



332d AEW

# RED TAILS ROUND UP

May 2022



332d Expeditionary Civil Engineer Squadron Airmen mix water and a quick-dry filler to repair runway damage during a rapid airfield damage recovery exercise at an undisclosed location in Southwest Asia, May 12, 2022. RADR exercises test the ability of the 332d ECES to rapidly repair runways and runway support structures to recover and resume airfield operations after it has experienced significant damage. (U.S. Air Force photo by Master Sgt. Christopher Parr)

## 332d Highlights **Inside**



## 332d, AFCENT News **Online**

*Right click green text to copy online link locations to read more*



### **Mental Health month**

332d EMDG Clinical Social-Worker provides perspective on mental health awareness



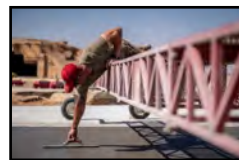
### **EMSG inactivation**

332d EMSG inactivation reimagines base support as A-Staff



### **Diversity and Inclusion**

332d D&I Council generates positive change



### Civil Engineers improve runway operations for Red Tails



### AFCENT brings together joint force, foreign partners to hone distributed air and missile defense skills



### Innovation makes a difference 378th EAMXS flying crew chief thinks outside the box to increase efficiency

Visit: <https://www.afcent.af.mil/Units/332d-Air-Expeditionary-Wing/>

# May is Mental Health Awareness Month

By Lt. Col. Corey Carnes, 332d Expeditionary Medical Group, Clinical Social-Worker

## 332D AIR EXPEDITIONARY WING — What is mental health?

Is it a place, a clinic to avoid, a state of being - one of negativity, scorn, or dread...or is it a place to seek help, gain strength, a state of positivity, grit and tenacity?

So often we say there is a stigma about mental health. So many don't seek out the support they could easily get because our society shames the vulnerable. We falsely claim that we are fine, that we have it all together. Inside ourselves we know this isn't true. We know that we have variance of emotions, happy days and sad days, dreadful days and joyous days, struggles and triumphs.

We look at others through the lens of social media and only see people on their best days, and we feel alone in our struggles. You are not alone! You do not have to suffer in silence! We all oscillate between the good and the bad. If we speak up, we will find that there are actually others beside us ready to help, ready to encourage and ready offer support when we need someone to journey with us.

May is Mental Health awareness month. Let this month be about growing in your awareness of your own state of mind. Gain skills to renew your mind. The Air Force is so invested in you having an overcoming mindset that they place Active Duty providers and technicians in the deployed setting.

Separation from the comforts of home and loved ones will certainly be difficult, but adversity is strength building. The enemy of strength is overuse or underuse; lethargy or distress. While your environment changed and your circumstances are different, this deployment can be something that strengthens love and commitment to family. It can be a time of great spiritual development. It can energize you toward your personal goals. It will help you test and define yourself. It will strengthen you for future challenges.

Some people get stuck in thoughts such as "I'm not good at anything. I always strike out. Everyone else does better than I do." They are convinced that they can't learn anything new, and that it's far too late for them to try because they will fail anyway. They feel they struggle too much in their tasks, and they feel inferior by the seemingly easy success of the people around them. There is another way to think!



Adopting the Red Tail Mindset helps a person to be aware that adversity is a strength builder. Through this mindset they know that they don't always get to choose their situation, but wherever they are, they are 100% committed. They will seek to control what they can. They know that stress is temporary and they believe they will achieve victory. They utilize their resources and seek out support.



Red Tails believe their skills and intelligence can be improved with effort and persistence. They will embrace challenges and stay resilient in the face of difficulties. The Red Tails of the 332nd AEW are part of a proud legacy. Ours is a legacy of excellence and valor; one of triumph over adversity.

If you want to talk to someone, contact the 332d AEW mental health team at DSN 318-457-6070 or stop by the medical clinic.

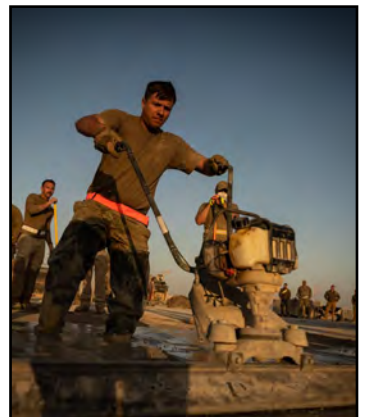
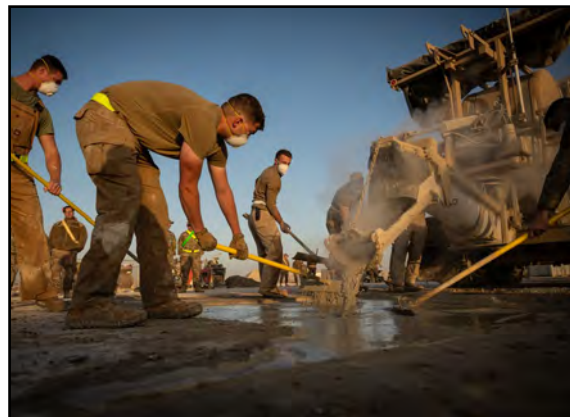
Take the time this month, this deployment and every day after to strengthen your mindset. Prepare for the everyday battles, use your resources, and call in reinforcements when you need it.

## 332d Civil Engineers perform night operations during RADR exercise

**332D AIR EXPEDITIONARY WING** — 332d Expeditionary Civil Engineer Squadron Airmen participated in a nighttime rapid airfield damage recovery exercise at an undisclosed location in Southwest Asia, May 12, 2022.

RADR exercises test the ability of the 332d ECES to rapidly repair runways and runway support structures to recover and resume airfield operations after it has experienced significant damage.

The 332d ECES provides, operates, and maintains a sustainable installation through engineering and emergency response services across the full mission spectrum.



# 332d EMSG reimagines base support as A-Staff

**332D AIR EXPEDITIONARY WING** — The 332d Expeditionary Mission Support Group was inactivated and Col. William Notbohm relinquished command of the group during a ceremony at an undisclosed location in Southwest Asia, May 13.

In place of the EMSG is the newly formed Base Operations Support directorate, the A 1/6/7, which encompasses administrative functions in support of communication systems, force support, civil engineering, contracting and security operations.

“The Base Operations Support directorate is designed to be a lean, scalable, problem-solving staff that will accelerate and improve the quality of wing decision making in the realm of base operations support,” said Notbohm.

The group’s inactivation completes a trio of strategic organizational changes for the 332d Air Expeditionary Wing as it follows the Air Forces Central Command directive to transition to an A-Staff construct.

“This is truly another historic day, both for this wing and for the 332d EMSG,” said Brig. Gen. Christopher Sage, 332d AEW commander. “As we execute the inactivation ceremony today, we will not forget the amazing work you’ve done. We will stand on your shoulders as we face the future.”



The 332d Expeditionary Maintenance and Operations Groups were inactivated last month, making way for the Intelligence, Operations and Plans directorate and the Logistics directorate, also known as the A 2/3/5 and A4 respectively.

A-staff is the common organizational structure for major commands within the U.S. Air Force, designed to allow for greater agility and faster decision making.

“We will leverage today’s event to make us more lethal,” said Sage. “Today we take a step forward together into the future of our Air Force; the future of the Red Tails.”

In his final address to members of the 332d EMSG, Notbohm reflected on his time in command.

“It has been an honor, and will forever be the pinnacle of my professional career, to have led the Airmen of the 332nd EMSG. The Squadrons of the EMSG are well-led and peaking in performance. We are ready. Let’s make history. Spit Fire!”



# Deployment Transition Center experts host Town Hall

**332D AIR EXPEDITIONARY WING** — Two Deployment Transition Center experts recently held several Town Halls here allowing 332d Air Expeditionary Wing Airmen to ask questions and gain insight on the many benefits of the DTC.



The U.S. Air Force DTC program, located at Ramstein Air Base, Germany, provides reintegration skills and decompression opportunities for members who are returning from deployments. These opportunities include outdoor recreation, individual lodging rooms, massage chairs, bicycles that can be checked out, as well as art, game and music rooms to name a few.

According to the DTC, a study of 3,000 deployers indicated that those who at-

tended the program had significantly reduced negative outcomes regarding health and relationships when they returned home from deployment. 93% of attendees were able to rest and restore their energies, 86% stated the DTC helped them prepare emotionally and mentally for their return home and 74% indicated they learned new coping skills.

This two-day reintegration opportunity, which also includes one travel day to the DTC and one day of travel day back to the member's home, includes brief sessions about post-deployment life and offers experiential outings in the local area. The program aims to give Airmen of every career field and combatant command the tools necessary to transition back into normal society.

"From the time of arrival to departure, approximately 65 to 72 hours, members are provided the opportunity to focus solely on themselves," Maj. Michelle Rodriguez, 86th Mission Support Group, Detachment 1, DTC lead said. "This transitional period of self-reflection allows our warfighters to emotionally, socially, physically and spiritually prepare for reintegration back home."

The DTC is open to all Air Force Specialty Codes and anyone experiencing significant stress, including from combat, home, and high-tempo deployment operations.



# New initiative broadens education, capabilities with Red Tails University

**332D AIR EXPEDITIONARY WING** -- Red Tail University is a new, supervisory-skill building and self-improvement initiative available to 332d Air Expeditionary Wing Airmen.

Everyone assigned to 332d AEW is invited to attend RTU events which include training on customer service, stress management, providing and receiving constructive criticism and bullet writing.

“One of the goals we had when starting RTU was to professionally develop and create opportunities for people. They're going learn something, use those skills and apply it to everyday life,” said Tech. Sgt. Avery R. Usita, 332d AEW Equal Opportunity specialist and RTU co-director. “We want to help people, help people.”

This initiative connects members who want to teach with those who want to learn.

“RTU is an opportunity for people to share professional and personal knowledge to help develop fellow Airmen,” said Staff Sgt. Alissa VandeBunte, 332d Communications Squadron Engineering installation technician and RTU administrator. “I've been to each of the courses so far and they've all been great because people are sharing what they are passionate about.”

The curriculum options RTU provides is meant to encourage 332d AEW Red Tails to seek learning and personal growth opportunities beyond textbook-style professional military education.



“People here have a thirst for knowledge and are more likely to pursue that now with all the things we are offering,” said Master Sgt. John McIntosh, 332d Chapel operations noncommissioned officer and RTU co-director.

This new program was modeled on other successful enterprises found at U.S. Air Force installations around the world, such as the Wyvern University at Aviano Air Base in Italy and Shark University at Patrick Space Force Base, Florida.

“The course curriculum offered every Saturday is distinctly different from other

332d AEW PME offerings such as Airpower Leadership Academy and the First Sergeant Symposium,” said Chief Master Sgt. Sean Milligan, 332d AEW command chief. “This is another great example of our commitment to ‘Return Airmen Better’.”



# HC-130J Combat King II low-level flight



Lieutenant Col. Jennifer Pruitt, 26th Expeditionary Rescue Squadron commander, and Capt. McKenna Hall, 26th ERQS HC-130J mission pilot, watch the horizon as they fly a U.S. Air Force HC-130J Combat King II aircraft during a low-level mission on May 16, 2022. (U.S. Air Force photo by Master Sgt. Kelly Goonan)

## ARC advisors educate Guard, Reserve

Colonel Amy Boehle, senior Air Reserve Component advisor for Ninth Air Force (Air Forces Central), and Lt. Col. W. Sterling Anderson II, deputy ARC advisor, talk with 332d Force Support Squadron Guard and Reserve Red Tails during a visit to the 332d Air Expeditionary Wing May 20, at an undisclosed location in Southwest Asia.

This was the second visit conducted by ARC leadership since February offering the opportunity for Guard and Reserve Red Tails to learn about their deployment benefits. In addition to several wing-wide briefings, the ARC team met with several squadrons and smaller groups to engage with the Guardsmen and Reservists deployed with the 332d AEW.



# Diversity and Inclusion Council generates positive change

**332D AIR EXPEDITIONARY WING** — Chief of Staff of the Air Force General Charles Q. Brown, Jr. stated “I want the wisdom and knowledge to lead, participate in, and listen to necessary conversations on racism, diversity and inclusion. I want the wisdom and knowledge to lead those willing to take committed and sustained action to make our Air Force better.”

This is what led the 332nd Air Expeditionary Wing to stand up its own Diversity and Inclusion Council, focused on building an environment where all Red Tails can thrive and rise to their maximum potential by embracing equality, removing barriers and developing pathways to achieve positive change.

To succeed in these objectives, the council facilitates weekly discussions focused on diversity and empowerment, creating a space for Red Tails to openly share personal experiences and different perspectives.

“The weekly discussions offer a neutral platform for Red Tails to engage in meaningful conversations that shape each other’s perspectives and provide an opportunity to discuss issues that impact them personally and professionally,” said Master Sgt. Kelly Goonan, 332d AEW public affairs superintendent and outgoing council chair. “Discussions rotate through a variety of topics every week. Over the past several months we have talked about generational differences, communication styles, sexual identification, dating barriers, unconscious and implicit biases, and socioeconomic differences.”







In addition to hosting weekly meetings, the council is responsible for properly educating the wing and honoring federal observances.

“The events and information on each federal observance shared by this council has had a resounding impact on our Red Tail community,” Goonan said.

To date, the council has hosted special observance engagements to bring 332d AEW Airmen together honoring Martin Luther King Jr., Black History month, Women’s History month, the week-long Holocaust Days of

Remembrance and Asian American Pacific Islander month.

“Our council members have hosted 5K’s, paint-and-sips, T-wall paintings, zoom keynote speakers, dance lessons and even a Luau to bring our members together,” she explained. “The turnout has been incredible for every event.”

In addition to hosting a variety of events, the council publishes timely newsletters that educate the masses on the historical context of each special observance, tying it back to the mission.

“We know not everyone will attend a meeting or have an interest in participating in planned events,” said Goonan. “Some individuals prefer to read verses participate and the newsletter bridges that gap. We are careful to craft fact-based newsletters with a military connection that relates to the observance being highlighted.”

Fostering a deeply-rooted culture of inclusion and having a deeper understanding of what makes our Air Force diverse and formidable equips 332d AEW Airmen to continue flawlessly generating, executing and sustaining combat air power.



# Readiness and resiliency through fitness

**332D AIR EXPEDITIONARY WING** -- Airmen often set personal goals while on deployment. Some work toward furthering their education, while others learn to play an instrument or reach financial goals.

Many Airmen assigned to the 332d Air Expeditionary Wing set personal fitness goals to improve their Physical Fitness Assessment scores, overall health and serve as a stress reliever.



“I take great pride in listening to our patrons and acquiring specific equipment or offering fitness classes to help them meet their goals,” said Billy Miles, Legends Fitness Center manager. “By offering monthly fun runs, sports tournaments and challenges we can directly and positively increase morale.”

Airmen determined to meet fitness goals or who need to release stress find time to go to the gym to exercise individually or participate in group activities. A popular pastime for fitness enthusiasts in a deployed environment is weight lifting.

The “Strongest in the AOR” was a recent powerlifting competition sponsored by U.S.

Air Force Central Command between all five air expeditionary wings within the AFCENT area of responsibility. 1st Lt. Anthony Bilal, 332d Expeditionary Contracting Squadron contracting officer and construction flight commander, was named this year’s strongest male in the AOR.

“I enjoy challenging myself and competitions like this are a great opportunity to do that with others who enjoy the same thing,” said Bilal. “This competition helped me get a reference point for where I am as I work toward my training goals for a competition in the fall.”

Bilal said the opportunity for increased physical fitness training has helped him focus on perfecting his craft and allowed him to keep his morale high through powerlifting.

“Being Fit to Fight is important to everyday life,” Bilal said. “Powerlifting has helped me embrace it through physical strength and mental fortitude.”

The Air Force stresses the Whole Airman Concept which requires a solid foundation of physical fitness as one of the facets of complete health.

“Members who are physically fit enhance readiness, miss fewer duty days, and decrease the workload on an installation’s medical personnel,” said Miles.

Physical fitness not only improves overall health, it builds resilient warfighters.

“A key part of fitness is creating a deliberate resiliency plan by making it a priority,” said Chief Master Sgt. Sean Milligan, 332d Air Expeditionary Wing command chief. “What better environment than a deployment when you can focus on those personal goals of physical fitness.”and strengthen relationships as well as develop and take care of its warfighters.





## **April's Monthly Award Winners**

### **Airman:**

Senior Airman Pedro Rodriguez, Special Staff/CP

### **Noncommissioned Officer:**

Staff Sgt Samantha Millington, ECONS

### **Senior Noncommissioned Officer:**

Master Sgt Christopher Tarquinio, A5E

### **Company Grade Officer:**

Capt Shayne Thompson, ELRS

### **Field Grade Officer:**

Maj Alexander Reynolds, EMDG

### **Team:**

Weather Flight, EOSS

## **Master Sergeant Release**

# **Congratulations!!**



TSgt Cody Adair, A167  
TSgt Talisha Adams, IG  
TSgt Jared Alday, ECES  
TSgt Christopher Bailey, EMXS  
MSgt Dylan Berglund, ECES  
MSgt Dwight Chandler, RED HORSE  
TSgt Kyle DeFrancis, Defense Attaché  
TSgt Mark Gonzalez, ERQS  
TSgt Joshua Hoke, EMXS  
TSgt Chad Kerlin, RED HORSE  
TSgt Kayla Lee, EFS  
TSgt Paris Owens, EMDS  
TSgt Jeremy Snyder, ESFS  
TSgt Darren Tomford, EMXS  
MSgt Kevin Walter, ESFS

