



Summer 2014

**Honor Guard
Needs YOU!**

**Civil Engineers
Down Under**

**Critical Summer
Days**

**Chief Baker takes
us on A Journey**

CE in Australia

Story and photos by Tech Sgt. Daniel Barnhardt and Tech Sgt. Michael Henderson

Civil Engineer Squadron, accompanied by three outstanding Airmen from 174th Civil Engineer Squadron, answered the call when an excellent training opportunity presented itself, and took full advantage of this opportunity to hone their trade skills, strengthen the Australian-American bond, and proudly represent the Air National Guard. The 107 CES was called upon to help renovate a building and construct a new antenna support structure at H.E. Holt Naval Communications Station in the state of Western Australia. The extensive work completed by the 107 CES aided in the construction of the building that will house a new Space Surveillance Network radar imperative to the Air Force Space Command and the Space and Missile Systems Center. This project is managed in its entirety by members of the National Guard that are resident experts in their respective fields. These enduring staff members will be present for the duration of the project.

This C-Band mechanical tracking ground-based radar will be incredibly beneficial for identifying artificial objects orbiting Earth, ranging from active and inactive satellites and used rockets to equipment dropped by accident during a space walk. It will also provide the needed southern and eastern hemispheric coverage that will lead to better positional accuracies and predictions while simultaneously offer an essential dedicated sensor for the main system that the United States and its partners rely on to detect, track and identify ob-

jects in space.

Arriving a day and a half late due to mechanical difficulties with their KC-135 military transport put the 107 CES at a distinct disadvantage and behind their planned construction schedule. The Airmen demonstrated strong warrior ethos by pulling together as a unified team accomplishing more work than the enduring staff members thought possible. Despite material shortfalls, the squadron pulled ahead of schedule and all aspects of the job including Heating Ventilation Air Conditioning (HVAC), electrical, and structural trades were completing tasks that were originally assigned to the next rotation.

By having Air National Guard engineers work on the project as part of their annual training the Air Force anticipates saving taxpayers about \$20 to \$30 million. This deployment for training (DFT) afforded the opportunity to increase NCO effectiveness in management and mentoring young Airmen to maintain mission readiness. Young Airmen did an outstanding job of increasing their knowledge in their specific construction fields, to include installing complete duct work system, blue print reading, installing and wiring main electrical feeds and placing concrete sidewalks and staircases. Members of the 107 CES considered strengthening Australian-American relations to be an integral part of the DFT and such opportunity arose unexpectedly during this Air Force Space Command mission.

Members of the 107 CES participated in a memorial service to commemorate Australian and New Zealand Army Corps (ANZAC) Day while deployed to Royal Australian Air Force (RAAF) Learmonth. ANZAC Day is a special day that pays tribute to the men and women of Australia and New Zealand who fought and died in service to their country. It is a day that Australians set aside to allow their nation to remember the sacrifices of the countless Australian men and women who have fought, suffered, and in so many cases died in the defence of the freedom they all enjoy today. The fortunate members who marched in the parade were honored to represent the Air Force on this day of remembrance. The members of the CE Squadron, led by enduring member CMSgt Shartel, marched through the town of Exmouth alongside their Australian and New Zealand counterparts during the celebratory parade. The participants were humbled by the demonstration of gratefulness from the Australian citizens who personally thanked the marching detail for their support.

The squadron was met with an even more crucial opportunity to reinforce the Australian-American relationship later in the DFT. After a day of working in the pouring rain, the members of the 107th Civil Engineering Squadron headed back to their living quarters at Royal Australian Air Force (RAAF) Learmonth. The rain began to pour even harder and the floodwaters rose, making for a treacherous ride home. They passed through flooded ravines with hopes they wouldn't get trapped. The convoy stopped approximately 300 yards from one of the many

flooded ravines beginning their next mission. The crew exited their vehicles and personnel from the lead vehicle noticed an Australian motorist was trapped in the middle of the ravine surrounded by two feet of flowing water. Members of the 107 CES leaped into action without any hesitations.

Several people entered the muddy water and made their way towards the vehicle pushing it to safety. The Guardsmen of the 107 CES then trekked back through the flooded waters and notified oncoming traffic of the danger ahead and informing drivers where the water was at lowest so that they could make it to the other side safely. One-by-one, the vehicles passed through the deep muddy water. Occasionally, a commuter would be unable to make it across but the members of the 107th helped push the vehicles and the people to safety.

The success of the 107 CES was demonstrated in many aspects of the DFT. We accomplished critical training in career readiness skills and the **squadron improved the Air Forces' image** abroad. Taxpayers are now benefiting **from a cost-effective approach to an essential construction site for the Air Force Space Command.**





107th Civil Engineers in Australia



CE Squadron members participated in a memorial service to commemorate Australian and New Zealand Corps Day



A Journey

Recently Colonel McGuire wrote an article that discussed Spencer Johnson's book Who Moved My Cheese? One take away I had from this article was the notion that we must anticipate change before it happens. Being in Emergency Management, I often try to anticipate what might happen and how to respond to it. I decided to direct my energy towards how I might anticipate change.

Fate presented me an opportunity one day while I perused the AF Portal. I opened the CSAF reading list for 2014 and decided I wanted to read one of the books, Switched: How To Change Things When Change Is Hard by Chip Heath and Dan Heath. I quickly learned that in trying to get this book (from my local library) I was going to encounter change. It had been a while since I had visited my local library, and I had to start by getting a library card and completing an on-line search. When was the last time you visited your local library? At any rate, I adapted to this change and successfully acquired the book.

The book discusses how our minds are ruled by two different systems—the rational mind and the emotional mind—that compete for control.

The rational mind wants a great beach body; the emotional mind wants that Oreo cookie. The rational mind wants to change something at work; the emotional mind loves the comfort of the existing routine. This tension can doom a change effort. They present their case through the use of an elephant which symbolizes emotion, a rider who symbolizes rational thought, and - the path. So, here we go...the Rider is on the Elephant and they are walking along the path preparing for the next physical fitness test. They approach a bag of Oreo cookies on the path and the elephant eats one. The rider encourages the elephant to continue but there is a WHOLE bag of cookies. As you can imagine, failure does happen. Failure is a natural part of the change process. What would you encourage the elephant to do? What's easier? What – would yield the best results? I certainly cannot summarize the entire book in one short paragraph, but if you are the kind of person who would like to motivate the elephant, direct the rider and shape the path – Which is what I encourage you to be - this book will give you plenty of ideas that will help YOU.

Oh, and because I am the kind of person who would like to motivate the

elephant, I decided to keep moving on my Path, I decided I wanted to read another book the Heath brothers referenced by Carol S. Dweck, Mindset: The New Psychology of Success. And, I pat myself on the back because I know what to do; how to get that book. Online first to place the book on hold, receive email saying it is at the library, pick it up.

How about you? Do you have a fixed mindset or a growth mindset? Here is a short test:

Read each statement and decide whether you mostly agree with it or disagree with it.

1. Your intelligence is something very basic about you that you can't change very much.

2. You can learn new things, but you can't really change how intelligent you are.

3. No matter how much intelligence you have, you can always change it quite a bit.

4. You can always substantially change how intelligent you are.

Questions 1 and 2 are the fixed-mindset questions. Questions 3 and 4 reflect the growth mindset.

“In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—

without effort. And, they're wrong.

In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. Virtually all great people have had these qualities.” Check out: Mindsetonline.com

With a fixed mindset if I have the ability, I'll do well: if I don't, I won't. When I face an obstacle and failure I will blame everyone else. I don't have the ability so it's not my fault. And because I don't have the ability I won't put forth any effort.

The passion for stretching yourself and sticking to it, even when it's not going well, is the hallmark of the growth mindset. When you run into an obstacle, you get excited because you know that learning is about to take place. You put forth effort to overcome the Oreo cookie. One strategy that I have learned is to not have any cookies in the house. Have you ever tried to eat a cookie when it is 5 miles away in the store?

Did I learn how to anticipate change from this journey? No, but I learned each of us has an emotional elephant side and a rational rider side and for change to take place they both have to move in the same direction. I discovered some great strategies not only to help my own change but to help others as well. I learned that hav-

each of us has an emotional elephant side and a rational rider side and for change to take place they both have to move in the same direction. I discovered some great strategies not only to help my own change but to help others as well. I learned that having a growth mindset will smooth the way for change to happen. I also discovered that the library of 2014 is not the same as it was in 1979.

Reading these books started a great new journey for me, and my next has already begun as I train to meet some new “obstacles” on 12 Jul 2014. Another change from what I thought would be NEVER, for those also participating...see you at the Tough Mudder in Andover!

If you are interested in learning more, the condensed version of Mindset: The New Psychology of Success by Carol Dweck can be read at mindsetonline.com.

Chief
Baker



Did You Know?

The myPers website provides a 24/7 online self-service capability to numerous personnel actions?

Log on to myPers.af.mil using your **CAC:**

Go to myPers.af.mil
Click the “CAC” Login” selection
Select the appropriate certificate
Input your Personal Identification Number (PIN #)

Review the home page and select from the helpful links to learn more about services available

--OR--

If accessing with your Username (User ID) and Password:

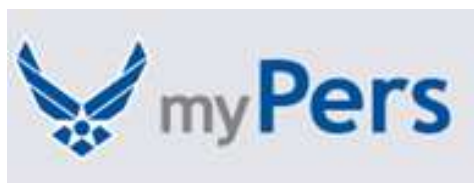
Go to myPers.af.mil
Click in the “User ID” box and input your user name

Click in the “Password” box and input your password

Click “LOG-IN”

Can't remember your User ID and/or password? Click on the link, “Forgot your username or password?” and simply follow the steps provided. Please note using the “User ID/ Password” option will limit access to some online self-service applications.

The myPers website is your Total Force source for personnel information and online service.



Help us fill this truck for homeless vets
and
our local food bank

We **NEED** your used
Clothing and Household Items
for our Vets

Truck needs to be full by June 28th

Delivery will be on July 1, 2014



truck located in OPS parking lot

Keep up with the latest and greatest right from your smartphone.



Just click on one of these icons and see what's out there.



LIVE OUR VALUES

STEP UP

TO

**Thank you all
for stepping up for
Sexual Assault Awareness Month**

APRIL IS "SEXUAL-ASSAULT AWARENESS MONTH" (SAMM)





AF Critical Days of Summer 2014

It was in 1964 that the Air Force first highlighted safety for summer activities. This was the beginning of what became the 101 Critical Days of Summer. The years have shown safety topics remained the same; it's the presentation and number of mishaps that change.

Risk management has a role in everything we do, both on and off-duty. It continues to be the job of the safety professionals to provide guidance to all Airmen about the dangers of the season. Airmen use sound risk management every day on-duty and, while the main focus of the Critical Days of Summer campaign is off-duty activities, Airmen must use the same risk management techniques in all circumstances.

Each year, the Critical Days of Summer campaign focuses on topics of interest for many Airmen. In an effort to pique interest in these topics, the weekly theme titles used in 2013 were song titles. For the 2014 CDS, movie titles were chosen as the theme titles. In conjunction with the Air Force's Risk Management Campaign, the CDS chapters will emphasize risk management, core values, Airman's Creed and following proper guidance as it relates to each chapter's topic.

The 107th Safety Office kicked off this campaign before Memorial Day by sending each member of the 107th a kick-off email and will continue to provide weekly chapter emails. Ultimately our goal is to provide you easy access to these safety tools as composed by the AF Safety Center designed to raise not only your safety awareness but for you to share with family and friends. With everyone's safety foremost during all our activities this summer, let's show our dedication to the Commander's Safety Vision and the Air Force core values by managing our risk through our safety choices.

In the sage words of now retired LtCol Pat Roemer, "Safety is No Accident"!





Wingman Day Fun Run

MAY UTA



Chaplain's Thoughts

"For as the soil makes the sprout come up and a garden causes seeds to grow, so the Sovereign LORD will make righteousness and praise spring up before all nations." Isaiah 61:11

It's Summer Time! My gardens are growing and green tomatoes are hanging from the vine! It is a time of praise and refreshment. I hope you will take time to physically get outside and perhaps do some running. I hope you will also take the time to relax in your backyard or at some of the beautiful parks. Most of all enjoy the season of summer here in Western New York, especially after our last winter that seemed like it would never quit. With the conversion here at the 107th, we need to take this season of summer making sure we are putting on our own oxygen masks first in order to serve most effectively.

Usually in the summer time, I do exercise more and do a lot of "working out" while I do my yard work. It is so much nicer than shoveling snow! I also try to catch up in some much needed reading, preparing my mind for the seasons that follow. Being a chaplain, most of the books that I read are of a religious nature. I not only like to read more about my own religion, I like to learn about other religions as well.

Religion is defined as a set of beliefs, practices and rituals related to the sacred. I have read parts of other religions' Holy Books, different than my own and have been enhanced in the learning. Each Holy Book is a "point of authority" for the person who believes it. One of our jobs as Chaplains and Chaplain Assistants is to respect you for what your point of authority -your belief is - even if we don't believe in it as well, or even if you tell us you don't believe. We respect you, period!

When MSgt Heather Cummings and I took a course in Spiritual Resiliency and Relationship at NGB we were taught that approximately 82% of Americans identify themselves as adhering to a particular religion, varying with the geographical area of the country.

Most people in this area say they are Christians, but we do have a variety of different religions in the area. They are our neighbors. The important thing for all of us to do is to be respectful of the views and beliefs of others.



(Continued from page 12)

As a chaplain that is Christian, many people ask me about the Bible, knowing that it is my personal “point of authority.” I would like to suggest for summer reading a book by Adam Hamilton called, Making Sense of the Bible: Rediscovering the Power of Scripture Today. Hamilton addresses in approachable and inviting language difficult questions often raised by thoughtful Christians and non-Christians concerning things taught in the Bible. The book begins with foundational questions such as, “How and when was the Bible written? Who decided which books made it into the scriptures and why? How literally must we read it? And, Is the Bible ever wrong?”

It's Summer Time! Breathe it in. Enjoy the growth. Keep safe. Eat the fruits of the season. Get yourself ready and prepared. Remember even if we don't drill in July, your Religious Support Team will be around catching up like most of you on MiCT preparation. So... stop in at the Chaplain's office ...get us to go outside with you for some fresh air or a walk or a run. Let's enjoy this season of summer together! We also are always only a phone call away. May you have a safe and wonderful summer!

Blessings,

Chaplain Jackie Ann Rose Kraft

CHAPLAIN SERVICES

Wing Chaplain

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Chaplain Crisis Phone: (716) 228-7719

**If you need to see a chaplain please call Chaplain Services, at extension 2395 or the numbers listed above. Chaplains and Chaplain Assistants are always on call.

PROTESTANT SERVICE

Saturday-1600
Wing Conference Room-Building 901

CATHOLIC MASS

St. Leo's R.C. Church
2748 Military Road
Niagara Falls, NY
Sat. Mass 1600
Sun. Mass 0900

For Service schedules of other religious communities contact the Chaplains' office at ext. 2395.



Airmen of the United States Air Force:

Last year, in response to budget sequestration, we launched the Every Dollar Counts campaign. Since that launch, your innovative ideas and money-saving efficiency changes saved our Air Force hundreds of millions of dollars during these challenging fiscal times.

From public-private partnerships at base level, to centralized engine repair Air Force wide, your ideas are saving precious resources all across the enterprise. To each Airman who took the time to send in an idea, influence change or create a new efficiency in your shop: thank you -- job well done! But we can't stop now...we must do more.

Now is the time to leverage the success of last year's campaign and continue to cultivate a culture of innovation, efficiency, and savings. This letter is our call to action to Make Every Dollar Count. Our goal is to take as many of our efficiencies and savings initiatives as possible and multiply them across the entire spectrum of operations. From large scale initiatives, such as implementing cutting-edge energy practices or acquisition process improvements, to base-level actions, such as video teleconferencing and contract review, everything counts.

Our current initiatives are just the beginning. We challenge each of you to develop initiatives in your own areas of expertise. If there was ever a time for out-of-the-box ideas, it's now. Each of us must be "all in, all the time" to make this work. There are two programs available to submit your great ideas to increase cost savings across our Air Force.

You may submit ideas online to our Airmen Powered by Innovation website at <https://ipds.afpc.randolph.af.mil> or by contacting your local Air Force Smart Operations for the Twenty-first Century Office. All ideas will be actively processed by the Office of the Under Secretary of the Air Force for Business Transformation.

As you know, there are consequences of this fiscal climate we cannot change, but we must do our very best to improve the things we can and ensure we are good stewards of every taxpayer dollar. Let's all take ownership – each active duty, Reserve, Guard and civilian Airman – to improve what we can control and to Make Every Dollar Count.

“Make Every Dollar Count: All In, All The Time.”

Deborah Lee James
Secretary of the Air Force

Larry O. Spencer
General, USAF
Vice Chief of Staff



Social Media Tips

**Please keep the following in mind
when posting to social media sites like Facebook or Twitter.**

Once it's out there, it's there forever

- When you post something on social media, you can't "get it back." Even deleting the post doesn't mean it's truly gone, so consider carefully before you hit enter.

No classified information

- Don't post classified or sensitive information (for example, troop movement, force size, weapons details, etc.). If in doubt, talk to your supervisor or security manager. "Think OPSEC!"

Replace error with fact, not argument

- When you see misrepresentations made about the Air Force in social media, you may certainly use your social media property or someone else's to correct the error. Always do so with respect and with the facts. When you speak to someone who has an adversarial position, make sure what you say is factual and respectful. No arguments, just correct the record.

Admit mistakes

- Be the first to respond to your own mistakes. If you make an error, be up front about your mistake and correct it quickly. If you choose to modify an earlier post, make it clear you have done so (e.g., use the strikethrough function).

Use your best judgment

- What you write may have serious consequences. If you're unsure about a post, discuss your proposed post with your supervisor. Ultimately, you bear sole responsibility for what you post.

Avoid the offensive

- Don't post any defamatory, libelous, vulgar, obscene, abusive, profane, threatening, racially and ethnically hateful or otherwise offensive or illegal information or material.

Don't violate copyright

- Don't post any information or other material protected by copyright without the permission of the copyright owner.

Don't misuse trademarks

- Don't use any words, logos or other marks that would infringe upon the trade mark, service mark, certification mark or other intellectual property rights of the owners of such marks without owner permission.

Don't violate privacy

- Don't post any information that would infringe upon the proprietary, privacy or personal rights of others.

No endorsements

- Don't use the Air Force name to endorse or promote products, political positions or religious ideologies.

No impersonations

- Don't manipulate identifiers in your post in an attempt to disguise, impersonate or otherwise misrepresent your identity or affiliation.

Stay in your lane

- Discussing issues related to your career field or personal experiences are acceptable and encouraged, but you shouldn't discuss areas of expertise where you have no firsthand, direct experience or knowledge.

Be cautious with the information you share

- Be careful about the personal details you share on the Internet. Maintain privacy settings on your social media accounts, change your passwords regularly and don't give out personally identifiable information. Also, be mindful of who you allow to access your social media accounts.

Don't promote yourself for personal or financial gain

- Don't use your Air Force affiliation, official title or position to promote, endorse or benefit yourself or any profit-making group or agency. For details, refer to Code of Federal Regulations, Title 5, Volume 3, sec. 2635.702, Use of Public Office for Private Gain, in the Joint Ethics Regulation or Air Force Instruction 35-101, Public Affairs Responsibilities and Management.



THE BASE HONOR GUARD NEEDS YOU!

The Honor Guard's primary focus is Military Funeral Honors but is also called upon to perform at civic events. If you are interested in honoring those who served before you with dignity while earning extra retirement points and pay, then the Honor Guard might suite you. Currently we are in need of 107th members who are in good standing with thier units.

Contact the Honor Guard at 716-236-3182 or 716-622-0494
E-mail @ 914aw.honorguard@afrc.af.mil



In light of our recent mission change and transition period it is of the utmost importance to be sure you are taking care of yourself. We are not of any use to anyone else if we are neglecting our own self-care. As a reminder the Psychological Health Program is available to you, your family and your friends.

Help is Available

The first step to resiliency is often the hardest to recognize when you

need help. Needing help doesn't make you a lesser Service Member. In fact, seeking help makes you an active player in your well-being, and being well is the best way to ensure you're there for your family, friends, unit and Nation.

Family and Friends

Buddy Care isn't just for service members. The National Guard Psychological Health Program assists family and friends when they feel that someone may need help. The Psychological Health Program provides counseling, emotional support and referral resources to quickly address the service member's challenges.

Local Professional Health Resources

A Director of Psychological Health will assist in the coordination of any psychological health need. In most cases, we will assess and refer you to a local, qualified mental health



resource close to your home. Our goal is to address your concerns in the quickest, least restrictive, most convenient, and least costly manner. Here to serve you

The National Guard Psychological Health Program provides service members and their families with resources to master psychological health challenges to maintain operational readiness.

Goals include:

- ◆ Provide high-quality mental health services appropriate to individual needs.
- ◆ Maintain client confidentiality while coordinating professional services.
- ◆ Provide education resources to maintain and improve personal resiliency.



National Guard Psychological Health Program services are easily accessible. The Director of Psychological health is available to provide telephone consultation as well as face-to-face consultation. If you believe you or one of your family members might need assistance, please do not hesitate to contact me.

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T **HUNDERBIRD**

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