



FORT DEVENS, Mass. -- (left to right) Staff Sgt. Brett Peterson and Tech. Sgt. Philip Soares, both 157th Security Forces Squadron Combat Arms Training and Marksmanship (CATM) personnel, fire weapons prior to a live fire training mission on the M240B and M249 weapon systems on the range Mar. 5. Airmen fired the weapons on pop-up targets that provided instant feedback as well as allowed personnel to utilize their sights and engage targets at varying distances. (National Guard photo by Tech. Sgt. Mark Wyatt/RELEASED)

**SFS personnel hone skills at Fort Devens**

by Tech. Sgt. Mark Wyatt 157th Air Refueling Wing Public Affairs

**FORT DEVENS, Mass.** – Eight members of the 157th Security Forces Squadron, along with three Combat Arms Training and Marksmanship (CATM) instructors, traveled from Pease Air National Guard Base to the range here to qualify on the M240B and M249 weapon systems Mar. 5.

Each squad is assigned personnel that carry an M240B and M249 as part of a unit tasking requirement. These individuals are required to qualify by a live-fire on their respective weapon once a year.

“It’s critical to the quality of training that personnel are able to utilize this live-fire training range here with pop-up targets,” said Staff Sgt. Brett Peterson, 157th Security Forces Squadron CATM instructor. “Each airman qualifying on the weapon is able to get a much better understanding of the full-range of capabilities each weapon system has.”

In addition to the hands-on use of the weapon, the range at Fort Devens provides opportunities that are not otherwise afforded at home station.

“The pop-up targets at Fort Devens are a great way to provide immediate feedback to

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**Commander’s Annual Prayer Breakfast**

April 15 at 7:30 a.m.

Guest Speaker: Chaplain (Col) Richard M. Erickson

**In this month’s newsletter:**

- [Disaster Preparedness](#)
- [Special Olympics 2012](#)
- [Enlisted Council News](#)
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**Menu for Saturday**

- Grilled Chicken Teriyaki
- Grilled Asparagus
- Egg Noodles
- Split Pea Soup with Bacon
- Sandwich Bar
- Salad Bar
- Assorted Beverages
- Assorted Desserts

**Menu for Sunday**

- Chili Mac
- Mac & Cheese
- Vegetable Soup
- Sandwich Bar
- Salad Bar
- Assorted Beverages
- Assorted Desserts

**Available Both Days**

- MTO Sandwich Station
- Chicken Caesar Salad Wrap
- Salad Bar
- Assorted Desserts



FORT DEVENS, Mass. -- 157th Security Forces Squadron personnel pose for a group photo prior to a live fire training mission on the M240B and M249 weapon systems on the range here Mar. 5. Airmen fired the weapons on pop-up targets that provided instant feedback as well as allowed personnel to utilize their sights and engage targets at varying distances. (National Guard photo by Tech. Sgt. Mark Wyatt/RELEASED)

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personnel," continued Peterson. "The range also allows airman an opportunity to utilize their sights and engage targets at varying distances."

CATM personnel not only qualified on each weapon as part of their annual training requirement, they were responsible for maintaining a safe environment.

"In addition to being proficient on the weapon to properly instruct members within the squadron, we're there to maintain range safety," added Peterson. "There are a variety of things that can go wrong, it's most important that we maintain a safe environment for personnel."

Despite the recent snow storm that dumped over a foot of snow in early March, training was not impacted by the harsh weather conditions.

"We train in all types of weather, so the snow that day had very little impact on the quality of training," Peterson said. "If anything at all, the snow made it a little more challenging to clean-up brass buried in the snow after."

CATM personnel understand well the good fortune they have in being able to train at Fort Devens.

"The training these airmen received today is invaluable. We are very lucky to be able to utilize the range here," said Peterson. "Hopefully they will use this knowledge and experience and pass it on to their peers in the squadron."



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The Public Affairs Office is looking for Unit Public Affairs Representatives (UPARs). If you are interested in becoming a UPAR, please call the office at (603) 430-3577.

## New Hampshire state agency providing free energy saving workshops during April UTA

By Capt. Autumn Ricker 157th Civil Engineer Squadron

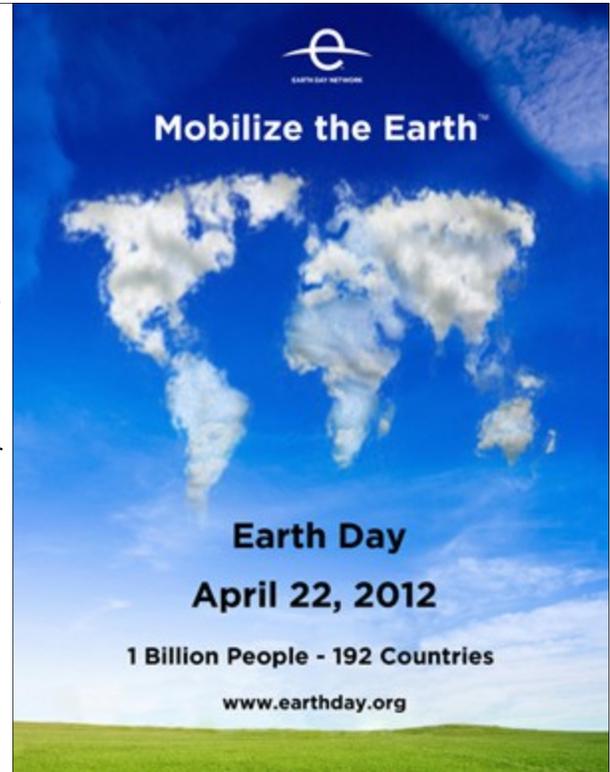
Saturday and Sunday during the April drill, free workshops to help unit members save energy and money at home are scheduled. The workshops are provided by the N.H. Office of Energy and Policy.

The first workshop, "Button Up 101," provides information for homeowners and renters. "Button Up 201" provides information appropriate primarily for homeowners. Unit members are encouraged to attend either or both workshops.

The workshops begin at 3 p.m. in the Willbrandt Auditorium in building 247. 94 seats are available for each workshop. Please have your Unit Training Manager (UTM) reserve your slot in ATMIS.

**"Button Up 101":** This 60 to 90 minute workshop is intended to introduce simple to moderate actions that can be taken to reduce home energy consumption. This presentation will cover actions that can be implemented to reduce heating, electricity, and hot water usage and introduce participants to the fundamentals of air sealing. Topics will include simple steps to save energy in your home, increasing your home energy IQ as well as ways to make your home more comfortable, and next steps to "button up" your home.

**"Button Up 201":** An In-Depth Workshop for Controlling Energy Costs. This 90 to 120 minute workshop is oriented to homeowners who have implemented many energy-saving actions in their home already and want to take the next step. If you've already undertaken basic air sealing measures and want to reduce your energy consumption further, this is the workshop for you. Learn how to find hidden air leaks yourself and air seal attics, hatches, and other entry points. This workshop also provides guidance on working with professional energy auditors or performance contractors, health and safety concerns, and what projects are appropriate for do-it-yourselfers and what projects are best addressed by energy professionals. This workshop also includes hands-on demonstrations, including: weatherization do-it-yourself projects, tips on working with energy professionals, understanding of related health and safety issues, and technical and financial resources.



## News from the Enlisted Council By Master Sgt. William Bates Joint Forces Headquarters

The Enlisted Council met during the March UTA.

The Hometown Heroes program has been given two display racks. One is currently located in building 100 in the Commander's Suite. This will be moved to the Dining Facility once that area is ready. The other will be displayed in Concord at the Joint Force Headquarters building.

We are in the process of ordering the Hometown Hero recognition items and are looking for suggestions on how to best present these to our members. Our first award ceremony was a huge success and we'd like to ensure that this next ceremony is as memorable as the first. Please contact an Enlisted Council member if you have any suggestions.

We are recruiting new members to the Enlisted Council and would like representation from all the organizations in the New Hampshire Air National Guard. New members will help us to achieve some of our objectives and provide an enlisted voice to the senior leadership.

We will be serving breakfast at the annual Prayer Breakfast April 15. Hope to see you all there.

Minutes from previous meetings will be posted on SharePoint.

Our next meeting is Sunday April 15 from 12 to 1 p.m. in building 100 in the first floor conference room. Please join us to see what we're all about. Supervisors, please encourage your members to attend. It is during the lunch hour to allow members to bring their lunch and learn more about the Enlisted Council.

## Airman & Family Readiness Program (A&FRP)

Bonnie Rice – Airman & Family Readiness Program Manager

Building 100, 2nd Floor, Pease ANGB

Phone: 603-430-3545

Cell: 603-828-3892

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

Emergency 24-hour hotline: 1-800-472-0328

### Email lists

Many discounts, benefits and event notices are announced during the month – if you would like to receive these notices as they are received, contact Bonnie Rice to have your email address added to the Airman & Family Readiness Program email listing.

Retirees, we also have a retiree email listing. Additionally, this email listing provides information specific to our retired population. Wing events and activities that may be of interest to you will be emailed at your request. Contact [bonnie.rice@ang.af.mil](mailto:bonnie.rice@ang.af.mil) to have your email address included in the retiree email blasts.

### Job search assistance and job announcement e-mails available

157th Air Refueling Wing members and spouses that may be searching for a job – the A&FRP has resources that may be of interest to you to include an extensive email listing which will provide job announcements in a wide variety of careers in a variety of locations. If you are interested in receiving job announcements or notices, updates and resources specific to your job search, email [bonnie.rice@ang.af.mil](mailto:bonnie.rice@ang.af.mil), include “job emails” in the subject line of your email.

In addition to job announcements, the job email listing will provide additional resources to assist with your resume building, job search and interview skills. Assistance and guidance can also be provided to help you prepare your resume or prepare your for your interview from the A&FRP Office. Call Bonnie Rice to set up an appointment.

### Passport processing days

The A&FRP will host a passport processing day on April 17 in the Manchester Armory from 1 to 5 p.m.. Call Bonnie Rice to reserve a slot.

### Deployed family gathering

Held monthly, families of members preparing to deploy and families with their loved ones deployed are highly encouraged to attend.

**Date:** Wednesday, May 9

**Time:** 6 p.m.

**Location:** Pease Air National Guard Base, location to be determined.

**RSVP:** Call Bonnie Rice at 603-430-3545

### Pre-separation counseling

Pre-separation counseling is mandatory for Active Guard/Reserve (AGR) service members separating or retiring from service. In addition, members that serve 180 cumulative days or more of Title 10 orders or deployed in their career must receive pre-separation counseling. The DD Form 2648/DD Form 2648-1, Pre Separation Counseling checklist provides critical information about benefits, resources, and services available as you transition from military to civilian life. *By law, this counseling must be provided at least 90 days prior to your date of separation from title 10 orders or retirement.* Pre-Separation is to be completed prior to attending the Transitional Assistance Program. Please call or email Bonnie Rice at 430-3545, [bonnie.rice@ang.af.mil](mailto:bonnie.rice@ang.af.mil) to set up an appointment.

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### Transition Assistance Program (TAP)

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.

**2012 Portsmouth Naval Shipyard TAP dates :** June 11 to 15; and Aug. 13 to 17.

**2012 Hanscom Air Force Base TAP dates :** April 16 to 20; May 14 to 18; June 11 to 15; July 16 to 20; Aug. 13 to 17; Sept. 10 to 14.

Slots are limited. To reserve a seat, please call or email Bonnie Rice at 603-430-3545, [bonnie.rice@ang.af.mil](mailto:bonnie.rice@ang.af.mil)

### Operation Thank You 2012

**Date:** Sunday, July 29  
**Location:** Red Hook Brewery, Pease Tradeport, Portsmouth, N.H.

More details to follow. Proceeds will benefit the Chaplains Emergency Relief Fund.

### Youth Opportunities

Join teens from across New Hampshire and neighboring states for the **34th Annual Teen Conference** at the University of New Hampshire. The conference is open to all teens completing 8th grade through 12th grade.

Each day is packed with fun activities and social time. Teens stay in the UNH dorms and eat in the dining facilities.

Cost is \$230 for New Hampshire residents, \$250 for out-of-state-residents, for room, meals and most activities.

For more information go to the <https://extension.unh.edu/4H/4H.htm>

### US Air Force FitFamily LivingFit program

LivingFit is a simple, easy to use, online, weight loss program designed for Airmen and their families. Create a plan, follow it and lose weight. Menu plans and online tracking tools are available.

To sign up go to [www.usaffitfamily.com](http://www.usaffitfamily.com)

### Portsmouth Naval Shipyard information

Destination tickets are sold at the ITT Office, Relief Valve Recreation Center, Bldg 22, PSNY. Call Judy for ticket information at 207-438-2713. For information on rental equipment call Todd 207-438-1514.

For additional information on events and activities offered by the shipyard, check out their newsletter at the Shipyard Currents online at: [www.discovermwr.com/media/publications/currents/](http://www.discovermwr.com/media/publications/currents/)

### Hanscom Air Force Base information

MWR - Tickets & Tours  
Discount Tickets from Hanscom Air Force Base at the Minuteman Commons at 781-225-6498.  
[www.hanscomservices.com/TicketsandTours](http://www.hanscomservices.com/TicketsandTours)



DERRY, N.H. -- Senior Airman John P. McDowell III, 157th Medical Group aerospace medical technician, plugs in an extension cord during a CERFP exercise at Parkland Medical Center in Derry, N.H. March 5. (National Guard photo by Master Sgt. Tim Psaedakis/RELEASED)

## Promotions

### To 1st Lieutenant

Brian Wheeler

### To Tech. Sgt.

Darsy Cote

Derek Cote

Robert Hauck

Timothy Theberge

Angel Cardona

### To Staff Sgt.

Michael Barger

### To Senior Airman

Thomas Mayotte

***Congratulations!***

## Military Discounts

### Navy Exchange and Sullivan Tire

The Navy Exchange (NEX) at the Portsmouth Naval Shipyard has partnered with Sullivan Tire in Portsmouth, N.H. in order to sell tires to authorized (military ID Card) patrons. For more information, contact Atina Davis, Kittery Navy Exchange Branch Manager, 207-439-3024 or 207-438-2341.

### Nike Employee Store

The **NIKE Employee Store**, Greenland, N.H. invites military service members and their immediate family members to shop in our Employee Store and benefit from the savings and selection offered to corporate employees. Valid for current military service members with a valid military photo ID. The Nike Employee Store is located at 150 Ocean Road, Greenland, N.H. Call 603-431-3341 for more information.

### Canobie Lake Park

Military ID holders receive **admission for \$10.00 over Memorial Day Weekend**, May 26 to 28. Also, show your military ID at guest services and receive a special discount throughout the season. Park opens April 28 and is located in Salem, N.H.

### Lakes Region Attractions

Visit the New Hampshire Lakes Region Tourism Association website for a list of military discounts offered by local businesses. [www.lakesregion.org](http://www.lakesregion.org) then search "military discount."

## Special Olympics volunteers needed

By Senior Master Sgt. Norma Long N.H. Air National Guard

The 2012 Special Olympics will be held at the University of New Hampshire on Friday, June 1st and Saturday June 2nd. Volunteers are need both days. This year the Special Olympics takes place on a drill weekend. Please obtain permission from your supervisor before committing to volunteer at the event.

I have volunteered for the Special Olympics for 23 years. I'm looking for a volunteer to take over as the point of contact for this event in the coming years. If you are interested, please contact me as soon as possible at 430-2466. I would like to mentor a replacement this year.

## Recruiting News

By Tech. Sgt. Chris Moisan N.H. Air National Guard Recruiting and Retention

The NHANG manning is currently up to 99.6%. Last month our office accessed 14 new members into the NHANG. Thank you to everyone for helping to make this happen.

Summer is right around the corner so our hard working recruiters are hitting the New Hampshire events scene. We will need volunteers for the below events: If interested contact the POC for each event.

May 26 at Country Throwdown in Gilford, N.H.  
POC: Tech Sgt LePelley

June 30 to July 1 at the Boston Air Show Pease  
POC: Tech. Sgt. Moisan

## Vacancies

### Officer

Chaplain, Physician Assistant, Emergency Services Physician and Aeromedical Specialist

### Enlisted

Air Traffic Control, Aerospace Ground Equipment, Vehicle Maintenance, Cyber Transport, Public Affairs, Finance, Aircraft Fuels, POL Fuels and Intelligence

Please direct officer vacancy inquiries to Senior Master Sgt. Norma Long at 430-2466. Individuals interested in enlisted positions should contact the recruiter that covers the designated area.

Tech. Sgt. Mark Bohac – Manchester, Nashua, Milford, Londonderry, Keene  
[mark.bohac@ang.af.mil](mailto:mark.bohac@ang.af.mil) or office 603 622-3739/ Cell 603 365-0933

Tech. Sgt. Brad LePelley – Hanover, Concord, Plymouth, Western Lakes Region, North Country  
[brad.lepelley@ang.af.mil](mailto:brad.lepelley@ang.af.mil) or office 603 622-3818, Cell 603 365-0287

Tech. Sgt. Chris Moisan –Dover, Rochester, Raymond, Eastern Lakes Region, North Conway  
[christopher.moisan@ang.af.mil](mailto:christopher.moisan@ang.af.mil) or office 603 430-3502, Cell 603 812-5981

Tech. Sgt. Jessica Davidson- Portsmouth, Exeter, Derry, Salem, Windham  
[Jessica.davidson@ang.af.mil](mailto:Jessica.davidson@ang.af.mil) or office 603 430-3137, Cell 603 812-5981



NEW ORLEANS -- The N.H. Air National Guard Recruiting and Retention Team was recognized at its annual conference in New Orleans March 20 for being the top recruiting Wing in the country. They won the Patriot Award for recruiting 131 personnel over the last year, including 47 to fill a new mission for the 157th Medical Group. The team includes Senior Master Sgt. Norma Long, Master Sgts. Daniel Pollard and Ron Connary, Tech. Sgts. Jessica Davidson, Mark Bohac, Chris Moisan and Brad LePelley and Airman 1st Class Rachel Marsan. (Courtesy photo)

## Preparing for Disaster By Lt Colonel Stephanie Riley 157th Medical Group

You can't pick up a newspaper or watch television without reading about or seeing footage of disasters disrupting the lives of everyday people. Disasters can strike quickly and without warning. It can force you to evacuate your home as in the case of Hurricane Katrina in 2005, or the New Hampshire floods in 2006. Or it can confine you to your home like many experienced with the Blizzard of 1978. What would you do if basic services like water, gas, electricity or tele-phones were cut off? In a disaster there will be a response by local officials and relief workers but they cannot reach everyone right away. Therefore it is recommended that families develop a disaster plan and assemble an emergency kit.

The American Red Cross has a great handout to help get started and they advocate "Get a Kit, Make a Plan and Be Informed". Step one concentrates on gathering supplies that you can store at home or take with you in case you need to evacuate. Other things you can do include posting emergency telephone numbers by the phones. Teach children how and when to call 9-1-1 or your local EMS number for help. Show each family member how and when to turn off the water, gas and electricity at the main switches. Check if you have adequate insurance coverage. Teach family members the location of and how to use fire extinguishers. Install smoke detectors on every level of your house. Conduct a home hazard hunt for things such as faulty wiring, leaky gas connections, shelves that may fall over, cracks in ceilings or foundations and repair these defects so that they won't cause injury or damage in a disaster.

Step two involves creating your family disaster plan. Meet with your family members to discuss the types of disasters that may occur and explain what to do in each case. Determine the best escape routes from your home and establish two ways out of each room. Find the safe spots in your home for each type of disaster. Pick two places to meet: one that is right outside your home in case of a sudden emergency, like a fire, and the other should be outside your neighborhood. That way if you can't return home, you will have a place to go. Everyone must know the address and phone number. Designate an out-of-state friend to be your family contact. After a disaster, it's often easier to call long distance. Other family members should call this person and tell them where they are. Everyone must know your contact's phone number. Also discuss what to do in an evacuation and a plan on how to take care of your pets. You should practice evacuating your home twice a year to remember the details of your plan.

The third step focuses on finding out what could happen to you based on where you live. In New Hampshire we have snowstorms, floods, tornadoes and power outages. Contact your local Red Cross chapter or emergency management office to find out what types of disasters are most likely to happen. They are a great source for information on how to prepare for each type of disaster, be prepared to take notes. Ask about your community's warning signals: what they sound like and what you should do when you hear them. If you have pets, ask about animal care after a disaster, only service animals are allowed inside emergency shelters due to health regulations. Also find out about disaster plans at your workplace, your children's school or daycare and any other place you spend time at.

For more information visit the Red Cross website at [www.redcross.org](http://www.redcross.org).

### Be Red Cross Ready Checklist

- I know what emergencies or disasters are most likely to occur in my community.
- I have a family disaster plan and have practiced it.
- I have an emergency preparedness kit.
- At least one member of my household is trained in first aid and CPR/AED.
- I have taken action to help my community prepare.

### Let Your Family Know You're Safe

Tell your loved ones about the American Red Cross Safe and Well Web site available through **RedCross.org**. This Internet-based tool should be integrated into your emergency communications plan. People within a disaster-affected area can register themselves as "safe and well" and concerned family and friends who know the person's phone number or address can search for messages posted by those who self-register. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.

It's important to prepare for possible disasters and other emergencies. Natural and human caused disasters can strike suddenly, at any time and anywhere. There are three actions everyone can take that can help make a difference : **get a kit, make a plan and be informed!**