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the Minuteman

THE NEW ELECTRONIC NEWSLETTER FOR THE 146TH AIRLIFT WING



MINUTEMAN FEATURE

146th Airlift Wing Security Forces squadron requalify on heavy weapons training at Camp San Luis Obispo.

LOOKING BACK AT 2013

A year in review of last years accomplishments with photos.

AIRMAN OF THE MONTH

Check out the Airman of the Month for the year of 2014.



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INSIDE THIS ISSUE READY, AIM, FIRE!



146th Security Forces
travel to Camp San Luis
Obispo for weapons cert



A look back at the year
in review from the 146th
Airlift Wing



2014 first nominated
Airman of the Month



COMMANDER'S

VIEW

Happy New Year! I hope the Holiday Season treated everyone well. A new year provides many things but I find one of the most important of these to be...a reverent look back on the passing year to help frame the proper perspective on the one ahead. What lays ahead for the 146th Airlift Wing you might ask? That is always a valid and relevant question and we can only answer with certainty to the things we know about...deployments, inspections, exercises, and training events to name a few. Life in the military, especially in the Air National Guard, is never that easy or predictable, though. As the modern day era Minuteman, we have been and always will be expected to respond to the

“Natural or man-made, there will always be something challenging us as citizen soldiers”
-Col. David Bakos

unexpected. 2014 will be no different. Natural or man-made, there will always be something challenging us as “citizen soldiers” to quickly and resolutely respond. We will be asked to “carry the water” for our respective communities, our state, or the nation as a whole. I have no doubt we will rise to the occasion as we have always done...with that special Channel Islands panache. On Friday, 3 January, the wing’s senior staff will get together for the wing’s strategic planning meeting. What happens at one of those you may ask? It is an opportunity for the senior leadership to get together to discuss our both our short and long-term plans for the wing as a whole. The leadership has been tasked to bring their topics for discussion...among which will be our collective vision for what and where we expect the 146th AW to be in the future. Our job as leadership is to always put all of you in the best possible position to accomplish the mission. We need to make certain we are always executing, in an exemplary manner, our Design Operations Capability (DOC) statement. Our DOC statement is basically who we are and what we do...it is what everybody outside this wing expects us to be and do. In addition, we will be looking at opportunities to add to our capabilities and mission sets. The TAG has been very good at communicating his vision and expectations for the California Air National Guard. One of his big priorities is Defense Support to Civil Authorities (DSCA). There are plenty of areas for us to expand our already impressive resume

Continued from page 4

of mission sets in this area but we need to be smart, deliberate, and somewhat cautious about which areas and what missions fit our location and our people best. Other areas for discussion will include morale and esprit de corps, demographics & cultural, finance, technology, recruiting and retention, and regulation and inspection. I am writing this before the event occurs, but I want all of you to understand and know we will be working on these types of issues with the best interests of all wing personnel. I understand and commiserate with the "uncertainty" involved with military service, especially as a Guardsman. There are plenty of things that fall under that category...i.e. furloughs, budget cuts, sequestration, etc. I certainly do not take your concerns lightly. My almost three decades of work within this wing has taught me a few things. An important lesson I learned is that obedience alone may get a job done, but it probably does not inspire commitment to the job. It does not necessarily inspire pride in the work or the product or a passion for excellence. These come when followers feel they are part of a well-led team. And this comes when they respect their leaders, and when they, in turn, believe that they are respected BY their leaders. It comes when they trust their leaders, and when they believe they are trusted by their leaders. They have to know they are VALUED. Respect for leaders by followers cannot be mandated; it must be earned. It is my job and the job of your collective leadership to earn that very thing. Once again, Happy New Year...I am wishing each and every one of you a safe, healthy, happy, and prosperous 2014.

Blue Skies,
Col Bakos





SECURITY FORCES BRING OUT THE BIG GUNS



Story and photo/video by:
Senior Airman Nicholas Carzis

Camp San Luis Obispo's range is remote and hidden amongst the rolling hills of central California. Targets ranging up to 500 yards away lay scattered across the shooters' line of sight. The weather is cold and unpleasant, but for many of the Airmen returning to this range they don't mind. This is the type of training they look forward to. "Being afforded the training opportunity at Camp San Luis Obispo is great for us proximity wise, but Camp San Luis Obispo really differentiates itself because of the inclination and declination the shooting range offers," said Master Sgt. Michael Stevens. Last month members of the 146th Airlift Wing's Security Forces Squadron travelled north to San Luis Obispo and spent a week training and

qualifying to operate heavy weapon machinery. Paired in groups of two, the Airmen took turns firing the 240 Bravo, a belt-fed two-man operated machine gun. Working together, airmen relied upon each other as a team to effectively operate the weapon. The airman not firing would help vocally when the operator was off target, suggesting adjustments along the way. The teams worked together to change the glowing red hot barrels safely and replace ammunition when needed. The training was headed by a CATAM team (Combat Arms Training and Maintenance team) lead by Master Sgt. Michael Stevens and head instructor Tech. Sgt. Anthony Perez. They and the other CATAM pit

“It’s my second time
here, and the ranges
here are great.”
- Staff Sgt. Justin
Cookson



SECURITY FORCES STORY CONT.

instructors Staff Sgt. Herbert Seaman, Staff Sgt. Jonathan Bass, Staff Sgt. Steven Goss, and Staff Sgt. Sonny DaSilva were responsible for the safety and training of this group. Their objective was to reintegrate the weaponry that these Airmen may use when at a deployed location

“This was a somewhat new training scenario for the Airmen here today as they are able to utilize the new M192 tripods,” said Master Sgt. Michael Stevens. “The tripods are a great upgrade compared to the earlier phased out M220 version. Qualifying on the new equipment is important and we are happy that the 146th Airlift Wing was one of the first Guard units authorized to get them.” With the help of the CATAM team and the training opportunity provided by Camp San Luis Obispo, the instructors felt that members from the 146th Airlift Wing’s Security Forces Squadron will be ready and confident to jump into the fight when they are needed. “The support staff at Camp San Luis Obispo is always of the highest quality and caliber. Their professionalism and hospitality extended was excellent; a big thank you to everyone who helped.



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-Master Sgt. Michael Stevens

SECURITY FORCES PHOTOS CONT.



YEAR IN PHOTO TOS

THE 146TH AIRLIFT WING YEAR IN PHOTOS

Photos by: Tech. Sgt. Alex Koenig, (Ret)
Master Sgt. David Buttner, and Senior Airman
Nicholas Carzis





Submitted

NEWS



From members of the
146th Airlift Wing:

AIR FORCE HOUR

Written by Senior Airman Sarah Ashley
ANG Band of the West Coast

Did you know that the first United States Air Force Band was organized in 1947, just after the Army Air Forces officially became the Air Force? The band had already existed as part of the Army Air Forces, but when the United States Air Force was born, the band program flourished. The program grew quickly and became an integral part of the nation by promoting the Air Force during their hour-long radio broadcast, "The Air Force Hour."

The first broadcast was on January 18th, 1948 and the show included various patriotic and non-patriotic musical selections, and the motto was "Prepare to take off in song." This promotional show obviously did the trick for the Air Force and the Air Force Band as many new personnel as well as several new musical groups were added later that year. This January show did a lot for our organization many years ago and still lives on today! You can purchase a copy of a few of the shows online.

8 Myths and Facts About Therapy

By Andrea McGovern WDPH

It's unfortunate that when some people think about going to see a therapist, they are often resistant to follow through due to common myths and misconceptions. This can be a problem because it can keep people from seeking help and getting better. This article will hopefully help to shed these myths and clarify these misunderstandings.

1. Myth: Therapy is for people who have "serious" issues.

Fact: There are numerous reasons people go to therapy and, yes, some issues can be serious and some are simply day-to-day concerns that many of us have. Just a sampling of the many reasons people seek help are to improve relationships, manage stress, address grief, and to become the healthiest people they want to be by learning to engage in life and make the most of who they are as individuals.

2. Myth: Therapy is for the Weak.

Fact: Recognizing that there may be something inside of us that needs changing is not always easy to accept. Symbolically,

change can be frightening. However, the alternative to not changing is to stay stuck in negative patterns of behavior. Additionally, hanging on to pride and ego can actually cause more harm and suffering to yourself and to your relationships than if you were to reach out for the help you need. There is nothing weak about reaching out for assistance when you are unable to do it on your own. Notice where you lose power by stubbornly trying to make a change on your own, when you can benefit by getting the right assistance. Again, asking for help takes more strength than passively staying stuck.

3. Myth: I will be Analyzed the Whole Time.

Fact: A professional therapist will take the time to assess you so that they can provide you the support that you need. Ultimately, good therapy is about the therapist leading you towards becoming your own expert on yourself. The goal is to eventually make you less dependent on someone else to assess you, and you become your own best analyst.

4. Myth: If I Go to Counseling, They are Going to Medicate Me With a Pill.

Fact: Many therapists are not doctors. Doctors are the only ones who can prescribe medication, and many individuals go through the entire counseling process and achieve the help they need without being prescribed or relying on any medication. If your counselor believes that medication would be appropriate and refers you to be assessed by a medical doctor, then s/he will discuss the pros and cons with you. However, the ultimate decision is yours to make.

5. Myth: I'll have to Lie on a Couch During Session.

Fact: This is a holdover from the days of Sigmund Freud, which is now a misperception. Most therapists have a chair or couch for you to sit in. If you choose to lie down – that's up to you. I've had my fair share of clients who have felt at ease enough to "put their feet up." Personally, I welcome seeing my clients feeling comfortable enough to do that.

6. Myth: Therapists Choose This Field to Sort Out Their Own Problems.

Fact: Every therapist is different. Most therapists have personal reasons for picking this as their profession: Deep curiosity about psychological issues, they had a good experience in their own therapy or they have a genuine passion to help others who are in need. A smart way to find a good therapist is to ask around, get referrals, and find one who might offer a free consultation to determine if this is a good fit for you. If not, try again. It's not much different than if you were seeking out the right medical doctor.

7. Myth: If I Go to Counseling, My Command Will Hear About It.

Fact: If you choose to see a therapist out in the community, the things you discuss with your therapist and the contents of your counseling record are subject to strict legal and ethical standards of confidentiality and privacy. This means that your information cannot be released without your permission. There are some limits on confidentiality. These are: If you pose a danger to yourself or others. Additionally, therapists are bound by those same rules to not reveal that they have even met with you. It's also important to know, that your DPH is bound by those same rules. Any personal data input is anonymous, tracked only by a case number, for the purposes of documenting how many individuals are seen monthly. Your DPH can be used as a first stop to get a referral out in the community or to be used to tackle a short term problem applying learned tools discussed in session.

Submitted NEWS



8 Myths and Facts About Therapy cont.

8. Myth: The Fact that I've Gone for Counseling Will Become Part of My Military Record and/or May Hurt Me in My Job.

Fact: Again, counselors, including DPH's, are subject to strict rules of confidentiality or they can lose their license. Read again, #7 above. It should be encouraging and interesting for you to know that the Department of Defense has recently stated that mental health services in the military are in the middle of a "cultural transformation." Army Brig. Gen. Dr. Loree K. Sutton told the House Veterans Affairs Committee that mental health resilience "is fundamentally underlying everything we do." An old attitude of "suck it up and drive on" is no longer acceptable or adequate. Today, rest assured that the department's core message to service members and their families is: You are not alone, treatment works, reaching out (which is in support of mission readiness) is a sign of strength, and, the earlier you seek help, the better.

We are fortunate here at the 146th to have Col Bakos as our wing commander and role model who strongly advocates for self-empowerment through reaching out to build strong psychological health. He firmly expects dedication and commitment towards mission readiness, while coming from a place of compassion and kindness. This is the kind of leadership we need as our service members can be placed with many burdens and responsibilities. If their wing commander gives "permission" to seek help, then it must be alright and safe to do so. In closing, be open to reaching out for help. It could quite possibly change your life!

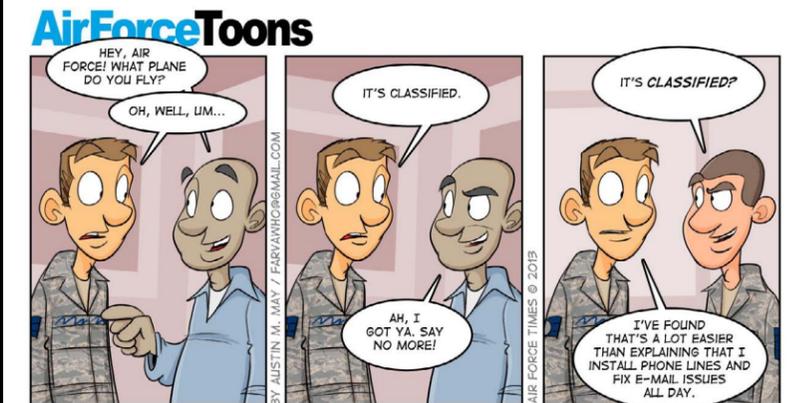
DFAC Menu

Saturday

- Navy bean soup
- Corn chowder
- Salisbury steak with demi reduction and mushrooms
- Rosemary chicken
- Rice pilaf
- Sweet yams with cinnamon butter
- Mixed vegetable blend with corn on the cob

Sunday

- Corn chowder
- Penne regatta with alfredo sauce
- Blackened grilled chicken
- Turkey cheese lasagna
- Italian vegetable blend
- Baby carrots
- Mozzarella bread



Welcome new 146th Airmen!

Airman 1st Class Joshua Pelayo
Airman 1st Class David Swenk
Airman 1st Class Logan Watkins
Airman 1st Class Brenda Orellana
Airman 1st Class Januel Astrologo

Senior Airman Cody Gabrielson
Senior Airman Audralee Doll
Senior Airman Lee Hagan
Senior Airman Evan Williams
Senior Airman Rey Colongon

Staff Sgt. Salvador Venancio
Staff Sgt. Jennifer Zachary
Staff Sgt. Sna Astrologo
Staff Sgt. Zachary Francis

Chaplain services

Catholic Mass 1100 LRS Conference Room. Protestant Service 1300 LRS Conference Room. Chaplain's Office is located in the Supply Building 119. Office hours are 0800 to 1600 Saturday and Sunday.

AIRMAN OF THE MONTH

This year's first Spotlitged Airman of the Month is Master Sgt. Herb Ferrer who works in Financial Management as an Accounting and Travel Technician.

"I am the Lead Defense Travel Administrator for DTS. I am also the Unit Deployment Manager for Headquarters and FM."

Ferrer says that he enjoys working with the many highly skilled and successful members in his area, which in turn motivates him to also succeed. He joined the Guard after having served with big AF and returning home.

"I didn't even know the Guard existed until after I got home and someone told me about it. What made me join was the mission. It's a place where you can serve and help nationally and internationally," he said.

"One of the many things I learned here is how to be financially responsible and to always have goals in life, plus to be motivated on achieving those goals. My advice to young Airmen is to never give up. It may seem difficult in the beginning but as you progress with your career, it will become more rewarding as you move up. Most importantly, pursue higher education."

Ferrer spends most of his time with his boys. But when he does find time, he likes to mountain bike and travel.

"I take life one day at a time. I plan for the things and changes I see in the future. My plan is to continue in my career field and see how far I can go in it for the time I have left," said Ferrer. Thanks for all your hard work and congratulations for being selected as January's Airman of the Month!



WHO SHOULD WE SPOTLIGHT?

Do you know someone on base who has a fascinating job? Has a great story to tell? Someone who stands out amongst the crowd and deserves to be recognized?

Please let us know! Call the Public Affairs office at 893-7420. We are always looking for people who represent our wing in the best way, and we will feature them as our next "Airman of the Month!"

AIRMAN OF THE MONTH?



HONORABLE MENTIONS

CHAPLAIN TURNED TV STAR!

If you tuned into your local news channel this month, you might have got a glimpse of our very own 146th Chaplain Maj. Jon Love! Good job Maj. Love!



FR. JON LOVE
SAINT MARK'S UNIVERSITY PARISH

NEWS CHANNEL 3
KEYT
Ventura 68°



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