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NEWS OF THE 106TH RESCUE WING • DECEMBER 2008 • VOL. 8 NO. 371

Veteran's Day **Celebration** FRG Hosts **Families of Deployed Members Airmen Qualify on** the **Rifle** Range

EXPERIENCE: ISLANDERS HOCK SEE PHOTOS, VIDEOS AND MORE ON OUR OFFICIAL WEBSITE WWW.106RQW.ANG.AF.MI

ANNOUNCEMENTS

Special Dates: December 13 — Lunch with Santa

Contents

Commander's Column	3
FRG Hosts Families of Deployed Members	4
Airmen Qualify on the Rifle Range	5
Wing News	6-7
Veteran's Day Celebration	8-9
Wing News	10
Career News and Opportunities	11
Wing Photos	12
PJs Prepare for Deployment	13
Recruiter News	14
Wing Voice	15

December UTA Menu:

Thursday Baked Chicken, Yellow Rice *Friday* Box Lunch *Saturday* MRE *Sunday* Meatloaf, mashed potatoes, & corn



On the Cover:

PJs lower an American flag from the rafters of the Nassau Coliseum as a part of the New York Islanders Military Appreciation Day on Veteran's Day, November 11, 2008

ERESCUE

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COMMANDER'S COLUMN

Fundamentals by Colonel Michael F. Canders

World class sports teams execute on fundamentals: blocking, tackling, throwing, catching, dribbling, passing etc. Our world class 106th Rescue Wing team also executes on fundamentals: operating safely and communicating effectively. As we begin our work each day we need to pause a moment and check

ourselves and our teammates to ensure we are ready to go. This is particularly important for our "on scene" leadership, the shop supervisors, and line supervisors who make sure

their teams work safely at max efficiency. Each of these small teams rolls into the larger effort, and leadership at the next levels must ensure they enforce safe operations while communicating the big team's tasks. Like football special teams, offense and defense synchronize to win a Super Bowl so must we synchronize to win our Super Bowl, our Operational Readiness Inspection (Phase I) in December. Our big team's task is to process people and equipment for a deployment while assuring safety, protection of the force, and operations and information security. No small task but one for which we are immensely qualified and well prepared. Our Personnel

Deployment Function (PDF) and Cargo Deployment Function (CDF) will be the centers of gravity of this evolution. These teams are well practiced and ready to receive people and cargo and process them safely and efficiently. Then there are teams in all of our groups (OPS, MXG, MSG, MDG, and Wing Staff) that will pack and

It all comes together when we excel at the fundamentals: operating safely and communicating effectively. prep the people and cargo to be deployed. Risk management (operating safely) is key for all of these teams, especially for those packing and moving cargo and

preparing aircraft for shipment or flight. Communications via tech orders, written instructions and processes are also key to safely accomplishing these tasks. The movements are scheduled as "chalks" a term first used in WWII when troops were sorted for movement by aircraft by using chalk to write a number on their backs or on their equipment. The chalks will be scheduled in time sequenced fashion on a Deployment Schedule of Events (DSOE) which can best be described as the "playbook". In addition to the DSOE, there will be another "playbook" for aircraft preparation for movement and the schedule of re-generating the



Colonel Michael F. Canders

aircraft in the simulated theater of operations. We will fold and unfold helicopters for load and unload from simulated C5s or C17s and also prepare our C130s to be packed and flown. The glue holding this together will be the communication flow from me and my senior staff and the Deployment Control Center to the deployment machine. We use our Command Post and our Unit Control Centers, in each of our units, to communicate the essential tasks and situations which may require changes such as the Force Protection Condition. Our ORI in December represents lots and lots of moving parts which truly are a thing of beauty when it all comes together. It all comes together when we excel at the fundamentals: operating safely and communicating effectively. I look forward to our December "Super Bowl" because I know we are supremely capable of an outstanding grade. Let's do it!

THEFAMILYREADIAESSGROUP HOSTSFAMILESOF DEPLOYEDMEMBERS



Senior Airman Chris Muncy Julia Kraemer (left), daughter of Tech Sgt. Eric Kraemer, and Ava DiLorenzo, daughter of Master Sgt. Dominick DiLorenzo, pose for the camera during playtime in the All Ranks Club.



Senior Airman Chris Muncy Danielle Dierna, fiance of Tech Sgt. Michael Marotta, shows off her pillowcase creation in the All Ranks Club.



Staff Sgt. David J. Murphy Col. Canders eats lunch with the deployed members families in the dining facility.

Story by Lisa D'Agostino

Several families from Security Forces Squadron visited the base to enjoy a holiday meal during the November UTA. Not only did they enjoy a scrumptious meal provided by Services Flight, they also took part in activities for their loved ones overseas.

The families arrived at the base for the traditional holiday meal and were greeted by security forces leadership and our Wing Commander, Colonel Michael F. Canders. After the meal, the families went to the All Ranks Club. The Family Readiness Group (FRG) set up tables for card making, letter writing, and a project called Operation Pillowcase. Operation Pillowcase is an activity where we take a digital photo of the family, print it, and then iron it on a pillowcase. The family writes a message on the pillowcase and it is sent to their loved ones. The FRG then packed the pillowcase, letters and cards, and mailed them to their deployed loved ones.

Col. Canders came to the All Ranks Club, spoke to the families and presented them with "You Serve Too" certificates, thanking them for their support while their loved ones serve our country. Col. Canders also presented the children with an "All American Hero Awesome Kid" certificate. As always, we support our families during times of deployment and can't express enough that the military's strongest unit is, THE FAMILIES!



Senior Airman Chris Muncy Adam Welkison and Barbara Reginio, Senior Airman Michele Dragotti's boyfriend and mother, receive a "You Serve Too" certificate from Col. Canders in the All Ranks Club.

AIRMEN QUALIFY ON THE REFERENCES

Story by Staff Sgt. David J. Murphy Photos by Senior Airman Chris Muncy

Qualifying on the rifle range is something that should be familiar to every Airman. In the Air National Guard, every airman is required to qualify on the rifle range with an M-16 and/or M-9, but how often they qualify, and with what weapons they qualify with are determined by what category they fall under.

There are three categories of weapons qualification. The first, category A, includes the Security Forces and PJs, who must qualify twice a year with their primary weapon and once a year with their secondary weapon. Category B includes Civil Engineering and HH-60 crews, who must qualify once every two years with their primary and secondary weapons. Category C includes all other personnel, and they must qualify once every three years with their primary weapon.

Members of Security Forces also qualify with other weapons including the M-9 Pistol, the M-4 Carbine and the M-249 "Machine Gun."

The qualification course consists of 100 rounds for the M-16. Airmen shoot from in the standing, kneeling and prone positions. In addition Airmen also shoot wearing a gas mask.

Master Sgt. Brian Candreva is in charge of Combat Arms (CATM) for the 106th Rescue Wing, and instructs the Airmen on how to properly fire their weapons, such as the M-16.



Master Sgt. Brian Candreva of Combat Arms demonstrates the proper way to sight in on a target at the rifle range.



After staging their rifles the Airmen go down range to setup their targets in order to start their live fire Air Force qualification course, at the Suffolk County Police range.



Airmen also fire the M-16 while wearing gas masks.



Members of the 106th Rescue Wing lay in the prone position while firing their M-16s at targets on the rifle range on November 1.

ING NEWS



Dear Brothers and Sisters at Arms, On behalf of the members of the 106th Chiefs Council, we wish you and your families a happy and healthy Holiday Season. Your services and dedication to the 106th RQW over the past year have contributed to help guard America and defend its freedom. As we look forward to the New Year

we ask you to enjoy your time with family and friends and return refreshed with a renewed spirit ready to meet the challenges of the next

It is with great pride that we, the Chiefs of the 106th, remember you this holiday season year. and thank you for your support. From all of us, to all of you, may the blessings of liberty be with you and your family. Have a wonderful holiday and a prosperous New Year! The 106th Rescue Wing Chiefs Council



by Chief Master Sgt. Pamela A. Malatestinic

Did you know that you are eligible for medical benefits through the TRICARE system? The TRICARE Reserve Select (TRS) program is a premium-based health plan that qualified National Guard and Reserve members may purchase. TRS, which requires a monthly premium, offers coverage similar to TRICARE Standard and Extra. TRICARE

recently announced a REDUCTION in the premiums effective 1 January 2009 - the new rate for member only coverage will decrease from \$81.00 per month to only \$47.51. The premiums for member and family coverage will decrease from \$253.00 per month to only \$180.17.

TRS offers participants comprehensive health care coverage including

TRICARE's prescription drug coverage (prescriptions may cost as little as \$3). You don't need to select a primary care manager, you can visit any TRICARE-authorized provider. To determine your eligibility, find out more information, or to enroll, simply log onto the TRICARE website at www.tricare.osd.mil.

Chaplain's Corner

by Lt. Col. Brian J. McNamara

There was a man named John who received a brand new car from his brother as a Christmas gift. As he came out of his office he noticed a poorly dressed boy admiring the car. "Wow", the boy said, "what a great car". "My brother gave it to me for Christmas", John said. "Man, I wish...said the boy.

Of course, John knew what the boy was going to wish for. He was going to wish that he had a brother like that. But the boy's reply surprised John. The boy said, "I wish that someday I could be a brother like that." In admiration and astonishment John asked the boy if he would like a ride in the car. The boy accepted excitedly. After a brief ride, the boy asked John if they could drive in front of the boy's house.

John smiled and agreed, assuming the boy wanted to show off to his neighbors-but he was wrong again. The boy asked him to stop in front of a house and the boy ran up the steps. The boy took awhile and Paul heard him coming slowly down the stairs. The boy was carrying his crippled brother. He sat his brother on the front steps and pointed to the car. "There she is, Joe, just like I told you. His brother gave it to him for Christmas and it didn't cost him a cent. And one day I'm going to give you one just like it and then you can see for yourself all the pretty things in the holiday windows that I've been trying to tell you about."



Lt. Col. Brian J. McNamara It was then that John really understood the teaching: "It is more blessed to give than to receive."

On behalf of the Chapel Staff, we wish you all a blessed holiday season and a New Year filled with much health, happiness and holiness.

New Law Allows Veterans' Salutes During Anthem

WASHINGTON (AFRNS) --Veterans and active-duty military not in uniform can now render the military-style hand salute during the playing of the national anthem, thanks to changes in federal law that took effect this month.

"The military salute is a unique gesture of respect that marks those who have served in our nation's armed forces," said Dr. James B. Peake, secretary of Veterans Affairs. "This provision allows the application of that honor in all events involving our nation's flag."

The new provision improves upon

a little known change in federal law last year that authorized veterans to render the military-style hand salute during the raising, lowering or passing of the flag, but it did not address salutes during the national anthem. Last year's provision also applied to servicemembers while not in uniform.

Traditionally, members of the nation's veterans service organizations have rendered the hand-salute during the national anthem and at events involving the national flag while wearing their organization's official head-gear.

The most recent change, authorizing

hand-salutes during the national anthem by veterans and out-ofuniform military personnel, was sponsored by Sen. Jim Inhofe of Oklahoma, an Army veteran. It was included in the Defense Authorization Act of 2009, which President Bush signed Oct. 14.

The earlier provision authorizing hand-salutes for veterans and out-ofuniform servicemembers during the raising, lowering or passing of the flag, was contained in the National Defense Authorization Act of 2008, which took effect Jan. 28, 2008. (Courtesy of VA News)







Former Secretary of State Colin Powell dropped the ceremonial first puck before the beginning of the game on Veteran's Day and afterwards met with members of the 106th Rescue Wing. Featured in the photo from left to right are Staff Sgt. Jordan A. Miles, 101st Rescue Squadron, Master Sgt. Erik S. Blom, Senior Master Sgt. Michael Hewson, Master Sgt. Jules Roy and Senior Master Sgt. Jeffrey J. Baker, 103rd Rescue Squadron.



Master Sgt. Eric C. Carver (left) and Master Sgt. Jill S. Butler (right) speak to NY Islanders Arena Hostess, Dina.



Master Sgt. Jules Roy presents the folded American flag to former Secretary of State, Colin Powell, before the ceremonial dropping of the first puck.



Lt. Gen. Raymond E. Johns Jr., Deputy Chief of Staff for Strategic Plans and Programs, Pentagon and Col. Canders, pose during the New York Islanders Veterans Day salute to military game Nov 11 at Nassau Coliseum.



Recruiters greet members of the community at Nassau Coliseum.

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Story by Staff Sgt. David J. Murphy Pararescue Jumpers (PJ) from the 103rd Rescue Squadron participated in the Military Appreciation Day events at Nassau Veteran's Memorial Coliseum on Veterans Day, November 11. The event was hosted by the New York Islanders hockey team who held the event prior to their game against the Philadelphia Flyers.

For the event, the PJs repelled from the rafters of the stadium down to the ice carrying an American flag during the playing of the National Anthem. Afterwards the ceremonial first puck was dropped on the ice by Former Secretary of State Colin Powell.

Mr. Powell then greeted the troops and posed for a few pictures. "It was my first time meeting General Powell," Lt. Col. Mary Ann Cline told Jason Lockhart, a reporter for the New York Islanders, "I'm a great admirer of General Powell, not only when he served as Chief of Staff for the military and Secretary of State, but his whole career in the Armed Forces. It means a great deal to service members that a sports team has recognized the contributions we make to the country. We have a lot of Wing members who are avid Islanders fans."

In addition, Master Sgt. James M. Storan, 106th Security Forces Squadron, participated in the pregame ceremonies for the New York Jets at Giants Stadium, by assisting in the display of a huge American flag on the field.







Master Sgt. Jim Storan and his daughter Erin, 11, pose for a photo at the Giants Stadium.



Master Sgt. Jules Roy and Senior Master Sgt. Jeffrey Baker lower themselves down to the ice from the rafters of the Nassau Coliseum on November 11.

Staff Sgt. Marcus Calliste

WING NEWS

Deployment Photo Contest

Attention all deployers with cameras and those who know somebody with a camera. The Public Affairs section is looking to capture your experience from your deployment. The top photos will be displayed on our web site at www.106rqw.ang.af.mil. To submit



an entry, e-mail the photo to the Public Affairs distribution via your base e-mail. Include with the photo the photographer's name, names of the people in the photo, the date, and the location of the photo. Including a story with the photo will help portray the photo's meaning, but the story is not necessary.

"Name That Discrepancy" Contest Winner

The 106th Rescue Wing would like to congratulate Airman 1st Class Sylburn V. Peterkin for winning the "Name That Discrepancy" contest in last month's Team Rescue. Your eagle eye will be rewarded with a \$20 Gift Certificate to Applebees. Please see Chief Master Sgt. Reiter to receive your prize.

Thanks to all who entered and be sure to always keep a lookout for any discrepancies you see among your fellow Airmen, and on our base.

106th Alumni Association News

106 RQW Heritage Park bricks continue to be available for purchase, paving the path to the HH-3E static display. For \$50, your inscription of up to 3 lines, 14 spaces per line, will be a part of this historic undertaking. For questions, please contact Lt Col (ret) Warren Ferdinandsen at 631-744-1689.

Applications for the Chief William

Schiffer Scholarship have been received and are being reviewed. Announcement of winners forthcoming!

The next meeting of the board will be on Thursday, 4 December 2008, at 1730 hours in the old Wing conference room, building 250. Any members, present or past with military ID, are welcome to attend.

New Web Site

www.106RQWAlumni.org is up and running. Expansion is still in progress, but save the URL and check back frequently. Webmaster is Ron Posarina.

HH-3E Rolls Out

Photo and Story by Staff Sgt. David J. Murphy

<image>

Members of the 106th Rescue Wing moved the recently restored HH-3E Jolly Green Giant onto its permanent place of display, at the front entrance to the base, on October 25. The move was a coordinated effort by many different people on base who came out on a cloudy Saturday morning to put the aircraft in place. The final piece of the display, the rotor blades, was put into place the following Monday. The slab for the HH-3E was built by the 106 CES.

CAREER NEWS/OPPORTUNITIES

AGE Craftsman Sheppard AFB, Texas Master Sgt. Christofferson, Peter

Basic Military Training, USAF Lackland AFB, Texas

Airman First Class Brown, Sonny N. III Airman First Class Ford, Kathleen T. Airman First Class Whelton, Brian M.

C130 Pilot Single Ship Airdrop/ Airland

Little Rock AFB, Texas Capt. Vanzant, Alex C.

Recent Graduates

Education and Training Apprentice Keesler AFB, Mississippi Master Sgt. Hines, Kenneth A.

Electronic Warfare Systems

Apprentice Sheppard AFB, Texas Airman First Class Morrison, Derek S.

Intelligence Officer Course Goodfellow AFB, Texas 1st Lt. Brosnan, Alison J.

Mission Flight Engineer Initial Qualification Kirtland AFB, New Mexico Staff Sgt. Raguso, Christopher J. *Mission Pilot Initial Qualification* Kirtland AFB, New Mexico Capt. Hassan, Tamer F.

Mission Pilot Upgrade Qualification Kirtland AFB, New Mexico Capt. Sumwalt, David C.

Operations Intelligence Apprentice Goodfellow AFB, Texas Staff Sgt. Ham, Woo H.

Security Forces Apprentice Lackland AFB, Texas

Airman First Class Roth, Ian W.

Recent Promotions

Chief Master Sgt. Michael Rusnak

Senior Master Sgt. Todd Collier Maria Garcia Harold Erickson

Branden Beniquez

John Beck

Jose Diaz

Richard DeFelice Jr.

Master Sgt. Charles Herold

Tech. Sgt. Cheran Cambridge Thomas Meade Jr.

Staff Sgt. Anthony Legotti Joshua Flynn Michael Algozzino Ryan T. Helf

New Members

William Geimano James Guy Yuan Limbal Samuel Prescott Michael Tandy Brian Wilkowski

106 RQW Newly Commissioned Officer Vacancy Announcements					
Civil Engineer	106 th Civil Engineering Squadron	Nationwide	Open Until Filled		
Chaplain	106th Wing Headquarters	Nationwide	Open Until Filled		
Physician Assistant	106 th Medical Group	Nationwide	Open Until Filled		

Please contact: Chief Master Sgt. Mike Rietvelt (631) 723-7571

Full Time Vacancy Announcements				
Heavy Mobile Equipment Mechanic	Aircraft Mechanic Supervisor	Maintenance Production Controller		
HC-130 Aircraft Mechanic	Materials Handler	Aircraft Ordinance Systems Mechanic		
Aircraft Maintenance Coordinator	Quality Assurance (Munitions)	Quality Assurance (Propulsion)		

To apply see: http://www.dmna.state.ny.us/jobs/jobs.php

WING PHOTOS





Tech. Sgt. Frank P. Rizzo

Above: Mobility Barn Wing Members were recently recognized for their efforts by receiving a 100% outstanding from the Air Force Audit Agency. The members from left to right are: Staff Sgt. Thomas M. Dewey, Tech Sgt. Donald Mackay, Senior Master Sgt. Steven Krajewski, Senior Master Sgt. Frank Salzano, Tech. Sgt. Eddie Cepeda and Senior Airman Tyrone Ligon. Left: Chief Master Sgt. (Ret.) Timothy P. Malloy and his son,

Left: Chief Master Sgt. (Ret.) Timothy P. Malloy and his son, Tech. Sgt. Timothy D. Malloy, are interviewed by National Public Radio reporter, Connie Conway, on November 1, for a story titled "Family Fighters."

Below: Members of the New York Islanders hockey team visited the 106th Rescue Wing on October 24. Frans Nielsen, #51, and Jeff Tambellini, #15, toured the base and met with many members.



PJs PREPARE FOR DEPLOYMENT

Story and Photos by Staff Sgt. David J. Murphy

Pararescue Jumpers (PJ) from the 103rd Rescue Squadron, and members of the 106th Security Forces Squadron, took part in a downed aircrew scenario on November 2. The event occurred at F.S. Gabreski Airport, in Westhampton Beach, N.Y. and involved a search and rescue operation in a simulated deployed environment.

The scenario involved two downed airmen who sustained various injuries each. The simulated injuries were administered by Maj. Steve Rush of the 106th Medical Group who also provided inputs to the PJs so they could render appropriate care. To increase realism the PJs were confronted by an opposing force that fired simulated rounds during the exercise.

The PJs also received two weeks of advanced medical instruction from Deployed Medicine International.



PJs prepare to move a simulated victim for follow on medical care.



Class Coordinator Marc Depasquale (right), of Deployment Medicine International (DMI), instructs PJs on the types of medical skills they'll need when they deploy overseas. DMI taught a variety of medical techniques to the PJs during their two-week class.

RECRUITER NEWS



The 106th Rescue Wing at Gabreski Airport in Westhampton Beach is looking for Chaplains. The time commitment is ONE weekend per month (usually the first weekend of the month) from 7:30am to 4:00pm, Saturday and Sunday. After an initial 2 week officer orientation course, they will be scheduled for the Chaplain Orientation Course (39 days). Both schools are at Maxwell Air Force Base, Montgomery, Alabama. They will be assigned to the Chaplains section here at our rescue unit in Westhampton Beach. It is a wonderful opportunity for them to minister to our men and women in the service. It will enrich their civilian ministry as well. Besides Worship Service every Sunday at 8:00am, they will have the opportunity to minister to the troops at their work sites. If you'd like to nominate someone, or seek additional information, please contact Master Sgt. Lochren (631)723-7339.

Current Available Career Fields:

Aerospace Ground Equipment A/C Electrical & Environ Systems A/C Fuel Systems A/C Hydraulic Systems A/C Metals Technology A/C Structural Maintenance Electronic Warfare Systems Fuels HC-130 Crew Chief Ground Radio Munitions Systems Nondestructive Inspection Operations Management Pararescue Pavements & Construction Personnel SERE Operations Utilities Vehicle Operations Weather

106 RQW Recruiter Contact Info

Master Sgt. Dickie Lochren (631) 723-7339 Tech. Sgt. Laurie Perno (631) 723-7339 Tech. Sgt. Katie Knoebel (631) 723-7458 Tech. Sgt. Matt Repp (631) 723-7458 Master Sgt. (Ret.) Kevin Kelly (631) 723-7163 Staff Sgt. Antonio Fonseca (631) 723-7197

WING VOICE

Change Begins With Us

Just as with any disease contagion, we can catch and latch onto unhealthy attitudes and practices when working in a professional environment that has become "toxic." If we find ourselves in this type of environment, such as a lack of amity among co-workers, slovenly safety practices, a chronic disregard for military bearing, or systemic discordance over policy directives, we then need to move beyond the current environment into a healthy one.

Unfortunately, without focus, unit members can serve to perpetuate a toxic work environment. It is easy to check-out mentally and emotionally from a situation when thinking of the seemingly inconsiderate co-worker or a policy that appears to inconvenience us. But, military professionals need to get mentally prepared for work, just as athletes go through routines to psyche themselves up for a game.

by Lieutenant Colonel Mary Ann Cline In order to improve an environment, we must be completely attentive to the "behavioral toxins," as well as have an awareness of the sources and nature of discord among co-workers or existing procedural practices. This entails understanding that behavior is almost always personal and professional at the same time. We must concentrate to direct the energy of emotion into constructive action in order to appropriately frame the "business" issue of concern so that it becomes conducive to process transformation. The best leaders know they cannot lead by edict, but observe the underlying politics of an environment, focusing on the spoken and unspoken behaviors of others. When each of us is focused and mindful of our role within this context, we begin



Lieutenant Colonel Mary Ann Cline

to become part of the solution, ready to play ball. As a result, we can facilitate conversation and advocate, not for a particular outcome, but for the pursuit of a sound and durable agreement for change. This is because achieving lasting change is only as good as the process used to bring about its implementation.

Congratulations! The following scored over 90% on their end of course exams during the month of November 2008:

Maj. Paul H. Diedrich	Air Command and Staff College	94%
Master Sgt. Joseph M. Aylward	Senior NCO Academy	100%
Master Sgt. Thomas G. Izzo	Senior NCO Academy	95%
Master Sgt. Lawrence Giordano	Senior NCO Academy	94%
Staff Sgt. Richard K. Post	Security Forces Craftsman	90%
Staff Sgt. Erica M. Smith	Aviation Resource Mgmt Journeyman	91%

Tests will be administered by Base Training as follows:

Sun 7 Dec 08 1230 Thu 11 Dec 08 1300 Thu 18 Dec 08 0900

Testing is scheduled for the Sunday of a UTA. Saturday will be included if needed due to demand. To test, members must schedule through their unit training manager, be in uniform, have their ID card, and be at base training 10 minutes prior to start time. Please No food or drink, cell phones, beepers or pagers. No notes or study materials are authorized in the test room. Pencils, calculator (if authorized), and scratch paper will be provided — members are not to bring their own.



Headquarters Team Rescue 106th Rescue Wing 150 Old Riverhead Road Westhampton Beach, N.Y. 11978-1201

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New York Islander, Frans Nielsen, waves to members of the 106th Rescue Wing from the cockpit of a HC-130. Photo by Staff Sgt. David Murphy.