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110TH ATTACK WING UTA NEWSLETTER  
BATTLE CREEK AIR NATIONAL GUARD, MI  
**FEB 2016**

## COMMANDER

By Colonel Bryan Teff  
110th Attack Wing Commander



### 110th Team,

Welcome to February RSD. You may be wondering what is a RSD? RSD is an acronym for Regularly Scheduled Drill. This is obviously a minor administrative change; however, there is significant change

occurring throughout the Wing, generating opportunity for many of our members.

In a recent development, Col Southworth was selected by senior JFHQ leadership to be the new Deputy Director of the Joint Staff in Lansing. This is a full-time position and his expected start date is 22 Feb. We expect to conduct interviews for the AOG Commander position in the next week with the goal of having a new commander in place prior to 22 Feb. Tentatively, we have scheduled the AOG change of command for the April RSD. Col Southworth is a natural fit for this position, and we will realize the benefits by having someone with his tremendous skill and talent working at our JFHQ. Congrats to Col Southworth, he will be definitely be missed.

In another recent change, Maj Kelly Black has left the Wing Exec Officer position for a position as deputy commander of the Civil Support Team. This is a great opportunity for Maj Black as he takes on a new exciting challenge at Fort Custer. I want to personally thank Maj Black for his great work and dedication to the 110th over the past 14 years. As a result of this move, Maj Mark Sitterly has joined us from the CST as our Environmental Manager. Maj Sitterly is a great addition to the 110th and we welcome him and his family to our team. In addition, Capt Rachel Kallenberg has now joined the Wing Staff as our new Exec officer. Please welcome Capt Kallenberg as she begins her new role.

One of life's biggest ironies is how often people express concern regarding their circumstances, yet rarely take positive action to bring about change. It's not that they don't have good intentions, or the desire for change isn't great. It's that change is scary and risky. Even when we're unhappy with our current situation, we are familiar with it. Change is just so unknown! For this reason, we often miss opportunities, even when they are obvious.

Why is change so difficult? Why do we fear, rather than embrace, opportunities for change?

We all like our routines. We wake up at a particular time, get ready for our day, and embark about the myriad of tasks we are responsible for. We don't give much thought to them; we just go through the motions getting things done, crossing them off our lists and then moving on to the next item. When thoughts such as, "Is this all there is?" or "I need a bigger challenge", creep in, we know it's time to look for new opportunities.

Naturally, most of us spend a significant deal of time thinking about what we would like to be different. Whether it's a lifestyle change, new job, or taking on a new adventure, we are usually too busy to stop and figure out how to get there. Planning is important and we all know that change requires work, and sometimes the thought of that is simply exhausting. On top of that, we tend to worry. Edwin Locke states that the #1 thing that stands in the way of attaining our goals is fear. Fear of failure, fear of success, fear of the unknown, fear of making the wrong decision, and the list goes on.

Carolyn Adams-Miller, author of *Creating Your Best Life List*, says that when we engage in a well-planned risk, even if it's scary, we immediately gain confidence, progress toward goal accomplishment and an increase in our life satisfaction. Even when the risk doesn't turn out exactly as hoped, we still benefit.

As we move forward as a Wing, there will be tremendous opportunity for many of you. I ask that you embrace the mindset of an optimist, and seize opportunities as they are presented to you. This is an exciting time to be part of the 110th.

My best to you and your family!

## PRAYER BREAKFAST

Sunday, February 7, 0700, Dining Facility

Breakfast: pancakes, ham, scrambled eggs, fruit, coffee, juices, and other breakfast items. Suggested \$3.00 Donation at the door.

The speakers for the Prayer Breakfast are Nate and Sara Johnson. \*\*\*Please note: Due to the Prayer Breakfast on Sunday, Catholic Mass will be celebrated Saturday, February 06, 2016 at 1600 in building 6909 Star base side. If anyone wants to go to confession before Mass or if you would like to volunteer to be a lector for the readings, please let Master Sgt. Kronenwetter know. His email is christopher.j.kronenwetter.mil@mail.mil, or call the Chaplain office @ X 3371.\*\*\*

Any comments, questions or if you are in need of other services offered by the Chaplain office please call the Chaplain office @ X3371, comm.(269) 969-3371 or DSN. 580-3371. Thank you.

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## WEBLINKS

PROMOTIONS

MENU

CHAPEL SERVICES

RETENTION

PHOTOS

## New Feb RSD

● 110th Firefighters conduct flashover training (photos)

● Health and the Community (article)

## Message & updates board

- STATE MILITARY BALL
- GREEN KNIGHTS, Military Motorcycle Club information
- UTA Childcare
- Retention & Recruiting

## PUBLIC AFFAIRS MESSAGE

The electronic Jetstream (eJSJ) will be moving towards a Quarterly distribution vs. monthly. All of the information will continue to be updated on the Wings Public Website: [110AW.ANG.AF.MIL](http://110AW.ANG.AF.MIL) with timely updates posted on the Wings Facebook site: [110AW.BC.ANG](http://110AW.BC.ANG) as always please submit updates, articles, stories of interest etc. to the 110th Public Affairs office email at: [USAF.MI.110-ATKW.MBX.PA-VISUAL-INFORMATION@MAIL.MIL](mailto:USAF.MI.110-ATKW.MBX.PA-VISUAL-INFORMATION@MAIL.MIL) (as well as work/print/studio requests) For a more detailed list of what your Public Affairs Office can do for you please see PA Customer Service Center on your nearest bulletin board or on [SHAREPOINT](http://SHAREPOINT)

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