

157th Air Refueling Wing, Pease ANGB, New Hampshire

September 2012

## Guardsmen spend their summer interning at White House

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

**PEASE AIR NATIONAL GUARD BASE, N.H.** – A N.H. Air National Guard civil engineer and graduate of the University of New Hampshire recently completed the White House internship in the Office of Public Engagement and Intergovernmental Affairs.

Senior Airman Brooks Payette was provided the opportunity to attend the Truman Summer Institute after being selected as a Truman Scholar last year. The prestigious award also provides \$30,000 for a graduate education program.

“As a White House intern, I helped with scheduling rooms, assisting at events to ensure they go smoothly and those attending events at the White House have a pleasant experience,” said Payette. “I also worked with our veterans and military families outreach liaison.”

While everyday presented Payette new challenges, it was clear what his favorite part of the job entailed.

“Helping out the White House Tours with the wounded warriors was by far my favorite part of this experience,” continued Payette. “Their service to this country is unrivaled. Additionally, their positive attitude and smiles as we toured the White House was inspiring and infectious.”

Additionally, he was impressed to be working in the White House with the rich history behind it.

“I have always been fascinated with presidential history and the White House in general,” he said. “Walking through the many parts of the White House was quite the experience the first time. It is truly an honor, but after time you are running around so much you have little time to even realize where you are.”

Payette had the opportunity as part of the Truman Summer Institute to be at an event that



WASHINGTON D.C. -- Senior Airman Brooks Payette poses in the White House bowling alley during a break from his recent internship July 10. Brooks recently completed the White House internship in the Office of Public Engagement and Intergovernmental Affairs. (Courtesy photo/RELEASED)

hosted distinguished visitors.

“I got to meet Supreme Court Justice Clarence Thomas and former Secretary of State Madeline Albright,” Payette said. “We also had an event with former Vermont Governor Howard Dean on the day of the Affordable Care Act Supreme Court decision. I reminisced with him about a sit-down interview I conducted with Governor Dean in 2003 for the Berlin Sun when he was running for President.”

The Truman scholarships are given to those who demonstrate outstanding leadership and commitment to public service. A point not lost on Payette during his experience this summer as an intern and one he will take with him.

“The amount of time, energy and effort that people put into this administration for the benefit of the public,” he continued. “The leadership, staffers and interns are all great people and I am honored to say I served President Obama in both a

### In this month's newsletter:

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- *Airman & Family Readiness Program updates*
- *Seacoast Veterans Conference*

civilian and military capacity.”

Payette was competitively selected as one of 60 recipients who were awarded the scholarship last year. He was the second UNH student to be awarded funding from the Harry S. Truman Scholarship Foundation as a memorial to the 33rd president.

The Scholarship is awarded annually to college juniors with exceptional leadership potential who are committed to careers in government, nonprofit or advocacy sectors, education or elsewhere in public service.

The competitive selection process requires a strong record of public service, as well as a policy proposal that addresses a particular issue in society. Payette's proposal, addressed to the U.S. Department of Education, urges an increase of physical fitness activities in schools to address and combat childhood obesity.

It was his interest in this that made the most significant impact on Payette this summer, the opportunity to speak to childhood obesity's most famous advocate, Michelle Obama.

“The biggest honor was meeting the first lady, getting a fashion shout-out from her and asking her a question about her ‘Let's Move’ initiative,” said Payette. “Its mission is to help alleviate the childhood obesity epidemic in America within one generation.”

After completing further education, the Berlin native plans to work in the area of public service aimed at addressing childhood obesity through public policy or the nonprofit sector.

## To the men and women of the New Hampshire National Guard: Passion and compassion

By Brig. Gen. Carol Protzmann



(Official Photo USAF)

As we close in on summer's end, I reflect on what a summer it has been; full of triumph, reflection and of sadness. I am inspired by your response to each and every circumstance. We started with our third- in-a-row air show which consumed yet another weekend in June and its success was heralded by all. You piled on an ATC AOCI in the heat of the summer and once again showed your resilience and perseverance. July ended all too soon and with the August drill you once again provided your special brand of strength and support to the Bell family, the LePelley family and recently the Drury family as well as many others in our guard family who have lost loved ones in this short time. We also delivered heartfelt compassion for our guardsmen facing life changing circumstances, and we celebrated our members who were selected to SNCO academy and a corporate fellowship. Whether we are prepping for deployment, greeting the President of the United States or paying our last respects to those who have left our family, I witness your sincerity and loyalty to one another, our unit and our military. Just recently you put your family activities once again on hold as you worked to bed down the MacDill team home-steading at Pease waiting out TS Isaac. Why do you do it? I believe, as I have for the

past 28 years, because each of you is motivated by a purpose and a mission greater than yourself. You have answered each need of the NHANG with not only your time but your mind and heart. You understand so well that caring for one another and supporting the individual success of our unit members assures that the unit will succeed, the state of NH will succeed and so will our nation. I believe you have the priorities of your life in order. We talk about this order being; God, Family, Country. Regardless of your definition of spirituality, from it is derived your moral ethos and that drives your beliefs and actions. Our most cherished relationship to one another is our family. And finally, we serve this great country with a commitment which includes our life for the freedoms we hold most dear. This summer, and over the course of the last 12 years, we have had to shift that priority, especially with family and country, but we must never forget its proper order.

I say this often and I will say it again, YOU are the reason we are the best ANG unit in America. And it is not because we have the most FMC aircraft or biggest budget or best paid Airmen. Far from it, right? No, it is because you believe in our Guard family. And the beauty is that we stand with one another in a solemn pledge, in times of stress, sadness and joy. It would never occur to us not to.... just like it would never occur to us to say no to a last minute important tasking or to not prepare ourselves to our best ability for the next inspection. We are wired with the purpose of our work and we understand we must count on one another to get it all done. Together we are loyal to ourselves and to one another and we recognize ourselves as having a greater purpose, providing our unit, this state and this nation a profound service. I have the deepest respect and admiration for each of you and always say I am so thankful to be part of the BEST ANG unit in this nation!

Thank-you all for ALL you do.

The Granite State

**REFUELER**



The N.H. Air National Guard  
Public Affairs Office  
302 Newmarket St. Building 100  
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### **Deputy Public Affairs Officer, 157 ARW**

2nd Lt. Alec Vargus

### **Public Affairs NCOIC**

vacant

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### **Broadcaster**

Tech. Sgt. Aaron Vezeau

### **Broadcaster**

Tech. Sgt. Thomas Johnson

### **Photographer**

Staff Sgt. Curtis Lenz

### **Administration**

Staff Sgt. Laura Harper

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.

# Small air terminal train in Alaska

**JOINT BASE ELMENDORF-RICHARDSON, Alaska** -- Eighteen members from the 157th Logistics Readiness Squadron Small Air Terminal traveled here for two weeks of annual training in July.

Airmen integrated with the 732nd Air Mobility Squadron where they trained in the Air Terminal Operations Center, passenger service, special handling, aircraft services and load planning sections.

Members from New Hampshire were joined by members of the 81st Aerial Port Squadron assigned to Joint Base Charleston in South Carolina.

"The training we received in Alaska was well worth the trip," said Capt. Sherri Pierce, 157th Deployment and Distribution Flight commander. "Working collaboratively with other organizations allowed for us to share best practices with one another which is great for us to bring back to New Hampshire."

Together, the units processed more than 850 passengers who were arriving, departing or moving through Joint Base Elmendorf-Richardson (JBER). The units also trained on passenger check-in operations and manifesting, baggage handling, customer relations and staircase truck proficiency training.

During that time, more than 300 total aircraft missions on 15 different aircraft with more than 225 tons of cargo were success-



**JOINT BASE ELMENDORF-RICHARDSON, Alaska:** Tech. Sgt. Tom Morrill acts as a spotter for Staff Sgt. Kevin Leach as he prepares household goods for transport. (National Guard photo by Capt. Sherri Pierce / RELEASED)

fully completed by them.

Several airmen also enrolled in a Next Generation Small Loader class to learn how to operate a Halvorsen 25,000-pound capacity cargo loader. Others participated in Tunner 60,000-pound aircraft cargo loader refresher training.

"I was impressed by our members' eagerness to jump right in," continued Pierce. "Many of the opportunities afforded us

were above and beyond what was already scheduled but they took full advantage."

Several members also completed the "train-the-trainer" certification course which teaches airmen how to train other airmen. Another unique training opportunity afforded to LRS was aerial delivery participation where they loaded pallets, packed parachutes and retrieved supplies from drop zones.

## Welcome New Members!



**Major**

**Michael Sanders**

**1st Lt.**

**Lindsey Paciello**

**Staff Sgt.**

**Jonathan Gunn**

**Jeffrey Grazulis**

**David Anderson**

**Senior Airman**

**Scott Desaulniers**

**Airman 1st Class**

**Barry Hutchins**

**Tristan Pudwell**

**Matthew Plumley**

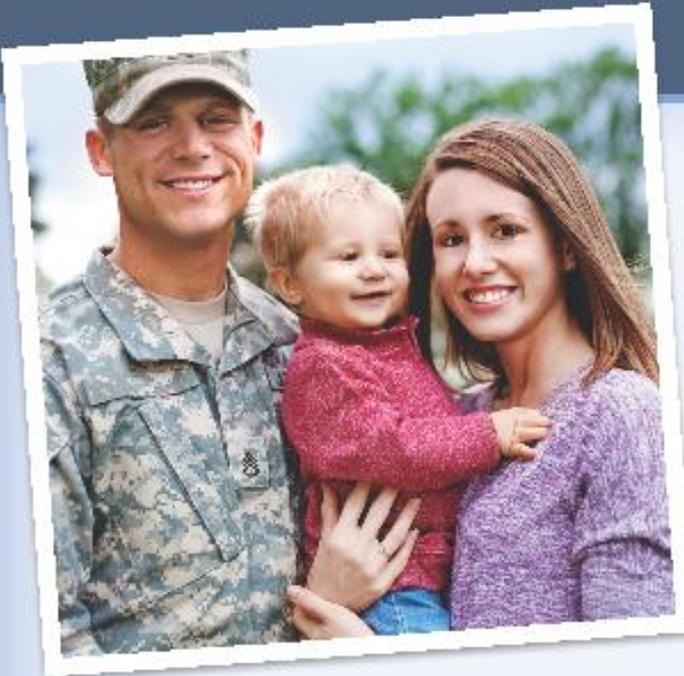
**Airman**

**Jessica Hickey**

**Airman Basic**

**John Hodgkins**

**Kyla Lefebvre**



## Child Care Program for **Air Force Families**

The DoD funded  
this program  
especially for you!

**Activate your free membership  
today to find quality caregivers  
in your neighborhood.**

To activate your DoD paid membership go to  
**[sittercity.com/dod](http://sittercity.com/dod)**

### Sittercity helps you find...

- ✓ **Babysitters**– For after-school, school vacations, extended work hours, special needs children, and last minute care needs.
- ✓ **Nannies**– For full and part time, infant and young child care
- ✓ **Certified CDH/FCC care providers**
- ✓ **Authorized access to an installation care providers**
- ✓ **Senior care, pet care, housekeepers and tutors**

### Your Sittercity benefit gives you...

- ✓ Complete background checks
- ✓ Access to references
- ✓ Caregiver profiles
- ✓ Reviews from other military parents like you

“I found a great babysitter on Sittercity to help me while my husband was deployed. It was a life saver having someone reliable to take care of my kids!”

–Bridget D, Austtn, TX

► Activate your membership at **[www.sittercity.com/dod](http://www.sittercity.com/dod)**

### 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

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.

**Location:** Pease ANGB, Bldg. 100, room to be determined.  
**Who:** Families and friends of deployed servicemembers. Open to all branches of the service.  
**RSVP:** Call Bonnie quickly so meals can be planned. Servicemembers are encouraged to attend with their families prior to deployment. Each month a different topic is covered in the agenda. The topics are determined by the attendees. Families are encouraged to provide input on the monthly agenda. This meeting is open to all service components. If you are aware of other military families experience deployment that would benefit, please encourage them to contact Bonnie Rice to receive the meeting announcements.



#### **EMAIL LISTS:**

To receive emails regarding discounts, benefits and event notices as they are announced during the month, contact Bonnie to have your email address added.

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#### **Retiree email updates:**

Retiree emails provide specific information for our retired population to include wing events and activities that may be of interest to you. Contact Bonnie to have your email address included in the retiree email blasts.

#### **JOB SEARCH ASSISTANCE & ANNOUNCEMENT EMAILS:**

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 of job announcements in a wide variety of careers in a variety of locations.

Email Bonnie if you are interested in receiving job announcements or notices, updates and resources specific to your job search, include “job emails” in the subject line of your email.



#### **“Hero to Hired” website**

To aide you in your search for a job, check out the “Hero to Hired” website. This is not just another job site, but a Yellow Ribbon-funded project with a special mission to thank you for your service by helping you find your perfect career.

H2H was created to make it easy for servicemembers to connect 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 come up. [www.h2h.jobs](http://www.h2h.jobs).

#### **UPCOMING WING FAMILY PROGRAM ACTIVITIES:**

#### **Sept. 12, at 6 p.m. is the next deployed family gathering!**

Held monthly, for families and friends of members preparing to deploy and families with their loved ones deployed are highly encouraged to attend. This is a wonderful opportunity for you to get to know other deployed families.

**Date/Time:** Sept. 12, at 6 p.m. or Oct. 10, at 6 p.m.



#### **Pre-separation counseling:**

This 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 to set up an appointment.



### **Transition Assistance Program (TAP)**

This is a program presented by the Portsmouth Naval Shipyard Fleet and Family Support Program and the Department of Labor/Employment Securities. This workshop is designed to assist voluntarily and involuntarily separating or retiring servicemembers in making 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.

**RSVP:** Slots are extremely limited. To reserve your spot in either class call or email Bonnie Rice no later than Oct.2.

**DATES & LOCATIONS:** Portsmouth Naval Shipyard, Fleet and Family Support Building or the Hanscom Air Force Base Airman & Family Readiness Program both offer monthly classes.

### **Hanscom AFB TAP dates:**

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

### **Other Events/Activities/Programs**

#### **Passport Processing Day**

The Airman and Family Program will host a passport processing day featuring The National Passport Center on Thursday Oct.11 at the Manchester Armory. You must call or email Bonnie Rice to reserve a slot.



There are a few slots available.

### **FREE Symphony Tickets**



**Date:** Oct. 6

**Where:** The Symphony N.H.

(formerly the Nashua Symphony)

**What:** The Symphony N.H. will be hosting their military appreciation concert, open to servicemembers, current and retired, and their families. Open to children over the age of 6 years old.

**RSVP:** To obtain your tickets, email your name, number of tickets, your unit and your email address to Bonnie no later than Oct. 2.

### **AF Fit Family Living Fit :**

Living Fit 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 (PNSY) information :**

The ITT office has several discount tickets available to include: C&J Bus Tickets; Boston attractions as well as Disney passes. Tickets for attractions 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 summer rental equipment call Todd 207-438-1514.

Gear Issue is located in Bldg H-10 (PSNY), rear of building.

Tickets and programs this season at the Shipyard ITT Office:

**Fryeburg Fair**, \$9.00

**Haunted Happenings**, with transportation to Salem, \$50.00

**Zip Line at Bretton Woods** \$67.00

**Mad Hatter Costume Tea Party**, at the PNSY, \$10.00

**The Nutcracker**, Dec. 9, Boston Opera House, \$59.00

**Boston Pops Christmas**, Dec. 15

**Regal Movie** (Fox Run Mall) \$8.00

**Maine Indoor Karting**, \$16.00

**State of Maine Hunting and Fishing Licenses**, prices vary

**C&J Round Trip to Logan airport**, \$39.00

**C&J Round Trip to South Station**, \$29.00

**C&J one way to Logan airport** \$22.00

**New England Aquarium**, \$12.00

Military save \$11, save \$4 per child – military members are half-price at the door.

**Boston Museum of Science**, \$7.00 DoD save \$11 adult, Save \$4.00 per child – military members are free at the gate.

### **Mad Hatter Costume Tea Party**

**Date:** Nov. 3

**Time:** Noon to 4 p.m.

**Location:** PNSY

**Cost:** \$10.00 per person

**RSVP:** Call 207-438-2713



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/)



## Airman & Family Readiness (A&FRP) military discounts!

### Free movies at the Shipyard



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! Watch your emails for updated monthly movie schedules. Movies that will be featured during the month are listed on the "currents" link.

### Free pass at national parks:

The U.S. National Park Service is supporting Military Families & Healthy Living. They are offering a free annual pass for military to more than 2,000 federal recreation sites. Log on to: <http://www.nps.gov/findapark/passes.htm>

### FAMILY PROGRAM

#### "YELLOW PAGE" LISTING:

While our members are deployed, lawns need to be mowed, lawn mowers repaired or and some families may need assistance with other home repairs. Are you mechanically inclined or a "jack of all trades?"

This yellow page listing of resources helps families of our deployed members during the time their loved one is away. The Yellow Page lists those interested in providing a **free or discounted service** to our military families in need during a deployment or an extended TDY.

This list is kept confidential; contact information is only released to fam-



ilies with the permission of the person or the agency that has offered the service. The Yellow Page listing has assisted families of all service components throughout New Hampshire, Maine and Massachusetts.

If you're interested in assisting a family left home alone during a deployment contact Bonnie Rice, 603-430-3545. Family Program, 302 Newmarket St., Bldg 16, Pease ANGB, NH 03803-0157—or email to: [bonnie.rice@ang.af.mil](mailto:bonnie.rice@ang.af.mil) to fill out a Yellow Page volunteer form.

### Busch Gardens/SeaWorld/ Sesame Place Hero Salute

Busch Gardens, Sesame Place and SeaWorld is once again offering free admission to their parks to any active duty, activated or drilling reservists or national guardsman and as many as 3 dependents are entitled to free admission under the Here's to the Heroes program. For full details and to register go to: <http://www.herosalute.com/>



Hanscom Air Force Base Tickets & Tours for more information at 781-225-6498.

Outdoor Recreation Call Outdoor Recreation for more information at 781-225-6621

### TUTOR.COM

National Guard and Reserve families can now receive free online tutoring and homework assistance from Tutor.com along with active duty and wounded warrior families at no charge. This program allows kindergarten through twelfth grade and adult students to connect to a live tutor online at anytime for help with homework, studying, exam preparation, college course-work and more.



Military families accessing services at the site are matched with one of the more than 2,500 carefully screened experts who include certified teachers, college professors, graduate students, select undergraduates from accredited universities and other professionals. This service is offered at no cost to active duty, guard and reserve members and their families. For more information go to <http://www.tutor.com/military>.

### Free School Supplies

The A&FRP still has school supplies available to our military families. These are generous donations from shoppers of the Dollar Tree and through coordination of Operation Military Home front, so the Airman & Family Readiness Office is able to offer free school supplies to our military families.

Contact Bonnie Rice to receive supplies for your children.



*For all those who have served and are currently serving*

# Seacoast Veterans Conference

*Return, Recover, Refocus*

**Saturday, October 27, 2012**

**9:00 am - 2:00 pm**

**Pease Air National Guard Base - Building 149  
302 Newmarket Street, Portsmouth, NH**

*(GPS coordinates: N 43(degrees) 05.436' W 070(degrees) 48.966')*



*Featuring*

## Speakers

- Carolyn Protzmann - Brigadier General, Commander, NH Air National Guard
- Mark Gilbertson, PhD - Nationally Recognized Expert on PTSD - Manchester VAMC
- Malissa Kraft, PsyD - TBI Specialist - Manchester VAMC

## Activities

- Panelists and Resource Tables: VA Resources · Health Care · Employment · Education · Military Friendly and other Resources.
- The Mobile Vet Center will be available. VA representatives will be there to help you enroll. *(Bring your DD214, if possible.)*



*There is no cost to attend but please register for Base entry and lunch.*

*To register, email us at [seacoastveteransconference@gmail.com](mailto:seacoastveteransconference@gmail.com)*

*or call us at (603) 422-8208 x 336.*

*Please provide us with your contact information.*

*This Conference is being presented in partnership by*

Long Term Care Partners  
Manchester VA Medical Center  
NH Department of Health and Human Services  
NH National Guard  
Rochester VFW

## ANG training results in first save

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

8/13/2012 - PEASE AIR NATIONAL GUARD BASE, N.H. --

When Senior Airman Angel Alvarez ran a ten-mile tough mud-race July 14 in Stowe, Vt., it was a chance to demonstrate his physical skills. What he didn't realize was that it would also be an opportunity to use his medical skills, as well.

It was about three miles into his race when Alvarez, a 157th Civil Engineering Squadron firefighter who also is an emergency medical technician and firefighter in his civilian job, had an opportunity to use those skills to reunite a father with his daughter.

After stopping for a water break in humid 90-degree weather, Alvarez began hearing friends yelling his name. What happened next, Alvarez attributes to training he received as a member of the New Hampshire Air National Guard.

"My teammates were yelling my name because they knew I was a paramedic and trained in these high-stress situations," said Alvarez. "I sprinted towards a man who was down and unconscious and, soon discovered, had no pulse."

The man, estimated to be in his mid to late thirties, had collapsed due to a suspected heat stroke.

"I performed CPR (Cardiopulmonary Resuscitation) on the gentlemen while an off-duty EMT who had reached him seconds before performed mouth-to-mouth," Alvarez said. "We

continued CPR for about six minutes before a tournament EMT arrived on scene. They didn't have an AED (Automated External Defibrillator) or oxygen with them so I told them we needed one right away."

With a large crowd growing, the man's friend was yelling over Alvarez's shoulder to "please help him" as well as repeating a girl's name over and over saying, "He can't leave her."

"I was so focused on my training," continued Alvarez. "It was like I had tunnel vision. There were so many people around me talking. I just focused them out like they weren't even there."

Assuming he had what he thought to be a young daughter at home, Alvarez stayed motivated to make sure a little girl didn't lose her father.

"My training with the Air National Guard helped me stay calm and really take control of the situation and exercise leadership," said Alvarez. "As a new firefighter and EMT in Nashua, I'm not put in many opportunities to lead. I defer to my lieutenant and other firefighters who have much more experience than I. However, in the guard and as a senior airman, I have an opportunity to lead junior members. I believe that experience contributed largely to my reaction."

Finally, at about the eight minute point, a tiring Alvarez finally got the AED and oxygen from an arriving EMT.

"When a tournament paramedic arrived on scene with the AED, we were able to revive him and bring him back," said. "His eyes opened and he was moaning. We asked him if he knew where he was--which he did--and if he knew what happened--which he didn't."

As a Nashua EMT, Alvarez has responded to four individuals in similar situations and has been unable to save each.

"It's strange that I have my first save at a place I wasn't even expecting to be in that situation," said Alvarez. "It all started at Pease. My senior leaders have made sure I'm trained and prepared for these situations."

Although he doesn't think what he did was that extraordinary, he contends anyone in his situation would have done the same thing.

"I guess you would say I was just in the right place at the right time," he said. "I'm sure anyone in my shoes would have done the same thing."

**Hanscom's 3<sup>rd</sup> Annual  
Special Needs Family Fun & Information Fair  
And 1<sup>st</sup> Annual Special Olympics!**

**Saturday, 22 September, 10:00 am - 2:00 pm**  
Check in/Welcome – 9:30 am at the Youth Center, Bldg 1993  
Pre-register (preferred) by 14 Sep, call the Youth Center, 781-225-6043  
Opening Ceremonies at the Hanscom track

- **Featuring track and field, bowling, basketball, hockey and field events!**
  - *For all ages and abilities!*
- **Art show, face painting!**
- **On and off base service providers!**
- **Free cookout, giveaways, and more!**

For more information,  
please call:

- Ann-Marie Ely, 781-225-6043
- Lisa Pizarro, 781-225-1482,
- Laurel Wironen, 781-377-6053, or
- Dawn Andreucci, 781-225-2765

**For families enrolled in the Exceptional Family Member Program, & Reserve, Guard, DoD civilian, and retiree family members with special needs from all service branches.  
Stop by, join in the fun and learn what services are available for your family.**

**EFMP**  
Exceptional Service  
Exceptional Families

## Time

### Commentary by Chaplain Robert Cordery 157th Air Refueling Wing chaplain

**PEASE AIR NATIONAL GUARD BASE, N.H.** -- Sadly, since last drill, we have lost members of our guard and extended guard family. These losses have filled us with sorrow as we reached out with compassion to those who have lost loved ones in death.

Yet, if we simply focus our attention on the losses of these cherished lives we can miss the most important message given by those who are in the sleep of death. They speak to us imploringly of valuing time and using it well. You have a choice they say; "you can exist or you can live!" If you choose to exist, time manages you - if you choose to live, you manage time and what you do with it.

Do you take time to tell your loved ones how much you love and appreciate them or is time rushing you from one event to another? Do you take time to play with your children, nephews, nieces or do you allow life to pull you in another direction? Do you have time for your parents, grandparents, brothers and sisters, aunts and uncles, in-laws or has that been relegated to the obligatory holidays? During work time, do you simply come to work, fulfill your duties and await the end of shift or do you spend some time to get to know and appreciate other members of the squadron with true care and concern? Do you recognize when they are stressed or in need or do you simply ignore it all and let the time slip by?

The challenge for each one of us is to live life and to use time well. Connect with people, family, friends and coworkers, before there is no time! Use well whatever time you are blessed with so when your time is up you will have lived a successful and profitable life. A successful life is not found in statues rather it is found in bringing more love into this world and leaving behind a rich heritage of caring, loving and living and not a silent, motionless and cold statue. Do you exist or do you live? Time is running out!

#### **TIME IS PRECIOUS**

*By: Ronette Anne Mac gillivray*

Time is so precious  
Take every minute of every day  
for what you've got,  
for it could be taken from you,  
any time

Life can be so good  
Don't take what you have  
for granted, for it could be  
lost forever

Be grateful that you wake up  
every day to a glorious day  
Some people look at time as  
endless, but if time was taken  
from you, what would you do?

Be happy for what you have, because  
tomorrow it could be gone forever  
Time does pass fast, and before you  
know it, years have passed  
So take time, life is precious and  
your time is so very precious



U.S. Air Force photo/Tech. Sgt. Brian E. Christiansen

