

TEAM RESCUE

WESTHAMPTON BEACH, N.Y.

NEWS OF THE 106TH RESCUE WING • APRIL 2009 • VOL. 9 NO. 375



Maj. Dwayne D. Xenelis

Applying Civilian Safety to the Guard Environment

ANNOUNCEMENTS

Special Dates:

April 15 - Tax Day

May 23, 24 - Jones Beach Air Show

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APRIL UTA Menu:

Saturday

Baked Tilapia Fish
Steamed Rice
Steamed Broccoli Spears

Sunday

Virginia Ham
Mashed Sweet Potatoes
Green Beans

On the Cover:

Maj. Dwayne D. Xenelis at his construction site in southwest Connecticut. For Maj. Xenelis, safety is not just an important factor to getting the job done, it is the most important factor, and this same mentality carries itself over into his service with the Air National Guard.

Photo by Staff Sgt. David J. Murphy



TEAM RESCUE

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I Lost a Finger

by Colonel Michael F. Canders

I guess that's the way I see it. Or perhaps, more precisely, we lost a finger. We, the 106th Rescue Wing, lost a finger.

One of our great deployed Airmen was "pitching in," doing something that he doesn't normally do. Some heavy lifting was required to accomplish a maintenance action that "needed to get done." He had his safety equipment on and was wearing protective gloves but his part of his hand was suddenly pinned between two large immovable objects and crushed. His doctor in the deployed location tried mightily to save the severely damaged finger but the doctor's medical experience told him that he needed to remove it.

This event followed the other very significant event in our deployed location, the mishap of Jolly 113 during a medical evacuation mission. As you know, our crew of seven walked away from this with minor physical injuries, but banging up an aircraft as severely as we did, got all of our attention. These two very significant events have me staying awake at night wondering if there was more we should have done to prevent these mishaps. So what's the answer? We always talk about safety and margin and making sure we maximize our safety margin through well practiced risk management techniques. We are constantly assessing our compliance profile to also make sure we maximize our safety margin. What did

we miss?

Events like these two must give us pause to reflect on our important, and frequently dangerous, work to learn from these events so they are not repeated. I think the bottom line on this discussion is total "buy in" from each and every one of us in this Wing. That means that each of us must accept that our risk management, compliance and safety procedures must be followed

every time we do a task. Yes, every time. We can't cut corners when time or other pressures might distract us into thinking "... I don't have time or I'll do it without the checklist just this one time...".

We can't say, "we are at war so the checklists don't matter." Under these pressures, we are even more compelled toward our risk management, compliance, and safety procedures because these will increase our safety margin to prevent mishaps.

Commanders and supervisors are accountable for this compliance but the real success or failure of a safe culture depends on safety from the bottom up. Good Wingmen understand this and don't let their fellow Airmen get hurt. They always have the courage to speak up, when necessary. A young Airman recently reminded me and the Command Chief that we did not have proper hearing protection on when we visited his work area. He was right, and the Chief and I both asked him to share his attitude. He cared enough about us to do the right thing.

...the real success or failure of a safe culture depends on safety from the bottom up.



Colonel Michael F. Canders

Do you care enough to speak up when something doesn't look right or feel right? If someone senior to you in rank is not following the correct process or procedures, will you say something? If you are not in compliance, will you tell your boss or your teammates so that you can be? Your answer to all of those questions needs to be a resounding "YES!" If it is "no" because perhaps you think your fellow airmen will belittle you and you don't think your bosses care, then I need to know that so I can fix it.

There is far too much at stake for our nation at war. We must operate safely and correctly to assure no one gets hurt and we don't break anything. More importantly, it is the right thing to do. Do you care enough to make the commitment to this as a team? We are accountable to each other and to watch out for each other, so let's make that commitment now. No more mishaps. We can do it but it will take all of us working together and communicating effectively. You can make the difference between us losing another finger, an aircraft, or maybe something worse.

BABY ON BOARD

Story and photos by Staff Sgt. David J. Murphy

At approximately 3:00 a.m. on March 11, 2009, Kristin M. Jurgensen, four days overdue in her pregnancy, called her husband, Suffolk County Police Officer Peter J. Jurgensen, at the 7th Precinct. She asked Peter, who is also an Air National Guard Tech. Sgt. for the 106th Logistics Readiness Squadron, 106th Rescue Wing, how much pain she had to be in for his boss to let him go. Peter's boss just told him to go. Peter got to their home, dropped off their 23 month old son, Gunner, at a friend's house, and placed his wife in the front seat of their brand new Ford Equinox



The Jurgensen's enjoy a quiet moment together in their Riverhead, N.Y. home. Kristin M. holds newborn baby Ethan Richard while his father Peter, and 23 mos. old brother Gunner look on.

for what they thought would be a simple trip to Southampton Hospital where Kristin would give birth. The baby had other plans.

As they were approaching the intersection of Montauk Highway and Route 24, Kristin told her husband that there wasn't enough time to get them to the hospital, so Peter pulled into a Shell gas station and the baby was delivered at 4:44

a.m. In addition to delivering his own son, Peter also had to contend with the fact that the umbilical cord had wrapped itself around his newborn son's neck. After undoing the cord, their son began to cry and Peter knew everything would be alright.

A few minutes after the birth, members of the Southampton Police Department showed up to



While delivering his baby, Peter was on the phone with Tammy Wilson from the Southampton PD. Peter held the phone between his shoulder and ear and accidentally broke the screen of his phone during the stressful event.



Peter had to sign Ethan Richard's birth certificate as the attending physician.

provide oxygen and assistance until the ambulance arrived. The Jurgensen's are now back home and their newborn son, Ethan Richard, is doing just fine.

DEPLOYED FAMILY LUNCHEON

Story and photos by Staff Sgt. David J. Murphy

The Family Readiness Group hosted a Deployed Family Luncheon in the dining facility at F. S. Gabreski Airport (ANG) on Feb. 21, 2009. The informal event was organized by Lisa D'Agostino, the 106th Rescue Wing's Family Readiness Coordinator.

The luncheon gave the families of

deployed Airmen the chance to take part in activities such as placing photos on pillowcases, making cards and a make-up station with make-up donated by Mary Kay. The main purpose of the event was to let the deployed service members know that their families are being taken care of and are cared about.



The children of Master Sgt. Jason Cooper, Thomas, 7, and Anna, 2, design a pillowcase for their father.



Col. Michael F. Canders (2nd from the left), 106th Rescue Wing Commander, speaks with members of the Rosen Family Wellness Center.



The family of Airman First Class Paul D. Cange take part in arts and crafts. From left to right: Paul, 3, Porter, Lee, Ross, 10, and Donna.



The families of currently deployed members of the 106th gather for a group photo in the dining facility of F. S. Gabreski Airport (ANG) on Feb. 21, 2009.

Three New Medical Programs Coming to You

by Chief Master Sgt. Pamela A. Malatestinic

The **Automated Neuropsychological Assessment Metrics** (ANAM) Program, the Web Based Health Assessment (Web HA) Program and the **Duty Limitation Code** (DLC) Program are three new programs that the 106th Medical Group will be rolling out over the next few months.

The Department of Defense is taking another step forward towards better screening for, diagnoses and treatment of mild traumatic brain injury (TBI). The **ANAM** is a computerized neurological assessment that measures memory, reaction time and information processing. It takes about 15 to 20 minutes to complete and will provide a baseline test. The baseline test

will be compared with a post-blast assessment and will give medical providers important information about how to proceed with testing, diagnosing and treating TBI, even in its mildest form. All deployers will be required to take the ANAM within 12 months of deployment.

WEB HA: DOD has mandated that all Services begin to use an approved web base self reporting tool in conjunction with the annual Physical Exam (PHA). This self reporting tool is located on the AF Portal and requires CAC accessibility for members to complete prior to coming in for their PHA appointment. The **Web Based Health Assessment (Web HA)** asks a series of questions regarding overall health, exercise

and fitness, nutrition, alcohol use, stress management, clinical testing and injury prevention.

The **Duty Limitation Code (DLC)** Program replaces the “4T” program. The purpose of the DLC program is to convey to commanders when a member’s health, safety and well being, mission safety or abilities to effectively accomplish the mission are at risk. Duty limitations (occupational or mobility restrictions) will be entered on the AF Form 469. The maximum duration of the AF Form 469 is one year. The AF Form 422, Notification of Air Force Member’s Qualification Status, will no longer be used for documenting deployment or duty limitations/restrictions.

Keep It Clean!

by 2nd Lt. Amy Bradshaw

Greetings to all, I hope your “Holiday Season” was happy and healthy.

I want to talk a little about infection control issues today. We all know the season for cold and flu is at its peak right now, but plenty of other bugs are lurking, just waiting for an opportunity to make you sick. The absolute most effective way of decreasing those opportunities is to make sure you wash your hands faithfully and correctly.

When you wash your hands you

are reducing the number of germs you carry around with you. When you use waterless hand sanitizer you are killing the germs you carry around with you. Both are equally effective means of preventing illness.

Last year was a particularly bad year for upper respiratory infections and gastrointestinal disease; both of which can keep us home from work for a few days but can be devastating illnesses in children. We need to be more careful about germs we are picking

up and taking home to our families, more so now than ever with resistance to antibiotics on the rise.

Proper hand washing technique includes: Warm water, soap, good friction, and time (at least 20 seconds). Waterless sanitizers are convenient and highly effective; keep them in your car, at your desk, or in your purse. One or the other should be used throughout the day especially before eating, after using the restroom, and after coughing or sneezing. So, let’s all keep it clean and prevent the spread of infection.



Lt. Col. Brian J. McNamara

There was a young man who went into the desert to become a monk. After a long month, the

Chaplain's Corner

by Lt. Col. Brian J. McNamara

young man struggled to pray and meditate and inside himself he was filled with anxiousness. He was not experiencing the peace he so desired. He spoke to a wise monk of his outer practices and inner disquiet.

The old monk listened carefully. Then he told the young man to get two buckets and to place a bucket on each side of the door. Whenever the young man prayed or meditated he was to take the bucket on the right side of the door, fill it with water and empty the bucket. The bucket on the left side was to be left alone.

For a full month the young man did this. The old monk came to visit the young man to inquire about the past

month. The young man said he still felt anxious and full of inner disquiet. "Let's examine the buckets," the old monk responded. They saw that the bucket on the right side was clean and shiny. The bucket that had been on the left side was full of cobwebs. The wise monk said to the young man "and so it is with your life. Even though you don't feel it, you are being cleansed and made new."

At times, we do not feel close to God but God is always close to us. Our religious traditions act as the water that cleanses us interiorly and helps us to ultimately draw closer to God, So, keep praying. It does work!

Alumni Association News

106 RQW HERITAGE PARK PATHWAY CONTINUES

The association has extended the sale of inscribed bricks for the HH-3 static display.

As a reminder, each brick has 3 lines, 14 spaces per line, at a cost of \$50. Bricks may be purchased by individuals, organizations, or commercial concerns. The window has opened for a short while longer, so don't miss out on this opportunity. Please make checks payable to: 106 Memorial Heritage Park Fund and mail them to
106 RQW Alumni Association
150 Riverhead Rd,
Westhampton Beach, NY 11978.

Any questions, please contact Warren Ferdinandsen, (631) 744-1689.

APRIL BOARD MEETING

The next meeting of the board will be on Thursday, 16 April 2009, at 1730 hours in the old Wing conference room, building 250.

ANNUAL MEETING OF 106TH ALUMNI

Mark your calendars now for the upcoming annual meeting and election on Tuesday, 12 May 2009. All members of the Wing, present or past with military ID, are encouraged to attend. More details to follow!

During the February UTA the Family Readiness Group (FRG) raffled off a girls bicycle. On Sunday of the March UTA the winning ticket was chosen. **Senior Airman Peter J. Papandrea** won the bike and will give it to his niece. Congratulations and thanks to all who support the Family Readiness Group!

Team Rescue Editor's Corrections

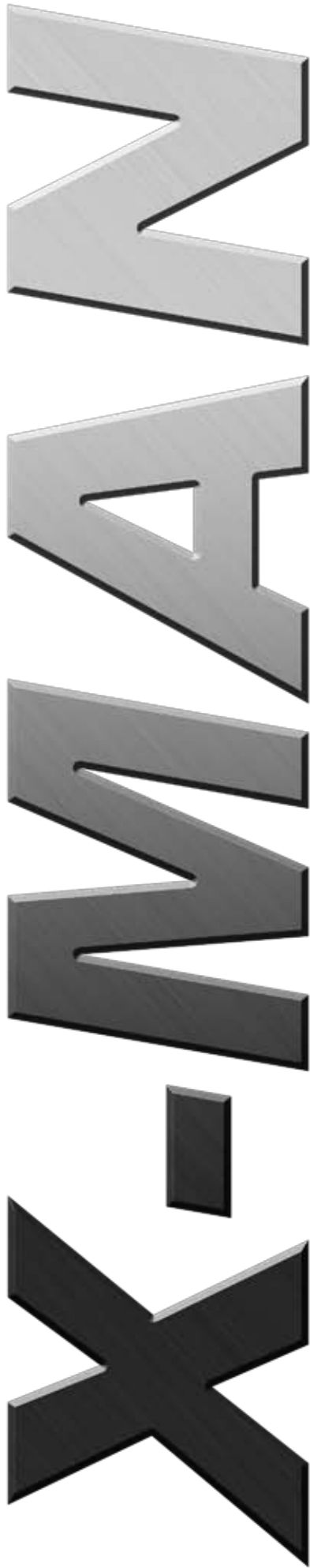
Team Rescue constantly seeks input from Airmen around the Wing. Whether it is your commentary, stories, photos or feedback, the Team Rescue staff wants to hear from our readers.

Our March 2009 issue included an article submitted by Senior

Master Sgt. James S. Nizza titled "Another Point on Readiness." The incorrect version of the article was used which stated a date that had passed at the time of publication. The correct version advised readers that the deadline for an application package for the

SNCOA in-residence program is the February UTA for classes to be scheduled in the following fiscal year.

In addition a photo on page 7 was incorrectly attributed, it should have been attributed to Tech Sgt. Frank P. Rizzo.



Maj. Xenelis uses his civilian safety experience to better serve the 106th

Story by Master Sgt. Mike Riccardi

For many members of the 106th Rescue Wing, safety is something they hear about on base and hopefully carry over into their civilian lives, but for Maj. Dwayne D. Xenelis, the 106th Civil Engineering Squadron Commander, it is just the opposite. He brings safety to the 106th.

“Maj. Xenelis is a dedicated individual,” said Senior Master Sgt. Vincent R. Fondacaro, Superintendent of Operations for Prime Beef. Maj. Xenelis, who is from Connecticut, is family oriented and brings that same kind of family orientation into his Squadron here on base. “For Maj. Xenelis and his family, safety is not just another briefing, but a style of life,” said Senior Master Sgt. Fondacaro.

His civilian job, as a subcontractor, is very similar to the job he does here at the base, said Maj. Xenelis. He runs the Xenelis Construction company which is very similar to running a Civil Engineering Squadron. He has all the same machinery and the same capabilities on the civilian side as on the military side, and safety is what, in part, keeps him in business. He can’t afford not to be safe. There are specified values per safety infraction on the construction site at home, and there are costs and losses to the mission for us here for safety infractions, said Maj. Xenelis.

“A lot of the folks here in CES do this kind of work on the outside, so they bring a lot of their expertise into the Squadron” said Maj. Xenelis. “They are involved with everything from heavy excavation to the pouring of a small section of sidewalk,” he added. When he sends people out to do a job, he has to make sure that the people he sends

are not only qualified mechanics, but that they also comply with Air Force safety standards while doing their job. So, according to Maj. Xenelis, that is something that he and his staff are very particular about. They go around and make sure that when their people are out on the job they have their personal protective equipment with them and that they are using it while operating.

Maj. Xenelis went on to discuss how the safety culture in construction on the outside permeates through to the Civil Engineering Squadron. “But, it’s all about keeping your people safe,” he summarized. The most important thing for Maj. Xenelis on the construction site is to keep his people safe and have them back the next day.

The construction industry is extremely unforgiving. There is no place for mistakes; there are no second chances when it comes to safety – “because a piece of equipment can kill you in a second, and that’s how fast it happens,” said Maj. Xenelis.

The conversation continued as he read a few prepared statements he had made. He said “safety is a continuous philosophy and improvement process. It starts with upper management and goes down through middle management and finally gets implemented by field personnel. Everyday we look for ways to make our job site safer, more efficient and ultimately more profitable which translates to mission success.”

According to Maj. Xenelis, the motto in the construction industry now is: not only do we do excellent work, but we do safe work. “It is production first, safety always,” he concluded.



Staff Sgt. David J. Murphy

Above: Maj. Xenelis operates an excavator at a construction site in southwest Connecticut. Maj. Xenelis needs to know how to operate every piece of machinery on the construction site that he supervises.

Left: Maj. Xenelis receives instruction on how to shoot a 9mm at the rifle range. Safety is very important in all facets of both his military and civilian life.

Below: Maj. Xenelis surveys the construction site in southwest Connecticut. His construction company, Xenelis Construction, is laying the ground work for what will be a 2 million gallon water tank.

Senior Airman Chris Muncy



20 Years Ago in Team Rescue

"A Long Way from Home" taken from the April 1988 Guardsman Flyer

On 15 February 1988, the U.S. Coast Guard advised the 106th Air Rescue and Recovery Group that a 25 year old Spanish sailor needed medical attention. Although the exact nature of his condition wasn't known, his location was more than 1,000 miles east in the open Atlantic.

A C-130 crew and four pararescuemen departed at 1300 hours on 16 February 1988. After several hours, the bulk carrier, Castillo de Arevalo, was located and the PJs deployed. After being picked up from heavy seas by a launch, the PJs boarded the ship, stabilized the patient (probable appendicitis), and monitored his condition until a rescue helicopter

from the Portuguese Air Force evacuated the sailor and the PJs. Later, the entire 102 Air Rescue and Recovery Squadron crew was reunited in the Azores and flew back to Westhampton Beach.

Back home, Senior Master Sgt. Paul Bellissimo accepted a proclamation presented by Legislator George Nolan on behalf of the Suffolk County Legislature. In addition to Senior Master Sgt. Bellissimo, the other members of the mission were Lt. Col. Gerald Olender, Maj. Charles R. Stueve, Maj. James Cear, Capt. Charles Palmer, 1st Lt. John Bird, 1st Lt. Carol Frye, 2nd Lt. Francis Townsend, Chief Master Sgt. Konrad Goeldner, Master Sgt.

Thomas Elefterion, Master Sgt. Kevin Kelly, Master Sgt. Timothy Malloy, Tech. Sgt. Robert Doskoez, Tech. Sgt. Warren Frank, Staff Sgt. Antonio Ramos, Staff Sgt. Craig Johnson and Staff Sgt. Robert Mazzochi.



ARPC Explains Procedures for Validating Early Retired Pay.

by Master Sgt. J. C. Woodring, ARPC Public Affairs

DENVER - Air Reserve Personnel Center officials are finalizing procedures for validating the receipt of retired pay before Citizen Airmen turn 60 years old.

Since Jan. 28, 2008, Guard and Reserve Airmen can reduce the age they receive retirement pay by three months for each aggregate of 90-day period of qualifying active duty served in any fiscal year, but they cannot receive retired pay before age 50.

"We are trying to make this as easy as possible for our Airmen," said Steve Hannan, director of Personnel Programs at the Air Reserve Personnel Center here. "The operational tempo of guardsmen and reservists is larger than many realize. So far this fiscal year, there could be more than 13,000 participating Guard

and Reserve members performing creditable service entitling them to reduced age retired pay."

ARPC officials are working with counterparts at the Air Force Personnel Center to add a field into the Military Personnel Data System so Citizen Airmen can see their estimated retired pay date.

"Until there is an automated way to track the information, our ARPC retirement technicians are reviewing personnel and finance records to see if Citizen Airmen qualify to receive their pay early. In most cases we hope to never ask a Citizen Airman to validate their service. Our testing shows that we can often determine the correct information from current finance and personnel systems. Only when these systems are inaccurate will we need the member's help," he said.

So far, six people are already eligible to receive their retired pay before they turned 60. Information in MilPDS indicates more than 250 Citizen Airmen who are awaiting pay at age 60 may already be eligible for reduced pay age, ARPC officials said. After reviewing these records, ARPC retirement technicians will contact those who are eligible.

If Citizen Airmen are approaching retirement and believe they are entitled to get their pay early, they can call 800-525-0102 and discuss the specifics of their participation with retirement experts to validate their eligibility for early retired pay.

For more information, call 800-525-0102 or visit www.arpc.afrc.af.mil.

CAREER NEWS/OPPORTUNITIES

Basic Training and Technical School Graduates

Air Transportation Apprentice

Lackland AFB, TX

Airman 1st Class Marissa N. Mugavero

Basic Aerial Gunner Flying Trng

Lacland AFB, TX

Airman 1st Class Eric M. Rosante

Combat Survival Training Course

Fairchild AFB, TX

2nd Lt. Edward R. Leahy, Jr.

Emergency Medical Technician

Stewart ANGB, NY

Senior Airman Sandra Y. Martinez

Tech Sgt. William Mackay

Tech Sgt. Karina A. Munoz

Fire Protection Apprentice

Goodfellow AFB, TX

Airman 1st Class Brian M. Whelton

Major Command Airman Leadership

MacDill AFB, FL

Senior Airman Brandon D. Griffin

Petroleum Logistics Management

Sheppard AFB, TX

Tech. Sgt. Steven E. Richard

Recent Promotions

To Senior Airman

Lauryn M. Armusewicz

Scott Holewinski

To Staff Sgt.

Erik Cedano

Douglas P. Kechijian

Sandra Y. Martinez

Philip G. Travers

To Tech. Sgt.

Matthew J. Infante

To Master Sgt.

Peter G. Beihoff

Dennis P. Bryne

New Members

Jason Davin

Jason Delauro

Kelcey J. Fredette

Gregory Glover

Kevin J. Grafer

William A. Meehan

Jose Mendoza

Joseph Watson

Nicholas Watson

Matthew Zimmer

Recent Reenlistments

Chief Master Sgt. Randolph R. Smith

Master Sgt. Robert A. Gilman

Master Sgt. Richard P. Stevenson

Master Sgt. Joseph Perno

Tech. Sgt. Duane S. Johnson

Tech. Sgt. William J. Keegan

Tech. Sgt. Christina M. Noon

Tech. Sgt. Naomi Rosario-Branker

Tech. Sgt. Michael J. Vella

Tech. Sgt. Katie T. White

Staff Sgt. David N. Skinner

Staff Sgt. Frederick Ligon

Staff Sgt. Michael A. Talbot

Staff Sgt. Michael J. Zuaro

106 RQW Newly Commissioned Officer Vacancy Announcements

Civil Engineer

106th Civil Engineering Squadron

Nationwide

Open Until Filled

Aircraft Maintenance

106th Aircraft Maintenance Squadron

Statewide

14 April 2009

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

Full Time Vacancy Announcements

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



The Air Force Association/Long Island Chapter

The Colonel Francis S. Gabreski Scholastic Grant

AMOUNT: TWO \$1,000.00 GRANTS

Offered to Graduating seniors living in Queens, Nassau or Suffolk Counties

APPLICANTS MUST BE:

- Children of Active Air Force, Air National Guard, Air Force Reserve
- Children of Retired Air Force or Honorably Discharged Air Force Veterans
- U.S.A.F. Auxiliary (CAP) Cadets • Air Force Junior ROTC Cadets • DEADLINE 30 APRIL 2009

Visit www.106rqw.ang.af.mil for more info



Staff Sgt. David J. Murphy



Staff Sgt. David J. Murphy

Staff Sgt. Derek Bishop, an Active Duty Air Force recruiter who works out of the 314th Recruiting Squadron, located in New Jersey, carries the Air Force Colors during the singing of the National Anthem at Madison Square Garden on February 21, 2009. The main event was a boxing match between Miguel Angel Cotto and Michael Jenkins.



Senior Airman Chris Muncy

Major Dwayne D. Xenelis from the 106th Rescue Wing trains on the 9mm pistol at the Suffolk County Police Firing Range in Westhampton Beach, N.Y. on March 8, 2009.

Members of the 103rd Rescue Squadron conduct a tree rescue exercise. The goal is to prepare Pararescuemen in situations involving a parachutist landing in a tree. Staff Sgt. Mike Talbot (left) climbed the tree to rescue Senior Airman Raymond Santos (right), who acted as the stranded parachutist. Master Sgt. Joseph A. Spadavecchia instructed and supervised the Pararescuemen.

Staff Sgt. Talbot's task was to reach the stranded parachutist to evaluate and, if necessary, apply medical treatment. Safety is the number one priority during a tree rescue maneuver in that the first step is to secure oneself as the rescuer. The second step is to secure the parachutist since the parachute might not be securely tangled in the tree. Finally, a line is attached to the parachutist before being lowered to the ground.

Staff Sgt. Marcus Calliste



Staff Sgt. David J. Murphy, 106th Rescue Wing, Public Affairs, visits Bioenvironmental Engineering (BEE) for a Quantitative Fit Testing (QNFT) on Mar. 7 at the 106 Medical Group (MDG). The QNFT is administered by Tech. Sgt. Julius Nelson, 106 MDG/BEE.

Tech Sgt. Frank P. Rizzo



Col. William E. McArdle, 106th Mission Support Group, cuts the ribbon on the new mail distribution center for the 106th Rescue Wing. After recent incidents involving mail it became clear that there needed to be a stand alone distribution center.

Staff Sgt. Marcus Calliste



Staff Sgt. Jeffrey Offerding, 106th Rescue Wing, Security Force Squadron, greets his girlfriend on Feb. 28, 2009, after returning from a six month deployment.

RECRUITER NEWS

Need Cash? Got Recruits?

Become a member of our G-RAP Team

The G-RAP program was designed for drill status individuals and retirees who voluntarily apply to serve as part-time Recruiter Assistants (RA). The G-RAP program is not open to AGRs or Technicians, however, they can receive time-off awards for recruits they bring into the Wing. Recruiter Assistants will be paid for non-prior and prior service enlisted accessions. To become a Recruiter Assistant log onto www.guardrecruitingassistant.com and follow the prompts. You will go through a



brief acceptance and training program leading to your RA certification. Once certified you will be able to refer qualified applicants to 106th recruiters leading to payment. As a Recruiter Assistant you will receive \$1,000 for any non-prior enlistment and another \$1,000 upon shipment to Basic Military Training. For prior service enlistments you will receive \$1,000 after enlistment and another \$1,000 upon recruits completion of third drill. For more information contact the recruiting office at (631) 723-7458.

DO YOU NEED \$4000?

Air National Guard Recruiting Assistants, can now earn \$4000 dollars for enlisting a prior or non-prior officer to join the 106th Rescue Wing. Recruiting Assistants still continue to earn \$2,000 for each enlisted member that enlists and reports to Basic Training or for each prior service member who completes a 90 day affiliation with the unit. Additionally, AGR members will earn 3 days of leave and Technicians will earn 27 hours of leave for each qualified recruit.

\$\$\$ 106th Airman have earned \$198,000 dollars to date! \$\$\$

THERE ARE MANY OPPORTUNITIES IN *MECHANICS* AND *ELECTRONICS*; CALL A RECRUITER FOR THE LATEST INFORMATION



Technical Sgt's. Matthew A. Repp and Michael G. Merced are pictured with students of the Electrical Science program at Abbey Lane School in Levittown, NY. The students learned about opportunities in the 106th Civil Engineering Squadron and the educational benefits of membership in the New York Air National Guard.

*Photo by
Master Sgt. Richard Lochren*

106 RQW Recruiter Contact Info

Master Sgt. Dickie Lochren (631) 723-7339
Tech. Sgt. Katie Knoebel (631) 723-7458
Tech. Sgt. Laurie Perno (631) 723-7339

Tech. Sgt. Matt Repp (631) 723-7458
Staff Sgt. Antonio Fonseca (631) 723-7197
Mrs. Sally Cassella (631) 723-7339

Sexual Assault Awareness

by Airman 1st Class Kristen N. Timms

April has been designated as Sexual Assault Awareness Month. It is a month in which we focus on awareness of sexual violence and how to prevent it.

Sexual assault is defined as causing another person to engage in an unwanted sexual act by force or threat. It involves not only the physical act, which is sometimes violent, but also has long-lasting mental and psychological effects.

Sexual assault is one of the most unspoken crimes in the United States. It is estimated that only 16 to 30 percent of sexual assaults are reported. Sexual assault can be hard to prove and this traditionally causes many individuals to avoid reporting it, but this needs to change. People should not be afraid to talk about sexual assault because of fear of not being believed, being ashamed, or just because they don't know where to begin.

This problem not only affects the victim; it affects the entire United States population.

Here at the 106th RQW, we are a close knit community of airman. It may be hard

to imagine, but it is likely that some of our own have been victims of sexual assault. Statistics show that one in four women will be raped in their lifetime. This statistic is a surprise to many individuals, but it helps to bring awareness to how common sexual assault really is.

There is help for victims of sexual assault and places to turn for more information about how to prevent it. The Victims Information Bureau of Suffolk County is one such resource. On base, we have the Sexual Assault Awareness Response Program which is directed by Lt. Col. Maryann Cline, and consists of victim advocates. Discussions with victim's advocates are strictly confidential. This program provides a strong avenue in which individuals can turn to in the unfortunate event they encounter a traumatic circumstance.

Sexual assaults do not have to happen. Although the statistics of assaulting are daunting, each of us can help to reduce the frequency of assaults and help those



Airman 1st Class Kristen N. Timms

who are victimized. As a Wing, let's use the month of April to become more aware — aware of the resources available to assist victims and aware and ready to prevent assault's from happening in the future.

Enlisted women's scholarships for \$2,500 are available.

The deadline for applications is April 15, 2009. See <http://www.4militarywomen.org/index.htm>.

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

Master Sgt. Harold L. Rowan	Senior NCO Academy	94%
Master Sgt. Robert W. Dean	Senior NCO Academy	100%
Master Sgt. Robert T. Savio	Senior NCO Academy	94%
Tech. Sgt. Brian K. Cavanagh	Fire Inspector II	99%
Staff Sgt. Shaun F. Denton	Fire Inspector I	91%
Staff Sgt. Edward A. Kelly IV	Fire Instructor I	100%
Senior Airman Brian D. Smith	Fire Instructor I	93%
Senior Airman Rene Aviles-Guzman	Basic Vehicle Maintenance	90%
Senior Airman Darren P. Duryee	Fire Instructor I	97%
Senior Airman Richard C. Berni	Fire Instructor I	95%

Tests will be administered by Base Training as follows:

Sun 05 Apr 1230	Thu 09 Apr 1300	Fri 17 Apr 0900	Wed 22 Apr 1300	Tue 28 Apr 1300
Sun 03 May 1230	Fri 08 May 1300	Thur 14 May 1300	Thur 21 May 0900	Wed 27 May 1300

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
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11978-1201

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PARTING SHOT



*Pararescueman Senior Master Sgt. Jeff Baker, from the 103rd Rescue Squadron (103 RQS), hangs off the davit of the 103 RQS recovery vessel and throws small footballs to parade goers during the Westhampton Beach St. Patrick's Day Parade on March 14, 2009.
Staff Sgt. David J. Murphy*