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COMMANDER

110TH AIRLIFT WING COMMANDER
By Colonel Ronald W. Wilson

Members of the 110th Airlift Wing, welcome to the March UTA.

As we slowly shovel our way out of what has turned out to be one of the coldest, snow-filled winters in recent history, I thought it would be appropriate to build on the inspiration of the one or two warm, sunny days we had this week and spend a little time talking about some of the extraordinary programs and personnel that make the 110th such a great place to work. One thing I can say for sure is that it takes no effort to draw one's attention to the negative aspects of our environment, and then point out to anyone who will listen, what is wrong or broken or needs to be tweaked. I can tell you that as the Wing Commander, I have listened to my fair share of negative outlooks on the future of the Air National Guard. Some people have even turned this kind of pessimism into a kind of unhappy art form. If you don't believe me, just spend a few minutes watching the news. Factual, speculative or completely made up—it doesn't really matter the issue as long there is something wrong and someone willing to sit down and listen, or better yet, join in. This kind of toxic negativity is even more prevalent during times of uncertainty, when the future is not necessarily mapped out to the extent that we feel comfortably assured that what we have today is going to be exactly the same tomorrow. I know that for many, the events of the last few years have been ripe for this kind of environment. I get it. But what I can promise you is that

even though change is inevitable, the attitude you take will go a long way in determining the outcome—good, bad, or otherwise. The 110th is fortunate to have a large majority of go-getters; young leaders and skilled veterans whose positivity has been fuel for innovation and endurance during hard times. Their suggestions go a long way in helping me run day-to-day operations, particularly at a time when we are breaking ground on several new initiatives that have the potential to take this wing to the next level. It is the enthusiasm of these members that is going to push us forwards instead of lead us to stagnation. We need as much of this as possible. So, if you are the type of person who wants to get more involved or you have a vision for improvement but you don't know how to make things happen, talk to your peers, supervisors, or send me a message through the "Ask the Commander" link. There is no such thing as an idea that is too big or small. Because at the end of the day, it is your ideas that make the 110th so remarkable.

Speaking of remarkable, this year has been an extremely busy one when it comes to deployments. In the last 12 months, we have safely deployed and welcomed home men and women from our Security Forces Squadron, Civil Engineering, and Small Air Terminal; each and every one of these airmen demonstrating a level of adeptness and integrity that earned the admiration of leadership, while showing the rest of the Guard, Reserves, and Active forces the kind of talent the 110th brings to the table. I can't thank you enough for your professionalism during your time down range. You have made us extremely proud. The same goes for all the support staff who worked hard to ensure the journeys of our members were as trouble-free as possible

while keeping our deployment capabilities sharp in a very restrictive environment. Your service to both members and their families during deployment is critical to ensuring the best outcome for all involved. This is just one more example of how our readiness has been enriched by your steadfast commitment to getting the job done.

And finally, next month is our annual Wingman/Safety Day, which is another great opportunity for us to make some positive change. Wingman/Safety Day is not about sitting through an afternoon of PowerPoint briefings or participating in team-building activities for the purpose of checking a box. I don't care who you are, balancing Guard duties with your civilian employment, family obligations, and community involvement can be stressful at times. And if you add in the occasional life-shifting event like financial hardships or marital problems—well, things can start to feel a bit unmanageable. Wingman/Safety Day is your opportunity to slow down, relax, spend some time getting to know each other a little better, and maybe even learn a few things. It is about developing the kinds of skills that will help to navigate through tough times, while using the camaraderie of wingmen to strengthen your shield. I encourage each of you to use Wingman/Safety Day as an opportunity to learn instead of an excuse to complain. Engage in discussions and participate in the activities during what is sure to be a very fun day.

Be proud of where you have come from and be proud of what you do for the 110th Airlift Wing. I know that I am immensely proud to lead such a fine wing.

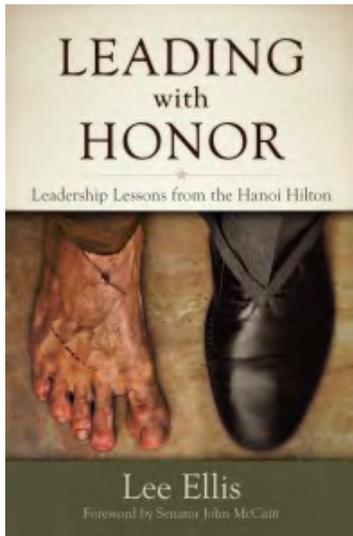
Be safe and have a great drill.

LEADING WITH HONOR

Leadership Lessons from the Hanoi Hilton

by Colonel Lee Ellis (Ret)

Former Vietnam POW & Leadership Consultant and Coach



110AW ANNUAL PROFESSIONAL DEVELOPMENT SEMINAR

Friday, April 25, 2014 @ 0730

Fort Custer, Building 3100
1201 Denso Road,
Battle Creek, MI 49037

Lunch catered by Fazoli's

Afternoon training will allow members the choice to sign up for a variety of different professional development topics presented by various members from within the Wing.

Cost is \$10.00 each

E4 and below are free sponsored by the Chief's Council (*be sure to sign up and get a ticket*)

To get signed up and obtain tickets please contact TSgt Travis Kowalski, 110 CF, DSN 580-3482

Military: UOD

Civilian: Casual

RESILIENCE TRAINING AVAILABLE TO ALL WING MEMBERS

110TH AIRLIFT WING EQUAL OPPORTUNITY DIRECTOR & RESILIENCE TRAINER
Capt. Abraham Poston

Resilience is an important Air Force initiative and a top readiness issue; and resilience training is now available to all wing members every drill weekend. I am excited to bring the Air Force Master Resilience Trainer curriculum to the wing and the Michigan Air National Guard. Beginning March UTA, all wing members are invited to join us from 1000-1045 each Saturday of drill in Building 6909, Student Flight training room. We will be training a new resilience tool each month. Resilience is the ability to withstand, recover and/or grow in the face of stressors and challenging demands (Defense Centers of Excellence). Physical fitness is not enough. In order for us to perform at our peak, we must be fit in each of the four personal domains; mental, physical, social and spiritual. The goal of resilience training is to become more fit in each of the four domains and walk away with tools that can be used to meet and overcome stressors and challenges. So, what will resilience training do for you? Resilient people have stronger performance, improved decision-making and better health. Resilient leaders are more receptive to valuable feedback, more valued by team members and are better at reaching consensus. What I like most about the resilience tools that we are going to cover is that they are equally applicable in the operational environment, office settings and at home. Remember, you can join us from 1000-1045 each Saturday of drill in Building 6909, Student Flight training room, to learn a new resilience tool to improve your comprehensive fitness.

BULLETIN

STRONG BONDS FOR SINGLES

The chapel staff is considering doing a Strong Bonds Event for singles. If you would be interested in attending, please email Senior Master Sgt. Jeanne LaHaie or Staff Sgt. Slocum or call us in the chapel office at 3371. Your response doesn't commit you to anything, but it will help us in our planning process.

DFAC MENU

Saturday

Shepherds Pie	Rice
Chicken Breasts	Chicken Gravy
Yams	Carrots
Corn	

Sunday

Corn Beef	Cabbage
Bangers & Mash	Brown Gravy
Bourbon Pork Chops	New Potatoes
Buttered Egg Noodles	Carrots

PROMOTIONS

No Promotions March 1, 2014

RETIREMENTS

Please congratulate them for their contributions to the United States Air Force, Air National Guard!

Maj. Janet Leski (OSS)

Master Sgt. Michael Madill (LRS)

Tech. Sgt. David Harris (AMXS)

UTA CHILDCARE

Attention 110 AW military members:

Need childcare during UTA? 6 Slots available for childcare on Saturday & Sunday of UTA 0600-1800.

Requirements: Must be attending UTA; Officer or Enlisted children can participate.

Children's age must be between 6 weeks-12 years.

Child must be immunized according to American Academy of Pediatrics.

Currently, completely free. Call MSgt Tammy Zerafa with questions. 269-969-3565

GOVERNOR'S BUDGET PROPOSAL INCLUDES ASSISTANCE FOR VETERANS

LANSING, Mich. – Governor Rick Snyder unveiled his proposal for the fiscal year 2015 budget today which included multiple allotments for Veteran support.

“Supporting our troops upon their return to Michigan is the right thing to do. Their sacrifices have earned our gratitude and assistance. But assisting with their transition is good for Michigan's economic comeback as well,” said Snyder.

Among that support is a proposal for \$5 million to create a state tuition assistance program for eligible Army and Air National Guard personnel. This new funding could potentially open doors for Soldiers and Airmen to attend college at a discounted rate.

“We are excited for the potential the proposed state tuition assistance program would provide for our Soldiers and Airmen. They have served honorably and deserve the chance to gain a higher education,” said Maj. Gen. Gregory Vadnais, the adjutant general and director of Military and Veteran's Affairs for Michigan.

Also part of the proposal was an additional \$7 million for capital improvements to armories and Veteran's homes across the state.

The goal is to pass the state's budget by June 1. The state's new fiscal year begins Oct. 1. www.ngam.org

THE POWER OF FAMILY

110TH AIRLIFT WING PUBLIC AFFAIRS
Airman 1st Class Justin Andras

Developed in late 2012, the Airman-2-Airman program was designed to provide a peer support network of Airmen led by other Airmen where they could go to receive support with a multitude of issues.

“We wanted to develop a total package program for not only mental health but also physical, spiritual, and social health acting as the centerpiece of the wing and a source for all wellness resources on the base,” said Mr. David Marshall, the Wing Director of Psychological Health. “We want to have a finger on the pulse of multiple areas of the wing.

Marshall brought the idea to Col. Ronald Wilson, the 110th Airlift Wing Commander, who offered his complete support. The goal was to develop the program into a dynamic, vibrant, and expansive resource for the Airmen of the 110th.

“We use this program to take care of our family here in the military,” said Wilson. “Whether an individual is old or young, senior or junior member, we will collectively assist them spiritually, mentally, and financially.”

The program leadership group consists of six members of the wing whom are responsible for producing ideas on how to improve trouble areas for Airmen of the wing. One recently discussed campaign addressed methods to assist Airmen in improving their fitness assessment scores. Stress and other factors have been known to contribute to poor health and physical condition.

“Stress has a direct impact on health, wellness, and motivation,” said Marshall who has witnessed several stress-related fitness test failures. “Stress hormones are in direct violation of someone attempting to be physically fit. They decrease metabolism and impact the abilities to sleep and regenerate muscle.”

To combat this, the Airman-2-Airman program hopes to give Airmen the opportunity to succeed by helping them gain control of the problem areas in their lives such as employment, relationship, financial, and physical fitness issues. The group is also working to organize a weekly Bible study for interested members

“Spirituality plays a part in a person’s total well-being,” said Marshall.

Additional ideas continue to add to the positive resources

available for the numerous members of the base.

“We have discussed ideas such as hosting a bake sale to raise money for purpose of bringing in guest speakers and massage therapists,” said Master Sgt. Angela Jameson, current member of the group. “Other ideas include a self-help line for 24-hour assistance and a Sunday coffee club.”

The idea of a coffee club was originally devised by Col. Billie Faust, retired former Vice-Commander of the 110th Airlift Wing. The idea was to have an informal setting where people could talk about issues

The Airman-2-Airman program is open to every member of the base, with no regard to rank, allowing anyone from the Wing Commander to an Airman Basic is allowed to attend. Individuals interested in attending program meetings, joining the leadership team, or with questions should contact Mr. David Marshall via phone at 269-969-3309 or through email at david.marshall.ctr@ang.af.mil.

SERVICE BEFORE SELF

217TH AIR OPERATIONS GROUP FIRST SERGEANT
Master. Sgt. Darrell N. Kingsbury

I am sure many of us have heard of the old adage “looking out for number one”. If you look out for number one, you take care of yourself and your personal interests, rather than the interests and needs of others. If your only goal is to take care of number one you need to change your mindset. Service before self is one of the Air Force core values.

As volunteers in the Air Force, we take an oath to defend our nation, the constitution and the freedom of Americans. By taking the oath of enlistment, Airmen pledge “an abiding dedication to the age-old military virtue of selfless dedication to duty, even putting ones life at risk if called to do so.

This core value demands that we look out for one another, take care of our Wingman and expect nothing but excellence in all we do. Service before self embodies the idea of loyalty, commitment, teamwork, and respect. This commitment of putting the needs of others first also extends to our families.

Our profession of arms often requires us to be away from our homes and families. “Service before self does not mean service before family.” We are responsible to the needs of our families and must ensure they are taken care of when deployed or away for duty. Having an up to date Family Care Plan is the first step in taking care of your family and putting their needs above your own. Single parents, dual military

spouses, and families with unique situations as determined by a commander or first sergeant must complete a Family care plan. If you currently have a Family Care Plan, it must be recertified each year. If your family dynamics change, consult with your first sergeant. Putting the needs of your family first embodies the idea of service before self.

Service before self is just one of the Air Force core values, but it embodies the idea that excellence can only be attained in an organization that is founded upon the principles of respect, loyalty, and commitment.

Professional Development Guide
AF Pamphlet 36-2241

COURAGE

110TH AIRLIFT WING COMMAND CHIEF
Command Chief Master. Sgt. Trever Slater

Courage is defined as the ability and willingness to confront fear, pain, danger, uncertainty, or intimidation. However, the part of courage that relates more to what we do from day to day is moral courage. Moral Courage is the ability to act rightly in the face of popular opposition, shame, scandal, or discouragement.

While having the willingness to confront fear may come at a moment’s notice, having moral courage is more likely to present itself in a manner where we have an opportunity to dwell on the circumstances of our decision. There isn’t much of a flight or fight option in moral courage, even though the outcome may have more effect on a broader population.

Right about now you are probably asking yourself why I bring this up. As Airmen, we are often put into situations where we need to use our moral compass to direct us in an appropriate manner. The decisions we make can affect our unit, squadron, wing, branch of service, and ourselves. Whether we are making crucial mission oriented decisions, providing feedback to a subordinate, or answering the question of a leader we need to provide an honest answer rather than an answer that you think they want to hear.

As supervisors we should be willing to accept the honest answers of our Airmen without them fearing retribution. Once we have established a system where honest communication is accepted there can only be positive outcomes for our personnel and mission. At the end of the day we should each be able to look ourselves in the mirror and say that we acted with Integrity First, Service Before Self, and Excellence In All We Do. *Have a safe and memorable UTA.*

AIR OPERATIONS GROUP HOSTS VIRTUAL FLAG

217TH AIR OPERATIONS GROUP
Chief Master. Sgt. Robert Shankleton

The 217 Air Operations Group (AOG) recently hosted the Distributed Mission Operations Center's VIRTUAL FLAG 14-2(VF 14-2), a ten day exercise involving over 70 units and including representatives from all four services. Here at Battle Creek, there were over 80 participants, with the majority of 35 visitors being from active duty Army, Air Force and Air Force Reserve units. The majority of units involved in the exercise operated from their home stations across ten time zones and assets were linked together virtually, allowing for distributed operations in a joint scenario. By utilizing this virtual training method, VF 14-2 was executed for approximately 1/10 the cost of customary Joint live fly training exercise of this scale.

The overarching objective of VF 14-2 was to exercise our Integrated Air and Missile Defense in a contested airspace over land and sea. To demonstrate this capability, Army air defense systems, a naval carrier group, Marine aviation units, and Air Force assets were melded into a single command structure. With the scenario being heavily weighted towards defense and containment, the interoperability of U.S. forces was particularly tested. Multiple alerts and warnings were issued during the scenario, requiring all services to work together to counter a variety of enemy attacks on U.S. and coalition forces. Also demonstrated was the ability of Air Force and Naval assets to coordinate and execute a War at Sea campaign. Forces participating spanned the U.S. military arsenal. Everything from Army Patriot batteries to Navy carrier groups to all Air Force aircraft were tasked to play their respective parts, and the de-confliction, direction, and control was located in the 217 AOG. Objectives met in this exercise will be shared with Joint warfare planners at key Combatant Commands. Many of the lessons learned will also provide a baseline for future force structure decisions.

For the 217th's part of VF 14-2, this exercise was a chance to demonstrate our ability to execute command and control of air assets in any AOR. *Colonel Sean Southworth, Commander of the 217 AOG, "Hosting Virtual Flag has been an absolute pleasure. The exercise show cased our ability to execute our wartime mission from Home Station and that was exciting for everyone in the unit. But for me, having the

entire Air Component - Air Guard, Air Reserves and Active Duty working with our Joint partners, demonstrated the level of team effort required for the Joint fight of the future. I am ready to host this exercise again, at the earliest opportunity." With the capability of Command and Control being executed from Battle Creek, the need to be forward deployed to be in the fight is no longer a requirement.

CHAPLAIN'S OFFICE RESURRECTS YOUNG HEROES

110TH AIRLIFT WING PUBLIC AFFAIRS
Airman 1st Class Justin Andras

In 1985, Sandra Priebe of Alpena, Mich., along with her cancer-stricken 12-year-old daughter visited the home of an Air Force officer. During their visit the young girl saw various medals, certificates, and awards on the Colonel's wall and asked a very honest question.

"He got all this for doing his job?" said the ailing girl. "Mom, what do I get?" Sandra's daughter died before she could be given a medal of courage for her fight with cancer.

Fortunately, the girl lived on through her mother's memories and Sandra formulated an idea to honor the courage of children with life threatening illnesses. The idea was proposed to the 127th Tactical Fighter Wing, Selfridge Air National Guard Base, Mich. by the Candlelighters, a non-profit support group for families of young cancer victims. In 1990 the program was adopted by the 110th Tactical Air Support Group, now the 110th Airlift Wing, Battle Creek, Mich. A committee was established of military members of all ranks and career fields with the main objective to pay tribute to the courage and dignity of real life young heroes from the local community and around the state whose tremendous struggle might otherwise go unrecognized. The program has garnered excellent community relations throughout Michigan for the Michigan Air National Guard and at one point had 75 active members from the 110th.

The program has not been used for several years therefore the 110th Chaplain's Office is working to revive the outreach program and rebuild the team.

It's an amazing program and a great opportunity to give back to the community said Chaplain Greg Van Heukelom, the 110th Airlift Wing's senior Chaplain. The group is looking for volunteers to join and assist in efforts to spread the word

around with the goal of finding eligible individuals for the awards.

"Our criteria for selection of children to receive medals are simple," said Van Heukelom. "The medal will be awarded to any minor showing great courage during treatment of a life threatening illness or injury. Our referrals will come from family members, doctors, nurses, social workers, and those in the best position to determine if the child should be designated a Young Hero."

Ceremonies will be conducted in hospitals, homes, churches, schools, and also on base, typically involving three individuals: a citation reader, award presenter, and photographer, in addition to the recipient, their family members and friends, and members of the Guard.

Individuals interested in joining the Young Heroes Committee should contact the base Chaplain's Office by phone at 269-375-6240 or email Chaplain Van Heukelom at gregory.vanheukelom@us.af.mil.

ONE PERCENT

217TH AIR OPERATIONS GROUP
Chief Master. Sgt. Robert Shankleton

The value of 1% doesn't get a whole lot of attention. 1% of a dollar is 1 cent, and nearly none of us would stop to pick up a penny as we walked across a parking lot. 1% of your dinner bill would be woefully short if leaving a tip for your server. 1% of a state's population doesn't even get a consideration from prospective congressional candidates. The list could go on for pages of just how little attention we pay to 1%. There is however, a single category where 1% does matter. As you move around your community, visit your local house of worship, attend school functions, and sporting events, you'll encounter hundreds, if not thousands, of people. These same people will spend their time, focused on their needs, their quality of life, and the pursuit of those rights guaranteed to them by our forefathers. Yet, if you look really hard, there is that 1%. These are the people who have answered the call to serve in the military. Unlike the other 99%, much of the 1%'s time is spent serving in the protection of those who focus is mainly upon themselves. This 1% is you. You wear the uniform and have answered the call. You have stepped forward when most would not. You have said "yes, I will defend OUR way of life...even for those who won't do it for themselves." Without YOU, there wouldn't be a "them", the other 99%.

As you fulfill the next few years of your enlistment, know that your service matters. Enjoy the freedoms you have ensured. Enjoy watching others as they take for granted the life style you've helped to protect. Go to bed at night knowing, your 1% matters.

National Guard Career Center highlights cyber capabilities in Battle Creek

JOINT FORCE HEADQUARTERS, MICHIGAN NATIONAL GUARD
Master. Sgt. Denice Rankin

After 18 months of planning, the 110th Airlift Wing, Michigan Air National Guard based in Battle Creek, Mich., has expanded their "footprint" to the Kalamazoo, Mich., area with the opening of an Air National Guard Career Center.

The new ANG Career Center is located at "The Shoppes on Stadium," 3266 Stadium Drive in a high-traffic area conveniently located by Western Michigan University.

The leadership at the 110th anticipates significant opportunities to reach out to individuals interested in serving their state and nation, who are willing to live the Air Force core-values of "Integrity first; Service Before Self; and Excellence In All We Do."

"We are excited for this ANG career center," said 110th Airlift Wing commander Col. Ronald Wilson. "The 110th leads cutting-edge air power innovation in planning, cyber, and operations. This is a great location to meet and educate applicants who are considering the option of military service in the Air National Guard."

The new office is totally funded by the National Guard Bureau. The only "expense" to the 110th Airlift Wing or the Michigan National Guard is the manpower required to run the office.

The Air National Guard Career Center is collocated with the active duty Air Force recruiters. The initial plan is to have the office manned Monday through Friday from 10 a.m. to 4 p.m., and a toll-free number 800-432-4296 to put individuals in contact with any of the recruiters.

Michigan Air National Guardsmen and women based in Battle Creek have served their local community and their country since the base opened in 1946.

Over the years, the 110th Air Guard members and the planes and other assets have supported numerous U.S. and



international missions such as security missions after the terrorist attack on Sept. 11, 2001, rescue missions here in Michigan after Hurricane Katrina in 2005, peacekeeping missions in Kosovo and Bosnia, and combat missions to support Operation Enduring Freedom, Operation Iraqi Freedom, and Operation Allied Force.

As America's involvement in Afghanistan draws down, it is certain that the relevance of the Guard to their local communities will become more noteworthy.

One of the 110th Airlift Wings' newest missions is expected to spark interest in the young generation of up-and-comers. The Remote Piloted Aircraft (RPA) mission is scheduled to be mission capable at the base in 2016 and will have the capability to accomplish both federal and domestic missions. The RPA will include but not be limited to intelligence collection, provide communications, and can be used as a weapons delivery platform.

At the ANG Career Center, potential applicants can receive information about the 110th cyber mission which supports the U.S. Air Force European Command with full spectrum



Members of the 110th Airlift Wing, Michigan Air National Guard take part in a ribbon cutting ceremony for the new Air National Guard Career Center and Recruiting Office located in The Shoppes on Stadium in Kalamazoo, Mich., February 22, 2014. The recruiting station educates applicants who are considering the option of military service in the Air National Guard. (U.S. Air National Guard photo by Master Sgt. Sonia Pawloski/Released)

non-kinetic solutions to solve global issues. The cyber mission could also be leveraged in United States domestic operations to support and protect state and national capabilities.

Those interested can also learn about the 217th Air Operations Group at the Battle Creek ANGB, which capitalizes on latest innovations in communication technology and powerful analytics. The AOG members produce strategic solutions to challenges ranging from security and famine in Africa to homeland emergencies.