

Contrail

April 2009, Vol. 43, No. 4



**Preparing
for the
ORI**

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COVER

ON WATCH

Senior Airman Michael Walsh (front) and Master Sgt. John Sacchetti (back) perform security for a dismounted patrol during a Security Forces exercise on March 8. Photo by Staff Sgt. Matt Hecht, 177th FW/PA.

CHAPLAIN'S CORNER: Hello Springtime; Goodbye Winter!

By Chaplain (Capt.) Thomas P. Ganley

Did you ever feel that you started your day a little bit sluggish, rather than fully ready to go?

If you do, don't feel like you are the only one on the planet with this problem. It is told to us, that many people feel that their lives are either not worth "living" or just too routine, and they end up losing so much of the beauty that God created and gives us every day that they say "oh what's the use".

Bishop Fulton J. Sheen had a method behind the routine when he coined his famous phrase that was with him more than 56 years. "Life Is Worth Living". When he had his famous TV show back in the 50's, he would come on the air each week and beat the ratings from the likes of Milton Berle and other shows in the time slot. Bishop Sheen would become a voice of help and inspiration to countless thousands of people, many of whom were not even Catholic.

For all of us here at the 177th, sometimes we can see our jobs just be something routine rather than something worth "living." Each of us has a very important job to do here on the base, and it should not just be routine or stagnant.

God shows us in His Springtime how we can get over our winter doldrums. Those of us who may be stretched out or on the edge, need to look to faith of any

kind to help us regather ourselves so that we do not get despondent and lead to despair.

We are soon to celebrate the great feasts of Easter and Passover. What a good time for us to take a moment in our day and thank our God for all that He has given us. We may see our jobs here at the Wing as a secondary career, but look at the bright side and see how maybe you wouldn't have had this opportunity if you did not say yes to your military side and come be a part of the military.

You are special, your life is worth living and God knows that you may not be perfect every day of our earthly journey. Do not give up. Keep up the good work... have a great Exercise, and come and make a visit to chapel service and speak with us chaplains about anything that you feel needs to be discussed.

We are here to help you in more ways than spiritual, and all of us are worth living the life that was given us to bring the best to a world that is in need of healing not one day but everyday. God Bless You and God Love You.

April Chapel Schedule

Saturday April 4

Catholic Mass – 3:30 P.M.

Sunday April 5

Protestant Service – 8:30 A.M.

The State Family Programs Office is available 24/7, call toll free 888-859-0352.

Annual dental exam

The Annual Dental Exam, which is required each year, will be completed by your civilian dentist (exceptions include pilots, anyone new to this base, individuals on class three and those who have never been seen by a wing dentist).

Start by obtaining a DD Form 2813 from the clinic or it is available on the local area network (K:\FORMS\DD\2800\dd2813.pdf); have your dentist complete the form and return it to the clinic.

177FW Editorial Staff

Col. Robert C. Bolton, Commander

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Master Sgt. Andrew Moseley: Multimedia Manager, Photographer

Master Sgt. Shawn Mildren: Photographer

Staff Sgt. Matt Hecht: Photographer, Editorial Cartoonist

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A MESSAGE FROM THE COMMANDER



Hello All,

March was certainly a busy month. We sent 49 people down to Langley Air Force Base for the 180 day Operational Readiness Inspection meeting.

The meeting, normally an all day event, consists of an in briefing followed by individual group break-outs. We all know the adage about first impressions, and did we ever impress them. The meeting was a resounding success and the team chief commented to me that it was among the best he'd seen as an Inspector General inspector. He was impressed that we were done by lunch time and applauded us for our professionalism. Once again you have to hand it to the folks in the 177th. I am proud of all of you who put so much work into all the preparation required. I especially want to acknowledge the people in the ORI office. Lt. Col. Brad Everman, Capt. Joe Leonard, Senior Master Sgt. Viviane Ptak, and Senior Airman Vanessa Bealieu have done much work behind the scenes and their efforts played a large role in our success to date. Keep up the good work!

I had a Commanders Call with all full-time personnel this past week to announce some leadership changes which I want to pass along to all of you. Col. Tony Lasure has been recalled back to his civilian job as an airline pilot and will become a traditional guardsman. Col. Lasure has done an excellent job of leading the Maintenance Group through some extremely challenging events and we need to keep the momentum going. Col. Marcus Quint will become the new Maintenance Commander, Lt. Col. John Didonna will become the new Operations Group Commander, and Lt. Col. Brad Everman will become the new Fighter Squadron Commander. These changes will become official during the week after the Operational Readiness Exercise.

There have been some questions floating around regarding our night flying and I wanted to address them. To maintain combat mission readiness, our pilots are required to fly night missions. Now that those events are behind us and the ORI and Air Expeditionary Force are fast approaching, we need to get back into a reasonable night flying rhythm.

Another question I have heard is regarding the takeoff times for our night missions. There is a simple

answer for that. Our pilots utilize a Targeting Pod to employ precision guided weapons. In order to employ such weapons, pilots must first track the target with the Targeting Pod. We schedule our night missions to enable pilots to spend some time tracking during the night.

The April ORE is finally here. This is our first full blown ORE in many years and I am excited about it. Yes you read that correctly: I am excited about it. Sure I'd rather be deploying on an AEF or going to Nellis for a Red Flag, but as a commander, this is my first chance to lead us as a team in a war-like environment. This is a necessary step to bigger and better things and I intend to get as much out of it as I can. I hope you all feel the same way. Keep in mind that attitude is 90 percent of the battle. So bring your best game and act like you're going to war.

Speaking of attitude, I expect us to make many mistakes. But don't let mistakes get you down because we will learn from those mistakes and it will only make us better. Along those lines, let me also talk SAFETY. There are many of you doing this for the first time. You will be purposely stressed and I know many of you have the "can do" attitude which is great, but never at the expense of safety. Let me repeat that in other words: Do not sacrifice safety to accomplish the mission! Please keep that in mind at all times.

ORE debriefs will be as follows: Executive ORE debrief is on April 9 at 2:30 p.m. in the Wing Conference room with the Wing-wide debriefs on April 10 at 1 p.m. for day shift and 5 p.m. for night shift.

Have a great ORE!

ROBERT C. BOLTON
Colonel, NJANG
Commander

**177TH ORE
SCHEDULE
June 3-7
Sept. 9-13**

Phoenix Warrior

Photos and story by Tech. Sgt. Mark Olsen, 177FW/PA

Firefights against the bad guys, popping smoke—what a way to spend the weekend.

For two days - March 7 and 8 - the 177th Security Forces Airmen under the guidance of Tech. Sgt. Daniel Williamson, an Air Base Ground Defense Instructor with the 421st Combat Training Squadron; learned the fundamentals of patrolling including individual and team movements.

"The Course is usually a week long," said Williamson. "This portion is two days but they have been getting more training than the active duty."

Armed with 9mm's, M-4 carbines, along with a M249 and a M240B machine gun, the Airmen moved through woods, performed flanking movements when fired upon by the enemy and covered each other when falling back.

It was obvious that the 177th Airmen had impressed the instructor.

"They are absolute professionals," said Williamson. "Everything they're doing, they do it as hard as they can."

Everyone received praise from the squad and fire team leaders on down.

"They have reset the bar," said Williamson.

It was obvious that Master Sgt. Joe A. Iacovone Jr., a 177th Security Forces Squad Leader was in his element.

"I'd do this every day if I could."

Williamson gave them his highest praise.

"I would take these guys to Iraq." 🇺🇸



Photos top left: Tech. Sgt. Daniel Williamson critiques the 177th Security Forces team. Bottom left: Master Sgt. Joe A. Iacovone Jr. (r) briefs his team before the exercise starts. Above photo: an Airman carrying a M240B machine gun follows his teammate. Top photo: Security Forces Airmen break cover and rush across a road during the two-day Phoenix Warrior course.

Hopping into spring

Photos by Tech. Sgt. Mark Olsen, 177FW/PA

The Annual 177th Children's Spring Party was held in the dining hall March 28. The event was sponsored by the 177th Family Support Office and host of volunteers. Special repeat appearances by the Easter Bunny and Captain Visual provided an entertaining experience for children of all ages. Thanks to all who volunteered. 🐰





Ayars top ANG Paralegal of the Year

Tech. Sgt. Anna C. Ayars, 177th Law Office Superintendent displays ANG Paralegal of the Year – CMSgt Councilman Award. Ayars received the award on Jan. 23 at the Annual Survey of the Law Conference in Denver. The award is presented annually to a member of the Air National Guard selected as the most outstanding paralegal of the year, based upon demonstrated superior job performance, exhibition of leadership qualities, significant positive self-improvement and contributions within the Air National Guard and the local community. Photo by Tech. Sgt. Mark Olsen, 177FW/PA.



Rudowski retires

Col. Robert C. Bolton presents Master Sgt. Stephen Rudowski a flag that was flown at the 177th Fighter Wing Headquarters along with a certificate in recognition of his many years of service. Photo by Senior Master Sgt. Michael T. Wachter 177FW/MG.



Airman's Creed

Student Flight Members Kelly Chen and Lauren Cavanaugh recite the Airman's Creed to Student Flight. Both Airmen were coined by Wing Commander Col. Robert C. Bolton for their presentation. Photo by Tech. Sgt. Mark Olsen, 177FW/PA.



Quint to command Ops

Col. Robert C. Bolton relinquishes command of the Operations Group to Col. Marcus Quint on March 8. Photo by Staff Sgt. Matt Hecht, 177FW/PA.

Read your Airman's Manual: be ready for anything

THE HUD

HEADS UP ON MOVIES, GAMES, & ENTERTAINMENT



through New Jersey. The Jersey Devil during this time was said to have been shot in Atlantic City, attacked a trolley car in Haddon Heights, and was hosed by the West Collingswood fire department. The people were so scared that many schools and businesses closed. Since the 1700's, there have been thousands of sightings in New Jersey, New York and Pennsylvania.

The Jersey Devil has not only managed to work its way into local folklore, but also into popular culture. The Jersey Devil has been featured in several movies and television shows, most notably an episode of "The X-Files," the History Channel's "Monster Quest" and the movies' "13th Child" and "The Last Broadcast." The state's NHL team also named itself after legend.

While sightings of the creature are few and far between, the details remain the same: it is said to have a horse-like head, long neck, bat

wings, a serpentine tail, and cloven feet. The logo of the 177th was at one time more horse-like, but over time has become more impish in appearance. Some people think that several bird species may be mistaken for the Jersey Devil at night, such as the Great Horned Owl and the Sandhill Crane, which has a wingspan of up to seven feet.

The existence of the Jersey Devil remains a mystery, but the history behind the Jersey Devil and the fact that it is the 177th mascot makes perfect sense. Being a National Guard unit, we not only recruit locally, but also take on the local folklore and celebrate the uniqueness of living in Southern New Jersey. 🇺🇸

WHAT'S IN A NAME?

Story and original art by Staff Sgt. Matt Hecht, 177FW/PA

We hear it every day, and wear the patch on our uniform, but how many people who work here at the 177th Fighter Wing know the origins of our unit mascot?

The Jersey Devil (also known as the Leeds Devil) is a cryptid said to inhabit the Pine Barrens of southern New Jersey.

The legend of a creature in the Pine Barrens dates back to early Native American legend; what is now called the Pine Barrens was once called "Popuessing" by the wandering Lenni Lenape tribes, which means "place of the dragon." Later, European explorers called the area Drake Kill, or literally "Dragon River." The story that is most popular with locals is the tale of Mother Leeds and her 12 children. Her thirteenth child was purportedly born evil, flying out of the chimney to haunt New Jersey's forests (depending on which version you hear, there are many).

There have been several notable sightings of the creature, including one by Joseph Bonaparte, the eldest brother of Emperor Napoleon Bonaparte. He was reported as having seen it on his property in Bordentown. The greatest rash of sightings occurred between January 16-23 in 1909. Thousands of people claimed to have seen the creature flying and running



EAGLE EYES: AIR FORCE NEIGHBORHOOD WATCH

By Chief Master Sgt. Jack Dever, 177FW/ATO

What is "Eagle Eyes?"

It is an Air Force-wide program for preventing terrorism by getting Airmen to recognize and report observable terror-planning activities.

More important it is a global "neighborhood watch" type program that is applicable to on-base and off-base populations.

Every terrorist act is preceded by observable planning activities. When Airmen know what to look for and how to report suspicious activity, terrorist acts can be prevented.

Terrorism planning and execution includes:

Surveillance:

- Any out-of-the-ordinary monitoring or recording.

- Cameras, note-taking, maps, drawings or diagrams.

- Binoculars or other vision-enhancing devices.

...or simple observation.

Terrorists also use elicitation to obtain security-related information. This is done by any means; in-person, conventional or e-mail, fax or telephone.

Remember, some security-related information may be facts that alone are not classified, but when combined with other facts might reveal security strengths or vulnerabilities.

Tests of Security:

- Attempts to measure security reaction times or strengths and weaknesses.

- Attempts to test or penetrate physical security barriers or procedures.

Acquiring supplies:



- Any attempts to acquire or duplicate uniforms, badges, passes, or other security related documents.

Watch for suspicious people who don't belong including unescorted civilians...especially in sensitive areas.

Remember this can also include contractors, civilian workers, military, etc...wandering into non-work-related areas

Dry Runs:

- Individuals "walking through the steps" of a planned event.

Dress rehearsals:

- Suspicious activity which looks like the real thing, even if only simulated.

- Deploying assets, getting into position.

- Pre-positioning personnel and equipment.

- Objects being placed in unusual locations or close to key assets.

- Persons "hanging around" or attempting entry to key spots

Remember: Security Forces and law enforcement officers can't be everywhere. They need eyes and ears of entire community.

That means you!

If you see something—REPORT IT!

IMPORTANT PHONE NUMBERS

177FW Security Forces ext 6222 (24/7)

AFOSI, McGuire Air Force Base (609) 754-2001

177FW - Antiterrorism Officer: Jack Dever – 609 677-6785

177FW/SF - Alternate Antiterrorism Officer Master Sgt. David Kovak – 609 645-6148

Francis new State Command Chief



New appointed State Command Chief Master Sgt. Michael R. Francis (l) prepares to coin (l-r) Senior Airman Melissa Cortes, and Tech. Sgts. Colleen Ryan and Donna Pugh.

Francis was appointed State Command Chief Master Sergeant by Maj. Gen. Glenn K. Rieth, The Adjutant General of New Jersey on March 16.

Francis reports directly to the Adjutant General and is a member of the Adjutant General's staff. His duties will include advising the TAG on quality-of-life issues and concerns of the enlisted corps, provide information to the command chief master sergeant of the Air National Guard concerning: personnel training and manpower issues, the effectiveness of Air Force, Reserve Component, and ANG programs; advise and counsel wing commanders and wing command chief master sergeants, advise commanders on the selection of the wing command chief master sergeant, and finally, guide and train the wing command chief master sergeants. 🇺🇸

FITNESS CORNER: MIND OVER MATTER!

By Staff Sgt. Jamil Abdur-Rahman, 177FW/LGLM

Spring is here, which means that summer is right around the corner.

When the sun comes out and the clothes come off, some airmen will be faced with the sedentary existence they created during the winter months. Spring is the wake up call! You grab your sneakers and try to ignore carbs and junk foods in hopes that by summer you will become lean, mean fighting machines. Think your self back into the fitness condition you'd like to achieve. Walk, Jog, Run, and SPRING into fitness. It's all mind over matter anyway!

MIND OVER MATTER! Getting fit not only requires physical changes, but mental ones as well. In order for you to succeed they must first resist temptation. Giving up the delicious junk foods we love and getting off the couch are all things hard to give up, but in order to shed the un-wanted pounds; you must make tough mental choices. In order to prepare mentally, think beyond the annual physical fitness test. Make a list of all the reasons why you need to shed pounds. Once your list is done, set your goals. Make sure they are realistic or you are setting yourself up for failure.

If you set unreasonably high goals, and you don't reach them (probably because of time factors), then you'll forget about the things you have accomplished and you'll focus on your failure. A good goal if you want to lose pounds or tone your body is to lose twenty pounds from now until mid-June, and tone up all the way. Keep some type of log. Use a calendar or personal journal and mark the start and end dates. Weigh yourself and get measurements of the areas you know hold fat and jot the measurements down in your journal. Take a before picture as well. Start to use a full length mirror as your scale. Every week or two, take new measurements and a picture record what and where you are losing the inches. Inches count as well as pounds, so even if you've only lost two pounds it could mean several inches.

CLEAN YOUR PLATE! If you serious about change, head immediately for the refrigerator, and discard all the junk - Ice cream, cakes, creamy dressings, left over take out and fried foods. All prepackaged foods/meats. All the junk foods must go because on those weak days you will go straight for it ruining your hard work. Try not to think of it as a waste of money, but as a start of your new optimum fit lifestyle. Moderation is the main point. Moderation is the key to all weight loss, especially long term weight maintenance. It'll also appeal to you because you will never have to deprive yourself of any chocolate cake or yummy donuts. The catch is that you have to know your limits, set them, and at the same time develop self-control. Once you do this, you'll see that moderation is the key to eating right, and eating right for life. "No pigging Out." Next, it's time to take a trip to the grocery. Fill your shopping cart with whole grains and natural instead of instant foods. Fresh fruits and vegetables. Replace those creamy dressings for low fat or vinaigrettes which have reduced calories. Purchase wheat bread and wraps, lean beef, turkey or chicken breasts. Cook the entire package of meat and then freeze them for quick healthy meals. Before you know it, you will start to burn those extra calories and shed those pounds. Eat certain foods in order to reap some really great results.

For instance, peanut butter is a lifesaver. Peanut butter fills you up, takes care of two taste buds (sweet and salty), and it maintains weight as a result. You can also use this same concept with nuts, such as almonds and cashews. Eating grapefruit also helps control weight and hunger, as with many types of fruits. Fruits have natural sugars in them that may curb your appetite for other, unhealthier sweets.

MOTIVATION! Visualize that perfect pair of jeans or dress you want to fit into an old pair of pants or swimsuit, pull it out of the closet and leave it in eye's view. Or, take a few magazine pictures and tape them to a mirror or the refrigerator so that when faced with the temptation of snacking you will see your goal staring at you. The buddy system helps with sticking to an exercise plan and with words of encouragement and support. It's also some healthy competition that will keep you working. We are faced with temptation sometimes, but don't let one extravagance blow your entire day. Having a piece of cake for lunch shouldn't excuse a big cheeseburger for dinner. Also, go out with friends who have the same goals or who might curb your cheating. Skip bread sticks or fries and opt for a salad or baked potato. Share a bigger entree with a friend or ask for a box before you start to indulge.

You must develop for yourself a timeline and workout schedule. If you want to lose weight, you need to choose aerobic exercises. Aerobic exercises are extremely beneficial in weight loss regimens because they primarily work the heart muscle and increase heart rate. Aerobic exercises include running and virtually all types of sports. Anaerobic exercise, however, can be categorized into two "realms" either building muscle or to tone. Anaerobic exercises that build muscle include weight and strength training, such as crunches or push-ups. Anaerobic exercises that tone muscle include yoga and pilates. So, depending on what you want, or if you want a combination of all these results, plan your workout schedule accordingly.

EXERCISE IS MIND OVER MATTER! How do you exercise right and reap the benefits? You have to know when to exercise. This means scheduling your workout so that your exercises are alternating from aerobic to anaerobic. This also means working out at specific times of each day, and not thinking of workouts as chores. Work out as early as you can in the mornings, have breakfast quite early, then work out at night, preferably two to three hours after dinner. Also, have dinner as early as possible, preferably before six or at six o'clock. You'll get an extra work-out and you'll sleep better. Finally, don't think of your workouts as chores. In fact, when you're doing household chores, think of those as workouts too. You'll see that you'll crave more chores because you're hitting two birds with one stone. Set a time and make it part of your daily routine. This way you won't put it off or skip it on tired days. Then start slow, try 30 minutes a day of walking mixed with a couple days of cardio and gradually increase it as you get better. The trick is to pick an activity you love. Once you begin to use those dormant muscles prepare yourself for some soreness. After you recover from this phase, you will feel alive, and more relaxed and energetic.

I WISH YOU OPTIMUM HEALTH! 🇺🇸



NEWS AIRMEN CAN USE

Compiled by the 177th Fighter Wing Public Affairs Office

SFRC increases grants

The New Jersey National Guard State Family Readiness Council has increased the amounts of family and business grants up to \$5,000 and \$10,000, respectively.

Both are what are known as TIER I grants. TIER II family grants are also available to New Jersey Guard non-deployed service members who were on State Active Duty or State Missions (e.g., hurricanes, floods, border missions) for more than 20 consecutive days. Those who meet these criteria can apply for a financial hardship grant up to \$1,500.

Applications are available at all New Jersey Army and Air National Guard Family Assistance Centers. Contact Mr. Gunning in Building 229 if you are interested in applying. 609.645.6248.

Online Tobacco Cessation Resources

Did you know that there are two useful self-paced web-application tools to utilize if you are interested in some good guidance in helping to quite the use of tobacco?



Both of these programs are endorsed for use by the Air Force Health Promotion program. The first is the American Lung Association's "Freedom from Smoking" which can be accessed at <http://www.lungusa.org>. The second is the DoD's tobacco campaign at www.ucanquit2.org.

Both are very powerful tools for interested members in helping to kick the habit. The value to both the individual member, as well as the broader implications regarding force health protection and mission impact, make it a worthwhile investment for our 177th members to take advantage of.

According to the American Lung Association, "every year, across America, more than 438,000 people die from tobacco-caused disease." Smoking is a preventable death and it is proven that the sooner you quite this habit your quality of life will be enhanced and easier for you to maintain. Also according to the American Lung Association, "each day more than 1,300 kids become regular, daily smokers and between one third and one half will eventually die as a result of their addiction." These are staggering numbers and more and more we need to be stewards, not only to our community, but to the little people that look up to us. If your kids see you smoking they will think it's a good thing.

I would like for you to take a good look at your habit, evaluate it real hard and weigh the bad vs. the good. You owe it to yourself to be the best you can be for you and your family. The above web sites are a great place to start. I checked the *lungusa* and the DoD sites and they are easy to guide through and you can set you own goals. One day you will be free of the tobacco habit. Though the 177th medical community is constrained on how directly we may engage in the provision of clinical preventive services to members, these are valuable adjuncts that our 177th Airmen can make use of on their own.

Take it from an ex-smoker, you can do it, you owe it to yourself and your loved ones.

THE FIGHTING FALCONS by SSgt Matt Hecht



Contrail Photos

Contrail photos can be accessed on the Y Drive. Go to the Y Drive; type in: **Njatla14\shared_177 FWCC Electronic File Plan\00 Items to be Filed\PA**. Remember copy, do not cut out the image.

Airmen, become a Recruiting Assistant and for every person you recruit into the 177th Fighter Wing you earn \$2,000. Logon to <http://guardrecruitingassistant.com/> pick out Air Guard, fill out the application and you are on your way to helping someone make a great career choice and some serious cash for yourself.



PROMOTIONS AND AWARDS

To Lieutenant Colonel:
Maj. Mark C. Jennings

To Chief Master Sergeant:
Senior Master Sgt. Kate Urie

To Master Sergeant:
Tech. Sgt. Denise Torres
Tech. Sgt. David Terrill
Tech. Sgt. Erica Nelson

To Technical Sergeant:
Staff Sgt. Ivan Cartagena
Staff Sgt. Ricky M. Clark
Staff Sgt. Francis X. Klotz
Staff Sgt. Jared Mathis
Staff Sgt. Brian McDevitt
Staff Sgt. John Riccio
Staff Sgt. Michael Sears

To Staff Sergeant:
Senior Airman Russell J. Carney
Senior Airman Kristopher M. Chiola

Senior Airman Suzanne DeFlippi
Senior Airman Nicole Horn
Senior Airman Brandon Wood

To Senior Airman:
Airman 1st Class James Gerety
Airman 1st Class Erica Aybarmorillo

Meritorious Service Medal
Lt. Col. Thomas M. Cleary
Senior Master Sgt. Raynaldo
Morales

Senior Master Sgt. Carmen
Spinnato
Master Sgt. Patricia McKernan

Air Force Commendation Medal
Senior Master Sgt. Michael D.
Monteith

Tech. Sgt. Jamie L. DeCosta
Tech. Sgt. Gordan A. Hill
Tech. Sgt. John A. Salayda
Staff Sgt. Gabriel R. Armstrong

Staff Sgt. William L. Mosher III

**New Jersey Meritorious
Service Medal**
Master Sgt. Stephen Rudowski

**New Jersey Commendation
Service Medal**
Mr. Robert Frolov
Mr. George Gumpfer
Mr. Dan Martin

NCO of the Quarter
Tech. Sgt. Colleen Ryan

Airman of the Quarter
Senior Airman Raven Christmas

Willey Award
Senior Master Sgt. Raynaldo
Morales



JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

APRIL

Unleash the full potential of all National Guard members

- ✓ *Empower your people to increase productivity.*
- ✓ *Identify your personal goals and how to achieve them.*

So, let us not be blind to our differences, but let us also direct our attention to our common interests, and to the means by which those differences can be resolved. And if we cannot end now our differences, at least we can help make the world safe for diversity.

John F. Kennedy



An American soldier and liberated prisoners of the Mauthausen concentration camp. Austria, May 1945. NATIONAL ARCHIVES AND RECORDS ADMINISTRATION, COLLEGE PARK, MD

Holocaust Days of Remembrance

April 21–26, 2009

Remembrance obligates us not only to memorialize those who were killed in the Holocaust, but also to reflect on what could have been done to save them. Those who survived tell us that as many faced their horrific deaths, their last words were “Remember us. Tell our story.” Survivors promised that they would and that never again would the world stand silent or look the other way.

The Holocaust reminds us of the fragility of democracy and the need for citizens to be both well informed about and vigilant in the preservation of democratic ideals. An engaged citizenry that embraces the power of the individual to make a difference is the frontline defense for strong, just societies. What we do—or choose not to do—matters.

NEVER AGAIN

what **you** do matters

This poster has been made possible by support from the May Family Endowment.

The United States Congress established the Days of Remembrance as the nation’s annual commemoration of the victims of the Holocaust and created the United States Holocaust Memorial Museum as a permanent living memorial to those victims.