



Contrail

OCT 2012, Vol. 46, No. 10

CHAPLAIN'S CORNER

What Is Your Perception Of Fall?

By Chaplain (Capt.) Thomas P. Ganley (reprint from Oct 2008)

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And more...

DEPARTMENTS

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COVER: LOAD 'EM UP

Airmen from the 177th Fighter Wing Weapons shop compete in the annual Load Crew Competition on Sept 15. U.S. Air Force photo by Master Sgt. Shawn Mildren

This is a reflection on a beautiful time of year, the Fall, and how we are to be 'harvested', and to harvest our brothers and sisters around us.

Fall is "harvest time". Fall is the start of school and different committees getting going once again after summer. People are "called" to use not just your personal gifts, but your spiritual gifts to expand the Kingdom of God here on Earth.

"The harvest is plenty." What have you received that you are thankful for? What more can you do for the building up of God's Kingdom here on Earth? Some people feel they are called to be married, which brings us "holy families". Some people are called to be single, taking care of older parents, or who may not feel called to be married. Some are called to religious life, and become priests, deacons, sisters, pastors and rabbis.

Our Lord tells us "the harvest is plenty, but the laborers are few. That has changed here at the 177th with, in addition to our Wing Chaplain Lt. Col. Wentzien two new chaplains have



been added to the roster here at the Wing: Chaplain (Maj.) Floyd White and myself. Together we are looking to serve the mission of the base personnel by providing spiritual direction, sacraments and comfort to all our NJANG members.

As men and women in New Jersey Air National Guard and members of the military overall,

we bring our talents here to the base and can also share our spiritual talents participating in the base chapel services. We want everyone to know we are here to help you in any of your religious needs, but also to be here in social activities as well. We pray for you and your intentions, we pray for your families, let us pray for each other.

I love this time of year especially here at the Jersey Shore. You have more of the beach to yourself, and can breathe in all of God's beauty in His Bounteous Sea.

"Fall Colors, Fall Flowers, a burst of the heavenly spectrum is here for us at this time of year. God in His goodness wants us to enjoy the color and brightness in His entire world. Amen...



From Security Forces

The 177th Security Forces Squadron's Operation Crime Stop Program has been newly implemented. Crime Stop allows for anonymous reporting of suspected or actual crimes. Anonymous crime reports can include but are not limited to: suspicious activity, threatening acts or behavior, possession of weapons and the use or sale of illegal drugs. The dedicated phone line for Operation Crime Stop is 761-6223.

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Preventing Illness during the Cold and Flu Season

The Centers for Disease Control (CDC) is always a great resource for understanding diseases and, in some cases, preventing sickness and disease. During the flu season, it is a good idea to review what the CDC says about flu prevention. However, the single best way to prevent the flu is to get a flu vaccine each season. The 2012-2013 vaccine will protect against 2009 H1N1, and two other influenza viruses (an H3N2 virus and an influenza B virus). The flu vaccine is mandatory for military members but is wise for everyone. In addition to the vaccine you should practice positive health habits. According to the CDC these include:

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands.

Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose or mouth.

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose

Positive health habits, proper nutrition and good hygiene are not only important during flu season but all year long. These actions will go a long way and will enable you to stay healthy.

SOURCE: <http://www.cdc.gov/flu/protect/stopgerms.htm>

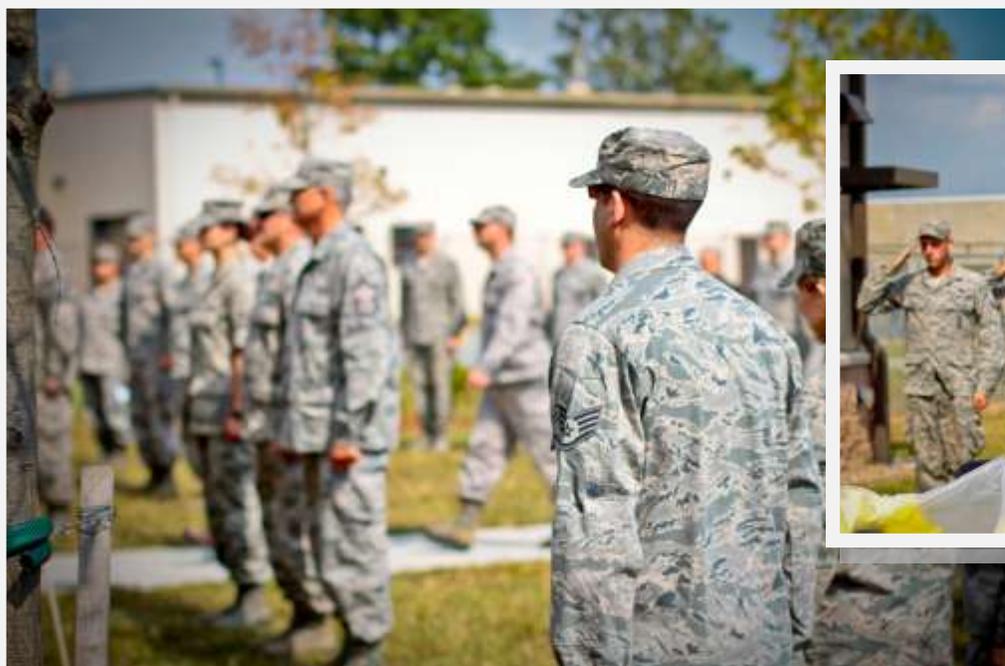


MUNITIONS ADMINISTRATION BUILDING DEDICATION

Photos by Tech. Sgt. Matt Hecht, 177th Fighter Wing Public Affairs



New Jersey Air National Guard Brig. Gen. Michael L. Cunniff, the adjutant general, Col. Robert C. Bolton, deputy adjutant general, Col. Kerry Gentry, 177th Fighter Wing commander and Lt. Col. Brad Everman, 177th Aircraft Maintenance Group, cut the ribbon for the Rodger C. Neumann Munitions Administration Facility on Sept. 28, 2012. The new building will aid the 177th Munitions flight in the administration and training of its personnel.



LOCAL VETERAN'S GRANDSON UNCOVERS HEROIC HISTORY

Story by Donna Clementoni, ESGR, and Patrick Sandman

A WWII United States Army Air Corp navigator and POW, Charles William Sandman Jr. never shared the stories of his military service. Like so many of our nation's servicemen and women, the stories of his heroism remained untold for generations.

It wasn't until Patrick Sandman, Charles grandson, applied his talents in historical research at Oxford University to 'get acquainted' with his grandfather that the heroic military life of this Cape May County Congressman truly came to life.

The son of a milkman, Charles W. Sandman Jr. was born in Philadelphia on October 23, 1921. During the tumult of the Great Depression, his family moved to Cape May County where he attended Cape May High School. After graduation, he enrolled in Temple University but the completion of his bachelor's degree was delayed when, at age 21, he donned the uniform of the United States Army Air Corps and began training in Ft. Bragg, N.C.

His mathematical and analytical abilities earned him the opportunity to qualify as a navigator on a B-17 bomber crew. Sandman's last plane, the "Shadrack," referred to a biblical story of a man named Shadrack who refused to comply with an ancient king's wishes and was tossed in a burning oven. Miraculously Shadrack survived the flames. Despite its optimistic name, the B-17 Shadrack would be less fortunate than the biblical protagonist.

On October 23, 1944, Sandman's 23rd birthday, the Shadrack crew flew in formation to bomb the Skoda Armament Works Factory in Pilsen, Czechoslovakia, which was the largest arms manufacturer in Austria-Hungary. This was Sandman's 20th mission and the pilot's 50th. For the young waist gunners, this mission would be both their first and last. During the raid, the 'Shadrack' was hit by flak or German anti-aircraft fire. The plane, though notable for being able to sustain extensive battle damage, fell out of formation and slowed with only two working engines.

With engine trouble and a smoking wing, the Shadrack lost altitude at an alarming rate. The crew knew they would not make it back to their base in Foggio, Italy. Following the pilot's order, the men jettisoned all they could from the plane in a desperate attempt to make it to the Swiss border. Just miles away, they jumped from the plane at the last possible moment, and landed over the ice-covered Tyrolean Alps, in a mountainous region of Austria. Not knowing exactly where they landed, the crew buried their parachutes and headed west.

Surrounded by dozens of Hitler Youth, Sandman heard one phrase that haunted many downed airmen, "I am a German and you are my prisoner. For you the war is over."

Sandman and his crew were put in a holding cell in the little village and awaited transportation to Dulag Luft interrogation

center by gunpoint. The German Luftwaffe interrogated the Shadrack crew for three long days before ultimately transporting Sandman to the Stalag Luft III POW camp – a camp later made famous by the 1963 movie *The Great Escape*.

Nearly seventy years later, Patrick Sandman discovered his grandfather's WWII diary in a decaying suitcase in the family attic. Patrick read the entries of his grandfather's internment. Charles wrote:

"It all begins today...(we) arrived (November 8th) about 20:00 hrs and were searched and given quarters immediately. All pens, pencils and cigarette light etc. were checked and kept for up by authorities. Next we were given two blankets a mattress cover stuffed with straw."

In transcribing his grandfather's diary, Patrick realized that the majority of the notes referred to food and plans for after the war. "He wrote poetry and dreamed of food," Patrick observed. The POW's diet was bolstered by the packages sent every two weeks from the American Red Cross, but, Sandman once confided to family members, "I never knew such hunger." The six-foot former Golden Gloves boxer came back weighing less than 140 lbs; he lost nearly 60 lbs. during his incarceration.

As the German defeat grew imminent, there were 'rumors circulating on who was going to liberate them, and planes flying overhead.' With the prevailing rumor that the Russians would liberate western Allied POW camps, the German authorities decided to delay the victory. Instead they began "The Long March."

Approximately 80,000 western Allied Prisoners of War who had been held captive in German military prison camps were forced to march westward across Poland, Czechoslovakia, and Germany during one of region's harshest winters in four decades. There were many casualties along the 'Death March' and the POW's encountered hundreds of thousands of fleeing civilian refugees, mainly women and children, who were making their way westward, too.

Ultimately, 'the battle-scarred tanks finally crashed through the prison gates, they (the POW's) greeted their comrades in arms of the 14th Armored Division, still know to this day as the "Liberators."

Like so many freed POWs, Sandman returned to the country he fought heroically for and blended into the American way of life he helped preserve.

He completed his studies at Temple and earned a law degree from South Jersey Law School which later became known as Rutgers Law School in Camden, New Jersey. Thanks largely to the G.I. Bill, the decorated war veteran became the first person from his family to attend college.

WARREN GROVE RANGE HOSTS VINELAND VETERANS HOME

Photos by Master Sgt. Mark Olsen, 108th Wing Public Affairs



FALCON IN FLIGHT

A 177th Fighter Wing F-16C Fighting Falcon with the 119th Fighter Squadron performs maneuvers at Warren Grove Range on Sept 19, 2012. Military Veterans from the Vineland Veterans Home were treated to lunch, and to an afternoon of watching F-16's and A-10 Thunderbolt II's .



Members of the 177th Fighter Wing and 108th Wing gathered at the Warren Grove Range to spend time with veterans from the Vineland Veterans home. Photos by Master Sgt. Mark Olsen, 108th Wing Public Affairs

177th Fighter Wing Supports Governor's Review

Photos by Master Sgt. Mark Olsen, 108th Wing Public Affairs





Para-Docs - *Stress Management by Yelling and Shouting or Not!*

Ever wonder why so many of us shout when we are angry? The following story is the one I heard when I was in India back in 1977. It is the best explanations I've come across. Enjoy and believe!

A Hindu Brahmin who was visiting the river Ganges to take a bath found a group of family members on the banks, shouting in anger at each other. Does that sound familiar?

He turned to his disciples, smiled and asked: "Why do people shout in anger at each other?"

His disciples thought for a while and one of them said: "Because when we lose our calm we shout."

"But why should you shout when the other person is just next to you?" asked the Brahmin.

"Can you just as well tell him what you have to say in a soft manner?"

When some of the answers did not satisfied the others the Brahmin finally explained: "When two people are angry at each other, their hearts are at distance. They are as far away as their distance of love for each other.

To cover that distance they must shout to be able to hear each other. The angrier they are, the stronger they will have to shout to hear each other to cover that great distance."

"However consider this...What happens when two people fall in love? They don't shout at each other but talk softly because their hearts are very close. The distance between them is either nonexistent or very small."

The Brahmin continued, "When they love each other even more, what happens? They do not speak, only whisper and they get even closer to each other in their love. Finally they even need not whisper, they only look at each other and that's all. That is how close two people are when they love each other."

The Brahmin looked at his disciples and said, "So when you argue do not let your hearts get distant. Do not say words that distance each other more, Or else there will come a day when the distance is so great that you will not find the path to return and you will shout, but no will hear...they are too distant."

Consider the times you yell and think how you can change the volume with a love dial!

Corny...perhaps! It will help manage your stress.



The beneFITS of having a good FITness program.... WORKOUT because....You want to, you'll feel better, you'll have a better diet, you'll handle stress better, you're energy will increase, working out makes you look better and builds self-esteem....of all the health beneFITS it improves the overall quality of your life.

For more information on FITness please ask your FITness moni-tor....



177th FW AIR GUARDSMAN AIMS HIGH AT KAUAI HALF MARATHON

Story by Tech. Sgt. Matt Hecht

For some Airmen, the 1.5 mile PT test is the most extreme endurance run they face. For the Airmen of the All-Guard Marathon Team, running is a way of life.

Lt. Col. Jesse Arnstein, 177th Fighter Wing Chief of Staff, is one such Airman. He recently competed in the Kauai (Hawaii) Half Marathon on Sept 3.

To prepare for marathons, Arnstein trains by running 40-70 miles a week, as well as doing quality training involving 1-2 key intense workouts a week.

"I was very heavy until I entered high school," said Arnstein. "I weighed 25 lbs more than I do now, and was several inches shorter. I was 15 years old when I started to run. I had a job as a dog walker, and the dog and I would first run a block, walk a block. After three months we were up to 6 miles."

Many years of training and intense workouts came to fruition during the latest marathon, where Arnstein finished first place in the 40-44 age group, completing the challenging course in 1:28:32.

"It was a great opportunity to represent the military and help publicize all the contributions the National Guard makes to our nation's safety and security," said Arnstein. "The public was very supportive of the military, and gave all the national guardsmen a standing ovation at the award ceremony."

"Running provides me a challenge, as well as keeps me in good health. It helps clear my mind, and gives me a sense of accomplishment by completing my daily workouts. It also helps me sleep very, very soundly. "



Lt. Col. Jesse Arnstein poses with a medal on the island of Kauai, Hawaii. Courtesy photo



Lt. Col. Jesse Arnstein, 177th Fighter Wing Chief of Staff, competes in the Kauai Half marathon with the All-Guard Marathon team on Sept 3. Courtesy photo.



OCTOBER

2012

Reap the benefits of Diversity Education in our actions with others

- ✓ *Observe National Disability Employment Awareness Month*
- ✓ *Support diversity in recruiting*

Uniformity is not nature's way; diversity is nature's way.

Vandana Shiva

OFFICER VACANCIES

CYBERSPACE OPERATIONS OFFICER (Traditional): Max Grade: Major, AFSC: 17D3 Close Out Date: 10 March 2013
 Specialty Summary. Executes cyberspace operations and information operations functions and activities. Plans, organizes and directs operations, including network attack (Net-A), network defense (Net-D), network warfare support (NS), network operations and related information operations. Such operations cover the spectrum of mission areas within the cyberspace domain. **QUALIFICATIONS:** Knowledge. The following knowledge is mandatory for award of the AFSC. Fundamentals of computer systems, operating systems, software applications and architecture, protocols, addressing and hardware. In addition, an understanding of networking fundamentals, network infrastructure, to include telecommunications theory, industrial control systems, and data communications/links is needed. Officers must also be proficient on wireless networking, as well as, data delivery to personal wireless devices and understand cryptography; to include utilization and exploitation techniques. Cyberspace operations and information operations organization, policies, directives and doctrine; cyberspace operations systems and fundamentals; requirements, acquisition, and logistics; cyberspace operations management, utilization and planning principles. Education. Bachelor of Science undergraduate degree in one of the following disciplines is mandatory. Computer science; cyberspace security; electrical, computer or systems engineering; physics; mathematics; information systems; or information security/assurance. Graduate academic degrees in the above disciplines will also be considered. 3.2.2 Officers not meeting above academic degree requirements shall have a minimum of 24 credit hours (200-level equivalent or higher) of science courses, to include, but not limited, to courses in telecommunications, computer science, mathematics, engineering, and physics. Some non-technical accessions permitted. Training. The following training is mandatory as indicated. For award of 17D1B, completion of Undergraduate Cyberspace Training.

F16 FIGHTER PILOT: AFSC 11F3: Packages for the board consideration are due by 10 MAR 2013. (Selecting Official: Lt Col Hassel) Specialty Qualifications: Knowledge is mandatory of theory of flight, air navigation, meteorology, flying directives, aircraft operating procedures and mission tactics. Undergraduate degree specializing in physical sciences, mathematics, administration, or management is desirable. For entry into this specialty, completion of Air Force Specialized Undergraduate Pilot Training (SUPT) is mandatory. For award and retention of this AFSC, current aeronautical rating and qualification for aviation service as pilot is mandatory.

FOR ALL OFFICER VACANCIES: Applications and all supporting documents (AF Form 24, Resume, AFOQT Scores, Letters of Recommendation, College Transcripts, Awards) **must be submitted to 177 FSS/CC, Attn: Lt Col Ronald Williamson, 400 Langley Road, Egg Harbor Township, NJ 08234-9500** by the closeout date. **Commissioned officers must submit their last 3 OPRs. Enlisted members and officers must submit a copy of their most current Fitness Assessment and Record Review RIP from vMPF.** Late applications will not be considered. Any questions, application instructions, and vacancy descriptions – contact Lt Col Williamson, extension 761-6213, Commercial: 609-761-6213, e-mail: Ronald.williamson@ang.af.mil

MilPDS Shutdown / Upgrade in December

The Air Force is upgrading the Military Personnel Data System (MilPDS) in December. **The upgrade is scheduled to take about 23 days to complete, during this time MilPDS will not be available.**

If you are eligible to re-enlist or extend in December or January 2013 you must complete these personnel actions through the myPers website and your base military personnel section by **15 Nov** to avoid processing delays and military pay issues. If you are getting married, expecting a child, getting divorced or changing your address sometime in December, you should speak to someone in your military personnel section. In addition, all formal school training requests must be submitted by **15 Nov**. Promotions will not be processed until after the system upgrade and Retirements will be delayed. If Military Personnel is aware beforehand, they may be able to update the system and ensure those actions happen correctly.

The following processes will continue to function during the scheduled system downtime: Personnel processes relating to mobilization/activation, casualty, issuing common access cards, dependent ID cards, orders through the Air Force Reserve Order Writing System, UTA participation system and Defense Finance and Accounting Service.



2012 Hiring Our Heroes – Flemington, NJ
National Guard Armory -
422 New Jersey Route 12 - Hunterdon County
Flemington, NJ 08822
Wednesday, October 24, 2012
10:00 AM to 1:00 PM

Join us October 24, 2012, from 10:00 AM to 1:00 PM for a job fair for veteran job seekers, active duty military, members of the National Guard and reserve components, and military spouses at the National Guard Armory on Route 12 in Hunterdon County, Flemington, NJ. This event will be FREE for both employers and job seekers.

EMPLOYERS

Must register for FREE at HCH.GreatJob.net

JOB SEEKERS

Register for FREE at HCH.GreatJob.net

to guarantee attendance. Walk-ins welcome but space not guaranteed.

This ESGR-sponsored hiring event is being conducted by the U.S. Chamber of Commerce and local Chambers of Commerce; New Jersey Committee, Employer Support of the Guard and Reserve (ESGR); the Department of Labor Veterans' Employment and Training Service (DOL VETS); the U.S. Department of Veterans Affairs; NBC News, and other local partners; we welcome the participation of the office of Assemblywoman Donna Simon.

For registration questions, please contact us at hiringourheroes@uschamber.com or call 202-463-5807.



NBC NEWS

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