

RHODE WARRIOR LIGHT



Vol. 1 No. 8 - DECEMBER 2014

MISSION FIRST, SAFETY ALWAYS!

Briefs

UTA Lunch Menu

Saturday

Prime Rib w/ Au Jus
Tender Pork Loin
Baked Potato
Rice
Butter Garlic Green Beans
Peas and Carrots
Minestrone Soup
Salad Bar
Assorted Pies
Chocolate Fountain
Ice Cream

\$7.70 for
AGRs/Officers

Sunday (Brunch) 1000-1200

Buttermilk Pancakes
Scrambled Eggs
Bacon
Sausage
Veggie Patty
Buffalo Chicken Wings
Sweet Italian Sausage w/
Roasted Baby Bakers
Mac & Cheese
Corn
Spinach
Chicken and Rice Soup

\$5.35 for
AGRs/Officers

\$\$Pay\$\$

December 2014 UTA
is scheduled to pay on
18 December 2014

Weather Forecast

Quonset ANGB, RI

Saturday - 53° Sun and
Clouds

Sunday - 43° Early Rain

RHODE WARRIOR
143d Airlift Wing

Holiday Message - Thank You!



Col Floru

TEAM,

Happy Holidays and Merry Christmas to everyone. Thank you for making 2014 another successful year for the Rhode Warriors. During this special time of the year, please think about safety, always. We need you to stay safe this holiday season. It's that time of the year when the Rhode Warriors see an increase in travel, celebra-

tion, and participation in winter activities. Take the time to include sound risk management in all your plans; the time invested up front could save your life.

Our Team works tirelessly throughout the year to prevent mishaps. During the holidays it's imperative that we step up our efforts. Please pay special attention to your surroundings, the weather, and especially your celebration game plan during this holiday season.

The Rhode Warriors have a responsibility to ensure a safe holiday for themselves, their fellow Airmen, their wingmen, and their families by being alert to safety risks on- and off-duty. Please use common sense and focus on risk management to guarantee our Team a mishap-free season. Be Safe. OUR TEAM NEEDS YOU.

Keep our deployed Rhode Warriors in your thoughts and prayers as they take care of our nation's business overseas. They continue to do great work.

Please take a moment to reach out to members of our Team that may be experiencing additional stress. Remember, our Wingman program is always active so should anyone need help of any kind, call a TEAMMATE, a supervisor, a first sergeant, a commander, or me. We guarantee a Wingman response within minutes, no questions asked. Just make the call.

Merry Christmas and as always, just lucky, honored, and most proud to be on the Team.

Colonel Art Floru
Commander, 143d Airlift Wing



The Holiday Season can be a difficult time for some. Be sure to be a good Wingman and to also take care of yourself. There are resources available to you and your families 24/7. We need you on the TEAM!

SUICIDE PREVENTION - ACE

When dealing with a person in distress, use the ACE method. ACE is an acronym that stands for Ask, Care and Escort. This is how it works:

Ask your Airman, buddy, co-worker or family member direct questions about thoughts of suicide. Ask if they have access to any means of harming themselves, for example, a gun, knife, medications, etc.

Care for him by calmly expressing concern and limiting his access to any means for self-harm.

Escort him right away to a helping resource or agency.

And remember: never leave the distressed person alone.



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

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

Do Your Part to Stop Terrorism.

The First Step is Knowing What to Look For.

AIRMAN SPOTLIGHT... A1C Haidy Quezada

143d Logistics Readiness Squadron

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

Rank/ First & Last Name:

A1C Haidy Quezada

Squadron:

143d LRS/ Orderly Room/ Command Support Program

Duty Title:

Command Support Staff

Years of Service:

2.25 Years

Family's Military Heritage:

First Generation to join military

What is your mission here?

To ensure the readiness of the LRS members

What are some of the best parts of your mission?

I enjoy helping people and serving my nation

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

Working within the budget - Being fiscally prudent with the tax payers funds

Why did you join the Air Force?

I wanted a career and the chance to serve my nation



What are your short term goals in the Guard?

Obtain my CCAF

What about long term goals in the Guard?

Obtain a Bachelor's Degree in Human Resources and become a Commissioned Officer

Family?

Married with three children

Most exciting thing you ever did?

Basic Military Training

What is the proudest moment of your life?

Receiving the Diamond Sharp Award

Do you have any hobbies?

Baking

How do you stay fit to fight?

PT every day and eating healthy

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

Mission First, SAFETY ALWAYS

WINGMAN RESOURCES

Fill out this information this UTA and keep this card for your future reference

Commander:	
phone#:	
Supervisor:	
phone#:	
First Sergeant:	
phone#:	
Wingman:	
phone#:	
BDOC	401-267-3530
Gate	401-267-3319

There is someone available 24/7 at BDOC and the gate.

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