

# The Rainier Wing

June 2020 UTA Newsletter

446th Airlift Wing



## *Inside:*

- 446th AW/CC message to Airmen
- Citizen Airman, husband help flatten the curve
- Loadmaster rely on military training to fight COVID-19
- 446th SJA wins award as JAG of the Year
- Guidance on cloth face covers

Mission: Provide Ready Airmen to Support Global Operations



# ANNOUNCEMENTS

## 446th AW Fiscal Year 2020 Unit Training Assembly Schedule

Month	Oct	Nov	Dec	Jan	Feb	Mar	April	May	June	July	Aug	Sept
(Primary)	5-6	2-3	7-8	11-12	8-9	7-8	July	TBD	6-7	11-14	1-2	11-13

An Automated Lodging Reservation System (ALRS) mobile app is available to all 446th Airlift Wing Reserve Citizen Airmen! Now 446th AW members can reserve lodging for the UTA from their cell phones via the ALRS app, available on IOS and Android mobile devices.

Members need to provide their lodging monitors with unit, rank, name, cell phone number, and zip code to access the app. Members can also email [anita.barnes.1@us.af.mil](mailto:anita.barnes.1@us.af.mil) directly with this information. The app will not require or ask for any personally identifiable information (PII).

Once your information is in ALRS, members will receive text notifications, including an assigned member ID and a pin number to use to sign-in to the app. Through the app, members are able to reserve lodging from their phone, ahead of time, for the entire fiscal year.

Members will also receive reservation reminders and important disclosures. Should you have questions regarding ALRS, call 253-677-7365 (24/7 Lodging). An ALRS pamphlet is currently on the front page of the 446 AW's public website at <https://www.446aw.afrc.af.mil/Portals/66/446%20AW%20ALRS%20Pamphlet%20.pdf>.

### Americans Overseas Can Vote

FVAP is closely tracking the impact of COVID-19 on Service members, their eligible family members, and U.S. citizens abroad when voting absentee during the remainder of the 2020 election cycle.

We are also working closely with partners at state and local election offices, the United States Postal Service (USPS), the U.S. Department of State (DoS), and within the Department of Defense (DoD) to ensure you have all of the necessary tools to assist absentee votersexperiencing international mail disruptions, shifting election dates, and other potential effects on the 2020 election cycle related to the COVID-19 pandemic.

We've recently added a COVID-19 page to provide voters, VAOs and other federal agencies with the most up-to-date information to address any questions that may arise as you assist voters. Questions? Contact Jill Marconi-Pyclik, Voting Assistance Officer @ [jill.marconi@us.af.mil](mailto:jill.marconi@us.af.mil)

**ON THE COVER:** Lt. Col. Hanna Y. Yang, 446th Airlift Wing staff judge advocate, right, reviews a legal file with Maj. Drew Nishiyama, 446th AW judge advocate, at the wing headquarters building on Joint Base Lewis-McChord, Washington, March 7, 2020. Yang, 446th Airlift Wing Staff Judge Advocate, was recently named the 2019 Reginald C. Harmon Award winner. In her civilian capacity, she is a judge pro tempore for Edmonds Municipal Court in Washington. (U.S. Air Force photo by Staff Sgt. Mary Andom)

# COMMANDER'S MESSAGE

Team 446th –

Many of us watched, read, and listened with horror and dismay about the senseless deaths of Ahmaud Arbery, Breonna Taylor and George Floyd. We are angered and saddened. These deaths should not have happened. There is no place in our society for racism and discrimination--especially in our military. Unfortunately, however, many also learned recently there is an apparent inequity in the Air Force's application of military justice.

By now, hopefully you've seen the CSAF and CMSAF messages and conversations on social media, as well as the message below. We echo our Air Force leaders' sentiments, that this is a time for discussions and self-reflection and understanding that we have problems driven by our own unconscious bias. Race remains one of the most difficult topics to discuss in the workplace. But the need to have candid and respectful dialogue with colleagues on the topic has never been more crucial.

As well, we recognize that most police officers--as we have many who serve in the 446th Airlift Wing--do not condone it, either. Our AFRC Command Chief, CMSgt Tim White, also serves as a police officer in California. He says, "I also stand shoulder-to-shoulder with the vast majority of my law enforcement brothers and sisters in blue, of all races, who are equally outraged over this and other incidents where the oath we took to serve and protect was not honored. These officers and incidents DO NOT represent us; they disgust us, they dishonor us, they disgrace us. I'm not crossing the thin blue line, those cowards who murdered George Floyd did."

There are no answers for these tragedies. Nevertheless, we can take positive steps toward change in our personal lives, our communities, and our workplaces.

Know that you are a valued member of Team 446th. We want everyone to feel valued in the wing regardless of race, ethnicity, gender or orientation. We recognize we don't fully understand what challenges and fears our brothers and sisters of different backgrounds face. We know we can't fully relate, nor can we pretend to do so. But we will listen. Our ears and our minds are open to discussions and positive steps.

We are collaborating with our mission partners to develop a team to not only raise the discussions, but develop solutions for our own community and organizations. Our Secretary of the Air Force and CSAF directed the Air Force Inspector General to do an independent review of our legal system, racial injustice, and opportunities for advancement. We will fully support this effort at the local level. Our Equal Opportunity and Inspector General offices are also available to you should you need their assistance.

We who wear the uniform or serve our nation in a civilian capacity have a duty to protect our Constitution for everyone to enjoy its freedoms and civil liberties. Our diversity is our strength. Let's work together to make changes for the betterment of all of us.

Let's start this hard conversation.

CHRISTOPHER D. NEITZEL

Chief Master Sergeant, U.S. Air Force

Command Chief

PAUL M. SKIPWORTH

Colonel, U.S. Air Force

Commander

# AIR FORCE GUIDANCE ON USE OF CLOTH FACE COVERS

COVID-19

## EFFECTIVE IMMEDIATELY

To the extent practical without significantly impacting mission, all individuals on Department of the Air Force property, installations and facilities are required to wear cloth face coverings when they cannot maintain six feet of physical distance in public areas or work centers.

Any cloth items worn as face coverings should be functional, clean and maintained in compliance with current Air Force instructions, and should cover the mouth and nose.

Face Masks\*



\*N-95 and surgical masks should be reserved for health care workers.

Neck Gaiters/Warmers



Balaclavas



Guidance applies to total force military personnel, DoD civilian employees and contractors, family members and all individuals on DAF property, installations and facilities.

Note: Guidance above does not apply within a personal residence on a military installation.

! CLOTH FACE COVERING DOES NOT PREVENT THE WEARER FROM GETTING SICK, BUT MAY PREVENT THE SPREAD OF THE VIRUS FROM THE WEARER TO OTHERS.

# WHAT TYPE OF MATERIALS CAN I USE FOR CLOTH FACE COVERINGS?



No specific colors or materials mandated by Air Force policy

Cloth face coverings can be made from household items or made at home from common materials at low cost. As an interim measure, you are encouraged to fashion face covering from common materials such as a clean t-shirt or cloth that will cover the mouth and nose.

DO NOT use old uniforms/flight suits as they may have insect repellent or flame retardant in the fabric.



FACE COVERINGS SHOULD BE CONSERVATIVE, PROFESSIONAL, AND IN KEEPING WITH DIGNITY AND RESPECT.



# OCP UNIFORM CHANGES

## BECOME MANDATORY BEGINNING SEPTEMBER 1

The changes for each uniform are detailed in Air Force Instruction 36-2903, Dress and Appearance of Air Force Personnel.



**The U.S. flag patch will be Spice Brown.** Airmen will wear the flag while in garrison and deployed. Infrared U.S. flags are not authorized.



**The authorized T-shirt color will be Coyote Brown (Tan 499) only.**



**Rank insignia will be Spice Brown.** Exception: First lieutenant and lieutenant colonel rank insignia will be black.



**The authorized socks will be DLA-issued green socks or Coyote Brown only.**



**The authorized boot color will be Coyote Brown only.** Exceptions: Airmen with a medical condition as determined by medical authorities at a civilian or military treatment facility and approved by the commander, and those who must wear black combat boots in industrial areas.



An Automated Lodging Reservation System (ALRS) mobile app is available to all 446th Airlift Wing Reserve Citizen Airmen! Now 446th AW members can reserve lodging for the UTA from their cell phones via the ALRS app, available on IOS and Android mobile devices. Members need to provide their lodging monitors with unit, rank, name, cell phone number, and zip code to access the app. Members can also email [anita.barnes.1@us.af.mil](mailto:anita.barnes.1@us.af.mil) directly with this information. The app will not require or ask for any personally identifiable information (PII). Once your information is in ALRS, members will receive text notifications, including an assigned member ID and a pin number to use to sign-in to the app. Through the app, members are able to reserve lodging from their phone, ahead of time, for the entire fiscal year. Members will also receive reservation reminders and important disclosures. Should you have questions regarding ALRS, call 253-677-7365 (24/7 Lodging). An ALRS pamphlet is currently on the front page of the 446 AW's public website.

### Unit Lodging Monitor (ULM) Responsibilities:

- Serve as the unit's POC on all the IDT lodging reservation issues.
- Ensure members are fully briefed on the ALRS process and will issue the initial User ID and password for ALRS dial in and App use.
- Present authorized members with a Memorandum of Understanding and keep on file in their unit until member no longer authorized wing paid lodging.
- Attend mandatory quarterly meetings.

### Important 40A Notes:

- AO digital signatures are accepted.
- Wet signatures (with the AO's name legibly printed) on AF Form 40A will be accepted for unforeseen circumstances.
- Present 40A's ahead of scheduled duty, day of, or the next business day.
- Members will make every effort to contact their unit CSS/ULM to confirm 40A has been delivered to the 446 AW Lodging Team prior to, duty, day of, or the next business day

### Who to Contact for Help

- ✓ Your Unit Lodging Monitor
- ✓ Your Supervisor/First Sergeant
- ✓ Your Unit Commander
- ✓ Wing Lodging Team

**Do not the off base hotels regarding issues with ALRS.**

### Important Notes for Off-station UTA's:

The member should have a 1610 for this timeframe citing IDT (Non-ESP) fund cite. This will be filed the same as any other travel voucher. The order will state whether it should be filed in DTS or E-Finance (RTS).

### Mobile App Requirements

- iPhone (IOS 10 or higher)
- Android (Android) 5.1 or higher)
- Must be willing to accept text messages (\*fees may apply)
- Download through the respective mobile app store (Search **ALRS**)

## 446th Airlift Wing

### Automated Lodging Reservation System (ALRS)



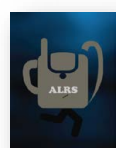
**(253) 982-ROOM (7666)**

**Download the mobile app: ALRS**

### 446 AW Lodging Team

Office: (253) 982-2464  
After-Hours: (253) 677-7365

### What is the Automated Lodging Reservation System (ALRS)?



The ALRS is an automated system to be used by all 446 AW personnel who are authorized lodging while in primary/alternate UTA status.

There are two ways to use – dial in or download the mobile app.

### Dial-In Directions

You can use the system to make, change, review and cancel reservations

Simply dial: (253) 982-ROOM

Enter your User ID and password when prompted

You will be asked to create a new 4- 6 digit PIN

**TIP: Make your dial-in & app PINs the same**

Enter reservations as MMDDYY  
ex: July 15, 2018  
would be entered as 071518

### Mobile App Directions

You can use the system to make, change, review, cancel reservations and find a map to your assigned hotel

-Enter your Mobile ID (Member ID) & PIN in the fields

Your initial PIN is your 10-digit mobile phone #

You will be asked to create a new 4-6 digit PIN

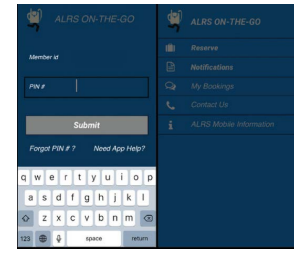
**TIP: Make your dial-in & app PINs the same**

To make reservations, use the "reserve" tab, select appropriate UTA dates (primary or alt), hit SUBMIT

There is a 2-min. time limit to make a reservation

The app will send a text message notification with your reservation confirmation and hotel information

From MY BOOKINGS-users are able to see specifics of their reservations



### Reservation Deadlines

Reservations are due Friday one week prior to each UTA .

Deadline applies even if you require lodging (alternative) UTA weekend

### Cancellation Deadlines

Cancellations must be made no later than the Wednesday of the week of the UTA

### Cancelling is a 2-part process:

- ✓ It must be done using the process you used to make the reservation
- ✓ You must acknowledge you confirm the cancellation.

**NOTE: If you do not receive a text message confirming your attempt to cancel contact your ULM**

### Late Arrival?

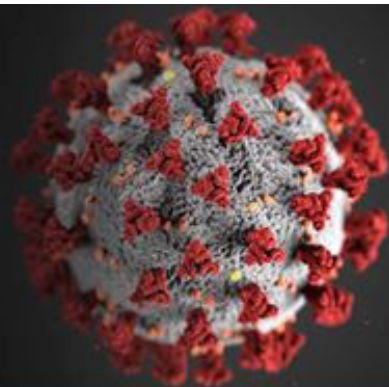
If you will be arriving late, **call the hotel and inform them of you late check-in**, otherwise you will be noted as a no show AND you will not have a reservation for the next night.

If rooms are available the next night, you may be required to pay out of pocket and will not be reimbursed for failure to comply.



# Department of Defense Travel Restriction

UPDATE APRIL 20, 2020



**NEW END DATE: June 30, 2020 (reviewed every 15 days)**

## Families

When possible, military services and DOD components will work to align assignments with the school year for families with school-age children.

## Service Member Leave

Service members will be allowed to carry forward past Sept. 30, 2020, up to 120 days versus the usual 60 day limit.

## Exempted

- ✓ Deployments and redeployments
- ✓ Retirements and separation
- ✓ Recruits and Initial Entry Training
- ✓ PCS individuals stopped mid move
- ✓ Patients and their companions
- ✓ TDY individuals stopped mid travel
- ✓ Individuals under Chief of Mission

## Waivers Possible

- ✓ Mission essential travel
- ✓ Humanitarian reasons
- ✓ Personal hardship

Ask your supervisor or commander if you have a need to travel.

As of April 20, 2020, three DOD-wide travel restriction orders enacted in March are replaced and extended until June 30, 2020. The Department will maintain a continuous conditions-based assessment of the COVID-19 pandemic, and will formally review this policy every 15 days, to determine if conditions allow travel to resume earlier than June 30.



## Why?

- ✓ Protecting our troops, civilian workforce, and their families
- ✓ Safeguarding our national security capabilities
- ✓ Supporting the whole-of-nation response



## Who?

- ✓ DOD service members
- ✓ DOD civilian personnel
- ✓ Family members whose travel is government funded



## What?

- ✓ All domestic travel
- ✓ All overseas travel
- ✓ PCS, TDY, service member leave



## When?

- ✓ Effective April 20, 2020 until June 30, 2020



## 446th Force Support Squadron Hours of Operation Schedule During COVID-19

FLIGHT/SECTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Airmen & Family Readiness	In Office	In Office	In Office	In Office	In Office
Communications	In Office	In Office	In Office	In Office	In Office
Military Personnel/ Force Management	In Office	Teleworking	In Office	On-Call	In Office
IPR/Readiness	In Office	On-Call	In Office	On-Call	In Office
Wing Career Assistance Advisor	In Office	On-Call	In Office	On-Call	In Office
Customer Service	In Office*	On-Call	In Office*	On-Call	In Office*
Career Development	In Office*	On-Call	On-Call	On-Call	On-Call
Civilian Personnel Liaison	On-Call	On-Call	On-Call	On-Call	On-Call
Force Development	On-Call	On-Call	On-Call	On-Call	On-Call
Sustainment	On-Call	On-Call	On-Call	On-Call	On-Call
Lodging Operations Cell: (253) 677-7365	On-Call	On-Call	On-Call	On-Call	On-Call

\* In Office Hours: 0800-1300 & available as needed for mission essential matters



Protecting our force, DOD civilians and their families  
Safeguarding our national security capabilities  
Supporting the whole of nation response

**MILITARY  
ONESOURCE**

[www.militaryonesource.mil/coronavirus](http://www.militaryonesource.mil/coronavirus)  
800-342-9647



# Out of the Uniform: 446th AW Reserve Citizen Airman, husband make house calls to flatten the curve

By Maj Candice Allen, 446th Airlift Wing Public Affairs

**JOINT BASE LEWIS-MCCHORD, Wash.** -- Staff Sgt. Geri Poston, a 446th Force Support Squadron services sustainment technician, fights COVID-19 with house calls to flatten the curve.

Founded in September 2018, Poston and her Army medic-trained husband, Joseph, formed their company, Remedy Urgent Mobile Medicine.

“We both really saw a need to improve the quality of healthcare for patients,” Poston said. “Often times, parents need to take all their kids in to an urgent care because they don’t have someone to provide child care while they run their sick child in to be seen.”

They researched their business idea for almost three years before starting their company. The Postons designed a model of care that would eliminate these problems for patients and their families. In June 2019, they began seeing patients. Patients range from children to families to working professionals to busy business owners.

“This is the ‘why’ behind us building this delivery model of healthcare,” Poston said. Joseph, a nurse practitioner with more than 15 years in the medical field, sees the patients, while Geri manages billing and assists her husband during appointments, as needed.

This method seems to aid uniquely during the pandemic. Though the mobile company is not a replacement for the emergency room or a large scale urgent care, they do assist with headaches, ear pain/infections, sore throat, common cold, rash, and flu.

Joseph explained that their business method is uniquely fit to fight COVID-19. Joseph said, “If someone is ill, the directive is to isolate at home. If sick individuals need healthcare, we come to them, evaluate them, discuss treatment options, and prescribe medications if indicated. Secondly, if we have an individual who is actively ill and is suspect for active COVID-19, we are screening patients with a quick nasopharyngeal swab. The



*Air Force Reservist Staff Sgt. Geri Poston, a 446th Force Support Squadron services sustainment technician, fights COVID-19 with house calls to flatten the curve with her husband, Joseph, April 27 in the Tri-Cities in Washington. Founded in September 2018, Poston and her Army medic-trained husband formed their company, Remedy Urgent Mobile Medicine. (Courtesy photo)*

turnaround time for these swabs are 1-3 business days. All this without the patient leaving their home, and sometimes their bed or couch.”

Each appointment lasts an hour, which affords 45 minutes of face-to-face time and 15 minutes of travel time. Over the last two months, they have also begun offering telemedicine for specific appointments.

“Many people are scared to go anywhere, we hear this all the time that they are so glad that we do this, because they would not go in or take their loved one in otherwise,” Poston said.

The company serves the Tri-cities area in Washington.

As for how Poston relates building the company to her service in the Air Force Reserve, Poston says, “I get to not only serve my country, but also help my community – both things I love to do.” □

# Out of the Flight Suit: Loadmaster taps into military training to fight COVID-19

By Maj. Candice Allen, 446th Airlift Wing Public Affairs

**JOINT BASE LEWIS-MCCHORD, Wash.** – Several 446th Airlift Wing Reservists wear different uniforms when fighting against COVID-19.

Master Sgt. Lance Nelson, a C-17 loadmaster assigned to the 728th Airlift Squadron here, wears bunker gear for West Pierce Fire & Rescue in Tacoma, Washington.

Nelson, a 14-year firefighter, responds to calls and potentially transports COVID-19 patients on his civilian job. But, it is his role in the prevention division, where he interestingly fights the virus.

“As captain in the prevention division, we educate the community how to best protect themselves from the virus,” Nelson said. “Educating the public falls along the lines of reminding [them] of social distancing, using masks, washing hands, staying home as much as possible, and cleaning their living space.”

Recently, Nelson received a call from an elderly person who was concerned about the virus.

“They considered themselves to be in several risk categories,” said Nelson, recalling the conversation. “Listening calmly and hearing what they said, I was able to calmly reassure them that they were doing everything correctly to protect themselves. By the time we left, they were more at ease and felt comfortable with what they were doing.”

Listening and remaining calm are traits he honed serving in the military.

“Every call taps into my (military) training,” Nelson said. “When the community calls they are seeking help with something beyond their control. Loadmasters have to be good communicators.”

Keeping a cool head is something both Nelson and fellow C-17 loadmaster and squadron member Senior Master Sgt. Scott Hesse -practiced and implemented as civilian firefighters.

“The military has taught me to stay calm, sort things out and handle the situation,” Hesse said. “When we [on the aircraft] have an inflight emergency, you can’t just pull over and wait for help. You have to



*Master Sgt. Lance Nelson, an Air Force Reserve C-17 Globemaster III loadmaster assigned to the 728th Airlift Squadron, fights COVID-19 as a civilian firefighter with West Pierce Fire & Rescue in Tacoma, Washington. Nelson, a 14-year firefighter, responds to calls and transports COVID-19 patients. Keeping a cool head is something Nelson practiced as a loadmaster and implemented as a firefighter. (Courtesy photo)*

work together as a crew, run checklists, and keep what might be a small problem from becoming a large problem.”

At the end of the day, Nelson says his military and civilian jobs complement each other well.

“The Air Force requires that we all work well as a team,” Nelson said. “This definitely crosses over into the Fire Service. We work as a seamless team to come to the aid of the community. Working together to fulfill the need, reassure and comfort the citizen, and render aid to those who are not having the best day of their life. Teamwork is fundamental for success in both my career fields.” □



# 446th AW Staff Judge Advocate named Reserve JAG of the Year

By Edzel Butac, 446th Airlift Wing Public Affairs

**JOINT BASE LEWIS-MCCHORD, Wash.** -- Lt. Col. Hanna Yang, 446th Airlift Wing's Judge Advocate General (JAG), wins 2019 Harmon Award, announced Lt. Gen. Jeffrey Rockwell, Air Force Judge Advocate General, May 7.

The Harmon Award, also known as Reserve JAG of the Year award, recognizes the most outstanding Air Reserve Component JAG officer, in the grade of lieutenant colonel or below, based on training accomplishments or contribution to mission support, exhibition of leadership in the military or civilian community, and enrollment in off-duty programs of professional self-improvement.

"Lt. Col. Yang led her legal office team to success, receiving a Superior Team Award from the 2019 Unit Effectiveness Inspection as well as accolades from the Article Six legal office inspection," said Col. Paul Skipworth, 446th Airlift Wing commander. "In the end, she quietly spent hours writing award packages for her team members and turned them in without seeking any recognition for herself. It took some convincing to get her to provide inputs for her own award nomination. I am incredibly pleased to see her efforts and leadership recognized at the Air Force level."



*Lt. Col. Hanna Yang, 446th Airlift Wing Staff Judge Advocate, was recently named the 2019 Reginald C. Harmon Award winner. In her civilian capacity, she is a judge pro tempore for Edmonds Municipal Court in Washington. (U.S. Air Force photo by Staff Sgt. Mary Andom)*

In addition to her 446th accomplishment, Yang also deployed to Iraq as the JAG for an Air Force unit supporting Combined Joint Task Force-Operation Inherent Resolve.

In a congratulatory email to Yang and other award recipients, Rockwell wrote, "In each of your respective categories, you shined. You shined with innovation, core values, and leadership marking your service and dedication to your missions. The core common thread through it all was your ability to form and lead a team." He added that he was confident their responses to receiving the awards would have been, "it was the team, not me."

"I attribute this honor to God, for carrying me through what felt like many insurmountable challenges in 2019," Yang said. "He provided amazing Wingmen - family, friends, colleagues, teammates, super-

visors, and commanders - to walk alongside me, encourage me, inspire me, and help me face and overcome these challenges."

The Harmon Award is named after Major General Reginald C. Harmon, who served as the first Judge Advocate General of the Air Force in 1948. He was also elected mayor of Urbana, Illinois as a 29-year-old from 1929 to 1933. □

## Airman and Family Readiness Corner

By Jill Marconi, Director

### Department of Defense Financial Education Website for Military Spouses

We're excited to introduce MilSpouse Money Mission™, a new financial education resource for all military spouses just in time for Military Spouse Appreciation Month.

The Department of Defense (DoD) recognizes the important role that military spouses play in managing the personal finances of their households. MilSpouse Money Mission was created to be the DoD's primary resource to provide military spouses with the trusted information they need to lead their families to stronger financial futures.

Military spouses now have a resource just for them similar to the financial education their Service members receive.

To explore this new channel, visit [www.milspouse-moneymission.org](http://www.milspouse-moneymission.org) and find:

- Money Ready — a guide to support spouses in tackling a variety of financial topics most relevant to their current situations
- MilLife Milestones — a resource to help make smart money moves during life's big moments
- Videos — featuring financial tips and tools by military spouses
- Blog — covering the latest money-related topics and issues
- Resources — military support links, financial calculators, quizzes and more
- Social Media — community, support and motivation to help spouses lead their best financial lives

Now more than ever, it's important for military spouses to know where to turn for trusted financial education. MilSpouse Money Mission is there to empower military spouses and elevate their financial know-how, as well as offer a supportive social media community. Connect with MilSpouse Money Mission on Facebook, Instagram, Twitter, YouTube and Pinterest today. □

### Preparing to Assist Absentee Voters During the COVID-19 Pandemic

Here are some important things to remember:

1. Submitting your Federal Post Card Application (FPCA) [ <https://www.fvap.gov/fpca-privacy-notice> ] by August 1 is the best way to help ensure the process goes as smoothly as possible.
2. Almost all states allow you to send in your FPCA electronically.
3. Using the FPCA gives you an option to receive your ballot electronically.
4. Your Unit Voting Assistance Officer (UVAO) is available to answer any voting questions face-to-face.

\*Get more important resources for voting in the military during COVID-19\* [ [https://www.fvap.gov/uploads/FVAP/Outreach-Materials/FVAP\\_MythReality.pdf](https://www.fvap.gov/uploads/FVAP/Outreach-Materials/FVAP_MythReality.pdf) ]

Questions? Contact Jill Marconi-Pyclik, Voting Assistance Officer @ [jill.marconi@us.af.mil](mailto:jill.marconi@us.af.mil)

□



# RESILIENT AND READY

JUNE 2020

*The greatest discovery of all time is that a person can change his future by merely changing his attitude*

~Oprah Winfrey

## A NEW NORMAL STARTS WITH THE RIGHT PERSPECTIVE

Kristi McCann, Director of Psychological Health

After having our lives turned upside down from COVID-19, we have been working through the challenges of creating a new normal. However, some may still be battling worries, restlessness and in some cases loneliness.

With such a drastic impact to our lifestyles, it is normal to have intense feelings and uncertainties. When stressed, we often get angry and frustrated about what happened or what is not happening.

In April 2020 during a discussion with Future of Work leaders, Executive Coach, “Ray Foote, conducted an exercise encouraging the leaders to think about “who” they were in different situations instead of “what” they would do.\* The perspective shift led to a deeper conversation and connection among the leaders.

When we negatively label circumstances and focus solely on them as the problems, we may feel powerless and continue to spiral downward. However, with a shift in perspective, we can focus on the most important part — taking care of ourselves and each other.

Reframing negative thoughts and identifying personal strengths reinforces open communication, optimistic thinking, strong performances and healthy relationships. Life is full of challenges, keep a hopeful perspective and stay strong.

*Want to pursue new opportunities? Looking for a New Perspective?*  
*For information and support, contact the following 446 AW resources:*

Airman and Family Readiness	253-982-5530
Chaplains	253-982-0330
Psychological Health Program	253-982-5496

\* Source: <https://www.forbes.com/sites/johnwinsor/2020/04/29/change-is-the-new-normal-what-are-organizations-abandoning-since-covid-19-and-what-will-they-not-continue-to-do-once-things-return-to-normal/#6ce42a31456c>



### Resilient Thinking Seminars

UTA (A) Sundays 1400-1500

#### June

Reframing Your Thoughts to  
Improve Your Outlook

#### July

Just the Facts:  
How Balanced is Your Thinking?

Join the 446 AW  
Resilience Seminar Channel  
on Microsoft Teams

Channel Code: 7bgo5qk

For information email:  
[kristi.mccann.1@us.af.mil](mailto:kristi.mccann.1@us.af.mil)

## CHAPLAIN'S CORNER

By Chaplain (Maj.) Matthew Wilson

As I write this article I have just finished reading some of the saddest headlines I have ever seen. Our country, our friends, and our families are filled with fear, frustration, anger and grief. It can feel completely overwhelming and almost hopeless. In times like these, perhaps the most important things we can do are what people of faith have done throughout history when faced with trials on every side.

Strengthen your faith by reading the Psalms and practice your faith as you Pray.

The Psalms have great value because they were written by someone who was honest about his fears but in spite of his fears was strong in faith. Psalms that have especially encouraged me during this time are Psalm 23, 34, 55, 62, 94, and 121. Here is just a brief selection from Psalm 62. If you will take the time to read the entire Psalm you will see how Scriptures written thousands of years ago have practical applications to our lives today.

*Psalm 62 (NLT)*  
*Judgment will again be founded on justice,*  
*and those with virtuous hearts will pursue it.*  
*Who will protect me from the wicked?*  
*Who will stand up for me against evildoers?*  
*Unless the Lord had helped me,*  
*I would soon have settled in the silence of the grave.*  
*I cried out, “I am slipping!”*  
*but your unfailing love, O Lord, supported me.*  
*When doubts filled my mind,*  
*your comfort gave me renewed hope and cheer.*

As we settle our minds on truth we turn to prayer because we need Almighty God to intervene. We pray that we would love our neighbors as ourselves. We pray for justice. We pray for wisdom for ourselves and our leaders. We pray for safety for those defending us. We pray for reconciliation. We pray for God to open our eyes to understand our need for and God’s gift of mercy, grace, and forgiveness. We pray for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Almighty God, help us! ☐

## Rainier Wing Newsletter



### Leadership

Col. Paul Skipworth  
Wing Commander

Vacant  
Wing Vice Commander

### Mission

Provide ready Airmen to support global operations.

### Vision

Airmen first... A Cohesive, Ready Team

### 446 Public Affairs

[446aw.pa@us.af.mil](mailto:446aw.pa@us.af.mil)  
253-982-3330

### Staff

Maj. Candice Allen  
Mr. Ed Butac  
Tech. Sgt. Bryan Hull  
Tech. Sgt. Heather Cozad  
Staff Sgt. Nicole Erb  
Staff Sgt. Mary Andom  
Senior Airman Ann Butler  
Senior Airman Chris Sommers



### Additional Resources

Wingman Online: [www.wingmanonline.org/Home](http://www.wingmanonline.org/Home)  
Military One Source: [www.militaryonesource.mil/](http://www.militaryonesource.mil/)  
Military Crisis Line: (800) 273-8255 and press 1, Text 838255

### COVID-19 Information Site

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>



## 6. New host

The immune system is the final link to stop the virus. Older adults and people with severe medical conditions seem to be at higher risk.

### Break the chain:

- Support your immune system (ie: sleep well, drink lots of water, exercise, eat healthy foods, manage stress.)
- If caring for someone with the disease, take precautions to minimize your exposure to the virus.

## 5. Entry portal

The virus can enter the human host through the respiratory system (nose, mouth, and eyes).

### Break the chain:

- Assume everyone is infected and maintain a safe distance of at least 6 feet.
- Do not touch your face unless your hands are clean.

## 1. The Organism

The coronavirus. CoVID 19 is the illness caused by the virus. (For more information, visit the CDC, WHO, and NIH\* websites.)

### Break the chain:

- Prevention, not panic. Take calm, decisive action.
- Kill the virus with proper hand washing. Don't touch your face with unwashed hands, practice social distancing, and disinfect personal surfaces frequently touched.

## 2. Reservoir

The virus thrives in our respiratory tract, but it can survive on surfaces outside the body for three hours to three days. Infected people can be contagious before symptoms present themselves or without ever experiencing symptoms.

### Break the chain:

- Treat everyone as though they have the virus.
- Take precautions to reduce transmission (read on).

## 3. Exit portal

The virus exits the body in infected droplets spewed into the air by coughing, sneezing

or talking and can contaminate surfaces touched by unwashed hands.

### Break the chain:

- Cough/sneeze into your sleeve or a tissue, not your hands. (Virus can spread by shaking hands and touching public surfaces such as credit cards, money, gas pumps, keyboards, store products, etc.)
- Throw used tissues directly into the trash.
- Wash hands thoroughly as soon as you get home.
- Self isolate. Avoid crowds. (social distancing)
- Stay at least 6-feet away from others.

## 4. Transmission

The virus spreads to a new host through direct or indirect contact.

### Break the chain:

- Do not shake hands or hug.
- Avoid inhaling infected droplets from someone coughing, sneezing or talking in your face. (Infected droplets are thought to survive for up to 3 hours in a closed space.\*\*)
- Stay at home.
- Wash hands for 20+ seconds after blowing nose, coughing, sneezing or after touching surfaces in public. (Soap is preferred, but if it isn't available use hand sanitizer.\*\*\*)
- Never touch eyes, nose, and mouth with unwashed hands.
- Disinfect surfaces you touch daily.\*\*\* (ie: phone, steering wheel, toilet and fridge handles, kitchen counter, faucets, TV remote, doorknobs, etc.)

Sources: CDC; WHO; APIC; Dr. Theresa Bernardo; Dr. Frances Downes. Infographic by Karl Gude, and Carol Navarro, RN.

\*CDC: Centers for Disease Control; WHO: World Health Organization; NIH: National Institutes of Health. \*\*Study pending peer review.

\*\*\*You can make disinfectants. Visit Consumer Reports article, "These Common Household Products Can Destroy the Novel Coronavirus"

Please share and publish widely. High resolution PDF and JPEG versions can be found at gudethinking.com. Credit: gudethinking.com

COVID  
19  
CORONAVIRUS  
DISEASE

# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Clean and disinfect frequently touched objects and surfaces.



Avoid touching your eyes, nose, and mouth.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)



# NOW HIRING RESERVE RECRUITERS

## QUALITY OF LIFE ENHANCEMENT

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More than 85% of our  
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[hqafrc.cpm.information@us.af.mil](mailto:hqafrc.cpm.information@us.af.mil)



[af.mil/24b/ReserveRecruiting](http://af.mil/24b/ReserveRecruiting)

## 446<sup>th</sup> Airlift Wing Strategic Plan 2019-2021 S N A P S H O T

### MESSAGE FROM 446 AW EXECUTIVE LEADERSHIP

This Strategic Plan presents our mission, vision, priorities and goals for transforming and integrating the way we generate combat ready forces to combatant commanders. The plan aligns Wing strategic direction, metrics and actions with 4 AF and AFRC. It also aligns with the Air Force Inspection System Major Graded Areas, notably "Improving the Unit". Finally, our plan assigns accountability and responsibility throughout the wing, both vertically and horizontally, and supports our multi-year exercise and training plans.

### MISSION

*Provide Ready Airmen to Support Global Operations*

### VISION

*Airmen First...A Cohesive, Ready Team*

### PRIORITIES WITH SUPPORTING GOALS

#### Priority 1: Ready Airmen and Families

Goal 1.1: Provide Combat Ready Airmen

Goal 1.2: Maintain a Robust Mentorship Program

#### Priority 2: Enhance Cohesive Partnerships

Goal 2.1: Develop/Update Joint Base Agreements, MOA/MOUs

Goal 2.2: Maintain Senior Leader Relationships with Team McChord Partners

Goal 2.3: Reduce Medical Case Backlog

Goal 2.4: Provide Adequate Accessibility for Airmen

Goal 2.5: Host FY20 Employer Appreciation Day during UTA

#### Priority 3: Strategic Alignment of Resources

Goal 3.1: Balance Competing Requirements

Goal 3.2: Communicate Strategic Importance



446<sup>th</sup> Airlift Wing, JBLM, WA

"Maintaining an Award Winning Culture"

For more information contact the Wing Process Manager at:  
(253) 982-0074, DSN 382-0074



## Inspector General for Investigations (IGI) Corner

Stop this.



In the new Air Force Inspection System, "inspection prep" will be **unnecessary** and **ineffective**. Most inspections will be done by the Wing Commander's team on a continual basis... just part of the way the wing works as Airmen focus on mission readiness every day.

Reward this.



In the new Air Force Inspection System, Commanders will inspect their units' ability to **execute the mission, manage resources, lead people and improve performance**. Functional staff experts will focus on **enabling**, as commanders focus on **ensuring**.

Friendly reminder that the Unit Effectiveness Inspection (UEI) on-site visit is in Dec. 2019, but we are constantly being evaluated!

## Inspector General

You are encouraged to take your complaint to your chain of command first, although it's not required.

You are protected from reprisal for filing a complaint under the Whistleblower Protection Act (10 USC 1034).

Info about IG complaints process available on Sharepoint: <https://eim2.amc.af.mil/org/446ig>

### Report:

- fraud, waste and abuse
- violations of law, policy or regulations
- abuse of authority
- an injustice
- personal complaints



AFRC Hotline: 1-800-223-1784 ext. 4971513  
DOD Fraud Waste Abuse Hotline: 1-800-424-9098



**Lt Col Erin Tuck**  
446AW.IG@us.af.mil  
(253)982-5550 - Hotline  
(253)677-0922 - Cell  
Bldg 1207, Room 132

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