



157th Air Refueling Wing, Pease ANGB, New Hampshire

May 2012

Never leave an airmen behind

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



MANCHESTER, N.H. — Obstacle Illusion, a team comprised of members of the New Hampshire Air National Guard, pose after competing in the Adventure 5k at McIntyre Ski Area April 8. More than 800 participants ran through mud trails and over obstacles during the 3.1 mile event. (National Guard photo by Tech. Sgt. Mark Wyatt/RELEASED)

PEASE AIR NATIONAL GUARD BASE, N.H. – Ten Airmen from the New Hampshire Air National Guard challenged themselves on the hills of McIntyre Ski Area in Manchester running through mud and accomplishing obstacles during the inaugural Adventure 5k Race April 28.

Running in their first race of the season, a group led by Tech. Sgt. Saul Davidson, formed a team called Obstacle Illusions that includes service members and dependants alike.

The team intends to participate in six or seven races throughout New England this summer.

“For anyone who ever wanted to go through the basic training confidence course again, this is your opportunity,” said Tech. Sgt. Saul Davidson, the team’s captain. “It’s also a great opportunity to come together as a team and support one another and build friendships within the organization.”

Supporting one another among the more than 800 competitors was evident throughout the race as team members, as well as strangers, helped one another accomplish difficult obstacles together.

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In this month’s newsletter:

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Menu for Saturday

Teriyaki Grilled Flank Steak

Baked Potatoes

Corn
Chicken Noodle Soup

Salad Bar

Assorted Beverages

Assorted Desserts

Menu for Sunday

Grilled Hot Dog with
Chili, Cheese Sauce, and
Sauerkraut

Chicken Caesar Wrap

Salad Bar

Assorted Beverages

Assorted Desserts



MANCHESTER, N.H. — Senior Airman Luke Gregory navigates an obstacle during the Adventure 5k at McIntyre Ski area April 28. Gregory and ten others from the New Hampshire Air National Guard participated as a team called Obstacle Illusion. More than 800 participants ran through mud trails and over obstacles during the 3.1 mile event. (National Guard photo by Tech. Sgt. Mark Wyatt)

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“The key is to not leave someone behind,” said Tech. Sgt. Jessie Davidson. “It’s all about teamwork and finishing together.”

The team, outfitted with shirts that have Obstacle Illusions written across the chest and includes the 157th Air Refueling Wing shield on one sleeve and the United States flag on another, is honored to represent the New Hampshire Air National Guard at similar events later this summer.

“I’m extremely proud to wear this uniform shirt with the flag on one sleeve and the unit shield on another at these events,” said Capt. Andy Smith. “It gave me goose bumps this morning when they gave me my shirt and I

put it on.”

Team members encourage others to join the team and experience the fun and camaraderie at these races.

“Whether you’re interested in participating in each of our events or only a few, come and join our team Obstacles Illusions, and meet some great people and have a lot of fun,” said the team captain, Davidson.

For more information on joining Obstacle Illusions, contact Tech. Sgt. Saul Davidson at saul.davidson@ang.af.mil or Tech. Sgt. Jessie Davidson at jessie.davidson@ang.af.mil or visit their Facebook page at Facebook.com/obstacleillusions.

The Granite State

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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.

Tech. Sgt. Robert Rojek and the Concord Family YMCA work together to improve military family fitness

By Captain Suzanne Lamb 157th Air Refueling Wing Public Affairs

CONCORD, NH - While growing up on Navy bases, Tech. Sgt. Robert Rojek spent a lot of time at base recreation centers.

"I had a great time learning to swim and play soccer and baseball," says Rojek, a member of the 157th Force Support Squadron. "I truly believe these activities helped shape me and allow me the benefit of being a healthy individual."

In November 2011, Rojek became the full-time Wellness and Sports Director for the Concord Family YMCA. Since then, Rojek has promoted awareness of Concord Family YMCA health and fitness programs to military members and their families.

"Parents and military members can come get a workout and at the same time bring their children and let them burn off some energy," continued Rojek. "To me, the YMCA is as close to an actual military installation combination health, fitness and recreation center as you can get."

The parent of two children, Rojek is very concerned about the increasing obesity in children.

"I've talked to many parents. Many feel that it is truly unsafe outdoors for their kids," he said. "They also feel they're too busy to take their kids out for hikes, walks, jogs, bike rides or just to kick or throw the ball around. They willingly let their kids



sit in front of the television for hours on end because they are afraid to send them out of the house for outdoor play."

Rojek sees the Concord Family YMCA as a possible solution.

"There are several different programs that are offered at this location for both adults and children, and activities for families to participate in together," Rojek continued.

Shortly after starting employment last November, Rojek worked with other Concord Family YMCA directors to establish a military membership program.

"The Y recognizes that military and their families make tremendous sacrifices for our country, our safety and our freedom," says James Doremus, executive director of the Concord Family YMCA.

"Reaching out to military through a 50 percent discount on membership is our way of saying thank you for your contributions and sacrifice."

A Concord Family YMCA membership allows members to use any YMCA facility in New Hampshire. A military member can join the Concord Family YMCA, and participate in any YMCA program in the state.

"We provide a wide array of programs and services that will appeal and be supportive to military with families as well as single members," continued Doremus. "A Y membership provides the perfect environment and enables all military to increase or maintain their level of fitness in order to be as effective as possible."

Rojek hopes military families will take advantage of this resource and develop healthy habits that will be passed on to their children.

"I have been running for 28 years and have tried to follow in my father's footsteps by staying healthy and trying to take care of myself," Rojek concluded. "The best advice I can give for anyone wishing to increase their health and fitness is to watch their portion size, eat clean un-processed food, and exercise."

For more information, contact Tech. Sgt. Robert Rojek at robert.rojek@ang.af.mil.

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

Email listing

Discounts, benefits and event notices are announced during the month – if you'd like to receive these notices as they're received, contact Bonnie Rice to have your email address added.

Retirees, we also have a retiree email listing. Additionally, this email lists prior 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 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, 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.

"Hero to Hired" Website

A great new website for Guard/Reserve members searching for a job. Everything you need to find a job. Start now. H2H isn't just another job site. It is a Yellow Ribbon-funded project with a special mission: to THANK YOU for your service by helping you find your perfect career.

Searching for a new job is a big undertaking. H2H was created to make it easy for Reserve Component service members to connect to and find jobs with military-friendly companies who are looking for employees with your training and skills. The site is very simple to use – you can type in the zip code to an area you are looking to locate a job and a list of open positions comes up. From the postings you can "click" go to the website. To visit the website go to: www.h2h.jobs.

Veterans Retraining Assistance

In an effort to reduce Veteran unemployment, the VOW to Hire Heroes Act of 2011 was passed and signed into law last November. Included in this new law is the Veterans Retraining Assistance Program (VRAP) for unemployed 35 to 60 year old Veterans, we will begin accepting applications on May 15, 2012. Eligible participants will receive up to 12 months of training assistance at the full-time payment rate under the Montgomery GI Bill–

Active Duty program (currently \$1,473 per month). DOL will offer employment assistance to every Veteran who participates or applies to the VRAP program. You can learn more about VRAP at <http://benefits.va.gov/vow/education.htm>.

Help us spread the word by sending this information on to the Veterans in your military community.

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 to set up an appointment.

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 AFB TAP dates:

May 14 to 18; June 11 to 15; July 16 to 20; Aug. 13 to 17; Sept. 10 to 14.

Space is limited. To reserve a seat, call or email Bonnie Rice at 603-430-3545, 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.

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

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/

Hanscom AFB information

MWR - Tickets & Tours
Discount Tickets from Hanscom Air Force Base at the Minuteman Commons at 781-225-6498.

www.hanscomservices.com/TicketsandTours

Teen Conference

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>

Operation: Military Kids (OMK)

Program has rolled out its offering of four Tour of Discovery camps for military children and families. Programs are open to all branches of the military, including

Active Duty, National Guard, and Reserves.

Overnight youth camps "Engineering Bonanza" (science, engineering, and technology), "Food, Fitness, and Fun" (healthy lifestyles), and "Family Adventures...Explore Underwater Without Getting Wet!" will be offered throughout New Hampshire. OMK events are wonderful opportunities for New Hampshire's 4,100+ geographically-dispersed children in military families to connect with one another.

Youth camps are open to all military kids from ages 10 to 18, with only a \$15 registration fee. Family Camp is open to all ages, with a registration fee of \$25 per family. There is no additional cost to attend these camps! Space is limited, and camps are sure to fill quickly. On-line registration is available at www.nhomk.com. For more information, please visit our website or call 603-862-0876.



Promotions

Senior Master Sgt.

Jeffrey Trudeau

Tech. Sgt.

Benjamin Bascom

Senior Airman

Robert Lawn

Derek Damour

Airman

Tara Paradis

Cheyenne Liston

Congratulations!

Military Discounts

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.

Kittery Premium Outlet Free VIP Coupon Booklet

In appreciation of your service, Show Your Military I.D. at either the Management Office located at Kittery Premium Outlets (5) behind Old Navy, 7 Days/9am-5pm, or at the Information Center located at Kittery Premium Outlets (4), Sat-Sun/9am-5pm to receive your **FREE VIP Coupon Book** filled with added savings at participating 65 stores. Contact info: (207) 439-6548 WWW.PREMIUMOUTLETS.COM

Eddie Bauer

Eddie Bauer at the Kittery Outlet offers 15% off year round to active duty and veterans with military ID card.

Recruiting News

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

The NHANG manning is currently up to 100.3%. Last month we accessed 14 new members into the NHANG. This consisted of 13 enlisted positions and one officer accession. Thank you to everyone for helping to make this happen.

As the weather is finally beginning to turn, we are in the heat of our prime recruiting season. Please notify us if you think our presence at a local event or function would be productive and beneficial. We are always interested in trying new venues and events to reach out to new demographics. Don't forget, we always enjoy bringing unit members along for the ride. If you have interest in coming to a recruiting event, just let us know.

We will also need volunteers for the below events: It may be volunteer status or paid!!! If interested contact the POC for each event.

May 26, Country Throwdown,
Gilford, NH (Tech. Sgt. LePelley)

June 30 & July 1, Boston Air Show,
Pease (Tech. Sgt. Moisan)

Officer Vacancies

Chaplain, Physician Assistant,
Emergency Services Physician,
Aeromedical Specialist

Enlisted

Aircrew Flight Equip-
ment ,Aerospace Ground Equip-
ment, Airfield Systems, Cyber Sys-
tem Operations and Cyber Surety

If you have anyone interested in an officer vacancy, please direct their inquiries to SMSgt Norma Long 430-2466. Individuals interested in an enlisted position should contact the recruiter that covers the designated area.

Welcome New Members!

Tech. Sgt. Shira Allison, OPS
Airman 1st Class Daniel Barton
Airman Christopher Fiedel
Senior Airman Darien Fleming
Airman Mark Fowler

Airman Ashley Johnson
Airman Sara LaPerle
Airman Angelica Perry

Recruiter Contact Information

Tech. Sgt. Mark Bohac
Manchester, Nashua, Milford, Lon-
donderry, Keene.
mark.bohac@ang.af.mil Office 603
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Tech. Sgt Jessica Davidson
Portsmouth, Exeter, Derry, Salem,
Windham.
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5981.

Enlisted Council Monthly Meeting Update

By Master Sgt. Bill Bates JFHQ

The Enlisted Council had several members volunteer to assist with serving breakfast at the Annual Prayer Breakfast last drill. It was great seeing so many of our folks turn out for this wonderful event. If you are interested in volunteering for any base activities please take a moment and join the Enlisted Council to see what we are doing.

At our monthly meeting, we discussed holding an Interview Skills Workshop to help our members in sharpening their skills to make

them more marketable in their civilian jobs as well as within the unit. The workshop should be advertised in the next couple months.

Another topic discussed was bringing back recognition of a full time employee of the Quarter. This program is still being written and we are excited to recognize our full time force. This program will run in conjunction with the traditional airman of the quarter recognition program.

Our next meeting is Sunday, May 6th in Building 100, downstairs conference room.

May is Asian Pacific Heritage Month!

