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COMMANDER

By Colonel Ronald Wilson, 110th Attack Wing Commander

Members of the 110th Attack Wing, welcome to August UTA.

In light of recent events at the Chattanooga, Tennessee, Armed Forces Career Center and Navy operations support building, I would like to start this month's Commanders Comments by expressing my condolences to the four courageous Marines and one sailor who were tragically shot and killed in what appears to have been a cowardly act of domestic terrorism. Although these types of senseless losses are always heartbreaking, the gunning down of American servicemen on our own soil inevitably generates strong emotions for those of us in uniform. Across the nation, governors and state military leaders had already been debating the threat that ISIS, and those who wish to associate themselves with these types of terror groups, present to those of us who serve in the National Guard. Here in Michigan, Governor Snyder, General Vadnais and General Isabelle have made it abundantly clear that the safety and security of Michigan's soldiers and airmen is their number one priority, and are currently in the process of holding several threat working groups to address some of the more vulnerable aspects of service within our own communities. Issues like increasing security at recruitment centers, authorization to arm additional personnel on installations, the carrying of weapons by those with CPLs, and travelling to and from work in uniform are all being carefully assessed, and decisions regarding potential changes in protocols will be made soon. In the meantime, I want to stress that there are no direct threats to any personnel assigned to the 110th Attack Wing, either here in Battle Creek or at any of our geographically separated locations. And we plan to keep it that way. But the fact still remains that our AOG and RPA missions are directly linked to the fight against ISIS and therefore places a bullseye on our front door, so it is imperative that each and every airman remain diligent in identifying any potential threats both on and off base, as well as in your own communities. The reality is that the only way that a terror groups plan works if we become careless. We are only limited by our own awareness of vulnerabilities, and therefore need to ensure some basic precautions and accountability measures are taken.

As I mentioned in an email last week, leadership is currently working to create a new policy regarding the carry and transportation of personal weapons on base; a topic that has been debated for several months. I appreciate the anxiety that events like the one in Chattanooga create, but we cannot reactively change our course out of fear. Wing leadership is currently weighing the merits and risks to permitting airmen to bring their weapons onto base and an updated policy will be issued soon, but until that time I want to make it very clear that personal weapons are not allowed on base. Additionally, the recommendation that airmen travel to and from the base in civilian clothes remains, but with a caveat.

During times of uncertainty it is important that we are visible in the community, not only to reassure or neighbors and friends that they are safe, but also to ensure that we have their support should we face restructuring in the future. For those who have been here for a while, you know that staving off elimination takes unrelenting advocacy by the local community. To maintain the relationships we have with local civilian community we cannot hide inside the gates. We need to be visible, but not become targets. So if you travel off base in uniform, make sure that you are behaving as if you were in a deployed environment. Stay safe, remain situationally aware and don't let your guard down.

I also want to address an issue that is just as critical to our vitality as personal safety: recruiting and retention. As you know, we have some of the best recruiters in the Air National Guard, but their circle of potential recruits is not without limitation. We are putting a lot of time and effort into gaining and maintaining new missions, but for some reason our recruitment numbers are going down. This is absolutely unacceptable. The fact is, if we are not adequately staffed, we will not have the infrastructure to support new missions. So if our numbers do not improve—or worse yet, continue to decline—there is a real risk of losing future missions. My challenge to you today, and something that you will hear me push hard over the coming months, is to get out and tell the story of the Air National Guard to everyone you know. Each and every member of the 110th is a vital artery that can either nourish or starve the body of our Wing. I need you to support recruiting by tapping into your local communities, actively engaging in conversations about the ANG with family, friends, schools and businesses. Talk about the educational benefits, high-tech missions and availably of colleges right on base with programs tailored to our airmen. Let them know what it means to be part of something bigger than ourselves and encourage folks to consider a career in the Air National Guard.

And finally, we are less than two months from our ACC IG Capstone visit. Like the mid-point inspection a few months ago, the team coming to Battle Creek are all experts in your respective fields. They are going to know the answers to questions before asking. To prepare, each airman has to take the initiative to dig into their regulations. Know the AFI's, READ the AFI's, that guides your operations inside and out. Complete your MICT checklists. Point out risks and channel them up as needed. Prioritize your time by eliminating waiverable items. Engage your WIT team members, your Functional Area Managers, or our IG office if you get stuck. And by all means, be open and honest. We all have a part to play in the success of the upcoming IG inspection. Make sure you are ready.

And as always, be safe and have a great drill weekend.

BULLETIN

ACC/IG UEI SURVEY

110th Airmen and Family Members:

Please take a moment to fill out the ACC/IG Capstone survey, [now easily accessible from any of the] link[s] below.

This is your opportunity to tell the ACC/IG what you think about any issue, to let us know what is working well, and highlight what may be improved upon within the 110th.

Let us know, if you have any questions or concerns. The survey will close on 23 August 2015. Your honest and candid answers are important to the 110 ATKW, ACC/IG and to the success of the new Air Force Inspection System.

110 ATKW Survey Link: https://www.research.net/r/110ATKW

110 ATKW SharePoint: Link at upper right: https://eis.ang.af.mil/org/110AW/Pages/default.aspx

110 ATKW Facebook Page: https://www.facebook.com/110AW.BC.ANG

A couple of comments for the participants:

- The survey is open and ready for your inputs; it should only take about 20 minutes to complete.
- Please be open, frank and honest in your answers, it will make the results more meaningful for your wing.
- All of the information you provide is protected in IG channels; none of the data will be released outside of ACC/IG or SAF/IG.
- If you are a civilian employee, please indicate "Department of the Air Force civilian" at the appropriate question.
- You cannot select both Spouse and Military Member or Civilian, you must pick one.
- We value the opinions of your spouses and have developed [specific] questions for them. Please feel free to forward home for their use.
- The survey can be taken from any computer, additional links to it can be found on the 110 ATKW FaceBook and Portal Pages.
- The survey will close on 23 August 2015.

FITNESS ON BASE

Wing Fitness Center

Hours 0500-1900

(SFS can open outside these hours if you ask)

Services will be providing Practice fitness tests at the Track at 1530 Every Saturday of Drill. Our core target audience will be members who are currently enrolled in the Fitness Improvement Program. We will have fitness and Recreation Personnel available to assist in proper form for Pushups and Sit ups. The 1.5 mile run will also be timed. The classes are in Arcnet so that attendance can be tracked. Please schedule your members for the classes.

Please do not sign up for practice tests during fitness testing on Sundays. Saturdays will be for Practice testing.

We will not be providing Waist Measurements during these sessions.

We encourage all UFPMs and PTLs to attend to document members progress.

Thank you and we hope to see you out at the track!

BASE BOX

(affiliate name TBD)

Building 6900 (Large Hangar) WOD Day/Times

(Workout of the Day)

Sun of UTA 0630-0730

Tues-Fri 0630-0730

Tues-Fri 1600-1700

All Skill /Fitness Levels welcome and encouraged!

WHAT WE DO AT THE BOX?
https://www.youtube.com/user/CrossFitHQ

MICHIGAN NATIONAL GUARD WEBSITE

www.minationalguard.com

PROMOTIONS

1 August 2015

Senior Master Sgt. Daniel Salazar (CES)

Master Sgt. Jozzlyn Richards (MDG)

Tech. Sgt. Michael Scalici (SFS)

DFAC MENU

Saturday

Fried Chicken

Prime Rib Philly Cheese Steak *(Shaved Prime Rib on a 6" hoagie bun topped with choice of peppers, onions, and warm cheese)*

Baked Beans

Loaded Mashed Potatoes *(bacon, chives, garlic, and cheddar cheese)*

Mixed Vegetable

Carrots

Sunday

Traditional Greek Gyro *(Gyro meat on warm pita with Tzatziki. Red onion, and tomato on cold bar)*

Cheese Manicotti topped with Alfredo

Bread Stick

Cajun Wedge Fries

Sweet Corn

Green Beans

Meal includes Salad Bar, Dessert and Beverage

CORPORATE CUP 2015

It is that time of year to reach out and support the annual Corporate Cup 2015 community event! This year's dates are Thursday September 8th through Friday September 11th.

Lt. Ryan Ferguson, Master Sgt. Robert Richards, Tech. Sgt. Destiny Taylor and Tech. Sgt. Nicky Gilbert are the main POC's for signing up this year. Please shoot us an email or swing by to the finance office to sign up!

Events this year include doubles tennis, doubles Disc Golf, Foot Golf, Swimming, Basketball Shootout, Volleyball, one mile predict walk and one mile run.

If you participate in this year's corporate cup, you receive a free membership to the YMCA leading up to the event too!

We look forward to hearing from you soon!

CCAF Degree Completion made easy

- CCAF degree completion requires 5 classes that are only available from Civilian Colleges.
- To make access easier, three hybrid courses that meet Saturday of UTA and on-line in-between, have been created for the fall semester.
- Without 12 guardsmen, the class will not run.

Kellogg Community College

Registration period for Guardsmen extended till Next Wednesday

- Political Science: POSC 201
- Economics: Econ 201

Colleen Wright, KCC Registrar
Wrightc@kellogg.edu
269.565.2623

Western Michigan University

Registration is also still open, a representative is expected here this UTA weekend to discuss further

- Religions Of World: REL 1000, CRN: 46422
- English: ENGL1050, CRN: 45233

(this course is not hybrid this semester, it is entirely on-line this semester)

Tammy Morgan, Regional Coordinator
Western Michigan University-Battle Creek
Office: 269-964-2793 Fax: 269-965-2306

CGOC FUNDRAISER BURGER BURN

Saturday, August 1st

1630-1830 (and/or food is gone)

AROMS

All on base invited

POC: Joseph McNerney (mail to: joseph.mcnerney@us.af.mil) Alternate POC: Jennifer Bechtel (mail to: jennifer.e.bechtel.mil@mail.mil)

4 LENS CLASS

The professional Development Council is hosting a 4 Lens class on Saturday, 1 Aug at 1300-1500 AOG bldg. 6922 (the bldg. closest to the running track). The POC for this is event is Tech. Sgt. Gilbert in FM x3362 or email nicky.l.gilbert.mil@mail.mil. There is a limited amount of seats so please coordinate with her to reserve any seats.

110th Member 'Strikes' to the Top

By Tech. Sgt. Timothy Diephouse
110th Public Affairs Office

Recently, members of the 110th Attack Wing in Battle Creek Michigan traveled to Wings Stadium in Kalamazoo, Mich. to watch a full contact Muay Thai boxing event with a line-up of twelve different contests. One person in the bout was Tech. Sgt. Destiny Taylor a member of the 110th Attack Wing.

Tech. Sgt. Destiny Taylor has been a member of the Battle Creek Air National Guard since September 2004. She works in the Accounting Section of the base Comptroller Flight, and is a wife and mother of four. Taylor became interested in Muay Thai boxing while watching her husband, Tech. Sgt. Ruel Taylor, and her nine year old son, Jaden, as they both competed.

"The excitement I got just from watching them, and seeing their love of it made me want to start training." Taylor said. "It was one of the best decisions I've ever made." She soon joined the Alliance AZO Martial Arts Training Center in Kalamazoo and became a member of the Team Toro fighting team and began training five days a week.

Muay Thai is a combat sport of Thailand and uses stand-up striking along with various clinching techniques. It is known as the "Art of the Eight Limbs", because it is characterized by the combined use of fists, elbows, knees, and shins, and traces its history back to the middle of the 16th century.

Ceremony and ritual are hallmarks of Muay Thai boxing. Upon entering the ring the fighter will first "seal" the ring to block out any outside negative forces before commencing with a ritual dance. To do this the fighter will circle the ring counterclockwise and pray for a short time in each corner. While transitioning from corners, the right hand always remains in contact with the rope with the left hand raised to the fighter's face. Once the ring is sealed, the dance begins. For Westerners, this may seem strange or tedious, but this dance has deep meaning to Muay Thai practitioners. It's called the wai kru ram muay, and is generally referred to as the wai kru. The wai kru is performed by fighters

in order to pay homage to their teachers and family and to bless them with victory in the ring. Each fighter's wai kru is unique to their training camp and has been passed to them by their teachers, or kru. Over time, fighters will slightly modify their wai kru by incorporating different techniques in order to personalize the ritual. The wai kru is sacred to the Thai culture and should not be taken lightly. Performing a poor wai kru can be seen as an insult to your teachers and cause an individual to lose face in the eyes of his or her coach and classmates.

Fighters oftentimes wear a ceremonial headdress into the ring called a Mongkon. Traditionally, a teacher will present a Mongkon to a fighter once he feels that the fighter has trained hard and is ready to represent the gyms name in the ring. Tech. Sgt. Taylor describes it like this, "The Mongkon is worn out of loyalty, respect to the gym, kru, and the martial art as a whole. It is worn to show when you fight that it's not all about you, it's about the people around you that helped you along your journey." The headband is traditionally not to be touched by the fighter, and handled only by the coach. It is also not allowed to come near or touch the ground, as it is believed doing so will cause it to lose its blessing. Contrary to popular belief, the coloring or make-up of the Mongkon in no way represents the ranking of the fighter.

Armbands may also be worn. The armbands are called Prajioud, and were traditionally made from a torn piece of a mother's dress. They were then given to the fighters and tied to each arm for good luck and protection in the ring. Unlike the headdress, the armbands may stay on the fighter during the fight.

As her bout begins, the attending members of the 110th are on their feet cheering loudly for Tech. Sgt. Taylor. I asked her after the bout if she heard them or anything during the fight. "There are times during the fight when everything goes quiet around you except for your heart pounding and your opponent's breathing. Then, at other times, you hear everything; your teammates yelling, your kru, and the crowd."

The fight consists of three two minute rounds with a one minute rest period in between each round. In this particular fight, both boxers were landing good shots and it was difficult, especially for the untrained eye to determine who was getting the better of the exchanges.

When asked if getting hit hurts, Tech. Sgt. Taylor offered this, "There is definitely a feeling of relief after that first hit. That is when you officially know what you're up against and how you plan to handle the rest of the fight."

After three rounds of intense action, the judges gave their verdict. The fight was scored a draw. One more round would be needed to determine a winner. During the fourth and deciding round, Tech. Sgt. Taylor left no doubt as to whom the winner of this bout would be. Instead of showing signs of fatigue, she seemed to gain strength and speed and delivered numerous solid blows to her opponent. When the judges' decision came in, Tech. Sgt. Taylor's arms were raised in victory.

Tech. Sgt. Taylor also credits Muay Thai with helping in her Air Force career. "It has boosted my self confidence and my drive to excel and succeed." She then added, "It's also made the PT test a breeze."

Tech. Sgt. Taylor hopes to one day travel to Thailand and experience training and fighting in the traditional Muay Thai ways. Until then, she continues to train and fight when she can. Her next bout takes place over the September drill at a "Support the Troops" event in Lansing. She says she would love to, "fill the venue with my military/guard family."

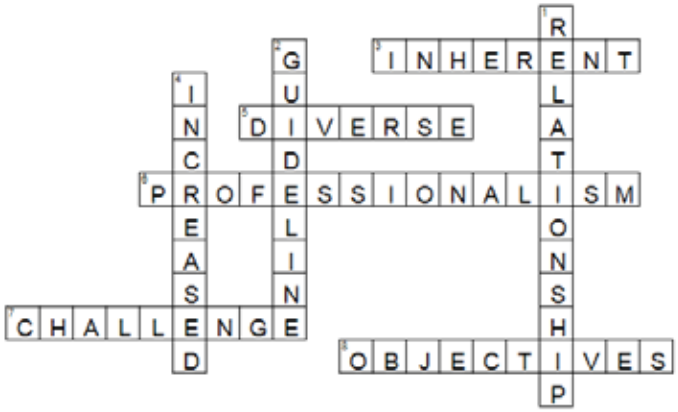
A final note. At the writing of this article, Tech. Sgt. Taylor and her husband traveled to Iowa to take part in the Muay Thai Classic in Des Moines. They both finished the tournament undefeated, making Tech. Sgt Destiny Taylor the 2015 National Flyweight Champion, and her husband Tech. Sgt. Ruel Taylor, the 2015 National Cruiserweight Champion.

Please join Sgt. Taylor and her family in Lansing, Saturday, September 12, 2015 at the Causeway Bay Lansing Hotel & Convention Center at 5:00 pm. See Sgt. Taylor for discounted tickets.

AIRMAN OF THE MONTH

June 18, 2015 While traveling through Cleveland, OH, to attend the wedding of a friend, Staff Sgt. Amanda Bean spotted a vehicle that had lost control in the rain and was overturned in a ditch on the side of the highway. A State Trooper, who only happened upon on the scene a moment before, was struggling to gain access to a driver who was trapped inside the vehicle. Without hesitation, Sgt. Bean, who is an EMT and local Firefighter, pulled over to assist the Trooper. Unable to reach the driver due to the vehicles positions, Sgt Bean successfully improvised access using a tire jack she found in the trooper's trunk. Sgt. Bean not only extricated the driver, but remained on scene for 30 minutes to provide patient care until Fire, Rescue, and EMS units were dispatched to the scene. Although she could have easily driven by, Sgt. Amanda Bean went above and beyond to ensure the safety and security of a stranger in need. It is this kind of selflessness behavior that exemplifies the Air Force core values that define what the 110th is made of.

5. 36-2643 Air Force Mentoring Program



Working Relationships Are No Accident

By Master Sgt. Rodney Allen, 1st Sgt. 110th Security Forces

Work relationships are no accident. As with every other area of life, success in a work relationship does not happen automatically. The secret to success in any endeavor is planning, and successful planning depends on knowledge. It is only when we have accurate and adequate information that we can plan for success.

Many of us are willing to spend years in training and school receiving an education, so we can obtain an associate, CCAF, bachelors, masters, or doctor's degree, that we believe will prepare us for success in our chosen military career. We pursue education because education makes us versatile, and versatility increases our marketability. Increased marketability enhances the likelihood of our success. Rather than leave our success to chance, we plan carefully for it.

There was a time when a person entering the military spent his or her entire life in the same career field. Today it is not at all uncommon for military members to change career fields multiple times during their military career. The fact that frequent career field changes have become the norm in modern society makes education and knowledge even more important to success.

If we are so careful about planning for military career success, why aren't we just as careful about planning for success in working relationships? After all, we spend much time preparing for a career field that may change at any time, yet devote very little time preparing for a working relationship that should be value added. If we are not careful we can end up spending too much time preparing for the wrong things. There is nothing wrong with going to school and getting an education or deliberately planning for success in meeting military career goals. The problem is that there are many people who have successful military careers but failed working relationships because they spent much time learning how to get along with ones they rarely see and no time learning how to get along with their peers. We invest more in preparation to make a living than to live life effectively.

As with any other endeavor in life, success in working relationships depends on information and planning. Working relationships are an investment, and success is directly proportional to the amount of knowledge and time invested in it. Success is not a gift, but the result of careful and deliberate preparation. Success is directly related to investment: when you invest in time and passion, you will more likely succeed.

No one who hopes to build a new house approaches the project haphazardly. Success in such a venture means buying the right piece of property, securing the services of qualified architect, and making certain that sufficient financing is available to bring the whole project to completion. It is important to plan for the end before beginning, to count the cost up front, and try to anticipate the pitfalls and difficulties that will occur along the way.

We must plan for success. We must give the same attention to building a home as we do to building the working relationship. Many beautiful houses are not working relationships.

Cody touts 'One Air Force' during ANG enlisted call

By Master Sgt. Marvin R. Preston, Air National Guard Readiness Center Public Affairs / Published July 29, 2015

JOINT BASE ANDREWS, Md. (AFNS) -- Chief Master Sgt. of the Air Force James A. Cody shared his thoughts on the future of the force with Airmen from the Air National Guard during an enlisted call July 23 at Joint Base Andrews.

During the discussion, Cody addressed the professional development of Airmen, diversity, and the possible changes in the way the Air Force integrates the active-duty and reserve components in the years ahead.

"This (discussion) is a great opportunity," Cody said. "It's important that we have a dialogue so I can represent you in the right way, and that means knowing what's on your mind, what concerns you have and what questions you have about what we're working on. Hopefully I'll be able to give you a perspective on why we're doing things."

One of the key topics of discussion was ability of active-duty and reserve component Airmen to be more integrated along career paths. Traditionally, it has been possible but difficult to move among components throughout a career.

"We need to have this ability for Airmen to go between components," Cody said. "The seam that exists today needs to be brought together and there (need) to be more gateways where our Airmen can move between them."

As part of the recently released Air Force Strategic Master Plan, the human capital strategy addresses recruiting, retaining and developing Airmen, as well as talent management, all with an eye toward the future that will demand increased diversity and inclusiveness to achieve collective innovative potential. It continues the emphasis on integrating components of the Air Force in an effective manner.

"I can see where, in the future, to be in the most senior leadership positions in our Air Force, you're going to have to have done real tangible time within the other components," Cody said. "You're going to have to have been an active-duty Airman who worked with the reserve component ... worked with them and done the business at hand, because we're one Air Force and if we don't have that depth of experience and knowledge we are not going to be as effective as we need to be as a force."

Cody referenced a number of senior enlisted leader positions currently open for the best available Airmen to compete and shared the most recent example of integration across the components.

"Chief Master Sgt. Danny Doucette is a great example, because he's the commandant of the First Sergeants Academy (at Maxwell AFB, Alabama,) -- the first time ever held by a reserve component Airman," Cody said. "Why is Chief Doucette the commandant? It has nothing to do with the fact that he's in the Air National Guard, but everything to do with him being the right chief at the right time to do that job. He's got the credibility, ability and training and he was the best candidate to take on that role."

Cody explained that through proper development, the pool of qualified Airmen will be available, regardless of component, and he is encouraged about the future.

"It's something I'm very excited about and I think you should be excited about -- this idea that we're being very deliberate about ensuring that we have a human capital strategy that encompasses every single one of us, not just one component," Cody said. "It has to be a human capital strategy that blends all of the diversity and strength we have in the force and that is representation of the four components."

Cody also fielded questions and addressed concerns from the audience about breaches in cybersecurity, enlisted performance reports and proposed cuts to dual military member basic allowance for housing and its effect on attracting and keeping quality Airmen. After finishing his talk, Cody thanked the Airmen for what they do.

"I'm proud to serve with each and every one of you," Cody said. "I'm extremely proud of what you're doing every day. Despite what narratives may be out there or what others might say, don't let anyone define your service and your sacrifice; you define it by what you do every day. Every single day is a privilege to be an Airman in the United States Air Force and put this uniform on. We ask a lot out of you, but I think you get a lot out of it or you wouldn't be here. What you do is meaningful and purposeful."