

RHODE WARRIOR LIGHT



Vol. 1 No. 6 - OCTOBER 2014

MISSION FIRST, SAFETY ALWAYS!

Briefs

UTA Lunch Menu

Saturday

Sticky Chicken
Sweet & Sour Pork
Stir Fry Veggie
Vegetable Fried Rice
Broccoli/Carrots
Choc Chip/Oatmeal
Cookies

Sunday

Meatloaf
Baked Chicken
Veggie Lasagna
Mashed Potato
Macaroni & Cheese
Green Beans/Corn
Pineapple Upside Down
Cake

Salad Bar with
Grilled Chicken
And Tuna, Fresh
Fruit Bar and Ice
Cream Bar Available
Both Days

\$4.65 for
AGRs/Officers

\$\$Pay\$\$

October 2014 UTA is
scheduled to pay on
18 October 2014

Weather Forecast

Quonset ANGB, RI

Saturday - 65° Fog and
showers

Sunday - 63° Partly cloudy
and breezy

RHODE WARRIOR
143d Airlift Wing

Capstone Event - Just the Beginning



Col Fluor

TEAM,

Thank you for all of your hard work. Like every other challenge the Rhode Warriors take on, our approach to the Commander's Inspection Program (CCIP) came with a level of intensity and skill that we're known for. You made our self-improvement possible.

The Capstone event of our Unit Effectiveness Inspection (UEI) is here. This coming drill we welcome more than 50 Inspector General personnel from Air Mobility Command and Air Force Space Command. It's our chance to validate and verify how our CCIP is improving every day. Continuous improvement is what this program is all about. While the tools may be different, executing the mission, managing resources, leading people, and improving the unit are tasks that have been our hallmark for many years.

The Rhode Warrior pride and spirit is evident in all of our accomplishments. From the great

success of our student flight program to our very successful track record of in-residence professional military education, we continue to offer the most fit, ready, educated, and trained Airmen to our state and nation. Exceptional AFSC skill, leading, mentoring, teaching, PT, PME, and continuing education have become part of our everyday conversation. Continuous improvement is the requirement, and you are the driving force behind it.

In a few days, the Capstone event will end. However, our Commander's Inspection Program and 24/7 inspection readiness will continue. We'll be better tomorrow than we were today and better the day after that. Embrace the program.

Be proud of your accomplishments and the high quality readiness and value we offer our country.

Thank you for all you do.

As always, just lucky, honored, and most proud to be on the Team,

Colonel Art Fluor
Commander, 143d Airlift Wing

Fire Prevention Week 5-11 Oct 2014

**Working
Smoke
Alarms
Save
Lives**

**Test
Yours Every
Month!
Visit nfpa.org**

- JANUARY
- FEBRUARY
- MARCH
- APRIL
- MAY
- JUNE
- JULY
- AUGUST
- SEPTEMBER
- OCTOBER
- NOVEMBER
- DECEMBER



Fast Facts About Fire - Smoke Alarms

- Almost three of five (60%) of reported home fire deaths in 2007 to 2011 resulted from fires in homes with no smoke alarms or no working smoke alarms.
- Working smoke alarms cut the risk of dying in reported home fires in half.
- In fires considered large enough to activate the smoke alarm, hardwired alarms operated 93% of the time, while battery powered alarms operated only 79% of the time.
- When smoke alarms fail to operate, it is usually because batteries are missing, disconnected, or dead.

Upcoming Events

Magown-Roberts Golf - 20 Oct 14

*For more information about these events contact your First Sergeant or your Orderly Room



U.S. AIR FORCE
EagleEyes
WATCH.REPORT.PROTECT.

Do Your Part to Stop Terrorism.
The First Step is Knowing What to Look For.
The Eagle Eyes program is an Air Force anti-terrorism initiative that enlists the eyes and ears of Air Force members and citizens in the war on terror.

If you see or hear something suspicious call Security Forces 24/7 - 401-267-3530
Your local Anti-Terrorism Officer is LtCol Peter Horne - 401-267-3248

AIRMAN SPOTLIGHT... Airman Skye Chan

143d Logistics Readiness Squadron

By: Tech. Sgt. Arthur DesLauriers and Master Sgt. John McDonald
143d Airlift Wing, Public Affairs

Rank/ First & Last Name:

Amn Skye Chan

Squadron:

143d Logistics Readiness Squadron/Traffic Management Office

Years of Service:

One year and eight months

Family's Military Heritage:

My brother served in the Marine Corps and the Army.

What is your mission here?

Ensure the shipping and receiving of aircraft parts.

What are some of the challenges you face while conducting your mission and how do you overcome them?

It's difficult to get everything done in the [UTA] weekend. I use time management.

Why did you join the Air Force?

I have seen what the military has done for my family and friends. Sense of personal pride.

What are your short term goals in the Guard?

Work on my CDCs over the next 30 days.

What about long term goals in the Guard?

Use the tuition reimbursement to assist in paying for a nursing degree.



What is your civilian employment?

Work for a motorsports company doing inventory management.

How does your military training improve your civilian job?

The tech school training on inventory and supply has assisted me in my civilian job.

What is the proudest moment of your life?

Graduating Basic Training

Do you do any volunteering?

I used to volunteer at the Westerly Hospital and the Westerly Homeless shelter.

Do you have any hobbies?

Horseback riding

How do you stay fit to fight?

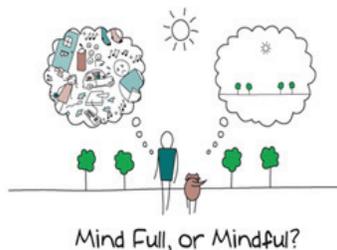
Go to the gym

Each month the 143d AW Public Affairs Office will identify and interview an Airman from within the 143d AW for the Airman Spotlight. To nominate one of your Airmen (Enlisted or Officer) please contact the PA office at 143aw.pa@ang.af.mil

Don't Miss the Low Hanging Fruit!

- Check your Fire Extinguisher Inspections
- Clean up your work centers
- Do your Safety Spot Inspections
- Check your Form 55's
- Do NOT have unauthorized equipment or chemicals in your work area
- Use proper waste receptacles
- Use Operational Risk Management - On and Off Duty
- Practice Customs and Courtesies
- Ensure Correct Wear of your Uniform
- Be a Good Wingman

Mission First, SAFETY ALWAYS



Resilience Corner

Building and sustaining a thriving and resilient Air Force Community that fosters mental, physical, social, and spiritual fitness.

Are you Mindful? Or is your Mind full?

Acceptance through mindfulness helps you acknowledge and cope with negative aspects of events that you can't control and disengage from negative thoughts that interfere with performance, values or goals. Mindfulness also allows you to refocus on aspects where you do have control and take action. When your brain is clouded by negative thoughts or beliefs that prevent you from acting like yourself take the time to practice mindfulness. Anchor yourself physically and concentrate only on the task at hand. Push away negative thoughts about what you can't control.

Remember there are resources for you, your family and your Wingman:

- WDPH - Dr. Dave Lacey - 401-267-3330
- SPPM - Maj William Rebeck - 401-267-3242
- Chaplain - Captain David Thurber - 401-267-3486
- Your First Sergeant, Supervisor and Commander

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The 143d AW/PA Staff would like to recognize Tech Sgt Arthur DesLauriers upon his retirement. Thank you for your service! The Team will miss you!

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