



# The Truax Ticker

March 2016

MISSION: Deliver dominant combat airpower and provide agile support for domestic operations  
VISION: We will be the premier fighter wing: outstanding Airmen who are trained, ready and dedicated



# Commander's Corner



115th Fighter Wing Airmen,

Welcome to the March UTA. This UTA will provide each squadron and section time to prioritize on AFSC specific skill set training and mission readiness. March is also Women's History Month. The 115 FW Women of the Wing will meet on Sat, 5 Mar from 1300-1530 in the Landing Strip.

I do request each Airman accomplish the commander talking points (CTP). This UTA, the CTP is the No Fear Act. On May 15, 2002 Congress enacted the "Notification and Federal Employee Antidiscrimination and Retaliation Act," which is now known as the No FEAR Act. Please take time to read the attached USAF Talking Points. Here are a few key points:

- Our people are the greatest, most valued part of our Air Force. We are wingmen, leaders and warriors with heritages and skills as diverse as our nation.
- Our agility is derived from our diversity of thought, enabled by an organization of innovative Airmen who represent and are valued for differing backgrounds, cultures, experiences, and competencies.
- As the United States Air Force, we must further develop our ability to fully and inclusively leverage our nation's greatest strength: a remarkably diverse citizenry.
- While it is natural to define the Air Force in terms of its aircraft, missiles, or satellites, the service's unmatched capabilities exist only and precisely because of the imagination, innovation, and dedication of its people.
- We must identify and recruit those who possess the character, critical thinking skills, education, aptitude to thrive in dynamic environments, and diversity of thought.
- An inclusive culture serves the Air Force mission in several different ways; it creates a positive work environment that cultivates innovation, it makes us a role model to follow as we build meaningful relationships with internal and strategic partners, and it attracts more talent to serve the Air Force and the nation.

In February we deployed five F-16s and 50 personnel to Homestead Air Reserve Base, Florida, to participate in a TFI air-to-ground competition. Thanks to the entire 115th Fighter Wing's efforts for making this deployment successful, and thanks to all the Airmen who deployed. Over the next few months our wing will accomplish and participate in two more aviation package deployments: to Nellis AFB and Tydall AFB, a major domestic operations exercise, a real world deployment providing much needed medical and dental care to at-risk people in the San Francisco Bay area, and our CAPSTONE event in June. Thanks for all of your efforts and preparation to make these events successful!

This April, the 115 FW will host the annual combined WINGA and WINGEA conference at the Chula Vista Resort in Wisconsin Dells, 22-23 Apr. These organizations are dedicated to the support of all Wisconsin National Guardsmen and ensure that our civic leaders remain aware and engaged in support of our great efforts. Mr. Zach Brandon, President of the Greater Madison Area Chamber of Commerce, is the guest speaker and will discuss the importance of building relationships between the National Guard and the community. The location and schedule will also provide the perfect opportunity to spend time with your family and build camaraderie and friendship with your fellow Guardsmen.

The next few months will be busy with the deployments and CAPSTONE. Thanks to the entire 115 FW team for your hard work, your mission focus, and the many sacrifices you make.

JEFFREY J WIEGAND, Col, WI ANG  
Commander

# Airmen Action Items

- TAG requests maximum participation. Please fill out this survey regarding current fulltime employment status: <https://www.surveymonkey.com/r/QLZTGBL> - Deadline to complete the survey is 31Mar2016
- If you have TRICARE Health Coverage, you will have an additional document under the "taxes" section in mypay called IRS Form 1095 that you must file. If you need assistance please contact the Finance Customer Service representative at 245-4440.
- Activate your travel card. All Chip and Pin GTC cards have been issued by Citibank. The ANG has thousands of cards that have not yet been activated. Cards will auto close 6 months after issue if not activated.
- AFPAAS (AF Personnel Assessment and Accountability System) is a very important program that assists with accountability reporting of all members and their dependents (including civilians) when natural/man-made disasters occur. (visit the 'click here' link in monthly updates for more information)
- Please backup your computer prior to leaving every guard drill. If you fail to do so, you risk losing all the items/information saved to your desktop.

## Monthly Updates

Chapel services: Bldg 500 Rm 129  
Saturday:  
1445 - 1500 Confession  
1500 - 1530 Roman Catholic Mass  
Sunday:  
0730 - 0800 Roman Catholic Mass  
0800 - 0830 Protestant Worship

SEDP Courses:  
Sunday in bldg 505 classroom  
Intro to Personal Leadership @0730  
Promotion Board Ready Airman @0800

Women of the Wing event is  
Saturday 1300-1530 @ base club.  
[Click here](#) for details.

[Click here](#) for an informational  
brochure on AFPAAS.

WINGA and WNGEA Conference  
@Chula Vista Resort 22-24Apr16.  
Volunteers are needed to supervise  
children. [Click here](#) for more info.

At this time members are not able  
to update their own GTCC info in  
DTS. LDTAs/ODTAs will need to  
assist members update their GTCC  
info when needed. There is no  
timetable as to when this function  
will be available to members.

When traveling, if you arrive at  
the airport to find that your flight  
wasn't booked, call the SATO  
emergency line at 855-794-4924.  
Flights booked at the terminal  
will only be reimbursed up to the  
government contracted rate.

The MWR's ice skating event has  
been canceled due to unsafe ice  
conditions.

Public Affairs Saturday hours:  
Portraits from 0800-1000  
Isopreps from 1200-1400

DFAC Menu: 1000-1200  
Saturday:  
Grilled Salmon/Chicken Parmesan  
Vegetarian Stuffed Peppers  
Rice Pilaf/Buttered Noodles  
Asparagus and Corn  
Chili/Chicken and Wild Rice Soup  
Onion Rings/Gyros/BBQ Pork

Sunday:  
BBQ Chicken Quarters  
Pepper Steak  
Vegetarian Shepherd's Pie  
Potato Medley/Steamed Rice  
Green Beans/Steamed Carrots  
Chili/Potato Chowder  
Meatball Subs/Curly Fries

Dessert: Yellow Cake/Cookies

**\*2016 Lunch Cost for AGRs, Offi-  
cers & those on orders\* \$5.55  
To-Go Meals on FSS SharePoint**

## RETIREMENTS :

SMSgt. Laurie Kelsey  
MSgt. Eileen Bennett



# News Briefs

## Chief's Column

Hello 115th Fighter Wing Airmen!

Welcome to the March regularly scheduled drill (RSD). As I mentioned in the Ticker last month, among my priorities are training, mentoring and providing opportunities. Last week I had the privilege of attending the SNCO Academy Advanced Leadership Experience graduation ceremony for class 16B at Gunter Annex – Maxwell AFB. MSgt Rick Goddard from the inspection element was among the 300+ graduates. As I discussed the experience with Rick, one of things that struck me is how in-residence PME attendance can develop the individual outside of the academic requirements. All PME is difficult regardless of its delivery – but the interaction with Airmen from all components (active, guard, and reserve) and even those service members from other branches of our military and other countries cannot be put into written words. I completely understand leaving our families and civilian careers behind to attend an in-residence course is difficult and not everyone can do so. I would simply ask that you consider the opportunity when it presents itself.

A small group of volunteers has begun design of a formal enlisted mentoring program for both the Fighter Wing and Volk Field personnel. The goal of the program will be to develop well-rounded Airmen who will broaden their capabilities and provide both organizations with a strong enlisted force for years into the future. Watch for more information.

I would like to mention also that CMSgt Jessica Maple was selected to replace me as the Mission Support Group Superintendent. This change has resulted in a vacancy for the Human Resources Advisor. It is a SMSgt position open to drill status guardsmen who are a SMSgt or an immediately promotable MSgt. A link to the advertisement is below. Please consider if you would like to assist Wing leadership in matters regarding diversity, force development, and force management. Don't be overwhelmed by the duties and responsibilities! It is a rewarding position and we have a great team to assist you if you apply and are selected for the position.

Thank you and have an outstanding weekend!

Chief McKay

HRA advertisement

## Did you know?

My name is SSgt Libby Muller. On drill weekends I work in the Aircrew Flight Equipment shop in Ops and during the week I work for the Wisconsin Department of Veterans Affairs (WDVA). I work as a Marketing Specialist with WDVA where I have an emphasis in the Women Veterans Program and working with Veteran Service Organizations. To help spread the word about the many benefits and programs across the state for veterans and their families I will be creating monthly fact sheets for the Truax Ticker. If you have any questions, comments or suggestions on these fact sheets, please feel free to contact me via e-mail at [libby.muller@dva.wisconsin.gov](mailto:libby.muller@dva.wisconsin.gov)

[Click here for the March edition.](#)

## Important update:

As you may know the Environmental Management Office has a SharePoint site known as the Virtual Environmental Management Office (VEMO) hosted by NGB on the ANG SharePoint 2010. Starting in March 2016 NGB will be migrating this site to Guard Knowledge Online (GKO) SharePoint 2013. At that point anyone who wishes to access VEMO will need a GKO account. Please take the time to register for your GKO account at <https://gkoportal.ngb.army.mil/>. We do not for see any loss of services as a result of this migration. More information will be available in the coming weeks. If you have any questions or encounter any issues please contact the Environmental Management Office at 245-4739 or 245-4697.

## Wing Survey Details

<https://www.research.net/r/115FW>

- The survey is open and ready for your inputs; it takes approximately 20 minutes to complete.
- Please be open, frank and honest in your answers; it will make the results more meaningful for your wing.
- This survey will close on 3 Apr 16.

# Legacy of Excellence

Homestead TDY Feb 19-26



# Head/ROOM

by Patricia Weiner

## TruaxLive Blog Series

Q: As a mother and Airman I am constantly flooded with guilt. Are there daily things I can do to help balance this. I want to be mentally present at home when I am there and at work when I am there but I can't b/c I am always worried about where I am not. Any help/advice?

A: Rituals help ground us to the present and can help smooth out the bumpy transition from home to work and work to home. Not to be confused with routines, which are generally task-focused and used to help us stay emotionally and physically organized, a ritual is meant to stand out from the ordinary and make us take notice of something or someone in the here and now. It is this connection to people and place that grounds us to the present and directs our focus to what is important in the here and now, rather than the there and then.

Here is an example: A common routine upon returning home from work is to set your things down, shout hello to your family, and then walk into the kitchen to see about dinner. Consider an alternative. You return home from work and before opening the door, you pause to refocus your attention. You enter and there is a lidded container by the door. You remove the top, place your things inside, and put the top back on. You take a moment to press the top down with your hand before moving on. Your partner is in the kitchen making dinner. You walk over to your partner, touch their hand or shoulder, look them in the eye, and say hello.

Rituals need only be enough to connect you in the moment to people and place. Adopt rituals that feel natural to you and make sense wherever and whenever you want to be mentally present. Use age appropriate rituals with your children, and colleague appropriate rituals with your co-workers. A side-effect of being more present? Less guilt, less worry, and a greater sense of balance.