

# The **JET** GAZETTE

141st Air Refueling Wing

Volume 49 Issue 3 · Fall/Winter 2011

*"Happy Holidays"*

**SQUADRON SHINES**

**BUILDING  
STRONG BONDS**

**SALUTE TO  
VETERANS**

**ROUGH  
RIDING**



# Notes from the Top



**Commander, 141st ARW:**

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**Vice Commander, 141st ARW:**

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**The Jet Gazette**

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The *Jet Gazette* welcomes articles and ideas that will enhance the paper. If you have suggestions for features or specific articles, please contact the Public Affairs Office at 247-7345/7003 on UTA weekends.

## MISSION

The mission of the *Jet Gazette* is to effectively communicate events and information of the 141st Air Refueling Wing to unit members, their families and retirees and to recognize personal and unit achievements within the wing.



Oh what a year it has been. I cannot believe 2011 is nearing the end, but time does fly when you are having fun. 2011 was an amazing year for the 141st Air Refueling Wing, meeting challenges head on, deploying in support of federal missions, maintaining the home game, and excelling at inspections; all while operating out of three locations within our own state during the Fairchild AFB runway closure. Some of the 2011 highlights include:

- Medical Group's Health Services Inspection – 89% score...”Excellent”
- KC-135 deployments to Spain in support of Operations Odyssey Dawn and Unified Protector
- KC-135 Air Expeditionary Force deployment to CENTCOM in support of Operations Enduring Freedom and New Dawn
- Deployment to PACOM in support of the Pacific Theater Security Mission
- RC-26 deployment to CENTCOM in support of Operation New Dawn
- RC-26 Counter Drug mission supported seizure of \$348,533,566 in illegal drugs; 75 arrests
- Homeland Response Force became the second in the nation to be certified; aced 19 of 19 areas
- Accomplished the first KC-135 Polar/Russian airspace overflight to Manas AB, Kyrgystan
- Selected as pilot unit for Fatality Search and Recovery Team UTCs; leading the way for 27 units
- Operated out of Fairchild AFB, Spokane International Airport and Grant County Airport during the nearly yearlong Fairchild AFB runway closure; Maintenance Group performed eight KC-135 isochronal inspections while deployed and alert crews scrambled 21 times in support of Operation Noble Eagle
- The Mission Support Group facilitated the relocations of the 242 CBCS and 256 CBCS BRAC moves
- 141st Comptroller Flight was recognized as #3 in the nation for Power Ranking metrics

You have made this a great place to work as indicated by recruiting to 100% manning and an enviable retention rate.

In 2011, Fairchild's KC-135s flew 22% more hours than in 2010 and 76% more hours than in 2007. I realize that not everyone flies airplanes, but the statistic is representative of the operations tempo in 2011. Your accomplishments are magnificent. I hope you take some time to reflect on your service to the nation in 2011 and hold your head high. You deserve to be proud!

Merry Christmas, Happy New Year, & Thanks for Serving!

Col K

The latest issue of the Jet Gazette can be found at: <http://www.141arw.ang.af.mil>

## Wing History



by Tech. Sgt. Wes Walton  
141st Air Refueling Wing Public Affairs

# 1931

Sgt. Milo Bencotter, a fulltime caretaker, parachute packer and maintenance man started bringing his Boston Bull Terrier, Pat, out to the field in his vehicle every day. Being an energetic breed prone to getting into trouble, Pat leaped up onto the wings of the planes on the flightline, eagerly waiting for a ride in the strange looking vehicles. This rapidly annoyed Sgt. Bencotter and the other maintainers at Felts because Pat's claws would puncture the stretched fabric over the wings of the planes.

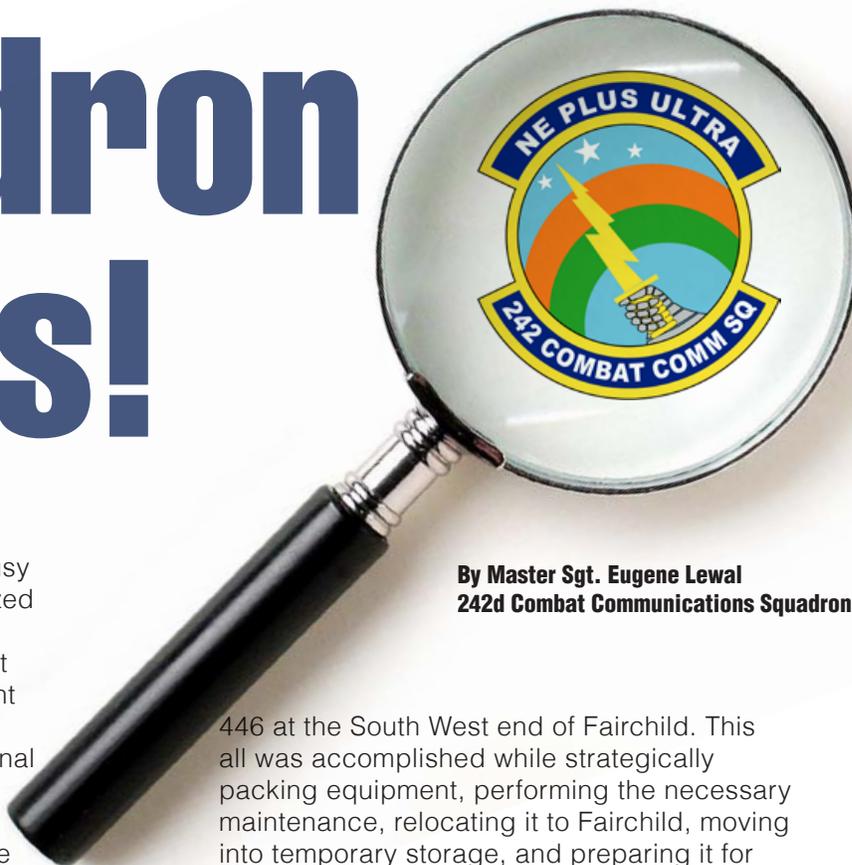
A maintainer back in those days had to be equal parts engine mechanic and seamstress because even the smallest puncture in the wing could develop into a tear while flying, causing catastrophic

failure. Frustrated with having to do so much needle work because of Pat, Bencotter devised a makeshift parachute for the pup and took him up on his first and hopefully last ride in a bi-plane.

At 10,000 ft., Pat started back towards the ground the easy way. Bencotter crossed his fingers as his dog's chute opened, hoping that when Pat reached Mother Earth he would want nothing to do with bi-planes ever again. Much to the dismay of the maintainers still on the ground, Pat landed and broke for the nearest airplane dragging his parachute all the way and on the wing he waited with anticipation to do it all over again.

As the old saying goes, "If you can't beat em, join em." Parachuting Pat the Dog became the unit's official mascot.

# Squadron Shines!



**By Master Sgt. Eugene Lewal  
242d Combat Communications Squadron**

“If you want something done, ask a busy person to do it.” This quote epitomized the monumental efforts put forth by the men and women of the 242d Combat Communications Squadron in their recent successful completion of both a Unit Compliance Inspection and an Operational Readiness Inspection.

Recently the 242d CBCS and all Combat Communication Squadrons were affected by changes in military structure and aligned under the leadership of the Air Force Space Command. This brought on many changes.

Like moving to a new home, it takes some time to adjust to a new neighborhood; but time was not on the side of these busy airmen. This news came on the heels of the Base Realignment and Closure Commissions decision to move the 242d from Geiger Field to Fairchild AFB. In the midst of all the preparations involved in preparing for one of these inspections, let alone two, the personnel performed numerous Operational Readiness Exercises in multiple locations. The ability to survive and operate took on new meaning. The 242 completed exercises on Geiger and then transitioned to Camp Airey and then to the former Guard Campus adjacent to Building

446 at the South West end of Fairchild. This all was accomplished while strategically packing equipment, performing the necessary maintenance, relocating it to Fairchild, moving into temporary storage, and preparing it for deployment.

Setting up new networks, integrating communication systems and moving furniture occurred in addition to training on UTA's. All of this was accomplished quickly and professionally without a ripple in the normal operations of the squadron.

Once established in their temporary digs, the business of running a Combat Comm Squadron forged onward. Members prepared all documentation and completed several other Operational Readiness exercises with the assistance of the 252d Combat Communications Group, who tested personnel in the evaluation of deployment processes. All these tests required movement and loading of equipment onto pallets to a simulated deployed location.

The Inspector General Team of the Air Force Space Command arrived in October.

## UPAR

**Unit Public Affairs Representatives are volunteers who write and submit stories unique to their units. If you have questions or if you would like to be a UPAR please contact Major Sandy Smock at [sandy.smock@us.af.mil](mailto:sandy.smock@us.af.mil)**

*(continued on next page)*

## Squadron Shines!

The professionalism of this team was apparent in their appearance and actions. Members were truly subject matter experts and impressive to watch as they evaluated the 242d's ability to perform required duties.

Two days of in house Compliance Inspections were followed by four days of Operational Readiness Inspections in the field. Team work, the ability to adapt and excellent leadership enabled the team to perform all evaluation tests designed to challenge personnel. These efforts

culminated in the 242d CBCS passing both inspections with all areas being rated "Satisfactory" in the Compliance Inspection.

As with so many operations, this success could not have been accomplished without the assistance of many members of Team Fairchild. In the past months, the 242d has changed commands, moved to Fairchild and is awaiting a move to permanent facilities where operations will continue on in the spirit of the motto "ne plus ultra", no more beyond.



# BUILDING STRONG BONDS

By Tech. Sgt. Jennifer Buzanowski  
92nd Air Refueling Wing Public Affairs

**B**ridging gaps and creating relationships are priorities for the new 141st Air Refueling Wing Command Chief. “I’ll focus on fostering collaborative relationships and helping Team Fairchild Airmen understand where we are similar and where we are different,” said Chief Master Sgt. Wayne Deist who assumed his new position in September. Deist was formerly the 141st’s maintenance operations flight chief, a position he held since 2006.

A true Total Force Airman, the chief is a career maintainer, spending four years active duty working on A-10 Thunderbolts at Eielson Air Force Base, Alaska, then C-141 Starlifter and C-5 Galaxy aircraft at Travis AFB, Calif. He then spent three years in the Air Force Reserve working on C-5s at Kelly Field, Texas, before moving to Spokane in 1988 to join the Washington Air National Guard.

“The Air Guard has been my second family,” said Deist, whose time at the 141st included the change from the KC-135E models to the KC-135R models almost a decade ago, as well as the classic association between the 92nd and 141st in October 2007.

Deist had strong views about Total Force Integration when he served as the maintenance operations flight chief. “I would tell my team if we wanted active duty Airmen to embrace what’s important to us, we need to embrace what’s important to them. You can’t work as a team if you don’t care about what’s important to your teammates. It’s my job to lead by example and to collaborate with our active duty counterparts to create efficiencies,” said Deist. Although the 92nd and 141st wings have been working together as a classic associate unit for about four years now – active duty unit owning the airframes that both wing’s Airmen fly and maintain – it doesn’t come without its challenges.



Command Chief Master Sgt. Wayne Deist

“Our association has come a long way from where we began. Although active duty members come and go, we have seen successes,” said Deist who explained squadron commanders and their ranking senior NCOs are not changing out at the same time. “It takes time to understand the uniqueness of the Guard. We are capitalizing on lessons learned and gaining momentum by improving the continuity between the two units.”

The Chief said Team Fairchild deploys across the globe, but the Guard has a unique responsibility to serve the Washington governor.

“You can ask all day long how and why the Guard and active duty Air Force are so different, but understand different is okay. The real question is ‘why are we all here?’ and that’s to support our nation. As Guardsmen, we must also remember we are also here to support our state mission as well—whether to aid the local community or to assist the state with firefighting or disasters such as floods

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or extreme snowfall,” said Deist.

It's not uncommon to confuse active duty and Guardsmen on Fairchild. Many full-time Guard members, for example, hold civil servant positions during the week even though they wear their Air Force uniform. The majority of the 141st, however, are traditional Guardsmen.

“Seventy-five percent of our members have jobs downtown and they have many skill sets to offer Fairchild. We have a large pool of diverse members who bring a lot to the table giving us unique experiences to draw from. As Guardsmen our roots are so embedded – most of our unit members are from the local community, the State of Washington and Pacific Northwest region. It's not uncommon to see children grow up and join the unit their parents served.”

Deist says Spokane community really embraces and supports the military and Fairchild. There are a large number of military members and retirees who've made the Inland Northwest their home. “A leap of faith brought me to Spokane, the outdoor opportunities kept me here. I love Spokane and the abundant hunting and fishing in the surrounding area. I also like the balance of the big city opportunities – arts and culture with a hometown flare,” said Deist who is a Gonzaga Bulldog fan and father of two grown sons who both live in Las Vegas. The chief's eldest son belongs to the Washington ANG as a member of 256th Combat Controller Squadron.



(U.S. Air Force photo by Tech. Sgt. Michael Stewart)



# “Salute to Veterans”

Story and Photo by Staff Sgt. Anthony Ennamorato  
141st Air Refueling Wing Public Affairs

**O**n Nov. 5, 2011 members of The Air National Guard Band of the Northwest, also known as the 560th Air Force Band, performed a musical “Salute to Veterans” honoring military members past and present in anticipation of Veteran’s Day at Spokane Falls Community College. The 560th performed alongside choir students from Shadle Park and Rogers High Schools and instrumentalists from Coeur D’Alene High School, Eastern Washington University and several 560th alumni.

“We’re happy to salute veterans that



have served their country so well and it is a wonderful opportunity to say ‘Thank you’ to the surrounding community which we are honored to serve,” said Maj. James Philips, the commander of the 560th Band.

The 560th is only one of eleven bands in the Air National Guard and serves in multiple capacities, to include, official ceremonies, recruiting events, community outreach and annually in the Spokane Lilac Festival Armed Forces Torchlight Parade. It is one of the largest bands of its kind in the nation.



**Senior Airman Jason Clark**, 141st Force Support Squadron, runs the obstacle course with **Tech. Sgt. Jeana Trevino**

# ROUGH RIDING

Story and Photos by Tech. Sgt. Travis Metheny  
141st Air Refueling Wing Public Affairs

**M**embers from the 141st Force Support Squadron spent Saturday of October drill driving the new Polaris Ranger all-terrain vehicles.

The guardsmen are part of an elite team which makes up the Fatality Search and Recovery Team. The Polaris vehicles were acquired as part of a \$700,000 equipment platform that will provide increased capability to recover human remains not otherwise accessible to traditional vehicles, said Senior Master Sgt. Steven Estep, the Non-commissioned Officer-in-Charge of the FSRT team.

The Seven Mile Off-Road Vehicle Park outside Spokane challenged the operators with steep climbs and deep ruts that were overcome with little difficulty. Speeding through uneven terrain, each trainee pushed the limits of the Polaris to gain confidence in

the vehicles capabilities and limitations.

The Polaris' can also be augmented with a wheeled stretcher that is used for recovery operations. The remains can then be transported to one of many refrigeration unit trailers.

After Hurricane Katrina, there was a need for mass fatality recovery, said 2nd Lt. Bradley Sanders, the FSRT Commander.

The National Guard Bureau explains that the FSRTs are new elements of the Chemical, Biology, Radiological, Nuclear, Enhanced explosives threat of an Enhanced Response Force Package or otherwise known as CERFP, which are tasked to enter contaminated environments to search for and recover fatalities.

The 141st has taken the lead nationwide on establishing FSRT doctrine, said Sanders.



**Col. Paul Guemmer**, 92nd Air Refueling Wing commander, lands a KC-135 Stratotanker on Fairchild's newly constructed runway Nov. 2. It was the first plane to touchdown here in almost a year following the \$42.8 million dollar reconstruction. Photo by Airman 1st Class Taylor Curry

# Runway Complete!

*By Airman 1st Class Earlandez M. Young  
92nd Air Refueling Wing Public Affairs*

**M**ore than 100 Team Fairchild Airmen watched the first KC-135 Stratotanker return to Fairchild, Nov 2.

Col. Paul Guemmer, 92nd Air Refueling Wing commander and Col. Richard Kelly, 141st Air Refueling Wing commander each landed a KC-135 for a flight check to test the new 2.5 mile runway that reopened on schedule.

The runway was raised roughly 12 inches to improve drainage and was also narrowed from 200 to 150 feet.

During the 11-month project, the majority of Fairchild tankers and Airmen operated out of Moses Lake to maintain flight operations. Since the beginning of the project, 1,342 Fairchild Airmen and civilians have helped complete the mission from Moses Lake.

"The Moses Lake community welcomed our Airmen when we arrived in the beginning of January and has shown phenomenal support throughout our stay," said Guemmer. "Because of the support from Moses Lake and Spokane International, Team Fairchild has been able to complete its refueling mis-

sion as the runway at Fairchild underwent reconstruction."

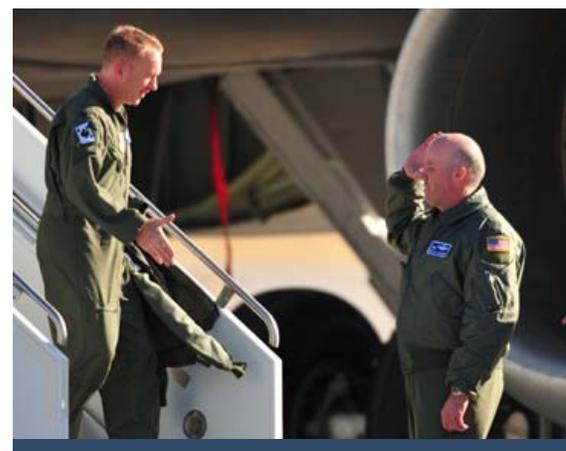
This isn't the first time Fairchild has relocated aircraft due to runway modifications. It also happened in 1983 and 2001.

"Thanks to AECOM construction contractors, the runway project was completed before its original deadline," said Wayne Musselwhite, chief of construction management, 92nd Civil Engineering Squadron. "This isn't an easy project, so it doesn't just happen overnight, especially when you have an entire runway to redo and when you're planning on recycling 60,000 tons of concrete."

Guemmer said Team Fairchild will bring their first group of Airmen home November 9. The last group of Airmen are scheduled to be home with their loved ones before the Thanksgiving holiday.

The Moses Lake community says they'll miss hosting Fairchild Airmen.

"We look at those KC-135s flying up in the air a little differently now," said Kent Jones, president of the Port of Moses Lake. "It's become personal for us."



**Col. Paul Guemmer**, 92nd Air Refueling Wing commander, greets **Col. Richard Kelly**, 141st Air Refueling Wing commander, after landing the second KC-135 Stratotanker at Fairchild Nov. 2. (U.S. Air Force photo/Staff Sgt. Michael Means)



**Senior Airman Rose Mitschke** checks the simulation mannequin's vital signs while **Maj. Jem Yelkovan** and **Master Sgt. Christopher Best** perform CPR.

Photo by Staff Sgt. Anthony Ennamorato 141st Air Refueling Wing Public Affairs

# Valuable Training

## *141st Medical Group trains at Washington State University*

By Tech. Sargent Travis Metheny  
141st Air Refueling Wing Public Affairs

**T**he 141st Medical Group conducted its second food borne illness simulation training on Sept. 11 at the Washington State University College of Nursing in Spokane, Wash.

The scenario for the simulation was that active duty personnel on two of three aircraft returning to the U.S. after completing a tour in Afghanistan had stopped in Germany for five days. While in Germany, they had traveled off base and dined at local restaurants and pubs. The third plane returned to Fairchild without stopping and the personnel in-processed without incident. The personnel on the two planes from Germany become sick upon returning to the U.S.

During the simulation the medics were quickly assembled into health care teams and began treating the patients. The medics also worked together to identify the cause of the illness,

and then followed the appropriate protocol to notify state health organizations about the outbreak.

The training event included Bill Edstrom, an epidemiologist with the Spokane Regional Health District, who assisted 15 members of the 141st MDG during a tabletop exercise on the best practices of collecting patient history and coordination with public health officials.

During the simulation medics were able to practice a number of hands-on skills including IV starts, administering medication and treating disease or other trauma.

“The training provided insight into what would happen behind the scenes during an outbreak while the medic is focused on his patient,” said Lt. Col Denise Smart, 141st MDG Chief Nurse, Public Health Officer and WSU Assistant Professor.

# Military Family Caucus

By Maj. Sandy Smock  
141st Air Refueling Wing Executive Officer

The first Military Family Caucus held outside of Washington D.C. occurred at Fairchild Air Force Base on Oct. 17, 2011. It was an opportunity for active duty, guard, and reserve service members and their families from all branches to discuss the most pressing issues facing military families with members of Congress and representatives from the Department of Defense and Washington State National Guard officials.

The 141st Air Refueling Wing worked jointly with 92d ARW and other branches to market and invite local family and military members to participate. More than 150 members participated in the event. The event was hosted by Congresswoman Cathy McMorris Rodgers, Co-Chair, Military Family Caucus, Congressman Sanford Bishop, Co-Chair, Military Family Caucus and Robert Gordon, Deputy Assistant Secretary of Defense for Military Community and Family Policy.





Master Sgt. Neil Doneen  
141st ARW Force Support Squadron

# Retirement Benefits

by Senior Airman Johanna Brooks  
141st Air Refueling Wing Public Affairs

**M**any in the Air National Guard today joined the military not only out of patriotism, but the retirement benefits offered in exchange for the sacrifices that accompany military life.

Considering frequent family separations, deployments to dangerous war zones, numerous moves that uproot their families causing a myriad of other issues such as loss of spousal income, and children's school transfers, military members

are compensated with what many believe to be a fair retirement package.

Even though the retirement benefits motivated many to join, a surprising number of members are not clear on the Guard retirement system as a whole.

## CURRENT RETIREMENT SYSTEM

Reserve retirement is currently obtained at 60 years of age. The National Defense Authorization Act signed into law in 2008 states that retirement age may

be reduced by three months for each cumulative 90 days of active-duty service performed in a fiscal year, beginning after Jan. 28, 2008. The act also states that the age for retirement age cannot be before a member turns 50 years old.

Upon retirement, Airmen will receive all retired pay benefits to include full commissary use, Base Exchange, base services, etc.) except medical benefits which are deferred until age 60.

## CALCULATING RETIREMENT

First you need your total retirement points and satisfactory years of service. To obtain this, login to the Air Force Portal, navigate to "vMPF", choose "Self-Service Action" located on the left side of the page, choose "Personal Data" then "ANG/USAFR Point Credit Summary Inquiry (PCARS)" now choose "View All". This will show you a complete snapshot of your point history. For the sake of calculating your retirement we will only look at two headings under "Service History", "RETIRE" and "SATSVC". Write down the total from each of these headings. This will give you the numbers you need to calculate your retirement pay.

The current points valuation chart provided on the next page may be used to calculate your retirement pay, this can also be accessed at the [Air Force Personnel Services](#) website.

For example consider a Master Sergeant with 3,250 retirement points and 20 satisfactory years of service. Looking at the points valuation chart, under the column "Highest Grade Held", find "MSgt". The next column to the right under the "Over 20 years svc" would be your "Base Pay" and "Point Value". Write down the point value ".29092". Now you will take your total retirement points, 3,250 and multiply that by .29092, your monthly retirement would be \$945.49. Of course, you will not collect that amount until you reach your retirement age. There might be some additional factors that affect the actual amount of your retirement, verify your calculations with your Military Personnel Flight Customer Service representative. If you have any questions or need help figuring out your retirement package, feel free to contact them at 247-7050.

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# Retirement Benefits

## POINTS VALUATION CHART EXAMPLE

Point Valuation for Retirement Benefits (2011) Reservist and Guardmembers																						
Basic Military Pay Effective January 2011																						
Highest Grade Held	Over 20 years svc		Over 22 years svc		Over 24 years svc		Over 26 years svc		Over 28 years svc		Over 30 years svc		Over 32 years svc		Over 34 years svc		Over 36 years svc		Over 38 years svc		Over 40 years svc	
	Base Pay	Point Value																				
General	\$15,400.80	1.06950	\$15,475.80	1.07471	\$15,797.70	1.09706	\$16,358.40	1.13600	\$16,358.40	1.13600	\$17,176.20	1.19279	\$17,176.20	1.19279	\$18,034.80	1.25242	\$18,034.80	1.25242	\$18,936.90	1.31506	\$18,936.90	1.31506
Lt Gen	\$13,469.70	.93540	\$13,663.80	.94888	\$13,944.00	.96833	\$14,433.00	1.00229	\$14,433.00	1.00229	\$15,155.10	1.05244	\$15,155.10	1.05244	\$15,912.90	1.10506	\$15,912.90	1.10506	\$16,708.50	1.16031	\$16,708.50	1.16031
Maj Gen	\$12,762.30	.86627	\$13,077.30	.90815	\$13,077.30	.90815	\$13,077.30	.90815	\$13,077.30	.90815	\$13,404.30	.93085	\$13,404.30	.93085	\$13,739.40	.95413	\$13,739.40	.95413	\$13,739.40	.95413	\$13,739.40	.95413
Brig Gen	\$11,540.70	.80144	\$11,540.70	.80144	\$11,540.70	.80144	\$11,599.50	.80552	\$11,599.50	.80552	\$11,831.70	.82165	\$11,831.70	.82165	\$11,831.70	.82165	\$11,831.70	.82165	\$11,831.70	.82165	\$11,831.70	.82165
Colonel	\$9,222.90	.64048	\$9,465.60	.65733	\$9,711.30	.67440	\$10,187.70	.70748	\$10,187.70	.70748	\$10,391.10	.72160	\$10,391.10	.72160	\$10,391.10	.72160	\$10,391.10	.72160	\$10,391.10	.72160	\$10,391.10	.72160
Lt Col	\$8,070.30	.56044	\$8,313.30	.57731	\$8,313.30	.57731	\$8,313.30	.57731	\$8,313.30	.57731	\$8,313.30	.57731	\$8,313.30	.57731	\$8,313.30	.57731	\$8,313.30	.57731	\$8,313.30	.57731	\$8,313.30	.57731
Major	\$7,049.10	.48952	\$7,049.10	.48952	\$7,049.10	.48952	\$7,049.10	.48952	\$7,049.10	.48952	\$7,049.10	.48952	\$7,049.10	.48952	\$7,049.10	.48952	\$7,049.10	.48952	\$7,049.10	.48952	\$7,049.10	.48952
Captain	\$6,039.00	.41938	\$6,039.00	.41938	\$6,039.00	.41938	\$6,039.00	.41938	\$6,039.00	.41938	\$6,039.00	.41938	\$6,039.00	.41938	\$6,039.00	.41938	\$6,039.00	.41938	\$6,039.00	.41938	\$6,039.00	.41938
1st Lt	\$4,438.50	.30823	\$4,438.50	.30823	\$4,438.50	.30823	\$4,438.50	.30823	\$4,438.50	.30823	\$4,438.50	.30823	\$4,438.50	.30823	\$4,438.50	.30823	\$4,438.50	.30823	\$4,438.50	.30823	\$4,438.50	.30823
2nd Lt	\$3,502.50	.24323	\$3,502.50	.24323	\$3,502.50	.24323	\$3,502.50	.24323	\$3,502.50	.24323	\$3,502.50	.24323	\$3,502.50	.24323	\$3,502.50	.24323	\$3,502.50	.24323	\$3,502.50	.24323	\$3,502.50	.24323
O-3E*	\$6,444.90	.44756	\$6,444.90	.44756	\$6,444.90	.44756	\$6,444.90	.44756	\$6,444.90	.44756	\$6,444.90	.44756	\$6,444.90	.44756	\$6,444.90	.44756	\$6,444.90	.44756	\$6,444.90	.44756	\$6,444.90	.44756
O-2E*	\$5,140.20	.35696	\$5,140.20	.35696	\$5,140.20	.35696	\$5,140.20	.35696	\$5,140.20	.35696	\$5,140.20	.35696	\$5,140.20	.35696	\$5,140.20	.35696	\$5,140.20	.35696	\$5,140.20	.35696	\$5,140.20	.35696
O-1E*	\$4,349.10	.30202	\$4,349.10	.30202	\$4,349.10	.30202	\$4,349.10	.30202	\$4,349.10	.30202	\$4,349.10	.30202	\$4,349.10	.30202	\$4,349.10	.30202	\$4,349.10	.30202	\$4,349.10	.30202	\$4,349.10	.30202
WO (W-5)	\$6,820.80	.47367	\$7,167.00	.49771	\$7,424.70	.51560	\$7,710.00	.53542	\$7,710.00	.53542	\$8,095.80	.56221	\$8,095.80	.56221	\$8,500.50	.59031	\$8,500.50	.59031	\$8,925.50	.61983	\$8,925.50	.61983
WO (W-4)	\$6,189.60	.42983	\$6,485.40	.45038	\$6,728.40	.46725	\$7,005.60	.48650	\$7,005.60	.48650	\$7,145.70	.49623	\$7,145.70	.49623	\$7,145.70	.49623	\$7,145.70	.49623	\$7,145.70	.49623	\$7,145.70	.49623
WO (W-3)	\$5,685.30	.39481	\$5,816.40	.40392	\$5,955.60	.41358	\$6,144.90	.42673	\$6,144.90	.42673	\$6,144.90	.42673	\$6,144.90	.42673	\$6,144.90	.42673	\$6,144.90	.42673	\$6,144.90	.42673	\$6,144.90	.42673
WO (W-2)	\$4,987.80	.34638	\$5,091.60	.35358	\$5,174.10	.35931	\$5,174.10	.35931	\$5,174.10	.35931	\$5,174.10	.35931	\$5,174.10	.35931	\$5,174.10	.35931	\$5,174.10	.35931	\$5,174.10	.35931	\$5,174.10	.35931
WO (W-1)	\$4,701.60	.32650	\$4,701.60	.32650	\$4,701.60	.32650	\$4,701.60	.32650	\$4,701.60	.32650	\$4,701.60	.32650	\$4,701.60	.32650	\$4,701.60	.32650	\$4,701.60	.32650	\$4,701.60	.32650	\$4,701.60	.32650
CMSgt	\$5,436.60	.37754	\$5,649.30	.39231	\$5,873.40	.40788	\$6,215.70	.43165	\$6,215.70	.43165	\$6,526.20	.45321	\$6,526.20	.45321	\$6,852.90	.47590	\$6,852.90	.47590	\$7,195.80	.49971	\$7,195.80	.49971
SMSgt	\$4,691.70	.32581	\$4,901.70	.34040	\$5,017.80	.34846	\$5,304.60	.36838	\$5,304.60	.36838	\$5,411.10	.37577	\$5,411.10	.37577	\$5,411.10	.37577	\$5,411.10	.37577	\$5,411.10	.37577	\$5,411.10	.37577
MSgt	\$4,189.20	.29092	\$4,342.80	.30158	\$4,425.60	.30733	\$4,740.00	.32917	\$4,740.00	.32917	\$4,740.00	.32917	\$4,740.00	.32917	\$4,740.00	.32917	\$4,740.00	.32917	\$4,740.00	.32917	\$4,740.00	.32917
TSgt	\$3,533.40	.24538	\$3,533.40	.24538	\$3,533.40	.24538	\$3,533.40	.24538	\$3,533.40	.24538	\$3,533.40	.24538	\$3,533.40	.24538	\$3,533.40	.24538	\$3,533.40	.24538	\$3,533.40	.24538	\$3,533.40	.24538
SSgt	\$2,965.50	.20594	\$2,965.50	.20594	\$2,965.50	.20594	\$2,965.50	.20594	\$2,965.50	.20594	\$2,965.50	.20594	\$2,965.50	.20594	\$2,965.50	.20594	\$2,965.50	.20594	\$2,965.50	.20594	\$2,965.50	.20594
SRA	\$2,325.90	.16152	\$2,325.90	.16152	\$2,325.90	.16152	\$2,325.90	.16152	\$2,325.90	.16152	\$2,325.90	.16152	\$2,325.90	.16152	\$2,325.90	.16152	\$2,325.90	.16152	\$2,325.90	.16152	\$2,325.90	.16152
A1C	\$1,950.00	.13542	\$1,950.00	.13542	\$1,950.00	.13542	\$1,950.00	.13542	\$1,950.00	.13542	\$1,950.00	.13542	\$1,950.00	.13542	\$1,950.00	.13542	\$1,950.00	.13542	\$1,950.00	.13542	\$1,950.00	.13542
AMN	\$1,644.90	.11423	\$1,644.90	.11423	\$1,644.90	.11423	\$1,644.90	.11423	\$1,644.90	.11423	\$1,644.90	.11423	\$1,644.90	.11423	\$1,644.90	.11423	\$1,644.90	.11423	\$1,644.90	.11423	\$1,644.90	.11423

\*Commissioned Officers With Over Four Years Active Duty Service As An Enlisted Member or Warrant Officer

Retirement points x Point Value = \$\$\$



# Stress and the Holidays

by Marcia Richard  
141st Air Refueling Wing Director of Psychosocial Health

**F**or most children, the holiday season is a wonderful time of the year full of wide-eyed excitement. For many adults, however, it is a time of increased stress due to too many activities, too many expectations, and too much pressure. As the peak of the holiday season approaches, here are some interventions to use to manage your holiday stress a little better this year:

1. Take an hour to examine what the holidays mean to you. Is it about family? Religious conviction? Connection? Fun? Use these criteria to filter your decisions about how you approach holiday activities and commitments. Set priorities about what you must accomplish, what you would like to do, and what would be nice but not necessary. Once you understand these two components, it will be easier to say 'no' to activities that do not fit your value system and are low priorities.

2. Consider sitting down with your calendar and schedule your activities for the season. Seeing it all written down in black and white can sometimes help you see that you are doing too much. Also, make a decision to have at least one full day of the week as a 'down day'. Don't book any holiday activities, shopping, or chores. Make it a relaxing day utilized for regeneration. Read a book, go to the movies, have lunch with a friend, or do anything that takes you out of the holiday madness. Revisit your calendar weekly for updates and adjustments to proactively decrease stress through planning.

3. Become aware of your expectations for the holiday season. There is an old saying that states: "Expectations are premeditated resentments". In other words, when you have an expectation that has not been fully expressed it is easy to get disappointed when it doesn't turn out as you had decided it should when you created the scenario in your head. You may be upset with the people in your life who have let you down, but did they agree to perform as you imagined? Being aware of our expectations is an opportunity to communicate or to let them go.



Marcia Richard

4. Utilize all of your normal stress reducing techniques. When we are trying to 'live life to the fullest' we often neglect those simple things that actually help us live more fully. During any stressful time it is important to pay attention to getting adequate sleep, eating healthy, and exercising. This will also help you guard against post-holiday sicknesses due to burning the candle at both ends.

Above all, have fun, enjoy your family, and have a fantastic Holiday Season!



# "Wing Holiday Party 2011"

Air guard members from the 141st Air Refueling Wing and their families enjoyed festivities at the annual Christmas party on Dec. 3, 2011. The crowd favorite, of course, was the arrival of Santa, who listened to each child's wish-list and posed for photographs. Santa and his elves, through community donations, also provided gifts to each child. There were many other games and activities for all ages to enjoy, some of which were the climbing wall, bingo, face painting, video game tournaments and silent auction. Many people throughout the wing volunteered time from their busy schedules to plan, set-up and run the event.



# 141 ARW Outstanding Airman of the Year



Airman  
Senior Airman Tonya Swyers



NCO  
Tech. Sgt. Daniel Crisp



SNCO  
Master Sgt. Steven Furfaro



CGO  
Captain Timothy Ridnour



First Sergeant  
Senior Master Sgt. Joel Dauer



CIVILIAN  
Mr. Robert Tipton



Honor Guard  
Senior Master Sgt. Mary Crofoot



THE SECRETARY OF THE AIR FORCE  
CHIEF OF STAFF, UNITED STATES AIR FORCE  
WASHINGTON DC



NOV 22 2011

MEMORANDUM FOR ALL AIR FORCE PERSONNEL

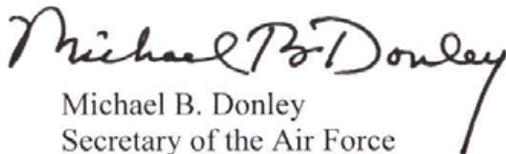
SUBJECT: Holiday Safety Message

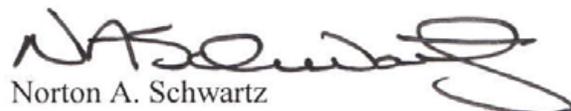
*Safety never takes a holiday* is the theme of this year's Holiday Safety Campaign. We urge all Airmen, uniformed and civilian, to take a few extra minutes to thoroughly think through your holiday plans and use sound risk management when traveling and participating in winter activities.

We also thank our Airmen, commanders, family members, and safety professionals who are working very hard to reduce mishaps. Your efforts are paying off. We lost no Airmen to personal motor vehicle mishaps between Christmas and New Year's Day during the past two years. This year, we are on track to achieve the Secretary of Defense's goal to reduce preventable, off-duty automobile mishaps.

We still have work to do in other mishap areas and will roll out a "Quest for Zero" initiative in the coming year to reduce preventable on-duty fatal mishaps. This year's Holiday Safety Campaign focuses on stress management, winter driving, winter sports, responsible drinking, and preventing complacency. All Airmen have a responsibility to ensure a safe holiday for themselves, their fellow Airmen, and their families by being alert to safety risks, both on- and off-duty. By employing personal and wingman risk management concepts, we might once again enjoy a successful winter holiday season with no preventable mishaps.

Whether you are deployed or serving at home, your dedication and sacrifice are profoundly appreciated. Happy holidays to you and your families. Travel and celebrate with care, and remember that *safety never takes a holiday*.

  
Michael B. Donley  
Secretary of the Air Force

  
Norton A. Schwartz  
General, USAF  
Chief of Staff

  
James A. Roy  
Chief Master Sergeant of the Air Force