

Proud Airman

Photo by: MSgt Janeen Miller



Brigadier General Marcus Jannitto looks on as his daughter, Hannah, affixes his newly appointed rank to his uniform at a ceremony held at the Rhode Island State House on 27 March 2011. Congratulations, Sir!



RHODE WARRIOR

First Quarter 2011

Home of the USAF's First C-130J-30 Aircraft



THINK
SAVE

GREEN,
GREEN!



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FROM THE EDITOR'S DESK

Welcome to the first edition of the all new Digital Rhode Warrior! The 143d has gone green with the Rhode Warrior and will only produce a digital magazine from now on. We have plans to release a printed Year in Review each year so stay tuned for more information on that! Please, enjoy your new technologically savvy, green magazine and let us know what you think!

The first quarter of 2011 has been as busy as ever. With preparations for ORE's and an upcoming ORI on top of an impending real world deployment the members of the 143d AW are always on their toes!

I would like to invite all of our readers to make suggestions and submit photos and information for articles for the Rhode Warrior. This means families too! If there is something that you would like to see more of (or less of) please e-mail me or LtCol Fletcher and we will work to make your Rhode Warrior the best it can be! The deadline for the second quarter Rhode Warrior is 8 July 2011.

HAPPY READING!

MSgt Janeen Miller
401-267-3229

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Front Cover: Digital Illustration by
Master Sergeant Janeen Miller



Up front with THE COMMANDER



A Better Way to do Business

It is very natural for each of us individually, and all of us collectively as an organization, to do things the same way all the time. We are, after all, creatures of habit and we settle into our daily routines. Doing things in accordance with our routine or checklist can be very beneficial in our line of work. Checklists insure we don't miss any critical steps and that the job is accomplished to the same exacting standards every time. We can, however, become so entrenched in our routines and checklists that we can overlook a better or more efficient way to do business.

Now, more than ever, we must scrutinize every aspect of our operation and ask that very basic question, "is there a better way?" With our State in the middle of a fiscal crisis and our Federal budget decreasing, conservation efforts can actually lead us to smarter operations. It's easy to say we should turn off lights and turn down the thermostats to save a few dollars here or there but I think this is our opportunity to make real systemic change that will pay us dividends for years to come. Each of us needs to embrace this opportunity and uncover the inefficiencies that may surround us.

What investments should we be making now that will reduce our energy footprint in the future? Is there new equipment that would sip energy as opposed to the older machine that is a drain on our resources? Where should we consolidate officers or jobs to avoid duplication of effort or redundant systems? The answers are out there and each of you may hold the key to one of them. Not only do you know your section better than anyone else, you may also have vast

experience from the civilian sector that can help us develop a smarter operation.

As we have gone through drills to find any energy savings we can, we discover things that have been right under our nose but we have overlooked. For example, the P-8 fuel cell hanger, while critical to our operation, is not utilized 100% of the time. Additionally, it only houses two full time employees on a daily basis. Due to its size and construction it is also an expensive building to heat and cool. When we looked at it, it became obvious that we could transplant those full timers to the larger maintenance facility for routine operations and only heat and cool the full cell hanger when there is actual maintenance going on in the building. While the savings will fluctuate based on the real usage, it is smarter than using all that energy every single day regardless of what is going on. That is just one example of new ways of doing business that can return savings on a recurring basis.

So I ask each of you to look at our operations and suggest ways you think we can be more energy efficient. Some may be easy and some may require more time and capital investment to institute but improve we must and your ideas are key to our success. Look around your shop, your section, your squadron and our entire base and let us know what you think. You may be looking from a slightly different angle than the rest of us and that can make all the difference.

I appreciate your help and your expertise and I look forward to your thoughts.

OUR STRENGTH IS FOR DEFENDING.



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1-877-995-5247(24/7)



MyDuty.mil



Maj Lynne Hannon - 401-267-3535 - Alt Wing SARC
MSgt Judy Jannitto - 401-267-3409 - Victim's Advocate
TSgt Georgina Kalwak - 401-267-3504 - Victim's Advocate
CMSgt Lori Ashness - 401-480-6028 - State SARC



Vigilant Observers Wanted



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

>>>Surveillance.

Someone recording or monitoring activities, including the use of cameras (video & still), note taking, drawing diagrams, writing on maps, or using binoculars or any other-vision enhancing device.

>>>Acquiring Supplies.

Purchasing or stealing explosives, weapons, ammunition, uniforms, decals, flight manuals, passes or badges (or equipment to manufacture them), or any other controlled items.

>>>Dry Run.

Putting people into position and moving them about without actually committing a terrorist act such as kidnapping or bombing. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.

>>>Elicitation.

Anyone or any organization attempting to gain information by mail, fax, telephone, or in person about military operations or people.

>>>Tests of Security.

Any attempts to measure reaction times to security breaches or to penetrate physical security barriers or procedures.

>>>Suspicious Persons Out of Place.

People who don't seem to belong in the neighborhood, business establishment, or anywhere else. This also includes suspicious border crossings, stowaways aboard ship, or people jumping ship in port.

>>>Deploying Assets.

People and supplies getting into position to commit the act. This is the last opportunity to alert authorities before the terrorism occurs.



The first step is knowing what to look for.
Always keep an **Eagle Eye** out for these suspicious behaviors.

CALL THE 143d SECURITY CONTROL DESK
401-267-3530

Enhanced Propeller Repair Capability Comes to Quonset ANGB

LtCol Mike Donnelley
143d MXS/CC

In association with Rolls Royce, Dowty (propellers) and General Electric, the 143 Maintenance Group has received some very high precision propeller maintenance equipment and training. This training will permit Quonset to handle the most rigorous propeller repairs and scheduled and un-scheduled propeller maintenance. Until now, we have relied on temporary equipment that was shipped between bases, this has meant the 143 had to wait in line while the needed equipment was shipped around the country and back to us at great expense to the government. Also propellers that were normally shipped back to the Sterling propeller repair facility will now most likely be repaired here at Quonset without undue delay.

On 1 March we received the government owned and contractor used equipment, this includes a build-up stand, a vertical balancer, parts cleaner and a hydraulic test stand. This equipment was installed on 10 March with training completed on 25 March. The beginning of the training consisted of some very good basic overview of R-391 propeller repair and higher level troubleshooting. The younger and newer propulsion mechanics gleaned much benefit from this before moving on to enhanced organizational level (O-Level) repair concepts.

Under the C-130J Air Force Long Term Sustainment Program, now called Mission Care, the repair capability will be contractor based. This means our full-time Dowty representative, Mr Bill Lessard, will be the primary beneficiary/user of the new equipment until the contract ends in 2016, after which time the

143d propulsion shop and its mechanics will take ownership of these processes. The most important new capability is the individual blade changes, disassembly, re-grease, and re-assembly which were not able to be done without permanent equipment and/or significant delays.

Major benefits to the unit and the government include: a reduction in the Mission Care spend rate, an increase in propeller availability and a reduction in spare propeller requirements, not to mention the cost in shipping 14 foot diameter propellers across the country. The unit also benefits in the long-term "over the shoulder" training before taking responsibility for these major repairs and in the end, this government owned equipment will remain here at Quonset.

In addition to a FSR from North Carolina that has travelled here for the training, the 143d members trained were Mr. Bill Lessard, MSgt Joe Delfino, TSgt Ed Strycharz, SSgt Jim Toppa, SrA Michael Klinner and A1C Madison Lustig. These airmen will in turn pass along their knowledge to the rest of the members of the propulsion shop and be the go-to guys for this type of equipment and capability.

The one refreshing take-away from this is the pendulum seems to be heading back towards three-level maintenance and away from two-level maintenance, meaning our capability to fix things here at Quonset is expanding not contracting, at least in the propulsion shop, anyway.



Training in Progress...
Photos By:
LtCol Mike Donnelly





143d AW Airmen's Advisory Council News



The 2011 Executive board of the 143rd Airmen Advisory Council is:

President - SRA Caitlin Farrar, 143 SFS
Vice President - SRA Stephen Tomasetti, 143 CES
Treasurer - A1C Brittini Sullivan, 143 MXG
Secretary - A1C Sarah Chmielinski, 143 FSS

The Airmen's council is for all E1-E4's at Quonset and the GSU's. Our purpose is voice the concerns of the Airmen and to implement programs and procedures to better the base as a whole. The Airmen's Council has accomplished many things to date to include:

Establishing the student flight program to ready incoming Airmen for Basic Training and Tech School

Establishing the safe ride program; This program has resulted in over 24 Airmen being driven home safely

Visiting Veterans throughout the year and especially around the Holidays; We honor those who made what we do possible

Peer support group a tasking given to us by the TAG, completed by AAC in conjunction with the Army; This program will be established on a state wide level soon

We are currently planning two major state wide events:

The first ever C130 pull competition in the New England area! The base would open its gates to local high school teams competing against each other. This is a great opportunity for us to showcase what we do to the future Airmen of the world's greatest Air Force.

Also we will be implementing the first annual runway 5k for fun filled, healthy competition

We encourage all who are interested to attend our meetings. We meet every UTA, please check your base e-mail for location and time. We encourage all commanders and first sergeants to please send at least one representative from each unit to the Airmen Advisory Council Meeting.

Thank you.



TSgt. Steve Martin
Wing Fitness Program Manager

News Bits from the Wing Fitness Program

A Friendly Reminder of the New Fitness Program Standards!

The new Fitness Program regulation, AFI 36-2905, became official as of 1 July 2010. For those taking the fitness assessment, you will not see much change. The body composition, situps, crunches, and run are all the same. The changes you will see begin with a new Fitness Pre-Screening Questionnaire. Please take your time when you complete it as some of the questions have changed! As everyone should know by now, the scoring methodology has changed as well. Some of those highlights include:

- o There are minimum scores for each category that must be met AND a minimum score of 75 must be achieved to pass. Hint: Simply meeting the minimums will not result in a 75 score!
- o The 5-year age brackets have been replaced with 10-year age brackets. This has positive implications for some, negative implications for others. Check the old and new charts to compare and see where you stand!
- o The scoring percentages for the run and the waistline have changed; from 50% and 30% to 60% and 20%, respectively.
- o The 3-minute "step test" has been replaced with a 1-mile walk for those approved by medical for the temporary cardio alternative.
- The 143rd AW Softball Team is hosting the 7th Annual Fundraising Tournament which will be held on Saturday, July 30 at Warwick City Park. It is always a truly fun day for a great cause. Thank you for coming out and supporting this great event!

If you ever have any questions, concerns, ideas for additional sports and fitness programs here, etc please feel free to contact me any time at x3492, 267-3492, or steven.martin.3@ang.af.mil. Thanks!

Until then...work hard, play hard!



Retirements...

Thank You All for Your Selfless Service



Major Dave Zelenak
143d Airlift Squadron



MSgt Sharon Ahearn
143d Maintenance Group



BG Marcus Jannitto
Retired from the Full Time Force



TSgt Joe Chestnut
143d Logistics Readiness Squadron



143d AIRLIFT WING RETIREE PAGE

MISSION
ACCOMPLISHED



LT COL (RET) BOB URQUHART

FIRST QUARTER 2011



RETIREE SPOTLIGHT Chief Bob Wilkinson

Chief Bob Wilkinson was born in New Bedford, Mass, in 1946. Two years later, his family moved to Plainville where Bob spent his childhood. After attending King Philip High School Regional (Wrentham), he received his Bachelor of Science/Business Administration from Bryant College.

Chief Wilkinson started his Air Force career with a four year tour of active duty; he received an Associates Degree in Flight Engineering training, Community College of the Air Force, at Sheppard AFB. He then became an EC-121 crew chief in Thailand, transferred to Otis AFB, and completed his four years as a KC-135 tanker crew chief at Pease AFB.

After retiring from the Air Force, Bob realized there was more to the program. He joined the AF Reserves at Hanscom AFB, MA, as a flight engineer on the C-124 Globemaster, transitioning to flight mechanic aboard the C-123. Now that's a lot of dash-'s!

As happened with so many of us, Bob missed the flying and the crew camaraderie that went with it. So, in November 1975, Chief Wilkinson joined the 143 TAG (TF Green airport) and continued his career as a flight engineer on our own C-130s. Along with the airplanes came the missions: Coronet Oak, Operation Provide Promise, Desert Shield, and Desert Storm. Chief Wilkinson flew to many locations in Central and South America, Mildenhall England, Frankfurt Germany, Bosnia, Sarejevo, Oman, and Afghanistan to name a few. After 37 years in the service, Bob finally hung up his flight suit, retiring in October 2005 as Chief Master Sergeant.

While a traditional guard member of the 143rd, Bob continued to move through the management ranks at Texas Instruments (North Attleboro), eventually becoming the Materials Manager of the \$500 million world wide "Lighting and Materials Controls Division". Among his responsibilities were customer service, purchasing, and materials and production planning. Chief Wilkinson retired in 2001 from Texas Instruments, giving him the chance to expand his other interests.

While at TI, Chief Wilkinson spent 31 years volunteering for the \$100 million dollar TI Federal Credit Union, serving 10 years as Vice Chairman, then another 10 years as Chairman. He always liked managing money!

Bob spends most of his time now managing rental properties that he owns. And he's rebuilding a '66 Volkswagen "bug", not an easy task, but he enjoys trying something new and challenging. He has been the AFA (Air Force Association) State President since 2007 and has brought some needed guidance and interesting speakers to the meetings; the membership has grown under his direction. And of course he is "trying golf", like so many retirees do! Bob is able to travel with his wife Maureen, but they have a new reason to stay home now - his daughter Debi just had his first grandchild! Baby Braden just arrived on the scene; back to changing diapers!

Bob's final thoughts were that he couldn't think of a better life experience than being part of a crew and its squadron. The friendship, the bonding, the dedication, and the reliance on each other isn't matched anywhere. He would have volunteered to crew airplanes - but he says you can keep the chemical gear!

We thank Chief Bob Wilkinson for sharing his management expertise, skills, and dedication with the 143AS and being a continuing part of our Guard family. We wish him well in his busy retirement - and rebuilding that Volkswagen beetle!



Bob and Maureen

RING MEMORIAL UPDATE



Winter Peace

The RING Living Memorial awaits the bronze Minuteman statue. This particular Vermont granite changes its look through the seasons; moisture and shadows play against the trees and brush. A fitting tribute by Mother Nature to our citizen soldiers and airmen, both past and present.

Please see our website for more pictures and brick ordering forms: www.ringretirees.homestead.com

Bob Urquhart, Chairman
RING Retirees Association Memorial Committee

BITS AND PIECES



A rare performance by the "Quonset Clams" following a farewell ceremony for LtCol Kathy Sullivan. LtCol Sullivan took a position at HQ RIANG. "The Clams" are a band of members of the 143d Airlift Squadron. Top: MSgt Jessica Barry Bottom L-R: Capt Collin Dunn, Capt Chris Williams, and Capt Brendan Duffy



MSgt Matt Leone of the 143d MDG visited Ms. Terri's kindergarten class at B.F. Norton school to read to the students. Matt's son is a student in Ms. Terri's class.



LtCol Kathy Sullivan was recognized for her dedicated service to the 143d AW and the 143d OG with an AF Meritorious Service Medal and several other tokens of appreciation.



Clockwise from top left: Col Gallogly presents the AF MSM to LtCol Sullivan, LtCol John Sullivan presents a gift to his wife from the Airlift Squadron Pilots, and LtCol Floru presents a photo from the Operations Group



Excellence in Diversity

During the week of 14-18 March 2011 National Guard Leaders, and representatives from each state's National Guard units gathered together in Boston for the 2011 National Guard Diversity Conference. The theme of the conference was "Where It All Began", referring to the roots of the National Guard beginning in Massachusetts nearly 375 years ago. Throughout the week these leaders and representatives attended various breakouts and general sessions to discuss the importance of diversity in the National Guard.

At his opening address, General Craig McKinley, Chief, National Guard Bureau, reminded the attendees why they were there; "Diversity isn't a program you do for a specific period of time and declare victory. It's an everyday thing," McKinley said. "Take advantage of the opportunity to meet and learn from each other while you are here."

In remarking on the theme of the conference, McKinley offered this, "I know your theme this year is 'Where it all Began', and that's a great theme," he said. "But if I can take some creative license, I suggest to you that this conference is where it all

begins again. Go back and redouble your efforts, keep the focus on diversity and help make the work place better and more effective."



During the conference, on Wednesday, 16 March, the Diversity Awards Luncheon was held and attended by all conference attendees and the National Guard Leadership. At the luncheon General McKinley recognized individuals from the Army and Air National Guard, one Army National Guard unit, one Joint Force Headquarters unit, and an Air National Guard Wing for excellence in diversity. We are proud to announce that the 143d Airlift Wing was awarded this prestigious award! This is the first time this award has been given and we are more than honored to be the first Wing to receive it.

Accepted by Major General Bray, RING Adjutant General and Colonel Germani, 143d AW Vice Commander, other members and some former members of the RI National Guard stood by and cheered loudly.

This is another testament to the "excellence in all we do" shown by the men and women of the 143d Airlift Wing! Congratulations to you!

Photos from Top: General Craig McKinley, MG Robert Bray, and Col Robert Germani Jr. Group L-R: CMSgt Christopher Coyne (former 143d AW member), CMSgt Michael Brady, Col Robert Germani Jr., MG Robert Bray, CSM John McDonough, CW5 Gary Carter, SMSgt Joe Hart, and LtCol (ret) Mat Santos



LtCol Bruce Fletcher was recognized with the Rhode Island Commendation Medal for his hard work and dedication to duty while serving as the interim State Public Affairs Officer while LtCol Riel was deployed



Photos By: Master Sgt. Janeen Miller

**AWARENESS IS GOOD
ACTION IS BETTER**

**ACT
NOW**

**TOGETHER WE CAN
CREATE A GREENER FUTURE**

Turn off lights when not in use

Purchase ENERGY STAR lighting and equipment

Recycle and reuse materials

Share rides, drive a fuel-efficient car, and use public transportation

Conserve water and report leaks

Suggest energy saving improvements to your management



Take action today.

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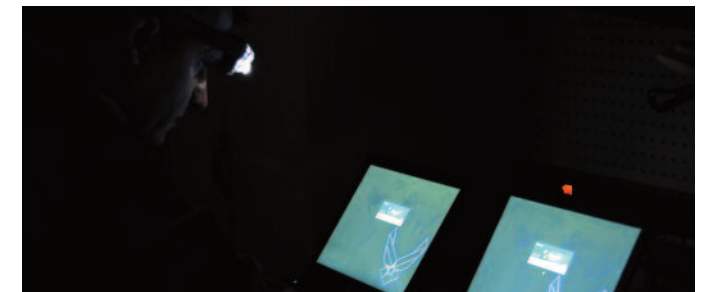
AIR FORCE GREEN?

THINK GREEN, FLY BLUE!

"Changing the culture also means that all of us, from the Air Staff to Airmen at home or deployed, must learn to think of energy as part of maximizing mission effectiveness." -- Under Secretary of the Air Force Erin C. Conaton addressing the USAF Energy Forum III May 27, 2010

The energy conservation push of 2010 was not just a fad. The issue of saving energy to save money is still very real. As Colonel Gallogly mentions in his article "A Better Way to do Business", now, more than ever, we must scrutinize every aspect of our operation and ask that very basic question, "is there a better way?" There will be some steps taken on base as we go forward that will seem like inconveniences, such as shutting off the lights when leaving a room, or using natural light in rooms with windows. Shutting down equipment when not in use, and no air conditioning or heat. But, compared to losing services or state workers being laid off, it is a small

sacrifice. Please continue your efforts to conserve as much as possible. Your efforts here will carry on to your homes and you'll save yourself some money on energy costs as well! And reduce your carbon footprint at the same time.



U.S. Air Force

A NEW CULTURE:

ENERGY as an
Operations Enabler





Leslie Mulligan-McMichael
M.S., Ed.S., LCPC, NCC
Director of Psychological
Health, 143d Airlift Wing

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Cell: 401.862.7602 (24/7)
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Some Resources for You

Military OneSource
1-800-342-9647 (24/7)
www.militaryonesource.com

http://ri.wingmanproject.org

National Suicide
Prevention Lifeline
1-800-273-TALK(8255)
www.suicidepreventionlifeline.org

This is not an endorsement
neither stated nor implied
of any non-Federal entity
by the DoD or the RI
National Guard



The 143d Welcomes New Director of Psychological Health

Ms. Leslie Mulligan-McMichael, M.S, Ed.S., has joined the 143d Airlift Wing as the new Director of Psychological Health.

Ms Mulligan-McMichael, who hails from the great state of Maine, will provide no-cost therapeutic and counseling services to Rhode Island Air National Guard members and their families. She will also be supporting the commanders initiatives by providing mental and behavioral health training, such as suicide prevention, stress management, co-worker communication and reintegration issues as well as actively participating in the Yellow Ribbon program.

Ms Mulligan-McMichael, who proudly served in the U.S. Air Force as an Intelligence Officer from 1987-1992, grew up in a multi-cultural Army family, so she is well versed in the stresses and challenges that military members and their families face.

Her vast experience since graduating from Florida State University with 2 masters degrees, includes working with children, adults, couples and families in many different ways including residential and substance abuse treatment, HIV/AIDS education, mobile crisis assessment and support services, as well as providing long term trauma and major mental illness treatment. Prior to her current assignment to Rhode Island, she spent the past year working as a rotational Military Life Consultant (MFLC), supporting military families and children and childcare elements.

Air National Guard officials have created the new position at the wing level to provide mental health support to Airmen and their families before and after deployments.

"The Air Guard is the only service component that does not have military members, who are mental health professionals or technicians," said Maj. James Coker, the chief of public health and prevention for the Air Guard surgeon general's office. "We do not have that career field in the Air Guard, so (appointing) someone who can direct those types of programs is very important."

The 143d Psychological Health office, which is located on the second floor of building P1, room 206, is open Tuesday through Friday from 0730 to 1730 and also during drill weekends. Ms Mulligan-McMichael's contact information is located in the information bar on the left of this page.

Welcome to the 143d!



143d Operations Group

LtCol Joseph Francoeur, Commander, 143d OSF



Preparation and Proper Focus

Having played and then coached baseball for number of years, I have often heard discussion of so-called innate skills and abilities. Often parents, teammates and coaches will comment on how a player is a 'natural' hitter, ballplayer or athlete. Of course, I would contend that some attributes certainly are natural; examples would be speed, agility and strength. What is often overlooked though is the tremendous amount of preparation and practice undertaken to make the difficult seem so easy. The best hitters in baseball work daily with strength and batting coaches. They take countless swings while analyzing bat-angle, foot placement and head and arm motion, often with the help of video and computer technology. In addition, the 'greats' spend hours analyzing pitchers they will face, gleaning details from release angles, pitch mix and velocity to gain just a bit of an edge on a ball traveling at 132+ feet per second.

Believe it or not, our 'game' is executed in the same fashion. Often, our leaders and airmen are considered 'naturals,' possessing innate skills, ability and the attitude necessary to make them 'greats' in the operational arts. But, like the great hitters I just mentioned, performance is much more than a by-product of inherent talent. Instead, it is the fortune of preparation, practice, and the careful study of our enemy, tactics and procedures. It is also the product created when smart airmen consider the environment in which they operate and create a relationship between the demands of that situation and the mode by which they train and prepare. Proudly, that link—far ahead of Air Mobility Command's current training paradigm—is flourishing here in the Operations Group as we prepare for Air Expeditionary Force taskings.

Using a simple and well-established 'building block' approach to preparation, the Group began one year prior to the AEF deployment by gathering our sharpest operators; Loadmasters, Pilots, Tacticians

and Intelligence personnel. Using a three-phased approach, they started by assembling lessons learned and feedback from our last deployment to Southwest Asia. Coupled with command level and AOR feedback, they studied areas for potential improvement, shortfalls in preparation and many innovative ideas.

Having established a firm understanding of past performance, the second phase turned to the current and evolving requirements of the theater. The AOR, ever-changing in terms of enemy intent, capability and tactics, forces coalition leadership to shift priorities, methodology and in-turn, Techniques-Tactics-Procedures (TTPs) to meet the needs of the war fighter. This critical step ensures that we study and prepare for the correct skill sets.

Finally, our third and most critical phase relates to development of a unit training plan to confront these challenges. Currently, our comprehensive and reality based training syllabus is providing members with exposure, increased awareness and proficiency in the skill sets, TTPs and equipment necessary for deployed, 'day-one' success. Over the course of 120-days we will ask our Operations Group to produce a laser-like focus on this training, shelve—as much as possible—unrelated tasks, and sharpen their skills for the AEF.

Just as the best hitter in baseball studies film and practices industriously, our operators now prepare themselves for the road ahead. We know that our success, prowess and excellence are not naturally occurring; they are the product of intellect, preparation and practice. With that, we study, prepare and train—excellence will follow.





143d Maintenance Group

Lieutenant Colonel Daniel Walter, Commander



Last January happened to see the biggest event in my professional career when I moved over from Operations to take command of the 143rd Maintenance Group. The transition, I hope, has been as smooth for the group as it has been for me. I've still a lot to learn, but am also finding that life as a maintainer is not so different. It's still about people and the tactical airlift mission.

As I wrote out my short speech for the ceremony, I had an epiphany of sorts when I recognized that it wasn't so different from what I've heard before from other incoming commanders. I thought about all those times I was the person sitting though a formal ceremony listening to the new boss. What I realized though, was that the words about things like integrity, and excellence, service before self are not just empty. They don't come from the "commander's standard scripts," but from a universal sincerity that all professional military members share. "Core values" isn't a catchphrase, we talk about them because they're real. They mean something to us, and are what make us different.

As for pride, well, I'm not sure what you can say to an organization that has accomplished as much as the MXG has over the last several years. While I hadn't been a part of the organization, I'd been a direct beneficiary of their efforts every time I climbed into one of the aircraft. I've worked with them, depended on them, seen them in action in the worst conditions and they are simply the best professional maintainers I've ever worked with in my 24 year career. Proud to be here? An understatement to be sure.

The plate is full for us and as usual, there's a lot to do. An AEF deployment, an ORI, and a UCI, will all come on us faster than we think will the limited number of UTAs we have to prepare.

Worst of all, the MXG officers will soon have to face negotiations over LSET results and shaved heads. I'm wondering what 2Lt Newkirk's position on this will be... It would only take her a year or two to grow her hair back, after all.

The MXG has also been deep into international training, now teaching Indian Air Force maintainers what we've learned over the last several years. As I write this 9 of our folks are still in Delhi and we'll be sending out a new group in September after we get the next AEF deployment off the ground. The feedback has been so strong that the commands in Norway and India are considering additional training, and the USAF is looking towards the future should the UAE and Qatar purchase the C-130J. We often don't realize how important these things are, not just to the Wing, but also as a major part US foreign policy. The personal and professional relationships we create are very deliberate objectives in themselves, designed to help build relations at the national level.

So there it is, new commanders in place and soon a new Chief. Other folks moving up the chain. Familiar missions and new ones. Lots of work to be done.

I'm looking forward to it.



143d Medical Group

Colonel (M.D.) Stephen R. Carr, Commander



Excellence in Care and Caring

The 143 Medical Group immersed themselves in the 143 AW Wingman Resiliency program. Col Carr briefed the group on what it means to be a good Wingman and what resiliency entails. Resiliency is a broad term that describes the set of skills and qualities that enable Airmen to overcome adversity, and to learn and grow from experiences. It is a complex concept encompassing physical, social health, spiritual, and mental health.

Value this was the mantra for the 143 MDG this quarter. Coming out of the holiday season, the 143 AW tasked units to implement Wingman or Resiliency Training for all members. Senior leadership wanted to add value to this valuable training and came up with a myriad of ideas. The group traveled among 4 instructors keying in on Team building events that covered traits that we have in common, adjectives that describe resiliency, ranking a list of items in order to survive a stranded in the winter wilderness situation, and listing ideas on how to make the MDG communication more appealing. This culminated in a team building event that had several members support each other in a sitting position without the use of chairs.

Captain Brian Fontaine

Col Carr and Lt Col Wakem dueling it out.

Six members of the Medical Group attended ORTP2 at Carswell Air Naval Base in Fort Worth Texas from 20 through 25 January, 2011.

Maj Powers, TSgt Sanita, TSgt Blanchette, TSgt Charbonneau, TSgt Converse and SrA Phongsavanh spent a few days of annual training



practicing Ability to Survive

and Operate (ATSO) with other members of the 143rd Airlift Wing and the 136th Airlift Wing from Texas. The Medical Group training specifically consisted of Post Attack Reconnaissance (PAR) team, Shelter Manager and UCC skills. Shortly thereafter their experiences were re enforced by the unit having a Chemical Exercise. The group participated with war readiness team training and ATSO skills practiced.

143 MDG Awards

AFMSM - Job Performance - SMSgt Christopher Jones; MSgt Ray Arbige; SSgt Ernest Heroux.

AFCM - Life Saving Resuscitation- Capt Tracey Potvin;

MSgt Christine Perkins; TSgt Paul Attardo. - HSI SABC Program - MSgt Shawn Donald - HSI CPR Program - TSgt Steven Magnanti - Vaccine Alert Response - MSgt Mathew Leone - Troop Commander Annual Training - Lt Col Lisa Geary - Troop Commander Honduras - Col Stephen Carr

143 MDG Promotions - Lt Col Thomas Duggan - Congratulations

143 MDG Newcomer - MAJ Christopher Nasin Feb 1, 2011; Private Practice Physician in Connecticut. Former Navy, going to be a Flight Surgeon, with a Sports Therapy background

143 MDG new assignments: (CBRNE) - Enhanced Response Force Package (CERFP)

Overview: The CERFP is composed of four elements staffed by personnel from already established National Guard units. The elements are search and extraction, decontamination, medical, and command and control. The CERFP command and control team directs the overall activities of the CERFP and coordinates with the Joint Task Force - State and the Incident Commander. The CERFP search and extraction element mission is assigned to an Army National Guard Engineering Battalion, the decontamination element mission is assigned to an Army National Guard Chemical Battalion, and the medical element mission is assigned to an Air National Guard Medical Group. The security duties are performed by the state National Guard Quick Response Force. New Hampshire and Rhode Island have been tasked to support the Region 1 (New England) CERFP mission. Though the 157th MDG in NH has the main tasking for the medical portion of the mission, they have asked the 143 MDG to provide augmentees (non FTE) in support of the NH unit in case of a Homeland Disaster and the Region 1 CERFP is activated.





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Thank you for all of your hard work and dedication to putting the show together!
Let's make it another GREAT show!!!

Good Stuff...

PROMOTIONS

To Airman

Kristi McDonald, 143 OG
Danielle Dipippo, 143 CF

To Airman First Class

Courtney Kreshak, 143 OG

To Senior Airman

Gerard Rhau, 143 MXG
Jason Cote, 143 CES
Patrick Tift, 143 AS
Daniel Tift, 143 CES
Stephen Gillissie, 143 AS
Adam Fleser, 143 LRS
Jason Buzzee, 143 MXG
Daniel White, 143 MXG
Derek Dutra, 143 MXG
Douglas Brummand, 143 MXG
Sebastian Klama, 143 MXG
Cory Siconio, 143 SFS
John Lynch, 143 SFS
Jamie Drew, 143 FSS
Gregory Quinn, 143 MXG
Michael Lowell, 143 MXG

To Staff Sergeant

Shawn Corrigan, 143 STUFLT
Christopher Allegretta, 143 LRS
Sean Sullivan, 143 FSS
Alan Passarelli, 143 CES
Michael Gomeslouro, 143 MXG

To Staff Sergeant cont...

Jamie Moore, 143 SFS
Stephen Sterpis, 143 LRS
Michael Vierra, 143 LRS
Zuriel Ayala, 143 LRS
Louis Raposa III, 143 LRS

To Technical Sergeant

Brandon Hindle, 143 MXG
Jeffery Grifka, 143 LRS
Brian Pereira, 143 CPTFLT
Jacinto Gaulanez, 143 CES
Christine Gail, 143 MXG

To Master Sergeant

Dennis Skorski, 143 MXG
Georgina Kalwak, 143 MXG

To Senior Master Sergeant

Richard Tuttle, 143 MXG

To Chief Master Sergeant

James Trafficante

Editor's Note: All omissions are, of course, unintentional - please email me with any missing new gains, promotions, kudos..etc and we will make sure they are in the next issue:

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*Background Photo:
Maintaining the Fleet.
Photo by Master Sgt. Janeen Miller*

Congratulations & Great Job!