiation to the thyroid gland may be prescribed. Sometimes it is necessary to remove the thyroid gland - then the person will develop hypothyroidism and be treated for that. Of the two, hyperthyroidism is the most dangerous and difficult to control, so it may not be as bad to develop hypothyroidism because of the treatment used for hyperthyroidism.

So maybe a good New Year's Resolution for this year would be to perform the thyroid "Neck Check." To do this all you need is a glass of water and a handheld mirror. Hold the mirror in your hand and direct it to the area of your neck just below the Adam's apple and immediately above the collarbone. While looking at this area, tip your head back, take a drink of water and swallow. As you swallow, check your neck for any bulges or protrusions. You may need to repeat this process several times to get a good look. If you see any bulges or protrusions, see your physician to determine if you have an enlarged thyroid gland or a thyroid nodule.

NH Combat Marksmanship Squad takes aim

By Maj. Michael Blair, NH Combat Marksmanship Squad

Flip through the pages of Air Force Times or Airman Magazine and you're sure to find several pictures and articles depicting Airmen in roles traditionally performed only by those in the Army. The Global War on Terrorism has blurred the lines between these roles. Today's Airman serves alongside soldiers on the ground in some of the most

hostile environments in this war. Odds are that you know someone in our Wing, maybe even yourself, who has deployed to Iraq or Afghanistan to provide convoy security or to man a watch tower at one of our forward operating bases, or even to move "outside the wire" in the performance of your duties. As this war

continues, no doubt many more of us will be tasked to augment our sister services. If you were notified tomorrow that you were going to deploy with an Army unit, how well prepared are you to use that M-16 or M-9 that you qualified with a few years back? How about if you were put on a gun truck and told to man the M-240? Think you might be wishing you had invested a little more time with weapons training?

At least five members of the 157th Air Refueling Wing are well prepared. They recently were selected to participate in the 2008 Winston P. Wilson Marksmanship Sustainment Training Exercise at Camp Robinson, Arkansas. Staff Sgt. Eric Kranz, Tech. Sgt. Dan Leonard, Maj. Mike Blair, Staff Sgt. Ray Dennis and Tech. Sgt. Mike Bane along with seven Combat Marksmanship Squad members from the NH Army National Guard trained alongside Guardsmen from across the U.S., as well as seven allied nations to include British Royal Marine Commandos, Nepalese Gurkhas, and Norwegian Royal Marines.

The week long exercise included rifle

and pistol matches engaging targets as close as three meters and as far away as 600 meters. All of the matches were specifically designed to replicate situations that our forces have been exposed to in Iraq and Afghanistan. One of the most challenging matches was the "Fallen Comrade" Exercise. Each four man squad had to negotiate an ob-



(Photo by Chief Master Sgt. Matthew Collier, State Command Chief Master Sgt.)

Members of the NH Marksmanship Squad practice at Fort Devens in Devens, MA last year.

stacle course, engage their targets with a limited number of rounds, pick up a 160 lb. dummy and race with it back to the starting point, all while being timed. Other matches challenged squad members to fire while wearing their gas masks or to fire from their weak hand. Rain, wind, sun, running, kneeling, standing, firing around barricades, en-

gaging targets at an unknown distance, just about every firing condition one could encounter in combat was experienced except, of course, for someone shooting back at you. All of the participants agreed that this was some of the most valuable weapons training they had received, and was a validation of the need to tailor our own training to

be more in line with what we might encounter overseas. Not only that, but it gave New Hampshire Air and Army Guardsmen the opportunity to build a strong working relationship together and become more familiar with one another's role and mission.

So, I'll ask you again... if you were

called upon tomorrow to deploy to the sandbox, are you as prepared as you should be to use your weapon? Would you bet your life on it? If not, get on it! Contact Master Sgt. Sam Blackwell or Tech. Sgt. Mike Bane to inquire about how you can get the training you need for your organization or yourself from the NH Combat Marksmanship Squad.

Ice storm cont'd from page 1

We left Olson's house with a sense of gratification. It is missions like these that speak volumes to what the National Guard can and will do for its state and communities. This is only one of at least two dozen missions already completed by the National Guard and indicative of those still to come with the pending snow storms on the way and many NH. residents without power.

I am still hoping for power myself, but I can say this for having no electricity – at least my PSNH bill will be lower this month!



Chief Master Sgt. David Eaton briefs members before going door-to-door to do welfare checks in Stratham.

Wing honors best of the best:

Airman of the Year:

Senior Airman Jeffrey Nelson

Senior Airman Jeffrey Nelson is the state nominee for this award. Criteria for the award are that Airman in the grades E1 to E4 must show exceptional accomplishments in leadership and job performance, must show significant self improvement, place the requirements of their official duties and responsibilities ahead of their personal desires, must be involved in base and or community activities and exhibit exemplary standards of behavior; military bearing, respect for authority, dress and appearance. As a Firefighter, Nelson provided firefighting and lifesaving support to three wings while deployed in support of the Operational Readiness Inspection; member of the "best engine crew seen to date," critical assets secured ensuring mission success. A registered organ donor in the state of NH he was called upon, when matched, to courageously donate kidney to a recipient who was unknown to him, life saved!



Non-Commissioned Officer of the Year:

Tech. Sgt. Aaron Cleaver

Criteria for this award are that Non-Commissioned Officers in the grades E5 to E6 must show exceptional accomplishments in leadership, effective followership, job performance, demonstrate significant self improvement and must be involved in base and or community activities. Additionally they need to maintain the highest level of readiness to meet Air and Space Expeditionary Force mission requirements, and epitomize excellence serving as a role model for Airman to Emulate. During this period, Cleaver served as lead public health officer for three wings during the Operational Readiness Inspection. Recognized as a superior performer and awarded an IG coin, his leadership contributed to the high state of readiness exhibited by the wing and provided commanders ability to respond to multiple medical contingencies. He personally rejuvenated the Medical Group Newsletter as editor and writer, raising awareness of the enlisted force by making this a valuable source of information resulting in a minimization of health threats to Wing and state personnel.



Spirit of Hope Award:

Tech Sgt. Mark Houle

Tech. Sgt. Mark Houle is the state nominee for this award. Named after Bob Hope, this award is for enlisted members who embody the values of men and women in the military: duty, honor, courage, loyalty, commitment and integrity. As a member of the Logistics Plans Office, Houle was a critical element in successful deployment of 157th members supporting Operation IRAQI FREEDOM and Operation ENDURING FREEDOM. Additionally, Houle is often the first person transient Air Crews and Temporary Duty Personnel meet at Pease, his commitment to duty and enthusiastic support of these visitors creates a positive view of not only the base but the community and New Hampshire as a whole. A valued community leader he volunteers to support local military events, charitable organizations, universities, as well as supporting global humanitarian needs. His commitment to duty serves as a model for others to follow!



Company Grade Officer of the Year:

Capt. Christine Banks

This award goes to the Air National Guard company grade officer who has displayed leadership that exemplifies the ideals of duty, honor and country. Capt. Banks commanded the 446th Intelligence Office in the most active warzone of Operation IRAQI FREEDOM during her 179 day voluntary deployment. She supported air operations and ground defense which contributed to the safe execution of over 8,200 missions and movement of over 204,000 personnel and 68,000 tons of cargo in support of Coalition Forces. Acted as lead for 33 critical threat/risk analysis briefings for convoy teams which was vital to situational awareness and saving lives. Banks also initiated the creation of multiple video presentations that enabled a 32 member convoy team to visualize travel routes that had life-like graphics of the terrain, landmarks and the latest threats, providing Airmen "outside the wire" familiarity with locations and decreased risk.



Annual award winners announced

Senior Non-Commissioned Officer of the Year: *Senior Master Sgt. William Keene*

Criteria for the award are that Senior Non-Commissioned Officers in the grades E7 to E8 must show exceptional accomplishments in leadership and job performance by fully leveraging their personal experience and knowledge to more effectively accomplish the mission. They must show significant self improvement, be involved in base and or community activities and be an active – visible leader. They promote a culture of flexible Airmen capable of adapting to evolving Air Force requirements throughout a career. As a Recruiting and Retention Superintendent, Keene oversaw the development and implementation of all NHANG programs ensuring recruitment and retention of candidates and members resulting in 97.9 percent manning, which is credited as being the best year ever! He personally led the first regional recruiting initiative for the National Guard Bureau; provided focused training and dialog for over 175 recruiters from the region, increasing recruiting and retention capability for the entire region.



First Sergeant of the Year: *Master Sgt. David Miller*

Criteria for the award are that Non-Commissioned Officers currently assigned as First Sergeants must show exceptional accomplishments in leadership and job performance, must show significant self improvement and be involved in base and or community activities. Additionally they maintain a mission ready enlisted force by providing sound advice to commanders on a wide range of topics such as morale, discipline, mentoring, well-being, recognition, and the professional development of enlisted members. Miller's accomplishments included deploying in support of Operation IRAQI FREEDOM as First Sergeant, 506th Expeditionary Logistics Readiness Squadron, Kirkuk Regional Air Base, IZ. He was the key liaison to commanders in a joint base environment ensuring enlisted morale, discipline, mentoring, well being, recognition, and professional development is maintained. He enhanced the warfighting capability for over four thousand personnel. At home station he coordinated with Wing family care coordinator; revamping group family care program.



Honor Guard Member of the Year: *Master Sgt. William Bates*

Master Sgt. William Bates is the state nominee for this award. Criteria for this nomination are to recognize those members who make the most significant contribution in the area of military honors and ceremonies. The program acknowledges the personal and professional sacrifices to ensure the Air Force accomplishes its Military Funeral Honors mission and is a respected part of our society, and recognizes the outstanding professional performance by Air Force enlisted personnel. Bates has been an Honor Guard member for the last six years, averaging one assignment a week, often on his own time; providing support to NH Veterans of all services. He participates in Joint Honor Guard Ceremonies at various community events and is an exceptional representative of Air Force and Air National Guard!



Student flight takes to the air

By Master Sgt. Norma Long, Recruiting & Retention Manager

Thirteen student flight members took to the air to experience their first refueling mission Dec. 5. The experience opened their eyes to our mission and what our unit is all about. A big thank you to the crew for always doing a great job with every flight they host. Many sections make the day an enjoyable event from the photographers to the bus drivers who keep their day flexible to meet the members after the flight. We average about 12 flights a quarter between Employer Support of the Guard and Reserve, educator, new member and spouse flights. The impact these flights have on showcasing our unit would not be possible without the support of operations and everyone involved. Thank you to all who help with these flights!



News from the Retention Office

By Master Sgt. Norma Long, Recruiting & Retention Manager

NHNG SCHOLARSHIP:

I've posted the application on the SharePoint under Mission Support Flight. Please fill out the form electronically and e-mail it to your commander. After your commander has electronically signed the form, they need to e-mail it back to the member. The member should then print a copy for their records and e-mail it to Master Sgt. Bill Bates at State Headquarters. I would recommend contacting Master Sgt. Bates at 225-1272 or DSN 852-9272 to ensure he has received your application. If you have trouble with SharePoint, you can also stop by the Retention Office to pick up the form and I will send to Master Sgt. Bates. The deadline for application is May 31. Anyone using the Tuition Waiver **must**

apply for this scholarship or they may be denied the waiver or pay \$750 to the state school. We had several members this year who didn't apply and had to pay the state schools.

SENTRY PARTNER FLIGHTS:

Flights will start back up in April. Stop by my office if your spouse is interested and fill out a form. I will hold on to all applications and e-mail everyone once we have firm dates.

STUDENT LOAN REPAYMENT:

Just reminder to members who are on the student loan repayment program - it is your responsibility to ensure the lender information is to my office by your anniversary date. The program was changed this last year and we are still working out the process. Please be patient and your loans will be paid.

POST-9/11 VERERANS EDUCATION ASSISTANCE ACT OF 2008 GI BILL UPDATES:

August 2009 will bring some changes to the GI Bill programs. At the current time the program is on hold until the National Guard Bureau tells the ROM's how to manage the program. Once I receive the information, I will advertise in the Refueler and throughout the base. Please be patient with this process.

Please remind members to contact Bonnie Rice at bonnie.rice@ang.af.mil to receive the base Refueler by e-mail. This is a great way to get information out to our members.

Please contact me in the Retention Office at (603) 430-3507 if you have questions.

Associate con't from pg. 3

"Total force integration builds on state and regional capabilities, thereby increasing economic efficiencies and enhancing the Air Force's ability to defend the homeland against emerging threats and respond to natural disasters," said Gen. Craig R. McKinley, the chief of the National Guard Bureau.

Such associations also generate efficiencies by sharing resources and reducing duplication of effort, increasing overall air refueling capability, and preserving a corporate body of knowledge.

They also help to improve aircrew and maintenance expertise by capitalizing on the long-term experience of Air National Guard members.

"Partnering with regular Air Force counterparts is a win-win for the Air Force," said Maj. Gen. Emmett Titshaw, acting director of the Air National Guard. "It allows our highly experienced citizen-Airmen to share their knowledge and experience with their regular Air Force teammates, and it provides the regular Air Force KC-135 force with additional opportunities for training and deployments.

"The war on terrorism has been a total force fight all along," he said. "By combining regular Air Force and Air National Guard Airmen and resources, the total force provides tailorable units with unparalleled responsiveness and global reach."

New education benefit for enlisted members



Want a little background first?

* The Air University Associate to Baccalaureate Cooperative Program partners the Community College of the Air Force and accredited civilian higher education institutions to offer baccalaureate degree opportunities.

* AU ABC applies CCAF associate

degree credit towards baccalaureate degrees and requires participants to complete no more than 60 semester hours* after having earned an associate in applied science degree.

OK, so what's the new benefit?

* Granite State College has now joined the Air University Associate to Baccalaureate Cooperative Program! That means NHANG member who are not eligible for Air Force Tuition Assistance can now use the New Hampshire National Guard Tuition Waiver for the

GSC AU-ABC degree program!

Wow!...wondering how you can check this out for yourself?

* Go directly to the source...the Air Force Virtual Education Center... through the Air Force Portal

Can't wait and want to get started today?

* Contact Mr. Bernard Keenan at Granite State College Phone: 888-228-3000 or bernard.keenan@granite.edu

See you at your graduation!



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

Wing members unload packages at the Portsmouth Office of the Department of Health and Human Services Dec. 11. These packages, part of Operation Santa Claus, will be distributed to NH children in need.

Recruiter Rap

By Staff Sgt. Dorrin Finley, 157 ARW Recruiting Assistant

Welcome New Members

Senior Airman Chad Tibbetts, LRS
Senior Airman Bonnie Demers, OPS
Airman 1st Class Heather Guay, SFS
Airman 1st Class Christopher Drake, SFS
Airman 1st Class Kyle Pelton, LRS
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 is now attending Recruiting Tech School.

Upcoming Events - We could use your help!

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 schools.

Call Tech. Sgt. Brad LePelley (603) 365-0287 for Nashua, Manchester Memorial, Keene, Salem, Alvirne, Pinkerton, Merrimack, Londonderry, Timberlane or any school.

Win a NHANG baseball jersey

How to win:

1. Get an oval "Air Guard" sticker from the recruiting office or your first sergeant
2. Put it somewhere unique (legal and appropriate, please)
3. Take a picture
4. Send it to dorrin.finley@ang.af.mil
5. Two winners will be drawn every month for the next 6 months

Good luck!



Family Readiness Program

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

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.

DEPLOYED FAMILY INFORMATION GATHERING

Our next deployed Family Information Gathering will be held on Wednesday, Jan. 14 at 6 p.m. at Pease Air National Guard Base. (Location will be determined by the numbers of RSVP's). Families of our members preparing to deploy and families with their loved ones deployed 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 also open to those that have had their loved ones return as well. Our monthly deployed family gatherings are normally scheduled on the second Wednesday of each month – please note that our January meeting is scheduled for the 3rd Wednesday of the month.

UPCOMING WING FAMILY PROGRAM ACTIVITIES

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.

TRANSITIONAL ASSISTANCE PROGRAM (TAP):

DATES: Feb. 9 to 13

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.

MILITARY APPRECIATION EVENTS

Bring the family (dependants) and your Military ID cards to enjoy the following events:

MILITARY DAY AT FUNSPOT

Where: FUNSPOT on Route 3, Weirs Beach

When: Jan. 18 noon to 4 p.m.

What: Bring the family and your Military ID for free gift cards and tokens. Come out and enjoy games, cake, and ice cream and more.

MILITARY FAMILY DAY OF TUBING

What: A Winter Tubing Party!

Where: Granite Gorge Ski Area, Keene

When: Sunday, Feb. 15, noon to 3 p.m.

You will enjoy plinko, make your own sundae and listen to some great music. Nazy from 105.5 JYY will be there. Prizes and more. Barbecue lunch will be served.

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.

Brentonwoods - \$60 Cranmore - \$45
Cannon - \$50 King Pine - \$30
Pats Peak - \$40 Waterville Valley - \$53
Wildcat - \$50

Gunstock – A variety of ticket options

Loon/Sunday River/Sugarloaf – sold as one ticket \$60

FREE MOVIES AT THE PSNY

FREE movies are offered to military members and their families every Friday night at 7 p.m. at the PSNY 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 January:

January 9, Bee Movie

January 16, Curious George

January 23, Ice Age 2, The Meltdown

January 30, Sponge Bob Square Pants

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.

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.

WINTER SKI DEALS AND INFORMATION

King Pine Ski Area has a regular “military discount rate” which is 10% off regular lift tickets all season long (for members and their dependants)

Also, on the weekends of January 24 & 25; February 7 & 8; and March 14 & 15, available to active duty service members and their dependents at a rate of \$20 per person, we would like to offer “Military Appreciation Days” which would include the following:

- * Snow tubing from 10 a.m. to noon for the first 50 people
- * Alpine skiing
- * Nordic skiing
- * Snowboarding
- * Skating
- * Snowshoeing

Shawnee Peak – Located at 119 Mountain Road Bridgton, Maine is offering a free seasons pass for overseas deployed activity for our Guard members and their dependants. For further details go to: www.shawneepeak.com, E-mail: melissa@shawneepeak.com or call: (207) 647-8444. Application must be submitted with a copy of their orders (For security reasons, be sure to black out your social security number on the orders prior to submitting) attached.

Wachusett Mountain – Offers a military discount if you present your military ID at the customer Service desk. Military members will receive a free passport card. The passport card will give you \$8 off your lift ticket, rental and a class lesson. For further detail go to: www.wachusett.com/The-Mountain/tabid/54/Default.aspx or contact Kaitlyn Driscoll, at (978) 464-2300 ext. 3003.

SCHOLARSHIPS

Applications now accepted for National Military Family Association Military Spouse Scholarship Program. www.nmfa.org/SpouseEd

Defense Commissary Scholarships for Military Children. Go to: <http://www.militaryscholar.org/>