

# JSA

## ATSO FINAL TOUCHES

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**INSIDE** 5 Rule Football, Family Programs Announcements, Chaplains Corner "Hydrate", ... Your UCA, Who's Got Your Back?, AND MORE ...

# COMMANDER'S COMMENTS

## 110th Members and Families,

As with the past several months, July proved to be pretty demanding in the "life of the 110th." Again our focus remained on inspection preparation, community involvement and unfortunately, paying tribute to another member of our armed services, from Michigan, that gave their life in service to this great nation while on duty in Afghanistan. On the 17th of July, over 30 members of the 110th gathered on our south ramp to pay honor to Army Staff Sergeant Joshua Throckmorton. If my memory serves me correctly, this marks the fifth time members of the 110th have welcomed home a fallen hero to our airfield. For those of you that continue to step forward and volunteer for this duty, please accept my "Thanks." I know that this honor will forever be in the memories of the families of the fallen member. In addition to this somber and humbling event, our Family Support Team again did an outstanding job with this year's Family Day and our Relay for Life Team made a difference in our community's efforts against cancer. Again, thanks to all participating in these events.

In a little over three months we will put another major command inspection behind us and press on with the last for the year. Together with knocking off our second major inspection of the year, you will be one step closer to my stopping harping on inspection readiness and the importance of our doing well on each. So with that, I'll make my pitch and ask that each member of the 110th continue to lean forward and become an "enabler" for inspection excellence. With the on-going discussions concerning budget balancing and potential DoD Budget cuts, every "outside look" gains increasing importance. While wearing CWD gear or standing in a processing line may seem to many a nuisance associated with military membership, I would remind everyone that every step is important. Keep focused, we are one step closer to transitioning from a year of inspection to one of new mission execution. Speaking of inspection excellence, let me take this opportunity to congratulate our Airfield Management team led by MSgt Pam Lucas, for the superior grades they received during their recent Airfield Inspection. Great Job!

Let me close with a quick update on our new missions....construction on the new AOG facilities continues on track with our AOG team receiving over 1.9 million dollars from 17th Air Force and NGB to equip the new facilities. Once complete, Battle Creek will be home of the most modern and capable AOG facilities in the Air National Guard. Additionally, we recently received approval to begin design of



our new C-27 Fuel Hangar. We are projected to receive 7 million dollars in FY13 to begin construction of the Hangar. Finally, next month we will begin renovation of the north side of 6900 which will be the new home of our Comm Flight.

New/updated facilities, continuing bed down of new missions, and a continued emphasis on bringing quality recruits to the 110th, provides this unit with the bedrock of future relevance. Despite all the challenges, known and unknown, that lay ahead, I strongly believe that the 110th is well postured for relevance beyond the next decade. Thanks for being part of the 110th and our march into the future. See you at Drill!

Col. Seidel

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# ATSO FINAL TOUCHES

110TH AIRLIFT WING  
INSTALLATION EMERGENCY MANAGER  
By Master Sgt. Steven Gage

September and October are right around the corner, which means it's crunch time for the ORE and ORI. This will be the last UTA weekend in fact. That means it's time to put the final touches on what we've learned and get ready to wow the inspectors when we finally get to meet them. We've had two wing level ATSO training exercises and had another at Volk Field in June. I'm confident we are on par with our partner wings when it comes to ATSO. However, August and September will provide us the opportunity to get even better. We will be conducting a final ATSO refresher this UTA to reinforce what you've learned to date. We'll also have our September ORE to finalize our preparation. From there it's only three short weeks until show time.

In addition to the training we've conducted at Volk Field and here at home, the Emergency Management Flight has provided additional materials to you through the Jet Stream Journal and through your Unit Deployment Managers. We've also provided a list of what to study and a tab plan to highlight areas in the Airman's Manual. If you haven't seen these, please contact your UDM. Please go back and take a look at these and at your Airman's Manual in general. Also, take some time in your units to train as a group. These last two

## CHAPLAINS CORNER

### "Hydrate"

110TH AIRLIFT WING CHAPLAINS OFFICE  
By Lt. Col. Greg Van Heukelom

For those of us who have been around for a while there are three words we have all heard many times, or if you are new to the upcoming inspection there are three words, you will hear often which may save our lives. Three words which you may be dreaming about, especially with coming through the first ORE and a second ORE and ORI to follow, "Hydrate, Hydrate, Hydrate". This past month at Volk Field I witnessed a person who went down during Black, MOPP 4. One of the walls that the airmen hit was lack of hydration. Once he got his mask off and had some intake of water, he calmed down and was able to reenter the fight.

You know, there are many things with the upcoming ORI which are out of our control, but there are two things we have direct control over: our attitudes and our intake. In other words we determine what

opportunities can be very important to our success as a wing. Another important factor is attitude. The 110th has maintained a great attitude during each of our training sessions and during the first ORE. I saw and met nearly every person while at Volk and think we had the best attitude of the bunch. You may be feeling a little burnt out after so much preparation, but it's important to fight that and push through to the ORI. Attitude will carry you a long way.

**... I know they are tough but fair. They aren't looking for walking encyclopedias; they are looking for someone who is competent in their job and their basic wartime skills (ATSO) who has a positive attitude.**

Having worked with the AMC/IG a couple of times this year, I know they are tough but fair. They aren't looking for walking encyclopedias; they are looking for someone who is competent in their job and their basic wartime skills (ATSO) who has a positive attitude. They don't mind you looking something up, but don't expect you to look up everything. Engage them with confidence and show them what you know and what you've learned. Having inspected other units, I think we are at a very good place right now in regards to ATSO. However, if we push ourselves that last little bit in August and September, I think we will be in a position to shine.

Like all the other units on base, the Emergency Management Flight has worked hard to help everyone gain the knowledge and skills they need as we move forward. However, if you have additional needs or questions, please do not hesitate to contact us at 580-3381.

we take in which helps with what comes out. What do I mean, if I am tired and hungry and thirsty, I will get crabby. If I eat when able, and continue to drink (hydrate), and rest when needed, my attitude will be much better. And as my attitude is better my job performance will increase.

But for me there is more than the physical "Hydrate", Psalm 42 verse one says:

*As the deer pants for streams of water,  
so my soul pants for you, O God.*

A deer, chased by the hunter craves the cool water of refreshment. Our bodies are craving the cool water of refreshment (Hydrate) while our souls are craving the refreshment of God. A great Saint of the church years ago said, "Our souls are restless till they find rest in God alone."

During the upcoming ORE and ORI, hydrate on water, know your job and know the Airmen's Manual, but also "Hydrate" your soul on God's grace.

# FAMILY PROGRAMS

110TH AIRLIFT WING FAMILY READINESS OFFICE  
Mrs. Robin Berry

**FREE SCHOOL SUPPLIES** The 110th Airlift Wing Family Readiness Office would like to announce 'Free School Supplies', on Saturday & Sunday, August 7-8 at 3:00 p. m. in Building 6917. First come, first serve while supplies last.

## *Family Day 2011!*



**FAMILY DAY 2011** 110th Airlift Wing Service Members and Family's celebrated "Family Day" Saturday, July 9, 2011 at M-66 Bowling Alley, Battle Creek, Michigan. (Photos Courtesy by Kim VanNortwick Released/110AW Public Affairs)

# UPDATES

**STRONG BONDS MARRIAGE RETREAT-** August 12-14 at the Otsego Club Resort in Gaylord MI. Grab your spouse and enjoy a weekend getaway where you will learn skills to improve communication and enhance your relationship! Military members will attend in a "volunteer" status. Lodging and meals will be provided, and participants will be reimbursed for mileage and partial per diem. Space is limited to 25 couples, with priority given to those who have never attended an event before. Contact the Family Readiness Office to sign-up.

**STRONG BONDS SINGLES RETREAT-** August 12-14 at the Otsego Club Resort in Gaylord MI. Keep dating the wrong kind of people? Bouncing back from a divorce, thinking "I should have known"? The How to Avoid Falling for a Jerk(ette) program, led by Chaplain Pitt, comprehensively and humorously describes the five dynamics that create attachment, and the five crucial areas to explore in a premarital relationship to help participants create lasting and fulfilling relationships in the future. Military members will attend in a "volunteer" status. Lodging and meals will be provided, and participants will be reimbursed for mileage and partial per diem Space is limited to 25 singles. Contact the Family Readiness Office to sign-up.

**MILITARY TEENS (14---18 YEARS OLD)** will have an opportunity to participate in adventure camps through April, 2012. These high energy, high adventure, and high experience camps are planned across the United States from Alaska to Maine and from Colorado to Georgia as well as states in between. This is the perfect



chance for them to experience the outdoors as they never have before! Each camp offers a unique outdoor experience that will allow them to build their leadership, self-confidence, and teamwork skills while participating in activities like camp cooking and archery. Camps have funding available to assist with transportation costs. Camps for youth with special needs (mental, physical, and emotional) are also planned in California, Ohio, and New Hampshire. There is something for everyone! For more information on how to register and camp locations, please visit the following link: [https://www.extension.purdue.edu/Adventure\\_camps/campsdate.html](https://www.extension.purdue.edu/Adventure_camps/campsdate.html)

**THE WESTSIDE COMMUNITY YMCA** in Lansing received a grant that will be used to serve over 100 military family and youth. Children between the ages of 5-15 have the chance to partake in one week long session, Monday-Friday, at Youth Day Camp at the Westside Community YMCA until August 29, 2011. This opening gives children a place to have fun, learn new skills, make new friends, experience diversity and learn to appreciate the world more fully. To register, please call the YMCA at 517-827-9670. Families as a whole are welcome to engage themselves in a 2 night, 3 day Family Residential Camping experience on the ground of Mystic Lake Camp, which is open all year round. Mystic Lake gives families time to experience camping activities which include archery, fishing, outdoor cooking, horseback riding, nature study and ropes course. With almost a quarter of our service area military families, it is a great opportunity for us to show the men and women and their families how much we appreciate what they do for us.

**YOUTH IN GRADES 7 – 12** are invited to attend the Speak out for Military Kids (SOMK) Retreat in Frankenmuth, MI at Zehnder's Splash Village Hotel and Waterpark. The event begins Friday, August 12 at 6:00 p.m and ends Sunday, August 14 at 12:00 noon. Participants will meet other young people, learn to help tell others about what military families experience during mobilization and deployment, and HAVE FUN! There is a \$15 program fee. (Fee may be waived if necessary. To request a fee waiver, you MUST email BEFORE registering). Families will have no other expenses for this retreat other than the cost of travel to Zehnder's Splash Village Hotel and Waterpark. Don't miss out—registration will fill up quickly. Priority registration will be given to those who are currently experiencing deployment or have recently experienced deployment of a family member. Plan to bring a CD of pictures, music or other items that could help tell your story. We'll provide the technology (laptop computers, digital cameras, movie cameras, DVD burners, etc.). We'll also be going to the waterpark to enjoy some fun! To register, go to [www.operationmilitarykids.org](http://www.operationmilitarykids.org). Click "state information", then "MI", then "News" or contact Kendra Moyses at [kmoyses@anr.msu.edu](mailto:kmoyses@anr.msu.edu) or call (517) 432-7654. All forms must be returned by July 11 and space is limited to 16 participants.

**SITTERCITY** connects families with quality local in-home caregivers, nannies, pet-sitters, house cleaning services and more. DoD-funded Sittercity memberships are available to all military families. Caregiver profiles on the site feature background checks, references and reviews from other site members who have used their services. In addition, the "Post a Job" feature allows you to instantly send out an open position to all of the caregivers in a selected area. Encourage your families to access their paid membership, and post a job today at [www.sittercity.com/dod](http://www.sittercity.com/dod)

**TRICARE Young Adult** is a new program offering TRICARE Standard coverage to qualified uniformed services dependents under age 26. TYA Standard has a monthly premium of \$186. Beneficiaries can get complete information about TYA and application forms at TRICARE's TYA website at [www.tricare.mil/tya](http://www.tricare.mil/tya). An in-depth TYA

Webinar at [www.tricare.mil/mediacenter](http://www.tricare.mil/mediacenter) explains who qualifies, when and where to enroll, and what type of coverage to expect.

**BLUE STAR MUSEUMS** once again are offering free admission to military personnel and their families through Labor Day, September 5, 2011. Visit the website for a listing of the Blue Star Museums participating this summer in every state. <http://www.arts.gov/national/bluestarmuseums/index2011.php#list>

**PARTICIPATING MEMBERS OF THE INTERNATIONAL HEALTH RACQUET & SPORTSCLUB ASSOCIATION (IHRSA)** have agreed to offer free memberships to immediate family members (ages 13 and older, where applicable) of actively deployed Reservists and National Guard members. Clubs may also provide additional benefits such as childcare, children's programming, group classes, discounts for veterans, and discounts for active duty families. Eligible family members can find participating clubs in their area by visiting [www.healthclubs.com](http://www.healthclubs.com). Families can also sign up for Get Active!, a great lifestyle magazine designed to help you get and stay motivated to exercise and get the most out of your health club membership.

**OPERATION MILITARY KIDS** invites teens to apply for free adventure camps in Ohio. The state of Ohio is hosting 3 camps for military teens. Teens can reside in any state, and transportation costs to the camp may be reimbursed. Go to the website for more information <http://www.ohio4h.org/adventurecamp/>

**IF YOU'RE A VETERAN SEEKING EMPLOYMENT**, this might be the ticket for you. The Veterans of Foreign Wars along with Michigan Works will be hosting a series of veteran job fairs across the state in coming weeks. Polish the resume, tie a perfect knot in your best tie, practice your very best elevator speech and visit these events. You'll never know if you don't ask. And you can't ask if you don't go. For more info: <http://www.vfwmi.org/veteranjobs.htm>

**MILITARY MONDAYS AT OLD NAVY** – present your ID and receive 10 % off your entire purchase every Monday.

With the official launch of the **MILITARY SPOUSE EMPLOYMENT PARTNERSHIP**, the program is ready to connect military spouses with rewarding, portable careers from corporate partners seeking a talented and motivated workforce. Check out the new MSEP Web portal where 'job-ready' military spouses can begin searching and applying for positions that match their interests and skills, and 'partner-ready' employers can start the process to join our great MSEP team: [www.msepjobs.com](http://www.msepjobs.com).

**FED CENTER MWR UPCOMING TRIPS**. Sign Up & Pay in the MWR Recreation & Travel Office. For more information contact: Steven Gales @ 269-961-7032 or [Steven.Gales@dla.mil](mailto:Steven.Gales@dla.mil) or Kevin Raber @269-961-4946 or [Kevin.Raber@dla.mil](mailto:Kevin.Raber@dla.mil). Visit the web site at [www.hdifederalcentermwr.com](http://www.hdifederalcentermwr.com)

*7 Day Eastern Caribbean Cruise from New Orleans, LA on Carnival Conquest January 1, 2012.*

- Interior - \$489.00.
- Ocean View - \$609.00.
- Balcony - \$759.00.
- 3/4 - Person starting at \$229.00.
- Cruise to Key West, FL, Freeport, Bahamas, & Nassau, Bahamas.
- \$250.00 per person full deposit due by July 29, 2011. Full Payment due by October 4, 2011

# WHO'S GOT YOUR BACK?

*Who's Got Your Back?* How many times have you asked yourself that very question?

If you are like me, you have asked it many times. I have spent most of my career trying to "go-it" alone. I have struggled in silence, not showing my weaknesses, standing strong at all costs, not needing or asking for help from anyone. After all, isn't that what we are supposed to do - make it on our own?

I no longer feel that way. Reading *Who's Got Your Back*, by Keith Ferrazzi, has taught me that in order to achieve true success, both personally and professionally, we need to create a close inner circle of "lifeline relationships". We need deep, close relationships with a few key trusted individuals who will offer the encouragement, feedback, and generous mutual support that every one of us requires to reach our full potential.

Chances are you have already experienced the power and potential of lifeline relationships in your life. Have you ever had a boss who encouraged you, gave you space to grow, appreciated your efforts, did not micromanage but guided your development, and handled your slip-ups with firmness, understanding, and candor? Or how about that good friend or family member who dropped everything to be there for you at a critical moment in your life and did not let you fail. Lifeline relationships are critical for the following reasons;

... We need deep, close relationships with a few key trusted individuals who will offer the encouragement, feedback, and generous mutual support that every one of us requires to reach our full potential.

## 5 FOOTBALL RULE

110TH AIRLIFT WING PUBLIC AFFAIRS OFFICE  
2nd Lt. Jonathon Stein

Think you don't need rules or organization to make things happen with a team of people? You might try a round or two of five rule football to get a better understanding. The leadership training game held on Saturday July 9, 2011, had five rules and a course that we can't say much about so you won't be able to cheat if ever you should get to play it. Sixteen members showed up and broke into two teams to play something along the lines of what they thought was touch football.

The idea, according to Maj. John McMahon who came up with the concept, is that with few rules or options players are going to fill in the blanks and start making up their own rules. They took two breaks during the game and both of the two teams could mutually agree upon adding new rules. Sure enough confusion set in when the game began and friendly banter took place over how the game is played.

"The rules are vague, and I don't know how to play football," said Tech. Sgt. Troy Nault, during a brief meeting with the other team captain Senior Airman Tom Paszek and Maj. John McMahon. The meeting was for the team captains to create their own rules and if agreed upon mutually the rules were implemented. "I was curious to see how this played out and we were making it up as we went along, learning from our

110TH AIRLIFT WING  
PROFESSIONAL DEVELOPMENT COUNCIL  
By Senior Master Sgt. Kenneth Dark

1. *They help us indentify what success truly means to us.*
2. *They help us figure out the best plan to get there.*
3. *They help us indentify what we need to stop doing to move forward.*
4. *They ensure we have people who are committed to ensuring that we sustain the changes so we can transform our lives from good to great.*

Even though mentors are essential to all successful people, there is a distinction between mentors and lifeline relationships. A mentored relationship is one between a master and apprentice. A lifeline relationship is between equals, between

peers; between individuals who can be intellectual sparring partners and confidants.

Whether your dream is to become a General, a Chief, a better spouse; overcome the self-destructive habits that hold you back, lose weight or make a difference in the larger world, *Who's Got Your Back* will give you the roadmap you've been looking for to achieve the success you deserve.

I highly recommend you not only read *Who's Got Your Back* by Keith Ferrazzi, but try and do it.

mistakes," continued Sergeant Nault.

Members were looking for loopholes in the game and learning throughout the game about leadership in confusing situations, and team dynamics when things go awry.

*"Things got more chaotic as we went along making things up and not really knowing what to do,"* said Senior Airman Tom Paszek.

After fifteen minutes the five rule football training game came to an end and those that participated in the game talked about what they had learned and how they reacted.

*"It was kinda cool that not a lot of people got frustrated,"* said Senior Airman Rebecca Hein.

Overall the game was focused on why structure and rules can be a good thing and that sometimes assumptions can get you into trouble particularly with the upcoming Operational Readiness Inspection this fall.

# FIT TO FIGHT

## *Like Father, Like Son*

**110TH AIR SUPPORT SQUADRON**  
By Tech. Sgt. Alec Lloyd

Col. Douglas Henry and his son, Tech. Sgt. Douglas Henry, share more than a name: They both achieved a perfect "100" on their most recent fitness test. Colonel Henry is the commander of the Air Support Squadron and his son is a crew chief in the 110th Maintenance Squadron.

*"I am 56 years old and my son is 33 and we both maxed the fitness test," Colonel Henry said. "It just goes to show that your age doesn't matter, you just have to be dedicated to keeping in shape."*

# CHILD CARE AVAILABLE FOR UTA WEEKENDS

**110TH AIRLIFT WING MEDICAL SQUADRON**  
By Master Sgt. Tammy Zerafa

Child care available for UTA weekends!  
Open positions available.

Need childcare during UTA weekends?  
Meeting will take place at MDG, Bldg 6930, room 122, 1300, 6 Aug 2011.  
Questions? Call MSgt Tammy Zerafa 269-969-3565

# 110TH DINING FACILITY MENU

## COST

—Enlisted Traditional Guard in UTA status—*FREE*  
—Officers & AGRs—*\$4.25*

*Menu Subject to Change*

## DINING FACILITY HOURS OF OPERATION

Saturday & Sunday 11:00 a.m. to 12:30 p.m.

### SATURDAY

Teriyaki Chicken  
Mushroom Gravy  
Steamed Rice

Hamburger/Cheeseburgers  
Egg Salad Sandwich

Meat Loaf  
Parsley Buttered Potatoes  
Corn /Fried Cabbage

Hot Dog  
Fries / Onion Rings

### SUNDAY

Baked Chicken  
Egg Noodles  
Chicken Gravy

Hamburger/Cheeseburgers  
Fries / Onion Rin

Salisbury Steak  
Steamed Rice  
Carrots/ Fried Cabbage

Hot Dog

# POST 9-11 GI BILL UPDATES

**110TH AIRLIFT WING  
RETENTION OFFICE**  
By Master Sgt. Geraldine Ladd

## TITLE 32 AGR TIME NOW COUNTS FOR ELIGIBILITY!

Use the education benefit yourself and/or transfer to your dependents!

The Post 9/11 Veterans Improvement Act, signed by President Obama on 4 January 2011 brought many changes to the Post 9/11 GI Bill that was introduced 1 August 2009. For Guardsman, the most significant change has been the addition of Full-Time Active Duty Service performed under Title 32 U.S.C. "for the purpose of organizing, administering, recruiting, instructing, or training the National Guard; or under section 502(f) for the purpose of responding to a national emergency".

This change in the law will allow current and prior service Guardsmen with Title 32 AGR service to establish eligibility for Post 9/11 GI Bill benefits.

*See Retention for details or go to*

[www.gibill.va.gov](http://www.gibill.va.gov)

The Post-9/11 GI Bill provides financial support for education and housing to individuals with at least 90 days of aggregate service on or after September 11, 2001, or individuals discharged with a service-connected disability after 30 days. The discharge must be an honorable discharge to be eligible for the Post-9/11 GI Bill.

## UNIVERSITY OF PHOENIX

Tony Bell, a representative from the University of Phoenix will be here during the August UTA in the Dining Facility- Sunday, August 7th. Utilize your GI BILL benefits!

**INTEGRITY FIRST  
SERVICE BEFORE SELF  
EXCELLENCE IN ALL WE DO**

# PROMOTIONS

*July 2011*

## CONGRATULATIONS!

**CMSGT** James Trainor

**TSGT** Tracy Metheson

**SSGT** Kathleen Lyons

**SRA** Nathan Droptiny  
Nicholas Reinhardt  
Huelan Vantol  
Adam Whittaker

**MUNITIONS** 110th Airlift Wing Service Members Senior Master Sgt. Michael Labruzzy and Master Sgt. James Lonabarger prepare munitions on Saturday, July 9, 2011 at Battle Creek, Air National Guard Base, Michigan. (U.S. Air Force Photo by Senior Amn. Steven Miller/Released)



*To The Family Of:*

First Class  
U.S. POSTAGE  
PAID  
Battle Creek, MI  
Permit # 1231

110 AW/CC  
3545 Mustang Avenue  
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