

## Young receives unit's 1st Combat Action Medal

On May 2, Master Sgt. Nancy Young was awarded the 157th Air Refueling Wing's first Combat Action Medal. The Air Force Combat Action Medal is used "to recognize any military member of the Air Force who actively participated in combat. The principal eligibility criterion is that the individual must have been under direct and hostile fire while operating in unsecured space (outside the defended perimeter), or physically engaging hostile forces with direct and lethal fire."

Young was one of five vehicle operators from the unit's Logistics Readiness Squadron (LRS) who deployed to Iraq as convoy drivers in 2004. These Airmen performed "in lieu of" missions which are missions where Airmen fill the positions of their Army counterparts.

On April 13, 2004, while escorting the 1052nd Truck Company from Baghdad International Airport to Camp Anaconda, Balad Air Base Iraq, Young's convoy came under attack from hostile enemy fire. Young was the Truck Commander for gun truck two, an unarmored five-ton truck. Recognizing the immediate and imminent grave danger to the convoy, Young repositioned the gun truck to return suppressive fire and monitor the situation for any additional insurgent attacks from the left side of the main supply route. This put herself, her co-driver and gunner in grave danger. Young also engaged the insurgent forces, returning fire with her M-16 while receiving heavy small arms fire, as well as mortar attacks for approximately 35 minutes. These actions helped keep casualties to a minimum and allow the mission to be completed successfully with minor loss of coalition assets.



(Photo by Tech Sgt. Mark Wyatt, 157 ARW Public Affairs)

**Master Sgt. Nancy Young stands at attention with Col. Richard Martell, Wing Commander, after being presented with the Combat Action Medal.**



The other Airmen who served with Young on this mission were Master Sgt. Phil Cote, Tech Sgt. Chris Moisan, Tech Sgt. Mike Steer and Tech Sgt. David Guindon.

During the ceremony, Young thanked the other Airmen who were with her on this mission and said, "You all deserve this award and more."

"They did a superb job and they are all outstanding individuals," said Col. Richard Martell, 157 Air Refueling Wing Commander.

"They represent the best qualities of the citizen airman and we in the 157th and the state of New Hampshire are justifiably proud of them," said Lt. Col. Christopher Hurley, Commander of the 157 LRS.

### *A look inside...*



*Pais wins Senior NCO at Al Udeid*



*Ensuring Airman are ready for duty*



*CE makes a difference*

# Congratulations to a truly outstanding Wing!



## Commander's Column

By Col. Richard P. Martell

A few weeks ago, the 157th Air Refueling Wing was awarded the 2008 Air Force Outstanding Unit Award.

Below is an excerpt from the official announcement from Lt. Gen. Harry Wyatt, III.

"Congratulations to the following organizations for being selected as recipients of the AFOUA based upon meritorious service:

157th Air Refueling Wing, New Hampshire National Guard. 1 SEP 06 - 31 AUG 08.

The competition was extremely keen. And each winner is commended for having been selected from an outstanding group of nominees. The dedication and commitment of the members of these organizations enable the Air National Guard to fulfill its commitment to the missions of peacekeeping, humanitarian relief, domestic improvement, and most important of all, - Defense of America. Again, our congratulations to the best of the best."

This marks the Fourth time this Wing has garnered this OUTSTANDING Unit award since 2000. All of you should be proud to be part of something truly special. Congratulations!

May 30 marked the opening of the New Hampshire Air National Guard Aviation Museum Exhibit. The exhibit was a collaboration between the 157th Air Refueling Wing, the N.H. Aviation Museum and the N.H. Aviation Historical Society. The six panel exhibit details the very beginning of the Guard at Fort William and Mary in Newcastle up to our present at Pease Air National Guard Base in Newington. The museum is located at the Manchester Airport at 13 East Perimeter Road. Go check it out!



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The New Hampshire Air National Guard  
Public Affairs Office  
302 Newmarket Street  
Pease ANGB, NH 03803-0157  
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**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

## Come celebrate 14th Annual Retiree Day

Date: June 10  
 Time: 11 a.m. to 1:30 p.m.  
 Location: Pease ANGB, Hangar 252  
 Cost: \$12  
 Questions: Call Rick Bartlett at (603) 430-3386

Ticket Purchase Instructions: Mail a \$ 12 check payable to Minuteman Fund and send with name of attendees to the following address:

157 Air Refueling Wing  
 Attn: SMSgt RICHARD L. BARTLETT  
 302 Newmarket Street  
 Bldg..249  
 Pease Air National Guard Base  
 Newington, NH 03803

## Prayer Breakfast "Thank You"

*Submitted by the Chaplain Staff*

There are so many people that we need to "thank" we hope we do not forget anyone. On behalf of Col. Richard Martell we would like to thank, first of all the members of Civil Engineering who swept, scrubbed, and polished Building 149. It was no easy task and we are very grateful. Next, we look to Maj. Jennifer Haggard and the 157th Services Flight for the great meal, fantastic service and undying "can-do" attitude especially evident this year with so many members deployed. We would also like to extend our deep appreciation to Maj. Bill Wilson and the Communications Flight particularly Master Sgt. Alan Poulin and Tech. Sgt. Tyra Ott for their continued support and efforts. The Public Affairs Multimedia Center with Tech. Sgt. Aaron Vezeau, Master Sgt. Tim Psaledakis, Tech. Sgt. Thomas Johnson, Tech. Sgt. Mark Wyatt and Staff Sgt. Curtis Lenz, thankfully, provided us with their creative assistance in helping us to design the tickets and posters and for their technical support and their recording of the day's events. As usual, the polish and professionalism of our Honor Guard provided the perfect opening for our annual event and we are grateful for their support. The music support for the Prayer Breakfast was provided by Tech. Sgt. Leigh Nichols and Tech. Sgt. Yvette Menot; we greatly appreciate their help in our time of need. Also we would like to thank Master Sgt. Craig Poirier and the Student Flight for their timely assistance in setting up for the event and also supporting Services during the breakfast. Probably our biggest single group of workers was the ticket sellers. Our sincerest thanks goes out to; Senior Master Sgt. Jimmy Roberts, , Senior Master Sgt. David Obertanec, Senior Master Sgt. Alice Belanger, Senior Master Sgt. June Fonteyne, Master Sgt. Craig Poirier, Master Sgt. Stan Norton, Master Sgt. Marc Gagnon, Master Sgt. Mike Ploof, Master Sgt. Dawna Noel, Master Sgt. Tom Vasile, Tech. Sgt. Karen DiPrizio, Tech. Sgt. Lisa Joyce, and Senior Airman Nichole McCarthy. Where would we be without that smooth talking, golden tongued man-about-town Col. Steven Greco? Thanks for your presence, class and your ability to pull it all together. Finally, our greatest supporters, the members of the Wing. Thank you for supporting the event and giving us the greatest gift possible; your time and yourselves. We never take your kindness and generosity for granted. Hopefully, we did not miss anyone. Again, thank you all for your kindness and support.

## Independence Hall Dining Facility

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



### Saturday

- Garden Vegetable Soup
- Fish and Chips
- Grilled Hamburgers
- Deli Sandwich Bar/Salad Plate
- Salad Bar
- Assorted Desserts

### Sunday

- Cream of Tomato Soup
- Baked Stuffed Chicken Breast with Chicken Gravy
- Mashed Potatoes
- Italian Sausage Sub with sauteed peppers and onions
- 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.

## Pais wins Senior NCO award at Al Udeid Air Base



Senior Master Sgt. David Pais is presented with the Combined Air Space Operations Center April Senior NCO Performer of the Month by Lt. Col. Charles Nese-meier, Deputy Director of AFCENT Air Forces Forward (AAFFOR) A4. The Combined Air and Space Operations Center acts as the “nerve center” for aerial missions for Operations IRAQI and ENDURING FREEDOM and Combined Joint Task Force-Horn of Africa. It provides real-time air command and control over Iraq and Afghanistan and is based at Al Udeid Air Base, Qatar. Pais works in the Air Transportation Function which interprets policy for all aerial ports and other service component air terminals throughout the AOR, currently 30 locations in 9 countries; validates movement requests for USAF and other agency cargo and personnel; validates manpower and equipment requirements for existing aerial ports as well as proposed air terminals in the AOR; manages all pallet and nets for the entire AOR (GART) just to name a few.

## Seacoast Composite Squadron visits the Pease firehouse

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

Thanks to the members of the Pease Fire Department twenty two cadets and a number of seniors had a great visit to the firehouse during a recent AIR meeting and were able to suit up in protective gear, try out the fire extinguishers, use the big “squirt” guns on the fire trucks and learn all about the role of the Pease fire department at Pease ANG Base.

Other recent activities of the squadron include a trip to the New England Air Museum by thirteen cadets and four seniors. The museum, in Connecticut has a huge number of old and new aircraft on display. The group also got to hear NASA astronauts speak of their work as well MIT students who were involved in a Space Expo during the visit. Back before the snow melted a group of cadets and seniors hiked Mt. Major and enjoyed the views from the top of the mountain. Late April saw the cadets bivouacking at the Comtois farm. Two Comtois brothers are members of the squadron. The cadets did all the planning for the weekend event and did a great job with their first hosting of a bivouac. The NH Wing Civil Air Patrol’s rocket competition the first weekend in May saw many squadron cadets fire the rockets they had built at their meetings over the past month. Four types of rockets were built by each squadron to use for the competition. In spite of not winning any of the competitions the cadets had a great day at the competition held at the NH Technical Institute in Concord. A visit to the Coast Guard cutter Campbell is planned for May 9th.

Many of the cadets will be attending an encampment this summer and some lucky ones will be able to attend National Cadet Special Activities such as PJ Orientation School, National Flight Academy, National Glider Academy, NH/VT Glider academy and other activities. Cadets are chosen to



attend these activities by their accomplishments in CAP prior to the application deadline.

Seacoast Composite Squadron meets at building 252 at Pease Air National Guard Base on Thursday evenings. The cadets ages 12-18 meet each week from 6:30 to 9:00 with various activities such as drill, PT, testing, rocket building held on different weeks. Senior or adult members of the squadron meet two or three Thursdays of each month. Pilots of the squadron meet the first Thursday evening of each month usually with someone coming in to give a short talk on some aspect of flying or training. More information can be found on the squadron web site at: [www.seacoastsquadron.com](http://www.seacoastsquadron.com). or contact Maj. Mike Hall at (603) 289-8923.

# Germ of the Month

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

For this column I try to find germs that are relevant to the base population either at home or while in a deployed location. This month when considering the right germ to interview I discovered a relatively common germ that's found all over the world. Right here in the US, one in five adults has this germ, and interestingly enough, of these people, one out of three doesn't even know it. In fact every year in this country a half a million new cases are diagnosed. This, my friends, is an epidemic, and I wanted to speak with this germ to see how it became so pervasive, so quietly. Luckily, it was easy to find this germ and it was happy to discuss it's techniques with me.

**PH Guy:** I appreciate you taking the time to speak with me. Looking at the stats I was pretty surprised to see how many people have you. 80 million Americans and NO cure. Amazing! How did you do this and why aren't more people talking about it?

**Germ:** Those are good questions. First, let me say that I'm really pleased that you're even interested. Really. No one ever wants to talk about me. As germs go, I'm really not a killer, so people can, and do, live with me for a very long time. I'm common. Common can be boring, and no one talks about stuff that's boring, unless they want to write an obscure AFI. Next, I spread through direct contact. There's nothing particularly inventive about that. My real advantage though is that no one WANTS to talk about me. It's not because I'm boring, because I really don't think I am. It's more a matter of people feeling uncomfortable with me as a subject of conversation. There are some things people just don't like to discuss, and I'm right up there with asking a woman her age/weight, or asking people you hardly know how much money they make.

**PH Guy:** I hear you about AFIs, and I've learned the hard way about those other things that you just don't ask. Why is it that people are not comfortable talking about you?

**Germ:** That's the real interesting part. I said I was transmitted by direct contact and that's true. But contact where? With whom? This is what people don't like to talk about.

**PH Guy:** I don't understand. Where? You tell me where, and don't be evasive please. And I'll ask the questions if you don't mind.

**Germ:** OK, it's really simple. I'm a germ. I cause an infection wherever direct contact is made. So let's say you kiss me on the lips...

**PH Guy (interrupting):** Eeeewww.

**Germ:** Hypothetically. Let's say you kiss me on the lips, you know, if I actually had lips, then you might catch me.

**PH Guy:** I'm not in the habit of kissing germs, but OK. So kissing, yes, that's certainly direct contact. What else?

**Germ:** Ummm, I didn't think I'd have to explain this in more detail, but touching ANY infected area can transmit me. Lips, hands, you know.

**PH Guy:** Well so far, you could be Ebola, and I'm pretty sure you'd be major news if 80 million Americans had Ebola. Yikes!

**Germ:** OK, I can see that I do need to explain this. I'm a virus. Technically I'm two types of viruses, and I don't melt organs like Ebola. That's just not very polite. I spread from the site of infection to wherever the contact is. This includes touching, kissing, and sexual contact.

**PH Guy:** OK, now we're getting somewhere.

**Germ:** I do like to get around.

**PH Guy:** I can see that you do. And you clearly enjoy your work. Tell me about symptoms.

**Germ:** Well, lucky for you people the symptoms are not permanent. I do the whole flu-like symptoms thing, but that's pretty much mandatory to learn in virus tech-school. My specialty is creating outbreaks once in a while, maybe four or five times a year, that present with itching, burning, tingling, and then POW! A blister. Or a few blisters... Also called lesions. When I feel like making a publicly visible appearance I'll show up as a cold sore. I can also appear on the eyes, but generally I prefer to go unseen so I blister people's genitals.

**PH Guy:** That's just not nice.

**Germ:** You'd prefer Ebola?

**PH Guy:** I see your point. Thanks for speaking with me.

**Germ:** But wait, let me tell you more. See, I can be transmitted by people that don't even know they have me. Really. Sometimes it can take years for a person to know that they have me. The symptoms can be that mild. So cut me a break. I'm not a bad germ, just an enormously successful one.

**PH Guy:** You really are an epidemic, you sneaky little bugger. Thanks. That's good for now.

**Germ:** I'll be back! I always come back, especially when you're stressed, you get sick, you're really tired, or when your skin gets irritated, like when you get sunburned.

**PH Guy:** Really that's enough! Thanks!

**Germ cont'd pg. 8**



Forty three people who traveled to New York City May 16 with the Minuteman Fund. Some went to a Broadway show while others toured the city and shopped. Senior Airman Tony Bourgoine and his wife Amy are shown in front of the David Letterman show. Stay tuned for more trips put on by the Minuteman Fund. Please visit our table at Retiree Day to purchase our merchandise.

# Recruiter Rap

By Staff Sgt. Dorrin Finley, 157 ARW Recruiting Assistant

## Welcome New Members!

Ryan Callagy, CES  
Ken Fraser, MXS  
Brent Gagne, MXS  
Michael Zayac, LRS  
Bradford Jones, LRS  
Daniel Rinden, MXS  
David Eastman, CES  
Krista Pettrey, LRS  
Thomas DeMartinis, ATC

## Welcome New Officers!

Derek Brindisi, MDG  
Rex Rubin, MDG  
Darci Rubin, MDG  
Darik Day, ARS

## Got Cash?!

Want to make an easy \$2,000? Register with G-Rap and get paid for helping us enlist your friends and family. Right now this is only for traditional members however a full-time G-Rap is in the works!

## Five things for GUARD RECRUITING ASSISTANTS to make more money

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

If you haven't registered yet, please go to [www.guardrecruitingassistant.com](http://www.guardrecruitingassistant.com) to earn \$2,000 per referral. For the latest officer vacancies please call Master Sgt. Daniel Pollard at (603) 430-3508

## On the calendar:

June 27-28 - NASCAR in Loudon, NH  
June 14 - Flag day/Rival's Night-Nashua American Defenders  
July 18 - Air National Guard Night- Fisher Cat Stadium- Manchester  
August 29 - Air National Guard Night- Fisher Cat Stadium- Manchester

## Traditional officer vacancy in Maintenance Squadron

**AFSC:** C21A3 (Aircraft Maintenance Officer)

**Duty Title:** Squadron Commander

**Position Location:** 157th Maintenance Squadron, Pease ANGB, NH.

### Mandatory Qualifications:

- Major (O-4) – Lieutenant Colonel (O-5)
- Fully qualified maintenance officer
- Current member of 157 ARW

Application Information: Interested personnel will submit a resume with cover letter in the format of their choice. Applications must be received no later than June 22.

Mail applications to:  
Colonel Peter F. Sullivan  
157 MXG/CC  
302 Newmarket Street  
Pease ANGB, NH 03803-0157

This is a traditional officer (part time) position.

Questions concerning this position may be directed to: Col Sullivan, 157 MXG/CC at (603) 430-3120, DSN 852-3120 or [peter.sullivan@ang.af.mil](mailto:peter.sullivan@ang.af.mil).



## MOTORCYCLE SAFETY COURSE SCHEDULE

**Skills Class – 19 May from 1000-1200**

**Experienced Rider Course - This is a one day class offered on 21 May, 9 June and 27 June**

**\*Course is designed for Riders with at least 3 months of riding experience.**

**Beginners Rider Course - Is a two day class offered on June 24 & 25.**

**All Class Times Are: 0730-1600**

*\*Additional Classes will be added as needed*

### **Attendees MUST:**

- **Coordinate with Supervisor**
- **Attend in military status**
- **Bring Motorcycle to the course (Inspected & Insured)**
- **Wear appropriate Protective Equipment**  
(Sturdy foot wear, DOT approved helmet, impact resistant goggles or full-face shield, long sleeve shirt/jacket, long trousers)

**If interested in attending please contact 157 ARW/SE: SMSgt Jim Roberts – [jim.roberts@ang.af.mil](mailto:jim.roberts@ang.af.mil) or SMS Lynn Lavoie – [lynn.lavoie@ang.af.mil](mailto:lynn.lavoie@ang.af.mil)**



Senior Airman Matthew Slattery (left) and Tech. Sgt. Peter Mickiewicz (right), take Tech. Sgt. Steve Gaunt's, 447th Expeditionary Civil Engineer Squadron emergency management flight, blood pressure and vitals making sure he is healthy enough to perform the duties involved in his chemical gear, Camp Stryker, Iraq April 24, 2009. All mail that comes into Baghdad that is improp-

erly labeled, doesn't have a return address or gets lost in the system has to be inspected before they can be processed and get it to the intended destination. The Iraqi government returns the mail to the Joint Military Mail Terminal on good faith but the military here has to take necessary precautions because the mail left the military postal system. When the JMMT gets the mail back from the Iraqi government it is ran through x-ray, inspected by military working dogs and then inspected by the 447th ECES emergency management flight for suspicious and/or hazardous materials which might have inadvertently come in contact with or intentionally added to the mail. The Airmen, armed with chemical suits and hazardous material sensors make their way downrange in teams of three, where the mail is stored and run test on the packages for radiological, chemical and biological material. The inspection process is a joint effort between emergency management team, readiness, the fire department, and biological engineers. Airman Slattery and Sergeant Mickiewicz are deployed from the 157th Air Refueling Wing, New Hampshire. (U.S. Air Force photo by Senior Airman Jacqueline Romero)



## 260th Air Traffic Control Squadron looking for new First Sergeant

The 260th Air Traffic Control Squadron will be interviewing candidates for their First Sergeant position in the near future. Personnel who are interested and who meet the minimum qualifications must send a resume to 157 ARW/CCM, Attn: CMSgt Brenda Blonigen, no later than July 17. The resume should include a short biography that includes military experience, PME, civilian education and a statement about why the candidate wants to be a First Sergeant. Information about the duties of First Sergeant are contained in AFI 36-2108 and in ANGI 36-2102. Minimum qualifications include:

- Must be a Master Sergeant or a Technical Sergeant who is eligible for promotion to Master prior to the date of assignment.
- Must have completed NCO Academy (in residence or by correspondence) prior to application.
- Must have qualification at the 7 or 9 skill level in an AFSC.
- Must be prepared to participate in the Air Force Fit to Fight (FTF) Program to the fullest extent possible while in attendance. Please refer to AFI 10-248, Fitness Program. Member must hand carry a copy of current fitness assessment results with a minimum score of 75 to the First Sergeant Academy.
- Must have an administrative score of 41 or higher or a general score of 62 or higher on the ASVAB exam
- Must attend the First Sergeant Academy as soon as possible but no later than one year after assignment.
- Must agree to serve a tenure of no less than three years after completion of the First Sergeant Academy.

The selection board for this position will take place in August. Candidates will be notified about the times and place. Any questions, please call Chief Blonigen at x2400.

## Civil Engineering makes a difference at special needs camp



Staff Sgt. Steve Chasse digs a drainage trench (above) while Tech. Sgt. Andy Petrin measures its depth (right). This work was done during the 157th Civil Engineering Squadron's deployment to Camp Pride in New Durham from April 30 to May 5. Camp Pride is a special needs camp sponsored by the Lions Club where about 40 CE members and 10 civilian and retired members spent time "sprucing up" the camp. Some of the work accomplished was grading the main road and lake access road, cutting and clearing a tent platform site, cutting and clearing the archery range site, checking electrical and water systems, installing a sump pump and repair leaking fixtures in the arts and crafts building, fixing front road and trim trees just to name a few.



(Photos courtesy of Master Sgt. Dan Ward, 157 ARW Civil Engineering)

While at Camp Pride, the CE Squadron also held a promotion ceremony for Autumn Ricker who was promoted to captain and Carrie Smith who was promoted to first lieutenant. Congratulations!

# Celebrate Men's Health Week this June

By Maj. Stephanie Riley, 157 ARW Medical Group

Each year the week leading up to Father's Day has been designated as National Men's Health Week. This year the dates are June 15-21. The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

As we all have heard in the media, on average, men have a shorter life expectancy than women. According to the Men's Health Network, in 1920 women outlived men by an average of one year; today that difference is more than five years. One quote I came across from the U.S. Administration on Aging was "more than one half the elderly widows now living in poverty were not poor before the death of their husbands." This serves to emphasize the importance of husbands needing to take better care of themselves for both their well-being and the well-being of their wives.

Why is it that men are less healthy and have a shorter life expectancy than women? The Men's Health Network states that men don't take care of themselves as well as women do, are more likely to engage in unhealthy behavior, less likely to adopt preventive health measures, less likely to have health insurance, more likely to work in dangerous occupations, and often put off going to the doctor even when they really should go. As a result, men die younger and in greater numbers, of heart disease, stroke, cancer, diabetes and many other diseases.

Since more than half of premature deaths are preventable, there are some warning signs that men should pay attention to and follow up on. Any changes in bowel or bladder habits could be an indication of prostate or bladder problems. Impotence or erectile dysfunction is often joked about as being "all in your mind" or "just what happens as you get older." But the reality is that about 70 percent of the time it is the result of an underlying health problem such as diabetes, clogged arteries or high blood pressure. Physical symptoms such as any changes in warts or moles, any unusual lumps, recurrent chest pains or headaches, persistent backaches, bleeding that won't stop, nagging cough, unexplained weight loss and extreme fatigue can all be symptoms of other serious health problems and should be checked out.

Depression can be a serious problem for men because they have been conditioned since childhood not to cry, to be tough and to deny anything that may indicate weakness. Men are very reluctant to ask for help and may try to hide their depression. Although women may be more likely to attempt suicide, men are four times

more likely to succeed. So it may be up to others in a man's life to recognize symptoms of depression such as acting overly anxious, having trouble sleeping, complaining of feeling sad or helpless, engaging in unusually risky or reckless behavior, or losing interest in hobbies or other activities.

When any of the warning signs are identified, it is important to be seen by a doctor immediately! Hopefully, if it comes to that, men already have a primary care provider (PCP) identified. One of the most important partnerships that a man should develop is one with his PCP. The doctor will follow the age-related guidelines to help identify potential health issues and prescribe appropriate treatments to deal with the problems before they get out of control.

For men in their 20s the recommendations are a complete physical every 2 to 4 years; check blood pressure every 2 years; screen for cancers of the thyroid, testicles, lymph nodes, mouth and skin every 3 years; a blood test for total cholesterol and HDL every 5 years and monthly testicular self-exams. Men in their 30s should do all of the recommendations previously listed except the complete physical should be every 2 years. Men in their 40s should do a complete physical every year; should have a PSA blood test that screens for prostate cancer and a digital rectal exam yearly if in a high risk group; and cancer tests every year. Starting at age 50, men should have all of the recommendations listed for age 40 as well as a sigmoidoscopy or colonoscopy (for colon cancer) every 3 to 5 years; a stool test (for colon and rectal cancers) every year and the PSA and digital rectal exam on a yearly basis.

In general most men don't like to think about their health and going to the doctor is something they would rather avoid. But many would be surprised to know that currently in America, 29 million men have high blood pressure, 50 million have high cholesterol and approximately 8 million men have some type of diabetes. These diseases usually don't produce symptoms in the early stages and they can do a lot of damage to your body before they are diagnosed. Dealing with stress is another serious health challenge for men, who tend to want to avoid burdening other people with their problems. By keeping things to themselves, this can cause more stress and make conditions such as heart disease or high blood pressure much worse, leading to heart attacks or strokes.

So as we approach Father's Day this June 21st, please make a commitment to yourselves and your family to take better care of your health. It will benefit everyone in the long run!

## Promotions

### **Captain**

Autumn Ricker, CE

### **Master Sergeant**

Aaron Cleaver, MDG

### **Staff Sergeant**

Eric Low, MDG

### **First Lieutenant**

Carrie Smith, CE

### **Senior Airman**

Andrew Morrison, MXS

Jason Inglis, MXS

Theodore Donald, ATC

# To honor with dignity

By 1Lt. Sherri Pierce, 157 ARW Public Affairs

For the past 10 years, Master Sgt. Bill Bates has volunteered as a member of the Pease Air National Guard Base Honor Guard in addition to his full time job in the Joint Force Headquarters in Concord. During the month of April, he had the opportunity to work full-time with the team, and I recently sat down with him to find out more about that experience.

During his 33-day tour, Bates participated in 15 of 22 funerals and even performed four funerals in a day. "That's a record for me," he said.

"Every funeral is something different," he said. One time when he and a fellow Honor Guard member were waiting grave side for the funeral party to arrive, two individuals drove up, jumped out of their car, and ran past them into the cemetery. He said it was odd but didn't think much of it until the police came by inquiring if they had seen two individuals running. The police told Bates they were in pursuit of those two individuals because they had been pulled over and had fled the scene.

"You just never know what you are going to get," he said.

Funeral honors vary depending on the deceased. A retiree, someone who served twenty years in the armed services, receives a seven-person detail. The ceremony includes pall bearers, a six-person flag folding ceremony and presentation, the playing of "Taps" and a four-person firing party. Funeral honors for a veteran, someone who served

in defense of their country during war time, involves two or three people and the extent of the ceremony depends on the family members.

In addition to funerals, the group participates in various ceremonial events to include retirements, promotions as well as sports games like the New England Patriots and Revolution and NASCAR races at Loudon. During the month of April, there were three such events that Bates participated in which included the retirement ceremony of former Adjutant General, Maj. Gen. Kenneth Clark, a Military Appreciation Night hosted by the Manchester Wolves, and the 157th Air Refueling Wing's Annual Prayer Breakfast.

How do they learn it all? There is a two week course given at Bolling Air Force Base in Washington D.C. which teaches all the intricacies of the honor guard program. In order to graduate, you have to participate in a full-blown mock funeral. There is also a one-week roving class that is held yearly at Hanscom Air Force Base.

The Pease Honor Guard has one or two "full" practices a year. During a full practice, members go through all the roles of honor guard members including the bearers, flag folding, the firing party, and the ceremonial team duties, Bates explained.

"Why do I stand out in the cold, rain, and snow, travel for miles sometimes for no pay? Because it has become part of who I am. It is part of my life," said



Master Sgt. Bates (far left) marches in a parade with the Honor Guard in 2005.

Bates, "It's my way of giving back to the Air Force and the National Guard," he added.

The Honor Guard team handles events in New Hampshire and Southern Maine and consists of 4 full-time members and about 35 traditional members.

What does it take to be a member of the honor guard? It requires a level of commitment not just from the member, but from "the supervisor who supports the leave request to the co-worker who picks up the slack while you are away and from the family because being a part (of the honor guard) takes time away from home," Bates said.

## News from the Retention Office

By Master Sgt. Norma Long, Recruiting and Retention Office

### POST 9-11 G.I. BILL (CHAPTER 33) UPDATE:

Applying for and receiving GI Bill benefits is becoming a self service program managed by the VA. This will require members to work closely with the VA to apply for and receive their education benefits.

As a reminder, Chapter 33 is a new GI Bill program signed into law last fall. It is for members who have been placed on active duty for over 90 aggregate days in a 10 U.S Code status since September 11th, 2001.

The program has a very important feature where members who are eligible for this program can execute a transfer of entitlement and share some or all of their benefit months to one or more dependent (children or spouse).

This program is owned, funded and managed by the VA in accordance with public law. However, the transfer of entitlement to dependents option guidance is provided by the Department of Defense and has not been "officially" released yet.

*Retention cont'd page 12*

**Retention cont'd from page 11**

If a member is interested in either using the chapter 33 program for themselves or transferring the program to a dependent they will need to apply with the VA and gain a "certificate of eligibility".

This new program is effective and will begin in August 2009.

Members who are interested in the new Chapter 33 program and plan on either attending college this fall or transferring their entitlement this fall should follow these steps:

Step 1: Learn as much about the different MGIB programs they are eligible for by going to; <http://www.gibill.va.gov/>

Step 2: Review the program comparison chart to see which program will most benefit the member: [http://www.gibill.va.gov/GI\\_Bill\\_Info/CH33/Benefit\\_Comparison\\_Chart.htm](http://www.gibill.va.gov/GI_Bill_Info/CH33/Benefit_Comparison_Chart.htm). This is extremely important as once the member elects to enter the Chapter 33 program, it becomes an irrevocable decision.

Step 3: If the member determines that Chapter 33 is the best course of action, they can apply on line on now at: <http://www.gibill.va.gov/>. Member's will be instructed to fill out VA Form 22-1990 and mail to the VA at Buffalo.

One of the most important steps is when mailing the 22-1990 form to the VA the member must provide all support documentation (DD Form 214s, orders, etc) which supports the member's eligible active duty period. (The VA will return any application without supporting active duty documentation.)

Step 3: if approved by the VA, the member will receive

a certificate of eligibility and instructions on how to start benefits and payments in August 2009.

Transfer of Entitlement Guidelines:

We have been advised by NGB that the VA will start accepting transfer of entitlement applications June 1. Members who are interesting in transferring their Chapter 33 benefit should begin by following steps above to gain their certificate of eligibility for Chapter 33.

Then, once the VA begins accepting transfer of entitlement applications, the member should go on line: <http://www.gibill.va.gov/> and apply to transfer their entitlement. Upon approval the VA will forward the member the necessary information for their dependent(s) to receive benefit payments.

I have posted more information on sharepoint to include power points, etc: Organization/MSF/Retention. My recommendation is to contact the VA national or our local POC is Carl Hebert, (603) 222-5755. Chapter 33 will not be for everyone and there is some draw backs to this program. Please take your time and have all the information before you decide to switch.

**CAREER CHANGES WITHIN OUR UNIT:**

When a member decides they want to retrain to another career field they visit my office and we look at our current vacancies. For now on it will be required that a FIT test score will be provided so gaining commander will know if the member has passed their PT.

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

## 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.

**DEPLOYED FAMILY INFORMATION GATHERING**

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

**TRANSITIONAL ASSISTANCE PROGRAM (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.

**FAMILY TRAVEL OPPORTUNITY:**

Exchange Online Mall Now Taking Vacation Reservations

DALLAS – The Exchange Service's Exchange Online Mall has partnered with the U.S. Army Family and Morale, Welfare and Recreation to help troops take a break without going broke.

Now, any authorized exchange shopper can log on to the Exchange Online Mall and book a vacation, including 7-night Alaskan Cruises from \$399, Cozumel from \$28 per night and an 11-day European Dream vacation, through FMWRC's Government Vacation Rewards program.

Beyond convenience, the partnership makes it possible for military shoppers to book vacations using the Exchange Service's proprietary Military Star® card or Military Star® Rewards MasterCard®.

"The competitive interest rate available through the Military Star® card, combined with the buying power that only Government Vacation Rewards can offer, means travel is more affordable than ever before," said the Army & Air Force Exchange Service's Chief Marketing Officer Mat Dromey. "Packed with vacation values, the adventure begins when troops and their Families log on through the Exchange Online Mall."

Government Vacation Rewards offers access to special military pricing on thousands of cruises, tours, vacation packages, resorts, hotels, air travel and cars. Currently, military shoppers who log on to the site through the Exchange Online Mall can use a Military Star® card to book any package while à la carte offerings, such as hotel, airline and car rental services, can be made using a major credit card.

"This partnership is just the latest example of our strategic goal to be the premier collaborative partner with federal and commercial entities," said Dromey. "Doing so allows us, and our partners, to provide world-class support to authorized exchange shoppers, wherever America's military is called to serve."

For details go to AAFES at: <http://www.aafes.com/pa/default.asp>

The Army & Air Force Exchange Service (AAFES) is a joint command of the U.S. Army and U.S. Air Force, and is directed by a Board of Directors who is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff. AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and of generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation (MWR) programs. <http://www.aafes.com/pa/default.asp>.

**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 Meathouse 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.

**SPOUSE OPPORTUNITIES****MILITARY SPOUSE CAREER ADVANCEMENT ACCOUNT PROGRAM**

With Congressional authorization in Public Law 110-417, the Department of Defense is implementing the Military Spouse Career Advancement Account Program, providing resources and assistance to spouses of active duty services members, Guard and Reserve with a spouse on orders for one year, supporting their pursuit of a successful, long-term, portable career.

This centralized, virtual program, accessed through Military OneSource, will provide counseling and funding, up to \$6,000, to assist with licensure, certification or education opportunities leading to portable employment opportunities.

- A spouse will call the Military OneSource Center (1.800.342.9647) and speak with a Career and Education Consultant.
- The Military One Source Career and Education Consultant will assist the spouse in selecting a career goal and entering a Career Plan into the online system "My Career Advancement Account."
- Upon approval of the spouse's Career Plan for education, training, certification or licensure, Department of Defense will provide direct payment to the Payee (school, institution, or program) through the designated government Portal.
- The spouse will report back to Military OneSource upon completion of the Plan and receipt of employment.

This Department of Defense funded program will be available April 2009. Program specifics are available for your review at [www.militaryonesource.com](http://www.militaryonesource.com).

The DoD point of contact is Mr. Mike Tevnan, 703.908.1237, [mike.tevnan@moscenter.us](mailto:mike.tevnan@moscenter.us).

**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:

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)

**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, September 20

**Cost:** TBA

**Location:** Loudon, NH

### **AC/DC CONCERT TICKETS**

**Date:** Tuesday, 28 July

**Time:** 6 p.m.

Location: Gillette Stadium

**Cost:** \$95 each

### **STATE OF MAINE HUNTING AND FISHING LICENSES**

(residents only)

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:

June 5 - Confessions of a Shopaholic PG

June 12 - Coraline! PG

June 19 - Inkheart

June 26 - Race to Witch Mountain PC

Hanscom Air Force Base MWR/Tickets & Tours for more information at (781) 377-3262.

Discount Tickets from Hanscom Air Force Base Outdoor Recreation

Call Outdoor Recreation for more information at (781) 377-5316.

### **MILITARY DISCOUNTS AND BENEFITS**

**What:** The NIKE Employee Store, Greenland, New Hampshire invites Military Service Members and their Immediate family members to shop in our Employee Store and benefit from the savings and selection offered to our corporate employees. (For a complete flyer email Bonnie Rice)

**Who:** Valid for Active Duty or Retired Military Service Members with a valid military photo ID. (Including Army, Navy, Air Force, Marines, Coast Guard, National Guard or Reservists)

NIKE Employee Store

150 Ocean Road

Greenland, New Hampshire 03840

603-431-3341