

## Gen. Clark retires after 40 years of military service

By Tech. Sgt. Angela Stebbins, JFHQ Public Affairs



(Photos by Lori Duff, NHNG Public Affairs)

**Maj. Gen. Kenneth Clark shakes the hand of Governor John Lynch after receiving an American flag from him during his retirement ceremony April 4.**

happen by accident It happens because of leadership. Our men and women have served under a true leader, and under his leadership, our guard has been able to go above and beyond the demands placed on it. Ken Clark has devoted his life to the protection of the people of N.H. and the United States of America. It is now Ken's time to enjoy all that N.H. has to offer. It has been a pleasure and an honor to serve alongside with you and to serve the people of N.H. On behalf of all the people of N.H., thank you for your service, and thank you for your dedication."

"Ken Clark is one of those guys who steps up to a leadership role respectfully, not just for New Hampshire, but nationally and, he is looked upon as one of the wise," said Lt. Gen. Harry Wyatt III, Director, Air National Guard. "He has left his mark on the Adjutant Generals Association of the United States. His service to the Air National Guard force structure committee changed the present way we do things and will eventually the future. It has been a privilege and an honor for me to serve alongside him," he added.

Joseph Simeone, Major General (Retired), former Deputy Adjutant General of the N.H. National Guard said, "Ken and I have been working together since 1970 and we both had similar mentors. We both had different styles but our focus was basically the same, to keep the Air Guard on the leading edge of change because without being on the leading edge of change, you fall behind. I think Ken's greatest attribute is his compassion for the people, where I was more mission orientated – he was more in to the human side of it so we complimented each other well. He has done a marvelous job being able to help bring the Army and Air together as a team, and in bringing the support of the National Guard to the state mission to a whole new level. Because of him, the N.H. National Guard has a greater level of visibility on a national level."

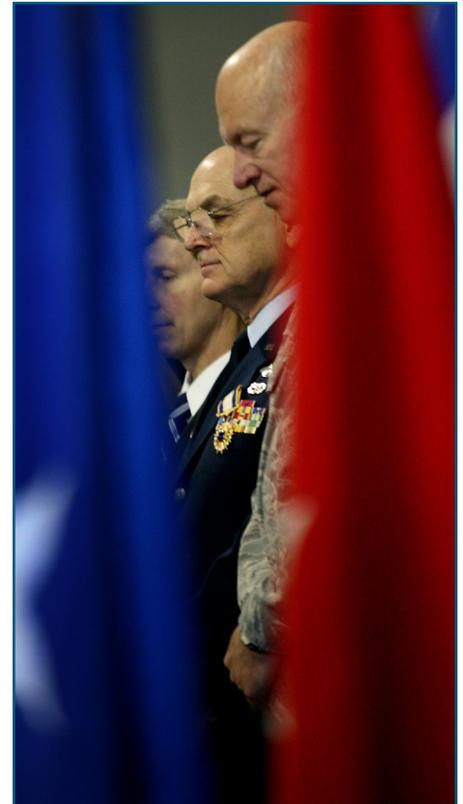
Clark cont'd page 4

The New Hampshire National Guard Adjutant General of the past four years, Major General Kenneth Clark, was honored at a retirement ceremony held Saturday, April 4 at Concord State Headquarters.

Clark retired after culminating more than 40 years of honorable service in the N.H. Air National Guard and received the Distinguished Service Medal presented by Governor John Lynch representative of his time while serving as Adjutant General.

Gathered to honor Clark were many distinguished visitors, family members, and many of the guardsmen and women who have proudly served under his direction.

Governor Lynch stated, "I am truly sorry to see General Clark retire not only because he has had such a distinguished record of service to our state and our nation, but also because he is a wonderful individual. Our National Guard in N.H. has been a national leader in developing comprehensive programs to support families and to help service members when they return back here to N.H.," he said. "Our National Guard is a model for the nation and that doesn't



**Maj. Gen. Kenneth Clark bows his head during the invocation during his retirement ceremony April 4**

# Safety is a top priority



## Commander's Column By Col. Richard P. Martell

This month, I wanted to share with you the endorsement letter for the Major General John J. Pesch Flight Safety Trophy from Maj. Gen. Clark before he retired as the Adjutant General. It speaks to the efforts we as a Wing put forth to ensure the safety of our members as well as members of the Air National Guard as a whole.

*It is my distinct honor and privilege to endorse the attached nomination of the 157th Air Refueling Wing, New Hampshire Air National Guard, for the Major General John J. Pesch Flight Safety Trophy.*

*During 2008, this Wing has maintained a mishap free flying record while maintaining the highest safety standards. Every day they execute critical North East Tanker Task Force operations, successfully deploy numerous personnel all over the globe as well as support missions for Operations NOBLE EAGLE and ENDURING FREEDOM all with professionalism and a deep rooted commitment to safety.*

*The 157th Air Refueling Wing is at the forefront of the safety community recommending technical order changes to correct flawed procedural guidance as well as filing High Accident Potential reports which provide time critical safety information to other KC-135 Wings. They also work hand-in-hand with the US Department of Agriculture and the civilian Pease Airport Management Authority on a top notch Bird/Wildlife Aircraft Strike Hazard program which has significantly reduced bird hazards in the area.*

*The 157th Air Refueling Wing never ceases to amaze me. Their ability to maintain a high operations tempo and do so with safety first, people always is a true testament to what an exceptional Wing this is. I assure you the men and women of this organization are indeed deserving of this recognition.*

KENNETH R. CLARK  
Major General, NH National Guard  
The Adjutant General

**“The 157th Air Refueling Wing never ceases to amaze me. Their ability to maintain a high operations tempo and do so with safety first, people always is a true testament to what an exceptional Wing this is.”**



This funded Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of **The Granite State Refueler** are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. The editorial contents are edited, prepared and provided by:

The New Hampshire Air National Guard  
Public Affairs Office  
302 Newmarket Street  
Pease ANGB, NH 03803-0157  
(603) 430-3577

**Commander, 157th ARW**  
Col. Richard P. Martell

**Public Affairs Officer, 157th ARW**  
1st Lt. Sherri Pierce

**Public Affairs Officer, State JFHQ**  
Vacant

**Public Affairs NCOIC**  
Tech. Sgt. Angela Stebbins

**Journalist**  
Tech. Sgt. James Dolph

**Administration**  
Staff Sgt. Dorrin Finley

**Photo Support**  
Base Multimedia Support Center

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. Sgt. 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

# Diversity is our strength

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



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

## Col. Richard Martell gives Chaplain Brig. Gen. David Cyr a gift as a thank you for participating in the Commander's Annual Prayer Breakfast

greater good," read the names of the 32 servicemembers from N.H. who have died in combat since 2003.

Col. Martell, 157th Air Refueling Wing Commander, also welcomed the group and took some time to reflect on what is important. "As I look around the room, I see that this is what it's all about. We are all here for self sacrifice, self service, being part of something bigger than ourselves and giving back," he said. "This is one of the finest places to come to work with some of the finest people to work with," he added.

The guest speaker, Chaplain Brig. Gen. David Cyr, is the Air Force Deputy Chief of Chaplains and a native of Maine. It is an honor to be among you," he said. It is "good country, good people and good to be home."

He spoke of our diversity as an armed service. "Our diversity is our strength," Cyr said. "We come from a multiplicity of backgrounds, ethnically, spiritually and otherwise...but we come together as one nation under God recognizing that we need his divine intervention if we are to be successful."

Cyr also spoke of four things we can pray about and used the acronym "PRAY" to describe them.

The "P" stands for "we the people...we pray God would bless all Americans."

The "R" stands for "our tremendous responsibility...how significant and how important is the calling to service for the cause of freedom, protection, and ongoing peace."

The "A" stands for "good old America...pray for this great nation," he said.

The "Y" stands for "each of you sitting at each of these tables in this room." He spoke of celebrities and their stature but advised the group to "never forget the true heroes...do not be confused, the true heroes, in the true sense of heroism, are sitting at these tables."

Cyr called Capt. Jeffrey Kipp to the podium as a representative of the "you" he spoke of and gave him a coin.

In closing, he said, "I thank you and salute you. You are the American watchman sitting on the walls of freedom, and I love you for that."

Over 250 people gathered April 5 at Pease Air National Guard Base for the Commander's Annual Prayer Breakfast.

The purpose of the breakfast is to provide nourishment to servicemembers' bodies, to gather military and local leaders as well as to come together for spiritual nourishment in recognition of the moral and spiritual values upon which the nation was founded.

Col. Steven Greco, Joint Forces Headquarters Director of Operations, was the Master of Ceremonies for the event. He welcomed the group and, in remembrance of those who "gave their all for the

## Independence Hall Dining Facility

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



### Saturday

- Egg Drop Soup
- Pork Chops w/mushroom gravy
- Rice Pilaf
- Vegetable du Jour
- Sloppy Joes
- French Fries
- Deli Sandwich Bar/Salad Plate
- Salad Bar
- Assorted Desserts

### Sunday

- Beef Noodle Soup
- Chicken Cacciatore
- Penne Pasta
- Vegetable du Jour
- Chili Dogs
- Onion Rings
- Deli Sandwich Bar/Salad Plate
- Salad Bar
- Assorted Desserts

As always correct change of \$4.25 is greatly appreciated.

Menu offerings may be limited due to contingency operations support.

Menu subject to change without notice.



Left: Members of the 157th Services Flight who catered the Prayer Breakfast for over 250 people.



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



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

**Col. Richard Greenwood is administered the oath of office by Col. Deborah Carter during his promotion ceremony March 25 at the Joint Force Headquarters in Concord, and Lt. Col. Robert Blonigen is administered the oath of office by Brig. Gen. Mark Sears during his promotion ceremony April 5 at Pease ANGB.**

*Clark cont'd from page 1*

“Major General Clark has a particular thing that he likes to see in all of his leadership positions. That would be: if an individual is in charge of a section, that individual does not have people that works for him/her, but that supervisor works FOR the people assigned to him/her,” said Chief Master Sgt. Anthony Lebel, Vehicle Maintenance Foreman, Logistic Readiness Squadron.

“It has been a real privilege for me to work with General Clark,” said Congressman Paul Hodes. “He has been a tremendous advocate for the National Guard in N.H. and nationally, and he has clearly been one of the great thinkers about force integration.”

“He has been instrumental in helping create what I hope will be a national model for pre, during, and post deployment care for our armed forces,” he continued. “He has been a mentor and inspiration to me personally...When you are around General Clark and listen to him speak from the heart, it sinks in... the people like General Clark who have given their lives and service to this country are role models, and he is the best of the best. The relationship I have had with him meant a lot to me not just professionally, but personally, and that is true leadership. He exemplifies what I call real leadership.”

Ted Kehr, State Chair, N.H. Committee of the ESGR said, “Given our mission to get the support of the employers for the military services provided by the men and women that serve our Guard & Reserve, one of the unique things that General Clark did was he provided our member services with an office here at State Headquarters with IT support and the types of things that help our volunteers to be able to do that mission. He is a leader by positive example.”

Part of the invocation as read by Chaplain, Col. Robert Cordery said, “His leadership has brought the N.H. Air and Army National Guard to the 21st century. We are grateful for his insightful wisdom and vision.”

“To say that he has done his job well would be redundant,

but it is so true,” said John Blair, (Retired) Major General, Former Adjutant General of the NH National Guard. “His caring for people is the key to his success; it means so much to him.”

“I am glad to have this behind me, because it is an important day but one I have written in my planner that tomorrow is the ‘first day of the rest of my life’,” said (Retired) Maj. Gen. Kenneth Clark. “I am just excited about another chapter that has more flexibility, a little better blend of family time, and I am quite excited about being grandparents; two already and three on the way,” added Clark. “I am going to stay involved in a lot of community service things so it is time to move on and tackle the next chapter.”

### *Special Olympics volunteers needed*

The Special Olympics will be held this year at the University of New Hampshire on Friday June 12 and Saturday June 13. We are looking for volunteers for both days from 8 a.m. to 5 p.m. and we would love to have retiree’s participate. If you can even volunteer for half a day would be great- we break for lunch around noon.

The opening ceremonies are Friday evening and volunteers need to be at the field at 7 p.m. The parade will occur on the soccer field in front of the Whittemore Center. The parade of athletes will start at 7:30 p.m. and usually ends by 9 p.m. If you have another commitment, you can leave after the national anthem, however, it is preferred that you stay until the fireworks are done. Uniform is service dress for the opening ceremonies and blues for the opening day activities.

Please let me know as soon as possible if you can volunteer because I need to supply the Special Olympics with names. This year it will not be on our drill, so I’m hoping we have many volunteers. Please contact Master Sgt. Norma Long in the Retention Office at (603) 430-3507.

## Germ of the Month

By Tech. Sgt. Aaron Cleaver, 157 ARW Public Health

You've probably heard about Swine Flu in the news recently. It's a new strain of influenza that our human immune systems are not yet familiar with. There's a concern that it could become the next pandemic. On a positive note, it's saved us from learning more about President Obama's new dog, and Swine Flu is overshadowing "news" about celebrity hairstyles, meltdowns, and weight-loss stories. The downside of this recent fame is that it made scheduling an interview with this new germ quite a challenge. I had to fly to New York City (where there are 8 confirmed cases) to find this germ, and then I had to find one that was not already booked for TV and radio shows. Here's the interview:

PH Guy: I know you're busy, thanks for meeting me on such short notice.

Germ: No problem. Yes, my schedule is tight, but I'm happy to get the word out about H1N1.

PH Guy: You mean Swine Flu, yes. Tell me a little about yourself. How are you different from other forms of flu, like Avian Flu?

Germ: Well, I prefer to call it H1N1, not Swine Flu. Swine just doesn't conjure up a good image. Second, I'd

like to get one thing straight: I am not Avian Flu, also known as H5N1. That was getting all the attention and was thought to be the next pandemic, but here I am... And I'd like to point out that I'm not from Asia. Finally we have an interesting disease, ME, emerging right here in this hemisphere.

PH Guy: Interesting? Yes, you arrived on scene a few years ago, and I understand that you're not from Asia, but in what other ways are you different from other forms of Influenza?

Germ: Well, in many ways I am the same. I contain genetic material from human, avian, and pig forms of influenza from North America, Europe, and yes, Asia too. Avian Flu has not been readily transmissible from person to person. Most cases got it from direct contact with birds, but that may eventually change. With me the key difference is that I became easily transmissible from person to person. I was found mostly in pigs, but then I evolved and now you humans can enjoy me.

PH Guy: You mean you mutated from pig influenza?

Germ: I prefer to use the term EVOLVED. Mutated Swine Flu doesn't sound as pleasant to the ear as Evolved

H1N1 Influenza. So, I evolved, and I'm enjoying a population of susceptible individuals, humans, which I must say are far more interesting and diverse than pigs. I get around when people are infected with me and they sneeze, cough, or otherwise contact other individuals. I lay around waiting for people to pick me up with their hands. You people put your hands on everything. If you think pigs are dirty, whoa...

PH Guy: So let's talk symptoms. That's what people want to know about.

Germ: People in the US, and so far this number is low, are getting fever, cough, lack of appetite, and a sore throat. Some folks may encounter vomiting and diarrhea. Keep in mind I'm new, so there's not a lot of information about me just yet, and it's anyone's guess as to what I may be able to do. You hear "flu symptoms, or flu-like symptoms", and I think people get used to hearing that and it doesn't mean anything to them now, but that can include death. Grrrrrr!

*Swine Flu can't pg. 6*

# SPOUSES FLY FREE!



Come join us for a flight on our KC-135 Refuelers. Please contact MSgt Norma Long at (603) 430-3507. All you need to do is fill out a form and wait for the next available flight. It's our way to say thank you for the support you provide your spouse.

**Swine Flu con't from pg. 5**

PH Guy: Death. Yeah, I always hate hearing that. So far there are roughly 1600 suspected cases in Mexico, and 100 plus deaths. I noticed you didn't mention that. That's not the same rate of kill as avian flu; you're not as deadly, you just seem to get around more easily.

Germ: OK, true. I may not give people the same intense fever and I may not kill as readily as other viruses, but I'm new at this. I may evolve more, and I plan to. Anyway I've focused my energy on TRANSMISSION. My mom always said if I want to go anywhere, I need to focus on transmission. Look at Ebola. That's one of the deadliest viruses going, but outbreaks are brief, and then you don't hear about it for a while. I'd prefer to be around for a while and see what sort of damage I can do. It's all about transmission and I want to go GLOBAL.

PH Guy: It's also about a susceptible population. We'll make a vaccine you know. Then you'll be out of business.

Germ: Could take a while. In the meantime I'd like to travel. So far, there are no travel restrictions. Even though the US is in a "heightened" state of alert, no one has gone crazy and told people to stop shopping. That would be scary.

PH Guy: Yes it would. So you can't tell me more about what you intend to do?

Germ: Not yet. I'm not really sure. I have not killed anyone in the US yet, and so far confirmed cases of me are in California, NY, Kansas, Ohio, and Texas. Not New Hampshire. I was thinking of hitching a ride with you, but I see that you've washed your hands and you're keeping a safe distance. Smooth.

PH Guy: I wasn't born yesterday.

Germ: Look, my agent is giving me the sign. I've got to do Leno later, so I have to jet. See ya.

PH Guy: I hope not, but thanks again for your time. There you have it folks. A new, and evolved influenza, and your last flu shot doesn't protect you from it. Swine Flu is here in the US. It's moving. The CDC and our government are saying we shouldn't panic. I believe them, but let's cover some

basic flu prevention:

- \* Wash your hands
- \* Use hand sanitizer if you are not able to wash your hands (good for travel)
- \* If you're sick, stay home from work, and please don't go to the mall. Get someone else to do your shopping or shop online.
- \* If you sneeze, please sneeze into your elbow/sleeve area. Make it a new sneeze habit. I know, it looks weird, but sneezing right into your hands (although better than nothing) is not the best idea. Your hands go everywhere...
- \* Avoid touching your eyes, nose, and mouth with your hands. I know it's hard to do, but try. As for touching other people, well I think the last germ covered that area.
- \* At work, clean your keyboard and mouse.
- \* If Swine Flu makes a NH debut and spreads rapidly AVOID large public gatherings (Malls, churches, Airports, or any areas where lots of people congregate). UTAs excluded.
- \* Get enough rest. Keep your immune system operating at max capacity!

For questions, comments, or to get in touch with this germ's agent, please email [aaron.cleaver@ang.af.mil](mailto:aaron.cleaver@ang.af.mil)

Disclaimer\* The Germ of the Month is a column that Public Health (PH) writes based on interviews from actual germs. PH is not responsible for, and does not endorse, what germs have to say. PH is in no way responsible for harm, damages, or hurt feelings caused by comments from the Germ of the Month. Any similarities to actual events are completely coincidental. The PH Guy is TSgt Cleaver, but this in no way implies that all PH personnel are male. Germs are asked to consider Diversity in any Potential Future Human Infections (PFHI) by recognizing all military personnel equally, regardless of age, gender, race, and religion (or lack thereof), however germs generally prefer people with weaker immune systems, and in this case, maybe pig tails...

## What is NHANGEC?



What is the NH Air National Guard Enlisted Council (NHANGEC) and why should I participate? The overall purpose of the NHANGEC is to support the NHANG Commander and the 157 Air Refueling Wing Commander's policies, to provide mentorship and career enhancement to all enlisted personnel, to support the State of New Hampshire and the

surrounding communities, to enhance the quality of life for enlisted personnel by providing a voice to leadership, and to support NHANG military recognition programs. Community involvement, organizational support, and teamwork is what the NHANGEC is all about. The organization is here

to promote general welfare and the morale of 157ARW enlisted Airmen, to eliminate intimidation and encourage free exchange of ideas concerning programs, to provide input to the commander on enlisted issues, to promote teamwork throughout the organization, and to plan morale-boosting events. The future of the Enlisted Council is dependent upon participation from our enlisted Airmen and continued support from our leaders. With everyone's help this team will foster positive cohesiveness and achieve unity with the 157th's enlisted Airmen. The officers of the NHANGEC consist of President: Tech. Sgt. Daric Buttrick; Vice President: Master Sgt. Michelle Lebel; Secretary: Airman 1st Class Anna Hullinger. We encourage your participation and welcome your suggestions. Please drop by one of our meetings, and see firsthand what the NHANGEC is all about. The NHANGEC meets on Saturdays at 2 p.m. in Building 149. Our next meeting is May 2.

## A “most unique occasion”

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

March 27 marked a “most unique occasion” for the 157th Air Refueling Wing. Maj. Gen. Kenneth Clark, the Adjutant General for New Hampshire and former Wing Commander, Col. Richard Martell, current Wing Commander, Brig. Gen. (Ret) Joseph Simeone, former Wing Commander, and Col. (Ret) Robert Lilljedahl, former Wing Commander, gathered together for a roundtable discussion. Current members as well as retirees gathered to share stories and to hear from the commanders whose leadership spanned about 40 years.

### Active Associate

When I joined this organization back in the 80s Bob Lilljedahl was the boss,” said Martell. “We weren’t a Wing yet so he was the Group Commander and I’ll set the stage for you: We were a tenant on the Strategic Air Command Base and one of the reasons today is so special is because we are coming full circle. We’ve gone from being a tenant and now the active duty is going to be a tenant on our base. I think that is a pretty special thing and it took a lot of people, a lot of people in this room, to make that happen.”

“This unit was started in Manchester in 1947,” said Simeone. “It was a fighter unit until the C-97s came in and if you look at your history, no multi engine planes were in the Guard and we were one of the first units to get a multi engine airplane. That was a big transition for the National Guard fighting for force structure in those days. Carry that forward, when we got the tanker, we were the second unit to be in the Strategic Air Command because the SAC never had a reserve component – only active – then think about what is about to happen to you. You are going to be an active associate unit which is a very historic event. So this unit has been on the leading edge of change throughout it’s history.

“We are about ready to jump off and lead a direction for the Air Force as far as active associate and bringing in a different segment,” said Martell. “We are going to pass on our experiences and we are going to learn and grow which are all important things because...in the future in this country we are not going to have the luxury of everyone having their own airplane and we are going to have to share assets...and give the people of this country back a good return on their dollar and we are the right people to do that.”

“Somewhere along the line, in order to survive at the levels we operate at you are going to see these blended units where maybe the wing commander is a guardsman but the vice wing commander is an active duty person,” added Simeone. “It’s not going to happen tomorrow but that’s what’s coming. There are more tankers in the guard than in the active force and what this means is having an active component on a guard base with the great maintenance and the great mission support you all get... the Air Force can handle a greater ops tempo...because now those airplanes can be flown with those people that aren’t having to take more time off their job. This is how I think the Air Force is going to meet its mission demands with less airplanes.”

“I don’t think it is all a positive,” said Lilljedahl. “I know from a dollars and cents perspective that’s probably the way to go but I am a firm believer that there is something special about a guard unit being a little concise unit where everybody knows everybody else and now all of a sudden bringing people in from all over will affect the spirit of the unit. It is going to happen, there’s no doubt about it but there is something unique about the Guard.”

### Highlights and Challenges

“Being the task force commander during the Somalia operation right after the base closure,” said Simeone. “I think that was the highlight of my career. We got very, very short notice maybe 24-48 hours as a unit to put together a Tanker Task Force over in Moron, Spain. I was there for about 45 days. We flew 430 missions without a miss. We were taking off out of Moron, Spain with maximum fuel – popping up hitting the C-141s coming across and giving them gas – that was probably the highlight.”

“I was left with an organization that was in great shape and had a great vision a lot of good folks a lot hard work already done,” said Martell. “I thought back in May 2001 that my biggest challenge was getting ready for an ORI. I spent a whole lot of time and stomach acid worrying about that ORI and that all got blown to hell on 9/11. I will go to my grave with this – my proudest moment was driving out of the battle staff about three o’clock in the morning on 9/12 – I had not left the battle staff for 16 or 18 hours and seeing the wonderful transformation this Wing had done getting ready for a wartime posture. You would not believe what the base looked like, you would not believe how prepared we were. I keep telling this story over and over



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

**Left to right: Col. (Ret) Robert Lilljedahl, former Wing Commander, Brig. Gen. (Ret) Joseph Simeone, former Wing Commander, Maj. Gen. Kenneth Clark, the Adjutant General for New Hampshire and former Wing Commander, and Col. Richard Martell, current Wing Commander.**

*Unique occasion cont'd from pg. 7*

again – on 9/11 we did not call a single person into work. By noontime every one of our airplanes was ready to go manned by flight crews ready to fly that came in on their own; serviced and maintained by maintenance folks that got them ready. Everyone that was in support of the mission stepped forward...that was what being a citizen soldier and being in the Guard was all about to me and I walked away from that day knowing that no matter what - this organization could face any and conquer any challenge put in front of it.”

“I reflected yesterday on something I wasn’t sure I was going to bring up here today or not, but I am,” began Clark. “Sometime during (Col. Lilljedahl’s) tenure, somebody in the Guard did something totally inappropriate and (Lilljedahl) got interviewed by the press and he made a statement much to the effect of “Well, you know, the Guard is representative of our community and you can’t expect that we would be that different from the community so you’re going to have those kinds of problems within the organization.” Trust me, that has not changed...every time you turn around someone in one of these uniform is doing something that makes you go...what were they thinking? The obvious answer was – they weren’t. Those continue to be the biggest challenges when you are in command. It’s those strange things that people do that make you say “how did that possibly happen?” But they do and they occupy a lot of time and energy.”

“That is very true,” added Lilljedahl. “As a commander of one of these organizations the hardest job you have is dealing with personnel issues. You think that we fly airplanes and we refuel airplanes all over the world, but the thing that always puzzles you is why you have to spend so much time on personnel issues. And it goes back to what he said, and I did get into a bit of trouble for saying this many, many years ago, but the Guard is a cross section of America. It’s got all kinds of people in it. And they are wonderful people, but nevertheless, these wonderful people occasionally do things that make you say “why did you do that?”

**Read more about this “unique occasion” in the summer issue of the New Hampshire National Guard Magazine**

## See our history at the Manchester Aviation Museum

The New Hampshire Air National Guard and the New Hampshire Aviation Historical Society invite you to the new exhibit, “History of the New Hampshire Air National Guard” opening May 30 from 9 a.m. to 4 p.m. The museum is located at 13 East Perimeter Road adjacent to the Manchester-Boston Regional Airport.



## Softball teams forming

The New Hampshire Air National Guard is trying to take a Coed and Men’s Team to the 44th Annual Air National Guard Softball Tournament in Sioux Falls, South Dakota from August 12-16. All Air National Guard members, retiree’s, and dependents over the age of 18 are eligible to participate. We will start having practices on drill weekends in May (weather and interest permitting). If you or someone you know is interested in participating, please contact Tech. Sgt. Michelle Mercier at (603) 430-2441 or [michelle.mercier@ang.af.mil](mailto:michelle.mercier@ang.af.mil)

Another softball team the NHANG participates in is the Portsmouth Naval Shipyard Softball League. The season normally starts in May and runs through early September. Games are held Monday through Thursday at various times. If you or someone you know is interested in playing at the Shipyard, please contact:

Senior Master Sgt. David Obertanec at x2468 or [david.obertanec@ang.af.mil](mailto:david.obertanec@ang.af.mil)

Tech. Sgt. Michelle Mercier at x2441 or [michelle.mercier@ang.af.mil](mailto:michelle.mercier@ang.af.mil)

Tech. Sgt. Jason Coleman at x2461 or [jason.coleman@ang.af.mil](mailto:jason.coleman@ang.af.mil)

# Avoid medication mistakes

By Maj. Stephanie Riley, 157 ARW Medical Group

As I have said in the past, I get my inspiration for articles from many different places. This month I decided to focus on medication mistakes because of a personal experience I recently had. I had to undergo a dental surgery procedure and was put on an antibiotic and a pain medication post-operatively. I dutifully took the prescriptions to a local pharmacy and had them filled. Like many of you, I don't like to take medication and have a hard time remembering to take my pills when it is scheduled for four times a day. On the third day, I had to count my antibiotic pills because I couldn't remember if I had skipped a dose by accident. Of course I had forgotten to take all of my doses on one of the days so I had an extra pill left over. I also was starting to have a lot of pain in my jaw and had to go back to see the oral surgeon for a follow up appointment.

After being checked out by the oral surgeon, he decided to switch my antibiotic medication and also gave me another pain medication prescription. This time the office called in the prescriptions to the pharmacy that I had previously used. When I got home from picking up my medications, I happened to look at the prescription label for my antibiotic. The order read to take "one pill four times a day for seven days" and the number of pills dispensed was 20. I don't know about you, but where I went to school, seven times four is 28. I then counted out the pills and, sure enough, there were only 20. Then I decided to check out the Vicoden that I had been prescribed. The bottle said that I should have 15 but my count only yielded 14 pills.

Of course, I called the pharmacy and asked to talk to a pharmacist who I proceeded to tell my situation to. She was very helpful and said that I would be able to pick up the additional medication that was due to me. I stopped by the pharmacy on the way home from work and went through the drive through to pick up my pills. When I got home I checked the medications and found that I was given 28 more antibiotic pills and 1 more pain pill.

Being a nurse, this raised a red flag on so many different levels! For one thing, I will no longer use this particular pharmacy because my confidence in them has been shattered. They didn't pay attention to detail when they took the phoned in doctor's order for my antibiotic. I should have had 28 pills for a one week supply instead of the 20 they gave me, and no one picked up on that. When they gave me additional pills to make up for the deficit, they gave me 28 pills instead of the 8 that I needed, and no one picked up on that.

The next thing that really disturbed me was the way they handled the fact that I had been short a Vicoden pill with my original prescription. When I work in the hospital and have to give Vicoden to a patient, I have to sign out the drug from the system to account for it. I fully expected to be given a hard time about saying that I was short a pill and that they might think I was a drug seeker. Vicoden is one of the most commonly abused prescription pain medications today. But the pharmacist didn't seem phased by the fact that I was missing one. It made me wonder if it was the result of incorrect counting or if someone took the pill for their own benefit.

I did go on this particular pharmacy's national web site and e-mailed their customer service department of my concerns. I have yet to get a reply from them. In the meantime, it has changed the way that I will respond if I have to be put on a prescribed medication. Some of the lessons that I learned are to know exactly what medications are going to be prescribed for you and how often you are supposed to take them. Because I had a problem remembering to take my doses on time, I will probably buy one of those plastic weekly pill planners so that I can keep track of taking medications. When I go to pick up my medications, I will make a point of looking at the label on the bottle so that I verify that it reads correctly. I will then count out the pills to make sure I have the correct amount. That way, if there are any discrepancies, I can clear that up before I leave the pharmacy. If they happen to give me too many pills, then the pills could be returned right then, instead of having to waste them. A pharmacy won't take back pills after they have left the store because they can't ensure that the pills were not contaminated.

I still can't believe how many errors were made in this one episode with a national chain pharmacy. It made me wonder how many errors are made every day, on a national level. In an article in [newsmax.com](http://newsmax.com), the statistic given was that one third of consumers experience a prescription error and 7,000 deaths a year are attributed to medication errors. It is imperative that each individual takes responsibility for being aware of their medical conditions and the methods used to treat it. This may mean that you can't take for granted that prescriptions are being filled accurately. I know that I will never take that for granted again.

## Promotions

### *Colonel*

Richard Greenwood, JFHQ

### *Lieutenant Colonel*

Robert Blonigen, OPS

### *Master Sergeant*

Samuel Daigle, COMM

Jeffrey Vermette, ARW

### *Technical Sergeant*

Eugene Clark, MXG

Jeffrey Clark, MXS

### *Senior Airman*

Jareb Kinney, SVF

John Uzzle, MXS

## Family Readiness Program

Bonnie Rice – Family Readiness Program Coordinator

302 Newmarket Street Pease ANGB 03803

Phone: (603) 430-3545

[bonnie.rice@ang.af.mil](mailto:bonnie.rice@ang.af.mil)

Emergency 24-hour hotline: (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. Please specify if you would like to receive all e-mails that pertain to and include our retirees or just to be on the e-mail list to receive the Refueler when you request to be added to the e-mail listing.

### DEPLOYED FAMILY INFORMATION GATHERING

Our next deployed Family Information Gathering will be held on Wednesday, May 13 at 6 p.m. at Pease Air National Guard Base, Building 16, Conference Room. Families of our deployed members are highly encouraged to attend. This is a wonderful opportunity for you to get to know other deployed families. If you are interested in attending these meetings, please RSVP to Bonnie Rice (as soon as possible) so the meal can be planned. These monthly gatherings are still open to those who have had their loved ones return as well. Our monthly deployed family gatherings are normally scheduled on the second Wednesday of each month.

### TRANSITIONAL ASSISTANCE PROGRAM (TAP)

**Date:** June 22-26

**Location:** Wilbrandt Auditorium, Pease ANGB

**RSVP:** To reserve your spot call Bonnie Rice at (603) 430-3545

**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.

### SAVE THE DATE INFORMATION:

**“Operation Thank You!”**

**What:** “Operation Thank You!” - As you begin to make your summer plans, be sure to mark your calendar for the 6th annual “Operation Thank You!” to be held once again at the Red Hook Brewery. This event is a tribute to our military families. Those of you that have attended any of the previous year’s events will know that the day includes a delicious barbeque lunch provided once again by the Meathouse; and music and entertainment for families. For additional details contact Bonnie Rice. Additional details to follow.....

**Date:** Sunday, August 9

**Time:** 11 a.m. to 4 p.m.

**Location:** Red Hook Brewery, Pease Tradeport, Portsmouth NH

**Cost:** Free to military members and their dependants (with ID cards).

Extended Family Members (without ID Cards) and Civilians: \$10 per person – tickets can be purchased at any Meat-house location ([www.themeathouse.com](http://www.themeathouse.com))

**RSVP:** For planning purposes, if you are attending with a large group please RSVP.

Once again this year, proceeds from “Operation Thank You!” will benefit the Chaplains Emergency Relief Fund.

*Readiness cont'd from pg. 8*

#### **FAMILY OPPORTUNITIES**

##### **ARMED FORCES WEEKEND CAMPGROUNDS**

**Date:** May 15-17

**What:** A salute to our Armed Forces. All active duty and retired members of our US Armed Forces, National Guard and Reserve Unit members or Dependents of Active Duty Members Serving Overseas are invited to camp as guests of participating campgrounds and RV parks of the N.H. Campground Owners Association. Dependents not having camping equipment may camp with their parents or one sibling. All others must pay the required fees. Photo Military ID Mandatory. **For details go to [www.ucampnh.com/ArmedForcesWeekends.asp](http://www.ucampnh.com/ArmedForcesWeekends.asp)**

##### **MILITARY APPRECIATION GAME – FISHERCATS**

**Date:** May 25

**Time:** Game starts 1 p.m. (gates open at noon)

**What:** Fishercats vs. Trenton Thunder

**Cost:** Free to Veterans, Military Members and their dependants with a military ID card (Tickets were donated by BAE Systems for our military families to attend.)

**Location:** 101 South Commercial Street, Manchester, NH

**RSVP:** To reserve your tickets e-mail Bonnie Rice at [bonnie.rice@ang.af.mil](mailto:bonnie.rice@ang.af.mil)

#### **YOUTH OPPORTUNITIES**

##### **OPERATION MILITARY KIDS (OMK) BABYSITTING CAMP**

Adventures in Babysitting Camp - An over-night weekend camp, from Friday 6 p.m. to Sunday 4 p.m., where teens will learn to be safe, caring, responsible babysitters.

This camp is for both military and non-military teens, and teens will be asked to fill out an application. Youth may sign up for one camp only. The camp will be offered four times in different locations. Camp dates and locations follow:

May 15-17 Barbara C. Harris Camp - Greenfield, NH

June 5-7 Camp Calumet - Freedom, NH

July 10-12 Southern NH University - Hookset, NH

July 17-19 Geneva Point Center - Moultonborough, NH

For more information and program promotion, please go to the web site.

For a complete Babysitter Instructor Training Course Flyer

[http://extension.unh.edu/4H/4H\\_OMK/documents/Babysit\\_TIC.pdf](http://extension.unh.edu/4H/4H_OMK/documents/Babysit_TIC.pdf)

For a complete Adventures in Babysitting Camp flyer

[http://extension.unh.edu/4H/4H\\_OMK/documents/AdvInBaby.pdf](http://extension.unh.edu/4H/4H_OMK/documents/AdvInBaby.pdf)

##### **4-H Teen Conference**

**What:** Join other teens from across New Hampshire and neighboring states at the University of New Hampshire for the 31st Annual Teen Conference.

**For Who?:** The conference is open to all teens completing the 8th grade (or age 14 by 6/28/09) up through 12th grade. (Youth do not have to be 4-H members to attend.)

**Date:** June 28 to July 1

**Location:** University of New Hampshire Campus

**Cost:** \$190 for the entire 4 days. Room, Meals, Activities and T-Shirt are included (some workshops carry an additional fee). There are possible scholarships available – contact Bonnie Rice for details.

For a complete flyer with additional details go to: [http://extension.unh.edu/4H/documents/TC\\_Reg.pdf](http://extension.unh.edu/4H/documents/TC_Reg.pdf)

##### **UNH Camp Wildcat Summer Camp Military Discount**

University of New Hampshire, Camp Wildcat offers 10% discount to military youth. For program details, check out their web site at <http://campusrec.unh.edu>. Or contact Erika Cooper at UNH Campus Recreation – 603-862-0845 or [erika.cooper@unh.edu](mailto:erika.cooper@unh.edu)

*Readiness cont'd on pg. 10*

*Readiness cont'd from pg. 9*

**PORTSMOUTH NAVAL SHIPYARD INFORMATION (PSNY) INFORMATION:**

Summer destination tickets for 2009 spring and summer season to 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.

Upcoming Tickets Available from PSNY ITT Office  
To purchase your tickets for the following call: (207) 438-2713

**BOSTON TRIP AND DUCK TOUR**

**Date:** Saturday, July 22  
**Cost:** \$52 each includes the Duck Tour and bus ride to Boston (add \$5 to include a ticket to the Museum of Science). For the bus ride only the cost is \$26  
**Departure Time:** Bus departs building 22 at the Shipyard at 9 a.m. for Boston  
**Return Time:** Bus departs Boston at 4:30 p.m. sharp.

**DEEP SEA FISHING TRIP**

**Dates:** Sunday, June 24 and Sunday September 13.  
**Cost:** \$ 45 per day trip (Cost Includes rod and bait.)  
**Time:** 8 a.m. – 4 p.m.  
**Details:** This trip is for the Military ID card hold member, and their dependants (must be 15 years or older)

**NASCAR TICKETS**

**Date:** Sunday, 28 June  
**What:** NASCAR Lenox 301  
**Cost:** \$74  
**Location:** Loudon, NH

**Date:** Sunday, September 20  
**Cost:** TBA  
**Location:** Loudon, NH

**U2 CONCERT TICKETS**

**Date:** Sunday, September 20  
**Cost:** \$105 each for lower bowl seats  
**Location:** Gillette Stadium

**Date:** Tuesday, 28 July  
**Time:** 6 p.m.  
**Location:** Gillette Stadium  
**Cost:** \$95 each

State of Maine Hunting and Fishing Licenses  
Prices vary.

**FREE MAY 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 May:

- May 1 - Tale of Destereaux – Rated G
- May 8 – Hotel for Dogs – Rated PG
- May 15 – Bedtime Stories – Rated PG
- May 22 – Pink Panther – Rated PG
- May 29 – Paul Blart, Mall Cop Rated PG