

Sandy H^xg Gazette

111th Fighter Wing Pa Air National Guard Willow Grove Air Reserve Station, Pa.

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A photograph of a man in a military uniform holding a baby. The man is looking down at the baby with a gentle expression. The baby is wearing a red shirt and blue overalls. The background is dark and out of focus.

111th Guardsmen deploy

**Members of the wing
deploy overseas ...**

Story and photos Page 5



Photo by Tech Sgt. Alvin Farrow

Senior Airman Kyle Kennedy, 111th Security Forces Squadron, shares a special moment with his son before departing for a six-month deployment with his unit.

Find out the latest, greatest happenings on YOUR base at the 111th Fighter Wing Announcement Page:

<https://exchsp1.ang.af.mil/sites/111fw/default.aspx>

Email alerts can be set to notify members immediately, daily or weekly when new announcements are posted.

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E-mail articles and photos for consideration to: pa.111fw@ang.af.mil.

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Masters in our chosen domain

By Lt. Col. Scott E. Meier
111th Maintenance Operations Flight Commander

In the book *Change Forces*, Peter Senge states, "Personal mastery goes beyond competence and skills, though it is grounded in competence and skills ... it means approaching one's life as a creative work, living from a creative as opposed to a reactive viewpoint..." I find the last ten words of that quote to hold a truth that has become apparent here at the 111th as we willingly chose creative change in lieu of reacting to fear. Through our integrity, personal vision and relentless inquiry, we serve as role models of personal mastery in every way it is defined.

We have all heard the cliché: "Do more with less." Usually those words are used when referring to financial cutbacks or tightened budgets in corporations or city and state governments. Understandably when that cliché is uttered, people seem programmed to view the future as uncertain and out of their hands. In other words, it is doom and gloom for those involved, and the fear of change raises its head.

Personally, I have been witness to this phenomenon in both of my careers. Yes, I consider my time here as a second, albeit "part time" career. I, for one, consider myself lucky in the sense that I have viewed change in two ways I will briefly discuss here. On one hand, my civilian profession as an educator and administrator has allowed me to view change in a top-down model, a threat. On the other hand, here as a proud member of the unit, I have experienced change in a bottom-up approach, a challenge to overcome.

Let me begin with the first of the two examples, the top-down model. In this framework change has been instituted from either a reaction to a situation, such as district wide low student performance on standardized tests, or a change in the superintendent's chair. Traditionally when a new administration takes the reins they begin to espouse their beliefs and values, and then set about charting a course to prove that they have the panacea for the troubles being faced. For many, this type of change calling for pushing themselves more, striving to better themselves and their profession, working smarter through new pedagogical styles, and leaving their comfort zone is scary. It challenges

normal ways and people begin to resist and job satisfaction declines.

On the contrary, in the bottom-up model it is apparent that change is embraced by all. This may not be for reasons of common good. In fact, it may be for selfish reasons but nonetheless the change is accepted and quickly adopted by an organization. It is this type of change that I have experienced here at the 111th, positive change that ultimately allows for both personal and professional growth. After the realization of our loss of flying operations we all were feeling that our days around airplanes were about to end. However, it was at this point that we came together as a wing and challenged the idea that we could no longer host flying operations beyond a certain point. Although we were facing the loss of critical shops and skilled craftsmen on a

full time basis, we challenged ourselves to create solutions to allow us to fly until the last jet leaves the ramp. We worked out agreements with other units, hired temporary technicians and civilians in critical areas, and adopted a new flying schedule. Needless to say, as time marched on we found ourselves

"I sincerely believe that we are an example of what the Air National Guard is made and capable of: success driven and mission oriented skilled professionals."

once again facing more challenges and many began to take on additional roles, giving valuable extra time and a positive attitude with an eye on safety. In fact, our leadership empowered all of us with the ability to call "knock it off" when we felt safety was no longer paramount. Yet when I arrive each UTA weekend or communicate with our full timers during the week, everyone is glowing with self respect and pride in what they are accomplishing, pushing themselves to do more, better than they thought, with more vigor than they imagined.

Finally, I will argue in this model, job satisfaction increased exponentially and all involved grew as they experienced what can be done when a positive attitude permeates the corps. I sincerely believe that we are an example of what the Air National Guard is made and capable of: success driven and mission oriented skilled professionals. We chose to do more with less, overcoming challenges and setting goals all the while simultaneously demonstrating and building our personal mastery. Let us carry on with this attitude and embrace our new mission with the same ideas and commitment.

Déjà vu all over again: New fitness standards just around the corner

By Chief Master Sgt. Ralph Braden
Pennsylvania State Command Chief

As you read this month's article you may get a sense of déjà vu. Déjà vu is defined as "The illusion of having already experienced something actually being experienced for the first time". Reading this article is not a déjà vu experience. If you have been keeping up with my articles you will be aware that I wrote an article concerning the new Physical Fitness Test a few months ago. This topic is so important that it bears repeating.

What is so important that I need to write two articles on the same topic within four months? I am concerned that some of our Airmen will not take this new program seriously and that it could affect promotions or possibly even careers in our Pennsylvania Air National Guard.

The new Fitness Program can be found in Air Force Instruction (AFI) 36-2905 and it goes into effect 1 July 2010. Reviewing the instruction you will find that the fitness program will change significantly. Like every change that occurs, some of the changes make your life easier and some of the changes make things more challenging. A little preparation and a good understanding of the new Fitness Program will enable you to overcome any testing challenges you may face.

One of the changes to the program is minor. However, you may need to spend a little time and/or money to ensure that you meet the requirement. The Physical Training Uniform (PTU) will be required to be worn during all fitness assessments. I suggest that you find your PTU and try it on now. If you find your PTU and it fits you're good to go. If you don't find your PTU or it doesn't fit that's where the monetary

expenditure comes into play.

The components of the fitness test remain the same. The components are run time, waist size, push-ups and sit-ups. What has changed is that in addition to the minimum score of 75 to pass the fitness test there is now a minimum standard for each component of the test that varies dependent on gender and age. With the new standards, you will not pass the fitness test if you score below the minimum standard in one of these components.

Another change to the program is a reallocation of component points to emphasize the importance of cardiovascular endurance. The run-time point value will increase from a maximum of 50 points to 60 points. The waist-size point value will decrease from a maximum of 30 points to 20 points. The push-up and sit-up point values will remain at 10 points each.

The aerobic component is still a 1.5-mile run; however, the step test is gone. There is a 1-mile walk for those medically exempted from the run. To run or walk is not a member's

choice; it depends on how you answer the Fitness Screening Questionnaire, which has changed. The maximum waist measurement for males is 39 inches and for females it's 35.5 inches. Any measurement larger than that and you will not pass the fitness test.

If you perform the Physical Fitness Test between now and July 1, you will be scored under the current standards. In addition, you will be provided the score you would have received under the new standards for self-assessment.

If you are not exercising regularly, you need to start NOW!!! July 1 will be here before you know it, and you need to be prepared.



***Command Chief Master Sgt.
Ralph C. Braden***

Sun rise denotes deployment send off for TCN Escorts

By Tech. Sgt. Elisabeth A. Matulewicz
111th Fighter Wing Public Affairs

In the pre-dawn hours of Jan. 15, fourteen guardsmen from the 111th Fighter Wing deployed overseas to serve as Third Country Nationals (TCN) escorts in support of Operation Enduring Freedom and Operation Iraqi Freedom. Their planned deployment runs through the spring and they will provide a critical force protection element to those locations overseas. They join 10 other Wing guardsmen who left earlier this month serving in the same capacity.

As a TCN escort, their role is to observe host nation citizens working on base and identify any suspicious activities and potential security breaches. The escorts offer an additional layer of security by providing a physical presence at the sites they work at on base. For locals, these escorts are sometimes the first and only exposure they get to Americans.

"I'm always excited about going over and look forward to this," Tech. Sgt. Curtis Jeffries, 111th Maintenance Squadron, explained. "This is my fourth time deploying so my family is used to the deployments. I'll be able to communicate with them over the Internet and with phone calls back home."

Tech. Sgt. Roberto Brabham, 111th Logistics Readiness Squadron, came in to bid farewell to his coworker, Staff Sgt. Justin Johnson of the 111th Maintenance Squadron. "It will be a good experience for him, with the skills he'll learn and experience of deploying. It's his first deployment in a long time, since his time on active duty."



Photo by Tech. Sgt. Tyrone Mitchell

Shown front to back, left to right are: Senior Airman Nichole Buckner, 111th Fighter Wing, Senior Airman Holly Niro, 111th Operations Support Flight, Senior Airman Scott Davis, 111th Operations Support Flight, Tech. Sgt. Carolyn Debuque, 111th Fighter Wing, Staff Sgt. Dustin Unger, 111th Aircraft Maintenance Sq., Tech. Sgt. Herbert Gebhard Jr., 111th Maintenance Sq., Staff Sgt. Devon Mayo, 111th Fighter Wing, Staff Sgt. Justin Johnson, 111th Maintenance Sq., Tech. Sgt. Curtis Jeffries, 111th Maintenance Sq., Staff Sgt. Brian Baker, 111th Logistics Readiness Sq., Airman 1st Class Sean Kase, 111th Operations Support Flight, Staff Sgt. Sean Kelly, 111th Aircraft Maintenance Sq., and Tech. Sgt. Vance Sample, 111th Aircraft Maintenance Sq.

"I'm going to miss him, the family will miss him," said Tech. Sgt. Sergeant AnnMarie Gebhard, wife of Tech. Sgt. Herbert Gebhard, Jr., 111th Maintenance Squadron.

Security Forces deploy in support of Operation Enduring Freedom

By Tech. Sgt. Elisabeth A. Matulewicz
111th Fighter Wing Public Affairs

Friends, family and coworkers showered 35 guardsmen from the 111th Security Forces Squadron with hugs, kisses and pats on the back as they departed Willow Grove Air Reserve Station on Jan. 15 on their way overseas to an undisclosed loca-

tion in support of Operation Enduring Freedom (OEF). That evening, senior leadership echoed one another's accolades as they thanked the guardsmen and their families for their ongoing support of the Pa. Air National Guard.

"I'm glad to see such a turnout of families tonight and thank you for allowing your family member to serve with us," said Maj. Gen. Stephen

Deployment, Continued on Page 12

111th Fighter Wing members named Outstanding Airmen for 2009

Senior Airman Danielle Heidrick is a Services Apprentice assigned to the 111th Force Support Squadron, Pennsylvania Air National Guard. Airman Heidrick's responsibilities include the preparation of the lunch meal for the 900+ unit members assigned the 111th Fighter Wing, ensuring that Air Force nutritional guidelines are followed. Airman Heidrick's duties also include training on various aspects of the Services career field such as mortuary affairs, fitness and recreation, and lodging management. Airman Heidrick has consistently volunteered to take on additional duties within the FSS. She is currently the Physical Fitness Monitor for the squadron. She is presently in charge of inventory management where she accounts for all food and supplies necessary in the operation of the Dining Facility. She assisted with hospitality service during the 111th Unit Compliance Inspection in July 2009. She also serves as a member of the base Honor Guard providing military drill and ceremony support for the 111th Fighter Wing and the local community. Airman Heidrick currently holds the office of Secretary for the 111th Fighter Wing Family Readiness Group. She has assisted in planning several family events including the 111th Fighter Wing 2009 Children's Holiday Christmas party. She is the leader of Girl Scout Troop 21770 where she implements and heads the girl scouting program for 16 girls. She also volunteers for "A Miracle For Melissa", a local group helping a neighboring family affected by a spinal cord injury. She is a volunteer for Aid For Friends, where she prepares frozen meals for the elderly, sick and shut ins. She also consistently supports The Wounded Warrior Project where her contributions have earned her a Gold level membership. Airman Heidrick's efforts have resulted in many accolades and have been instrumental in the overall success of the 111th FSS.



Senior Airman Danielle Heidrick
Airman Category

Staff Sgt. Stacie A. Lowry is a Security Forces Specialist with the 111th Security Forces Squadron, Pennsylvania Air National Guard. After joining the squadron in 2007 she immediately volunteered to be certified as a Desk Sergeant and Flight Armorer. These additional duties quickly set the tone for her rapid success as she continued to volunteer for other assignments. These included being a Radio Telephone Operator and Tactical Automated Surveillance System operator. She has an uncanny ability to quickly assess situations and react appropriately without direct supervision. While working base security she responded to a report of a "gate runner" vehicle. Sergeant Lowry quickly located and stopped the vehicle before it could get near vital assets. She promptly ascertained that the two female occupants were mentally disturbed. She utilized brilliant verbal skills and non-threatening body language in such a manner that she reduced the fear and anxiety of the vehicle occupants thereby defusing a potentially dangerous situation. On another occasion she observed a vehicle outside the base in very close proximity to the restricted area. Several middle-eastern occupants were preparing to take photographs of the restricted area when she disrupted their mission. She immediately positioned her vehicle to block their view of the flight line area and challenged the individuals. She instantly broadcast a description of the subjects and their vehicle to include the registration plate number. In addition, the actions of Sergeant Lowry prior to and during the July 2009 Unit Compliance Inspection were pivotal to the squadron receiving an inspection rating of "Outstanding-best ANG SFS unit to date." She was one of only six SFS people selected by the inspection team as a "Superior Performer." She has proven herself to be an immeasurable asset to the 111th Security Forces Squadron and the Pennsylvania Air National Guard.



Staff Sgt. Stacie Lowry
NCO Category

Senior Master Sgt.

Maureen K. Santanello is a Health Services Management Craftsman assigned to the 111th Medical Group. Her

focused efforts on improving all of the Wing's health programs have resulted in the Wing achieving far higher levels of medical readiness than ever before. She works comprehensive medical issues with commanders, senior leadership and the National Guard Bureau and provides counseling and guidance to the affected Wing members. All functional areas under her leadership received an Excellent or Outstanding rating during the last Health Services Inspection directly contributing to the Medical Group's overall Excellent rating. She was recently recognized for her outstanding leadership, selfless service and professionalism by The Adjutant General and the PAARNG Command Sergeant Major during the 2009 Year of the NCO ceremony. She has deployed in support of humanitarian relief and conducted coalition medical training exercises with NATO medical forces. She is certified in hospice care through Grand View Hospital and volunteers to provide care and comfort to terminally ill patients. She is a member of the Enlisted Association of the National Guard of the United States and the Pennsylvania National Guard Enlisted Association, volunteers to assist in Wing functions and is an active member of her church.



*Senior Master Sgt.
Maureen Santanello*
SrNCO Category

Senior Master

Sgt. John R. Heidrick Jr. is the Vehicle Maintenance Superintendent for the 270th Engineering Installation Squadron.

He is also the NCOIC for the 111th Fighter Wing Honor Guard team. He was selected as the 270th Engineering Installation SrNCO of the year for 2008. He also manages the fitness program for the squadron. He assumed the responsibility as the Honor Guard NCOIC in May of 2006. He acted as Officer in Charge of the Honor Guard from October 2008 – October 2009 due to a personnel transfer within the team. He devoted over 250 hours and traveled over 3,900 miles to perform military honors throughout the state of Pennsylvania. He participated in venues such as the late Lieutenant Governor Catherine Baker Knoll's funeral where he accompanied the Lt Governor's body for five days acting as sentry and lead pole bearer to her final place of burial. His responsibilities as NCOIC include training and equipping Honor Guard personnel, planning and coordinating requested events and budgeting. He volunteers with various organizations including Nativity of Our Lord School, Archbishop Wood High School, Girl Scouts, Wounded Warrior Project, and A Miracle for Melissa. He is a life member of the Air Force Sergeants Association.



*Senior Master Sgt. John
Heidrick*
Honor Guard Category

Senior Master Sgt. John

W. Lyon III is the First Sergeant currently assigned to the 111th Security Forces Squadron, Pennsylvania Air National Guard. Since earning his diamond he

has proven himself second to none in his dedication to accomplishing both state and federal undertakings. He is an enthusiastic member of the First Sergeants' Council, having served as the Recording Secretary and the President. Utilizing his own funds, he developed and had printed business resource cards and magnets. He voluntarily deployed to Al Udeid, Qatar from January to May 2009. He served as the First Sergeant for the 379th Expeditionary Aircraft Maintenance Squadron where he was responsible for over 550 Airmen. He worked a wide range of issues, including two medical evacuations, nine emergency leave releases and 11 Red Cross notifications. He was the liaison for the squadron commander on 12 issues pertaining to good order and discipline. His quick resolution to these situations ensured that there was no negative impact on the war time operations that were underway. Based on his superb performance, he was awarded his second Air Force Commendation Medal for "Outstanding Achievement." He was recently selected to serve on the prestigious Guard Council for the Air Force Association. First Sergeant Lyon truly is the bench mark for excellence in his capacity as the First Sergeant. Sergeant Lyon will next compete at the National Level.



*Senior Master Sgt.
John Lyon III*
1st Sergeant Category
State Level Winner

Family Readiness Family Readiness

Golf instruction, life skills available to children

In 2010, The First Tee will offer golf instruction combined with character and life skills education to children of National Guardsmen and Reservists living in communities across the country. The initiative is made possible as part of a two-year agreement with the Department of Defense. The goal is to welcome at least 6,000 school-aged participants from military families to The First Tee for no cost programs. Prior golf experience and equipment are not necessary.

“We are honored to have the opportunity to introduce our positive youth development programs to children of those serving in our Armed Forces,” said Joe Louis Barrow, Jr., chief executive officer of The First Tee. “The First Tee Life Skills Experience teaches young people core values such as honesty and respect as well as important life skills such as managing emotions, goal setting, interpersonal communication and effective conflict resolution. The program goes far beyond teaching fundamental golf skills.”

Trained coaches and staff at over 200 Chapters of The First Tee offer a progression of lesson plans that create a fun and safe learning environment. The curriculum fosters curiosity about the game of golf and teaches how the positive values inherent in the game can be used at home, in school, and in other areas of everyday life. The free program

will positively impact children of Guardsmen and Reservists that reside in 200 civilian communities across America. New sessions start throughout the year and dates and times vary by location.

A parent from the military family can sign up at The First Tee Chapter in their community or download a voucher. For Chapter locations or to download a voucher, Families should visit www.thefirsttee.org. See below for Pa. locations.

“Parents, teachers, and communities have embraced our mission after seeing firsthand how the core values associated with the program help young people succeed,” said Barrow. “We expect to have a similar level of meaningful impact on the children of service members. When you think about the sacrifices being made by the men and women serving in the defense of our country, supporting this group of young people and military families with these types of programs is tremendously important.”

Over 7,800 volunteers, board members, and coaches are engaged in teaching and mentoring participants of The First Tee. Independent research findings since 2003 outline longitudinal evidence of the effectiveness of The First Tee life skills programs, and indicate that participants demonstrate desirable qualities such as confidence, character, judgment, and perseverance over time.

Pennsylvania Locations

- The First Tee of Beaver Falls – Black Hawk Golf Course (Beaver Falls, PA)
- The First Tee of Philadelphia- Franklin D. Roosevelt Golf Course (Philadelphia, PA)
- The First Tee of Pittsburgh- Pleasant Ridge (Pittsburgh, PA)
and The Bob O'Connor Golf Course at Schenley Park (Pittsburgh, PA)
- The First Tee of Sharon- Buhl Farm Golf Course & Driving Range (Sharon, PA)
- The First Tee of Suburban Philadelphia- Eyre Park (Chester, PA)
and Wyncote Golf Course (Oxford, PA)

New VA program designed to assist recently returned combat vets

The Philadelphia Veterans Affairs Medical Center has launched a pilot program to help Veterans and their families get the assistance they need – and take advantage of the benefits they have earned.

The “Families at Ease” program is designed to enhance outreach to recently returned combat Veterans who are reluctant to seek help, or who may be unaware that they need it. The program will include brochures, advertisements, posters and other outreach methods to encourage Veterans and families to contact a call center where they will receive more information.

“The VA has a range of programs available for Veterans, and it’s really important for them to take advantage of what they have earned,” said Steven L. Sayers, Ph.D., who is leading the effort. “We’re directing the campaign toward families because loved ones are often in the best position to see changes in the Veteran and influence him or her to seek help.”

Follow-up strategies include telephone consultation to the family member or Veteran regarding how to seek care, family member coaching to help motivate the Veteran toward evaluation or consultation, and encouragement to seek assessment or services. It is a collaborative effort between VA medical centers in Philadelphia, Pa., and Durham, N.C.

“Families at Ease” is the latest of many efforts by the VA to reach out to this new generation of combat Veterans, who receive five years of health care upon discharge or demobilization. In 2009, Philadelphia VA staff members reached more than 4,000 Veterans and families at 50 gatherings such as Yellow Ribbon events, Veteran fairs, redeployment activities, and other forums. The objective is to educate them and encourage them to take advantage of the benefits they have earned.

There is added significance in the Philadelphia area as Pennsylvania and New Jersey National Guard soldiers recently returned in large numbers from Iraq and Afghanistan. Philadelphia VA staff was on hand this fall at Fort Dix, N.J., to welcome them back and educate the soldiers on their VA health care benefits.

For more information about Families at Ease, contact the call center toll-free at 1-877-823-5261 weekdays 9 a.m. to 5:30 p.m.

News briefs:

Resources available to retirees

The Retiree Activities Office provides current information and assistance to retirees and their families.

The office is located in the 111th Fighter Wing Headquarters, Building 203, Room 154.

Office hours: Mon-Fri, 9 a.m.-3 p.m.

Phone: (215) 443-1070

Annual retiree reunion dinner to be held in April

The annual reunion of current and former members of the 111th Fighter Wing, Pa. Air National Guard, will be held April 5, at 6:30 p.m. at Casa DiLucia Restaurant located at 14425 Bustleton Pike (intersection of Philmont Ave. and Bustleton Pike.)

The restaurant’s phone number is: (215) 677-6111.

The cost of the affair varies according to the dinner selection, and the food is excellent and reasonably priced. A cash bar will be available.

For more information, contact Vincent Celenza at: (215) 728-6008, Gary Yodell at: (215) 364-0473, or Jack Morris at (215) 322-8176.

Naval Health Clinic Willow Grove Pharmacy to close 2010

Due to a reduction in staff, the NHC Willow Grove will be discontinuing retiree and dependent benefits in November.

Beneficiaries are advised to make arrangements at a new pharmacy and note they will need new prescriptions from healthcare providers before the clinic closes. For additional information and a list of pharmacy benefit alternatives, contact the NHC at (215) 443-6371, 6360.

Acknowledging our children:

Military Child Education Coalition 2010 call for the Arts

The Art of Being a Military Child seeks to promote the Arts by featuring the great works of military children. Each year children are asked to submit work that can be utilized in the MCEC's publications, conferences, and other activities. Included in the request for work from military-connected children, kindergarten through high school, are artwork, film, and writing (essays, poetry, and short stories).

Artwork in the visual arts is featured at the MCEC's national conference each year. It is utilized in the On The Move magazine, the annual calendar, the conference program, and

other MCEC publications.

Writing, including essays, poetry, and short stories, is featured in the national conference program, the On the Move magazine, the annual calendar, and other MCEC publications. Film is considered for the "Reel Military" Youth Film and Video Festival at the national conference each year.

For a complete set of the 2010 Call for the Arts rules and forms for all categories (Artwork, Writing, and Film & Video), please visit the following website: <http://www.militarychild.org/child-student/arts/>.



Civilian organization supports war effort with care packages

Any Soldier Incorporated helps nearly 100,000 American soldiers in all branches of the military, both active duty and reservists, making sure the men and women who have been deployed for the war are cared for, via letters and packages from "home."

AnySoldier.com features emails from different military personnel regarding the type of support needed in the field. The support could be in the form of a simple letter or package, or it could be toiletries, food or even newspapers and magazines. Donors address their letters and packages to the

writer's name, but also add the words "ATTN: Any Soldier" on the second line. The writer shares the mail with fellow servicemen and women. If there is "Any Soldier" who is not receiving a lot of mail from home, that soldier will be the first person to receive the letter.

"AnySoldier.com started as a simple family effort to help our son who was one of the 1,000 soldiers that parachuted into Northern Iraq back in March 2003," explains Marty Horn, a 20-year Army veteran. "We knew his unit was living under very rough conditions so whenever we sent care packages

to Brian, we always sent enough to share with fellow soldiers."

The organization grew through a network of family and friends. When the website launched in 2004, seven soldiers had been added to AnySoldier's contact list. One year later, the list has ballooned to over 3,500 contacts, and the web site has received over 4.5 million visitors from around the world. In August of 2005, AnySoldier.com also took on the names AnyMarine.com, AnyAirman.com, AnySailor.com and AnyCoastguardsman.com. For more information, visit: www.anysoldier.com.



Any Airman®
Freedom isn't free! Just ask Any Airman...

MOVING UP MOVING IN MOVING OUT

PROMOTIONS

To Senior Airman
Jonathan J. Green 111th MXS

To Staff Sergeant
Ashley S. Hirn 111th SFS
James Kelly III 270th EIS
Laurie A. Morine 111th SFS
Brian D. Sompel 111th MSG
Jeffrey Tomczak 111th MSG
Scott Trago 270th EIS

To Technical Sergeant
Charlotte D. Baker 111th FW
Joseph S. Runewicz Jr. 111th MDG

To Major
Brian Wilson 111th LRS

EXTENSIONS

SMSgt James A. Gray 201st RHS, Det. 1
MSgt Rebekah D. Hewes 111th MDG
TSgt Nicholas Bruno 111th FSS
TSgt Juan G. Gonzalez 111th AMXS
TSgt Philip J. Pascoe III 111th SFS
SSgt Adrian G. Albino 111th SFS
SrA Charles N. Hill 111th MDG

ENLISTMENTS

A1C Samantha J. Cash 201st RHS, Det. 1
A1C Jose Collazo Jr. 201st RHS, Det. 1
A1C Tyler S. Schroy 201st RHS, Det. 1
SrA Derek E. Blanks 111th LRS

RE-ENLISTMENTS

SMSgt Phillip Brumback 111th LRS
MSgt Marc R. Gilbert 111th MXG
MSgt Thomas F. Rauch 270th EIS
MSgt George Schlesman 201st RHS, Det. 1
TSgt Anthony Henderson 111th CF
TSgt Vance J. Sample 111th AMXS
TSgt Richard A. Wiktorski 270th EIS
SrA Andrew B. Gagne 111th MXS

UTA MENU DINING FACILITY

Saturday, Feb. 6

Roasted Pork Loin
Stuffed Pollock
Au Gratin Potatoes
Savory Herb Brown Rice
Creamed Spinach
Steamed Carrots
Brown Gravy
Soup of the Day: Hearty Winter Tomato

Sunday, Feb. 7

Honey Glazed Chicken
Pepper Steak
Baked Potato
Steamed Rice
Calico Corn
Vegetable Medley
Country Style Chicken Gravy
Soup of the Day: Roasted Potato Soup

UTA WORSHIP SCHEDULE

Protestant Service will be held at 8:30 a.m. in Building 320, Room 228. An additional Protestant Service will be held at 10:30 a.m. in Building 203, Room 203.

Catholic Service will be held at 10:00 in Building 203 Auditorium.

The Chaplain's Office is located in Building 203, Room 204-205 on the second floor and can be reached at (215) 443-1534.

FY 10 UTAs:

6-7 February 2010
6-7 March 2010
10-11 April 2010
15-16 May 2010
5-6 July 2010
10-11 July 2010
7-8 August 2010
11-12 September 2010

TAKE A LOOK!

Photos from unit events are updated and posted on Y: drive at Y:\111fw Shared\Photos



Deployment, Continued from Page 5

M. Sischo, Deputy Adjutant General-Air, Pennsylvania National Guard, Joint Force Headquarters, Fort Indiantown Gap, Annville, Pa.

"It makes you great Americans for choosing to serve," General Sischo said to the guardsmen. "It's important work going on over there and you choose to be a part of it. We couldn't gather here tonight in a sense of safety and freedom if we didn't have Americans like you volunteering to keep our enemies at bay."

"The unit has had a proud, strong history and the Security Forces Squadron has contributed greatly to the history, especially since 9/11," said Col. Anthony J. Carrelli, 111th Fighter Wing commander. "Regardless of where you go, you'll be representing this unit and Pennsylvania and I know you'll do great work out there."

At the end of the deployment send-off, 111th Security Forces Squadron commander Lt.



Photo by Tech. Sgt. Alvin Farrow

Tech. Sgt. Jeffrey Davis, 111th Security Forces Squadron, shakes Maj. Gen. Stephen Sischo, Deputy Adjutant General-Air, before loading on the bus for deployment.

Col. Don Landis concluded with "Take care of one another, take care of yourselves, do the right thing and make us proud."

Statewide News:

View newsletters of our sister units:

193rd Special Operations Wing
"The Scope"

<http://www.193sow.ang.af.mil>

171st Air Refueling Wing
"Tanker Times"

<http://www.171arw.ang.af.mil>

Pa. Guardians Magazine

<http://guardians.aqppublishing.com>

National News:

On Guard Magazine

Published every Jan., April, July, Oct.

<http://www.ngb.army.mil/news/theonguard>

Airman Magazine

Published bi-monthly and now available online

<http://www.airmanonline.af.mil>

Digital Video & Imagery Distribution System (DVIDS), DOD News

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