

The BoarsTale



An Electronic Publication of Headquarters, Georgia Air National Guard, Dobbins ARB, GA

May 2010

Headquarters, Georgia Air National Guard
1388 First Street, Bldg 840
Dobbins ARB, GA 30069

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Maj Gen Scott Hammond

Commander's Column

By Maj Gen Scott Hammond

It's hard to believe that we will be saying goodbye this drill to our State Command Chief, Betty Morgan. Born and raised in Savannah, Betty joined the 165th way back when it was a Tactical Airlift Group... so obviously, she has been around a while! She rose all the way to the top enlisted position there in 1997 when she was selected as the Wing Command Chief. Later, General Searcy brought her up to HQ to serve as our overall state enlisted leader. For nearly a decade now she has shared her unique perspective with all of our units around the state.

Her style as a military leader was all her own, honed no doubt in part from her experiences as a nationally recognized 6th grade school teacher. We could always count on Betty to provide a positive, upbeat attitude, no-nonsense willingness to address problems head-on, and a simplified message which she was not afraid to repeat until it sank in. She regularly came directly to me with problems that she thought needed to be addressed, offered solutions where appropriate, and encouragement when progress was made to correct those issues that concerned her and her airmen.

Chief Morgan brought a wealth of diversity to the table, because she embraced the diversity of our organization as a key strength to be leveraged. She truly believed that every member of the Georgia Air Guard, from Airman Basic to Major General, offered an important perspective to our organization that should be considered when shaping policies and procedures. Making everyone around her feel significant and worthwhile was her lasting trademark. If we have any sense as an organization, we should cherish this gift from her, and do everything in our power to insure it endures.



How Do I Say Goodbye???

By CCMSGT Betty Morgan

How do I say good-bye to the Georgia Air National Guard? After 32 years of service, the time has come to say good-bye. When I joined the 165th Airlift Wing (formerly the 165th Tactical Airlift Group), I had no idea that I would have made it a career. When I signed on the dotted line for four years, I had decided to do my time and call it quits, but something told me to sign once again. I came into the Guard with a Master's Degree, but earned no strips at that time, but worked my way to the top of the enlisted chain. Unbelievable!!!!

As a member of the Georgia Air National Guard, I can truly say that I have no regrets. As a member, I had the opportunity to meet and greet some of the top personnel from the NGB (National Guard Bureau); listen to some dynamic motivational speakers, attend well planned conferences, summits, symposiums, attend many professional military schools, travel to numerous continents, states, and territories, and stay in some of the most famous hotels throughout my endeavors. I cannot believe that the time has come to say good-bye. Where did the time go?

I have made two great career choices in my life: (1) to become an educator, and (2) to become a Drill Status Guardmember. As an educator, it was all about the children, and as a guardmember, it was all about the airmen, both of which having the commonality of 'people involvement'. With each career, I have touched more lives than I can count. I have been a mentor, role model, speaker, counselor, listener, and problem solver to many. Being where I was suppose to be at all times, was my motto.

Saying good-bye to something that you love is always hard to do. It is like losing a part of your family. There are some members that you will never see or hear from again. They will fade away into the sunset. Hopefully, one day, we will meet again at a World Wide Celebration.

The Georgia Air National Guard is an organization that is second to none: leadership is powerful; morale is moderately high, inspections are rated excellent; units receive outstanding awards; airmen are selected as AOY (Airman of the Year) winners; and missions are accomplished in a timely manner, whether it is on the ground or in the air; therefore, I am leaving it in capable hands. I know that the Georgia Air National Guard will continue to strive for excellence.

In closing, I am remembering the words of Carol Burnett as she ended her show each night. She said, "I am so glad that we had this time together, just to laugh or sing a song; seems we just got started, and before you know it, comes a time to say so long, 'not good-bye, but so long....American Airmen who are wingmen, leaders, and warriors; Continue to never leave an airman behind; continue to never falter; and above all, I know that you will never fail, because failure is not an option or a part of our vocabulary...If the Georgia Air National Guard ever needs me, I will just be a phone call away...AIM HIGH!!!! Off I go into the wild blue yonder.."

ANG Band of the South

Our 530th Air National Guard Band of the South will perform at the 10th annual Armed Forces Memorial Day Festival in Savannah on May 28-30, 2010 at Rousakis Plaza on River Street.

Asian American and Pacific Islander Heritage Month

Excerpt from the Presidential Proclamation...

The White House

Office of the Press Secretary

For Immediate Release April 29, 2010

Presidential Proclamation--Asian American and Pacific Islander Heritage Month

A PROCLAMATION

For centuries, America's story has been tied to the Pacific. Generations of brave men and women have crossed this vast ocean, seeking better lives and opportunities, and weaving their rich heritage into our cultural tapestry. During Asian American and Pacific Islander Heritage Month, we celebrate the immeasurable contributions these diverse peoples have made to our Nation.

Asian Americans and Pacific Islanders have shared common struggles throughout their histories in America -- including efforts to overcome racial, social, and religious discrimination. This year marks the 100th anniversary of the Angel Island Immigration Station in San Francisco Bay, a milestone that reminds us of an unjust time in our history. For three decades, immigrants from across the Pacific arrived at Angel Island, where they were subject to harsh interrogations and exams, and confined in crowded, unsanitary barracks. Many who were not turned back by racially prejudiced immigration laws endured hardship, injustice, and deplorable conditions as miners, railroad builders, and farm workers.

Despite these obstacles, Asian Americans and Pacific Islanders have persevered and flourished, achieving success in every sector of American life. They stood shoulder to shoulder with their fellow citizens during the civil rights movement; they have served proudly in our Armed Forces; and they have prospered as leaders in business, academia, and public service.

This month, as we honor all Americans who trace their ancestry to Asia and the Pacific Islands, we must acknowledge the challenges they still face. Today, many Asian American and Pacific Islander families experience unemployment and poverty, as well as significant education and health disparities. They are at high risk for diabetes and hepatitis, and the number of diagnoses for HIV/AIDS has increased in recent years. We must recognize and properly address these critical concerns so all Americans can reach their full potential. That is why my Administration reestablished both the White House Initiative and the President's Advisory Commission on Asian Americans and Pacific Islanders (AAPI). These partnerships include leaders from across our Government and the AAPI community, dedicated to improving the quality of life and opportunities for Asian Americans and Pacific Islanders.

Asian Americans and Pacific Islanders are a vast and diverse community, some native to the United States, hailing from Hawaii and our Pacific Island territories. Others trace their heritage to dozens of countries. All are treasured citizens who enrich our Nation in countless ways, and help fulfill the promise of the American dream which has drawn so many to our shores.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim May 2010, as Asian American and Pacific Islander Heritage Month. I call upon all Americans to learn more about the history of Asian Americans and Pacific Islanders, and to observe this month with appropriate programs and activities. IN WITNESS WHEREOF, I have hereunto set my hand this twenty-ninth day of April, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA

Agenda

**Headquarters GA ANG
Unit Training Assembly
15-16 May 2010
Maj Gen Hammond Presiding**

Time	Topics/Attendees	Location
15 May 2010		
0800	Assemble	Finch Bldg
0800	Roll Call and In-Brief, Finch Bldg, Staff + 1 rep each from Confederate and Oglethorpe	Finch Bldg
0930-1100	KPI Briefing/CC, CV, DS, DO, CCM, 1st Sgt, All other available 0-6's	Conf Room, Finch Bldg
	HQ Group Photo-Uniform: Service Dress	
1200-1230	Lunch	Piccadilly
1230-1400	Staff work	
1400-1600	Retirement Ceremony for Command Chief Master Sergeant Betty LG Morgan	Auditorium, Finch Bldg
1600	Release	
16 May 2010		
0800	Assemble	Finch Bldg
0800	SAV 202 EIS, SAV Team	Macon GA
0800	Enlisted Promotion Board	Conf Room, Finch Bldg
0800	Officer Promotion Board	Lt Col Jones' Office
0830	Chapel Services	Chapel
0900-1130	Staff work	
1200-1230	Lunch	Piccadilly
1230-1500	Staff Work	
1500-1600	Hotwash	Conf Room,
1600	Release	"Good Drill"

NOTES: None

* Schedule is subject to change due to late developments

HQ GA ANG Human Resources Advisor

CMSgt Leslie Allen, State Human Resources Advisor

HRA Role and Responsibilities

ANGI 36-2110, Chapter 2 states that: The Human Resources Advisor's role is to advise command leadership on issues leading to the enhancement of the organization's culture; promoting opportunities for all ANG members to maximize their individual potential for success without regard to their cultural differences. Human Resources Advisors are responsible for working with key individuals in the human resource process to achieve diversity management objectives within the organization.

May – Asian Pacific Heritage Month

Did you know that Asians are the third largest minority group -- and the second fastest-growing group -- in the United States, according to the Census Bureau, which predicts that Asians will increase from 5 percent to 8 percent of the total population by 2050. In addition to approximately 14.9 million foreign-born and native-born citizens -- or 5 percent of the U.S. population -- who claim Asian heritage, there are another 1 million Native Hawaiians and other Pacific Islanders. The contributions of Asian Americans officially were recognized in 1978 when a joint congressional resolution established Asian/Pacific American Heritage Week. President George H.W. Bush expanded it to a month in 1990, and two years later Congress made it official with a law designating May as Asian/Pacific American Heritage Month.

The Library of Congress states that the month of May was chosen because the first Japanese immigrants arrived in the United States on May 7, 1843; May also marks the anniversary of the completion of the transcontinental railroad in 1869. The majority of the workers who laid the tracks were Chinese immigrants.

More [information](#) on Asian/Pacific Heritage Month is available from the Library of Congress, including [soldiers' stories](#) from the Veterans History Project.

If you have a story that illustrates or celebrates leadership, mentoring or diversity and would like to share please [contact me](#)..

From the Desk of the First Sergeant

CMSGT Sue Shipman

15-16 May Roll Call 0800 hrs - both days

PHOTO OP - Uniform: SERVICE DRESS - HQ Personnel Group Photo on Saturday, 15 May (after KPI Briefing)

CCM Morgan's retirement on Saturday, 15 May @ Finch Bldg (1300 or 1400 hrs, TBD)

Bring PT clothing..practice PT test (mandatory) at end of UTA on Saturday, 15 May

Staff Assistance Visit at 202nd on Sunday, 16 May

PT on Sunday at end of UTA - optional

26-27 June Drill - Annual Summer Family Day Party

Saturday, 26 June at the home of Maj Gen and Mrs. Cindy Hammond -details TBD

Memorial Day

Memorial Day is celebrated on May 31st. Be Safe!!!

and

Wherever you are on Monday, May 31 at 3 p.m., please pause for the Memorial Day National Moment of Remembrance as our country celebrates "One Nation, One Moment." This Moment provides a time to reflect on America's fallen and renew our dedication in their memory.

CHAPLAINS CORNER

By MSgt Clint Smith

ANNUAL SAVANNAH EVENT TO BENEFIT GUARD FOUNDATION

The 10th annual Armed Forces Memorial Day Festival will be held on May 28-30, 2010 at Rousakis Plaza on River Street in Savannah. A favorite event of both the locals and visitors, the family friendly gathering will benefit the Georgia National Guard Foundation. With the return of many deployed National Guardsmen this spring, support of the Foundation is needed now more than ever.

I have attended the festival in years past. River Street is a fun venue for a relaxing opportunity to enjoy great music and tasty food. Our own 530th Air National Guard Band of the South will be a headliner for the event. In addition, the festivities will include crafters, a local DJ, and various military demonstrations.

Members of the 165th Airlift Wing plus family members and retirees will coordinate the activities as well as sell hot dogs, popcorn, soft drinks and bottled water. Make plans now to attend – great entertainment for the whole family.

SCHEDULE OF EVENTS

Friday, May 28

Noon – Opening Ceremony

12:30 pm Coast Guard Demonstration

1:00 pm Midnight Rocker

2:00 pm 530th Air Guard Band of the South

4:00 pm Midnight Rocker

7:00 pm 530th Air Guard Band of the South

9:00 pm Midnight Rocker

Saturday, May 29

Noon - Midnight Rocker

2:00 pm 116th Army Guard Band

4:00 pm Midnight Rocker

7:00 pm 116th Army Guard Band

9:00 pm Midnight Rocker

Sunday, May 30

Noon – 6:00 pm Midnight Rocker

6:00 pm Festival closes

HAPPY BIRTHDAY (April and May)

CMSgt Sue Shipman – May 3

Mrs. Victoria Hightower – May 4

CMSgt Jodell Browder – May 14

CMSgt Billy Pinkney – May 17

SMSgt Perri Hays – May 21

CCMSgt Betty Morgan - May 30

Officer Promotion Board Members

President: Col William Day- HQs
Member: Lt Col John Alwood-165th AW
Member: Lt Col Gregory McCreary-116th ACW
Recorder: Capt Troy Johnson-283rd CBCS

Enlisted Promotion Board Members

President: Maj Dale Nunnely-165th AW
Member: CMSgt Jonathan Lawhorn-116th ACW
Member: CMSgt Greg Bell-165th AW

Held Sunday, May 16, 2010 at 0830 hrs.
Location will be the Finch Building,
Bldg 840, 1388 First Street, Dobbins
ARB GA, Small Conference Room

POCs are:
SMSgt Perrine Hays 678-655-4054
or
MSgt LaQue Banks 678-655-4052

**UTA chapel Service:
Sunday, May 16 at 0830 hrs in the Base Chapel
Guest speaker: CCMSgt Betty Morgan
Read: Psalm 81**

HISTORIAN COLUMN

AROUND THE WORLD By MSgt Clint Smith

In 1924, four Douglas World Cruisers and eight American crewmen set out from Seattle, Washington in an attempt to become the first air crew to fly around the world. The Douglas World Cruiser biplane was designed as a variation of the Navy's DT-2 torpedo bomber that could be operated either on wheels or floats. A prototype was created in 1923. Tests proved to be successful and three additional aircraft were ordered.

Each of the aircraft was named after a city representing a compass point: Seattle, Chicago, Boston, and New Orleans.

A great deal of planning went into the operation. Personnel dispatched 30 spare engines all over the world. The Royal Air Force cooperated with the logistics and the U.S. Navy actively assisted as well. In fact, twenty-eight nations supplied thousands of gallons of fuel and oil along the route.

The aircraft departed Seattle, Washington on 6 April 1924 and proceeded west, decked out with the latest and most innovative navigational aids. Thunderstorms, fog, blizzards, and sand storms battered the aircraft during the adventure. On 30 April, Seattle crashed in a heavy fog on a mountainside near Port Moller on the Alaska Peninsula. The two pilots hiked out of the wilderness, bruised, yet otherwise in good condition.

The remaining crews continued their date with history, flying on to Japan, Southeast Asia, India, the Middle East, Europe, England, and Ireland. On 3 August, Boston was forced down in the North Atlantic Sea, sinking in rough waters while being towed. A prototype was dispatched to Nova Scotia, where the pilots renamed the aircraft Boston II and rejoined the flight.

The crews stopped in several U.S. cities and returned to a heroes' welcome in Seattle on 28 September. The trip totaled 175 days, covering 27,553 miles. There were stops in 21 cities. The total flying time was 371 hours and 11 minutes.

The plane dubbed Chicago is now on display at the National Air and Space Museum in Washington, D.C., while New Orleans is on display at the Museum of Flying in Santa Monica, California. The wreckage of Seattle was retrieved in 1967 and is on display at the Alaska Aviation Heritage Museum.

Employer Support for the Guard and Reserve (ESGR)

Each year the Georgia Employer Support of the Guard and Reserve (GA ESGR), an agency of the Department of Defense, hosts an Annual Awards Ceremony to recognize employers who are supportive of their National Guard and Reserve employees. On April 30, 2010, Southern Company and Plastics, Inc were honored with GA ESGR's highest state award, the 'ProPatria' Award, in recognition of extraordinary support of its employees who serve in the Georgia National Guard and Reserve.

According to Admiral (Ret) James McGarrah, GA ESGR Chair, "The ESGR 'ProPatria' Award is presented annually by Georgia ESGR to one small employer, one large employer and one public employer in Georgia who have provided the most exceptional support of our national defense through leadership practices and personnel policies that support their employees who serve in the National Guard and Reserve. Supportive employers are critical to maintaining the strength and readiness of the nation's National Guard and Reserve units."

In addition to the ProPatria Awards, 35 companies were presented with the 'Above and Beyond Award' which is given to those employers who go above and beyond the requirements of the federal law in supporting their Reserve Component employees.

For more information on the ESGR Awards program visit www.esgr.mil or contact Penelope Harbour, GA ESGR Executive Director at 678-569-5738.

If you have a civilian employer and they support your military service – be sure to recognize them!!! The first step is to nominate your employer for a Patriot Award. Here is the link, <http://esgr.org/site/Programs/PatriotAward/tabid/171/Default.aspx>.

Boost Your Lung Power

By Runner's World
Gina DeMillo



Need more air? Deep breathing can help you run longer with less effort.

Just when you see me at the finish line with the stop watch in my hand your lungs go into overdrive. Your breath becomes shallow and rapid. You think if only you could pull in more air, you could surge faster or maintain your pace. But the more your chest heaves, the more you struggle. You may even end up exhausted, bent over, gasping for air. "Runners think about [training their heart and legs](#), but they rarely think about training their lungs," says Mindy Solkin, owner and head coach of The Running Center in New York City. "A strong respiratory system can improve your running. It's a simple equation: Better breathing equals more oxygen for your muscles, and that equals more endurance."

Just as we strength-train our [hamstrings and calves](#) to improve our ability to power over hills, we can tone the muscles used for breathing. "Exercise improves the conditioning of the diaphragm, the muscle that separates the chest from the abdomen, and the intercostal muscles, which lie between the ribs and enable you to inhale and exhale," says Everett Murphy, M.D., a runner and pulmonologist at Olathe Medical Center in Olathe, Kansas. "When you take a breath, 80 percent of the work is done by the diaphragm. If you strengthen your diaphragm, you may improve your endurance and be less likely to become fatigued."

The key to preventing lung--and leg--fatigue is breathing more fully. "When you take deeper breaths, you use more air sacs in your lungs, which allows you to take in more oxygen to feed your muscles," says David Ross, M.D., a pulmonologist at UCLA Medical Center. "When I'm running, I concentrate on taking slow and deep breaths to strengthen my diaphragm."

Chest breathing can be a hard habit to break--especially while you're preoccupied with keeping pace or calculating splits. One way to make the switch easier is to work on belly breathing when you're not running, and the skill will eventually carry over to your running. To make this happen, some elite runners turn to Pilates, a program originally developed as a rehabilitation program for World War I soldiers. Pilates aims to increase flexibility, strengthen the core, and improve breathing. "I try to do Pilates twice a week," says 2004 Olympic marathoner Colleen de Reuck. "It stretches my intercostal muscles and lengthens my spine, which helps my breathing and my running."

Just Get Your Body Moving! For questions please contact you UFPM MSgt Noah Brock, 678-569-5730.

HEADQUARTERS FUND

HQ GA ANG FUND

Thanks to one and all for your generous contributions thus far this year! We still need your contributions for upcoming events throughout the year.

January – April 2010 Donations: \$ 1195.00

January through March Expenses: \$443.60

Flag cases for upcoming retirements

Sympathy flowers for unit member's loss

Get Well basket for unit member

April and May Expenses to be reported next month when all invoices have been received and paid.

POC for Unit Fund Donation balance:

TSgt Darendia Rogers

678-569-5713 (Work), 678-472-5093 (Cell)

or darendia.rogers@ga.ngb.army.mil

Please give donations to CMSgt Sue Shipman or TSgt Darendia Rogers

Thanks again to all for making it possible for us to celebrate and support each other in the various stages of our lives.

May the donations you share be multiplied back to you!!