

RHODE WARRIOR LIGHT



Vol. 2 No. 1 - JANUARY 2015

MISSION FIRST, SAFETY ALWAYS!

Briefs

UTA Lunch Menu

Saturday

Chicken Parm
Meatballs
Eggplant Parm
Garlic Bread
Spaghetti
Penne
Mixed Vegies
Vegetable Soup

Sunday

Stuffed Pollock
Pork Chops
Spinach & Cheese Ravioli
Assorted Dinner Rolls
Au Gratin Potatoes
Brown Rice
Glazed Carrots
Peas & Onions
Broccoli & Cheddar Soup

Available Both Days

Salad Bar
Cookies
Ice Cream

Hours of Operation

1100-1300

\$5.55 for
AGRs/Officers

\$\$Pay\$\$

January 2015 UTA is scheduled to pay on or about 18 January.

Weather Forecast

Quonset ANGB, RI

Saturday - 22° Partly Cloudy and Breezy

Sunday - 33° Partly Sunny

RHODE WARRIOR
143d Airlift Wing

PERSEVERANCE IN THE NEW YEAR



Col Hamel

TEAM,

As we head into a brand new year, please take a few moments to reflect on some of our significant accomplishments from 2014. Think about all of the dedication, hard work, and personal sacrifice required to reach the milestones that were previously unattained by any other generation of Airmen in the 143 AW. Finally, close your eyes, pat yourself on the back, and bask in the glow of a job well done.

Now open your eyes, because it's time to get back to work!

The success we have achieved will begin to erode very quickly if we don't persevere and continuously focus on doing our jobs correctly and safely. Former Speaker of the US House of Representatives Newt Gingrich defines perseverance as the hard work you do after you get tired of doing the hard work you already did. It is up to all of us as leaders to persevere so the positive momentum we've created continues to grow. It will not be easy. It never is, but the results will be extremely rewarding. Teddy Roosevelt said, "Far and away the best prize that life has to offer is the chance to work hard at work worth doing." There is no argument that the work we do here is well worth doing.

Colonel Anthony Hamel
Commander, 143d Mission Support Group

Comprehensive Airman Fitness

Master Sgt Janeen Miller, 143d AW/PA
Master Resilience Trainer, 143d AW

The Chief of Staff of the Air Force and the Chief Master Sergeant of the Air Force have prioritized resilience as one of the top AF readiness issues due to high OPSTEMPO, persistent suicide rates, and self-defeating behaviors. This has resulted in a personal resilience/risk management program designed to encourage personnel to discuss work, family, and life concerns, as well as improve awareness and access to support resources – officially named Comprehensive Airman Fitness (CAF).

CAF is a new model of fitness – an Airman's fitness is no longer defined solely by a PT score. Therefore, training and services available to the Total Force – Airmen, Civilians, and family members – will shift to a more all-inclusive approach to a person's health: mental, physical, social and spiritual fitness.

Comprehensive Airman Fitness is made up of four domains and tenets. The four domains are the areas of a person's life which encompass the totality of how they experience and relate to others and themselves. Being fit across the four domains will lead to a more resilient individual. The domains and tenets shown in the photo above are defined as follows:

- Mental** – the ability to effectively cope with unique mental stressors and challenges
- Physical** – the ability to adopt and sustain health behaviors needed to enhance health and wellbeing
- Social** – the ability to engage in healthy social networks that promote overall well-being and optimal performance
- Spiritual** – the ability to strengthen a set of beliefs, principles, or values that sustain an individual's sense of well-being and purpose

Over the coming months training will be made available to all Airmen that will help develop resilience skills that can be used in and out of the Air National Guard. For more information about the training available for your unit please contact MSGt Janeen Miller.



CAF Domains and Tenets



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... SRA Danielle Rezendes

143d Logistics Readiness Squadron

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

Rank/ First & Last Name:

SRA Danielle Rezendes

Squadron:

143d Civil Engineering Squadron

Duty Title:

Engineering Assistant

Years of Service:

4 Years

What is your mission here?

To provide Engineering Support and Tech Assistance in support of the 143d CES

What are some of the best parts of your mission?

Being out in the field

How many times have you deployed?

Once (Afghanistan 2013)

How does your job differ in a deployed environment vs. home base?

You seem to receive more training and hands on experience when deployed

What made this deployment unique?

It was my first and I gained a ton of experience

Why did you join the Air Force?

To progress in my career and to continue my education, also to experience what I went to school for - Construction Management

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



What are your short term goals in the Guard?

Promote to Staff Sergeant

What are your long term goals in the Guard?

Go back to school for my Graduate Certificate for GIS; Geometric Information System & Remote Sensing and to become a Commissioned Officer

What is the proudest moment of your life?

My deployment (You'll never have experiences like that outside the military)

Do you do any volunteering?

RI Mentoring Partnership, Blackstone River Coalition, VA Home in Bristol, RI & Operation Stand Down Rhode Island Food Drive

If you could make one change to the base what would it be?

More morale events!

How do you stay fit to fight?

Kickboxing, Tough Mudders and eating healthy

SRA Rezendes grew up in West Greenwich. She attended Exeter/ West Greenwich High School and New England Institute of Technology.

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Volume 2 - Number 1

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Don't forget to like us on Facebook
www.facebook.com/143dairliftwing

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
- Continue your MICT checklists - constant compliance
- Be a Good Wingman

Mission First, SAFETY ALWAYS

TROOP CARD Social Media Tips

Use these tips for when using social media. Please remember that you represent the U.S. Air Force and the RI National Guard when you post on social media - particularly if you are in uniform.

1. Once it's out there, it's there forever
2. No classified information; think OPSEC
3. Replace error with fact, not argument
4. Admit mistakes
5. Use your best judgement
6. Avoid the offensive
7. Don't violate copyright/misuse trademarks
8. Don't violate privacy
9. No official endorsements
10. No impersonations
11. Stay in your lane
12. Be cautious with information you share