

SELFRIDGE FLYER

Volume 3, Issue 5

"127th Wing — Your Hometown Air Force"

September 2020





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PSYCHOLOGICAL HEALTH

September is Suicide Prevention Awareness Month

It only takes five minutes to save a life

By **Marsha Candela**

127th Wing Director,
Psychological Health

September is Suicide Prevention Month and I want to take a moment to review some daunting statistics. Despite ongoing education and awareness, completed suicides continue to rise both in the civilian world and across all components of the military. Veterans continue to commit suicide at the rate of 22 per day, a rate that's increased by 35% since 1999.

Life stressors alone can diminish mental resiliency. Problems in relationships, uncertainty of the economy, job dissatisfaction, parenting difficulties, substance abuse, financial stress, lone-



Marsha Candela

liness, aging parent or child health issues are among some of the most common stressors people name.

With the COVID-19 pandemic added as an ongoing aspect of our daily lives, everyone is challenged with increasing psychosocial stressors. Some Wing members may have lost their jobs, homes, and loved ones. Now more than ever we have to empower ourselves to step up and take an active role in supporting re-

siliency and preventing suicide in our fellow Airmen.

It only takes five short minutes for someone to make the decision to commit suicide. We don't have time to sit back and wait for someone else to intervene so we need bystander intervention. In order to successfully intervene as a bystander, the first step is to become familiar with common symptoms of depression. These symptoms can include low mood, tearfulness, isolation, loss of interest in previously enjoyed activities, anger, agitation, irritation, joylessness, weight fluctuations, sleep disturbance, poor work performance, worsening hygiene, etc.

Two important acronyms to aid you in remembering the important steps of bystander intervention are A.C.E. and G.O. S.L.O.

A.C.E.

Ask: someone directly,

"Are you having thoughts of suicide?" If you are uncomfortable with this question, escalate the concern to a trusted member, supervisor, first sergeant,

commander, Chaplain or Director of Psychological Health.

Care: Convey that you care about the person. Listen to them. Empathize with them, show you understand by paraphrasing what you hear them saying. One smile, one invitation for coffee, one, "I hear you," can make all the difference in that person's life.

Escort: Escort a person who has expressed thoughts of self-harm to a trusted individual on base or the emergency department if you are off base. Do not leave the person alone.

GO S.L.O.

The most widely used

method of successful suicides is by hand guns. Knowing if a suicidal person has access to firearms is key, separating their weapon and its ammunition when possible. Consider the following acronym when seeking out firearms in someone's home:

S: Safes

L: Locks

O: Outside of home.

Please call me if you have any questions, (586) 239-2510 or (586) 764-7233. You can also get help from these critical resources:

NATIONAL HOTLINES

- Suicide 800-273-8255

- Domestic Violence 800-799-7233

- Crisis Text Line - Text, "CONNECT," to 741741

- National Substance Abuse Hotline, 800-662-HELP, or 800-662-4357

- National Alliance on Mental Illness (NAMI) 800-950-NAMI, or 800-950-6264

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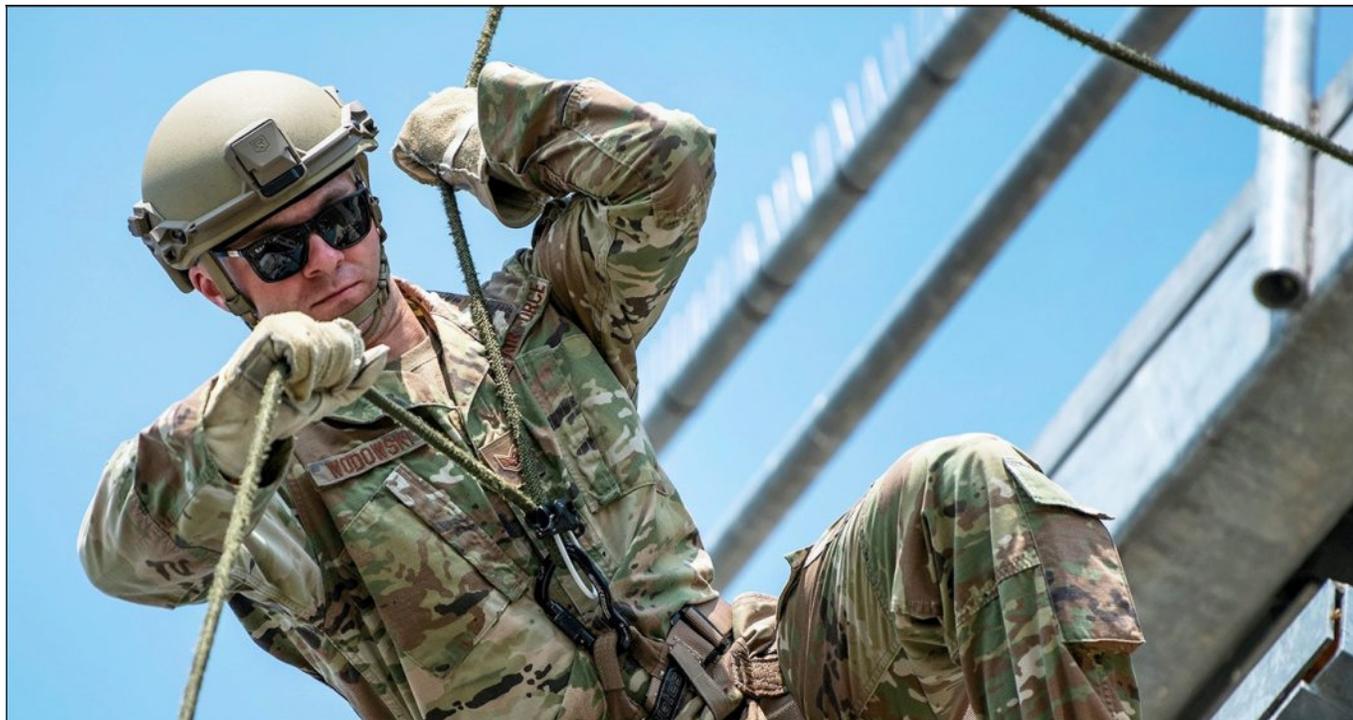
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On the cover: Airman 1st Class Carlos Huembes and Senior Airman Andrey Napalitano, both defenders with the 127th Security Forces Squadron here, conduct weapons training on Aug. 17, 2020. Traveling in two-person teams, the duo practice advancing on a target while under fire, in an exercise called, "Shoot, Move, Communicate." Defenders routinely practice combat skills and training exercises to stay proficient in wartime skills and ensure readiness. (U.S. Air National Guard photo by Munnaf H. Joarder)

Seen around Selfridge



Staff Sgt. Robert Wodowski, a defender with the 127th Security Forces Squadron repels down a tower here. Selfridge Defenders had the opportunity to conduct joint tactical training with members of the Department of Homeland Security, which included rappelling, tactical entry, and active shooter response.

U.S. AIR NATIONAL GUARD PHOTO BY TERRY L. ATWELL

Seen around Selfridge



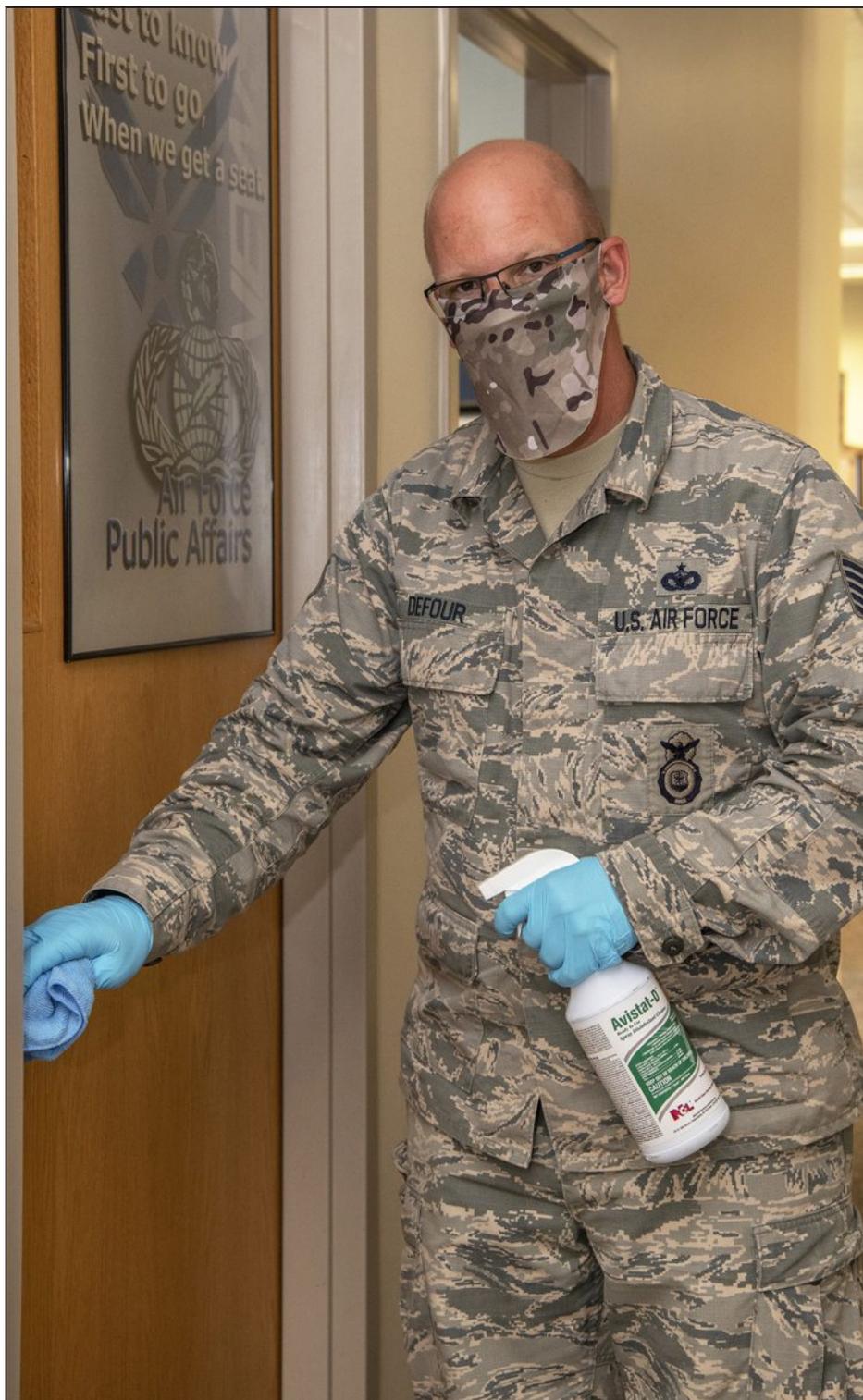
U.S. AIR NATIONAL GUARD PHOTO BY TERRY L. ATWELL

Members of the U.S. Air Force Thunderbirds arrive at Selfridge Air National Guard Base on Sept. 9, 2020. The Thunderbirds, based out of Nellis Air Force Base, Nev., are the Air Force's premier aerial demonstration team, performing at air shows and special events worldwide.



Airmen of the 127th Air Refueling Group return to their home station of Selfridge Air National Guard Base, Michigan, August 6, 2020, after a deployment to CENTCOM Area of Responsibility. The deployment for the 127th ARG was their latest in a continuing series.

U.S. AIR NATIONAL GUARD PHOTO BY TERRY L. ATWELL



U.S. AIR NATIONAL GUARD PHOTO BY TERRY L. ATWELL

Tech. Sgt. Jeremy DeFour, a firearms instructor with the 127th Security Forces Squadron here, sanitizes common areas of 127th Wing Headquarters building. As a member of the 127th Wing's COVID-19 response and sanitation team, DeFour and other team members deep clean buildings twice daily. When not working for the special detail, DeFour instructs base personnel in firearms procedures and conducts routine weapons maintenance. He enjoys teaching and safeguarding fellow service members and property.



U.S. AIR NATIONAL GUARD PHOTO BY TERRY L. ATWELL

Airman 1st Class Caylin Wilson, Senior Airman Scott Kultala, Staff Sergeant Brandon Duest and Staff Sergeant James Myatt conduct casualty evacuation under fire during a exercise held at Selfridge Air National Guard Base, Michigan on August 21, 2020. The defenders from the 127th Security Forces Squadron had the opportunity to practice combat skills with other 127th Security Forces Squadron members. The Airmen took part of a casualty evacuation scenario.



U.S. AIR NATIONAL GUARD PHOTO BY MUNNAF H. JOARDER

Members of the 127th Wing Force Support Squadron set up the frame of a tent for field operations as part of their Annual Training at Selfridge Air National Guard Base, Michigan. This training helps members of the squadron maintain their readiness to deploy and support combatant commanders and military members around the globe.

TRAINING



U.S. AIR NATIONAL GUARD PHOTO BY MUNNAF H. JOARDER

Staff Sgt. Cory Jones, Senior Airman Erica Spaulding and Senior Airman Bradley Welbourn load a live Mark 82, 500 pound, bomb onto an A-10 Thunderbolt II here on August 11, 2020 prior to departing on a training mission. Michigan's citizen-Airmen continually train on their systems to maintain their certifications and ensure readiness.

SANGB-built bombs make a 'Mark' in Michigan

By Tech. Sgt. Chelsea FitzPatrick
127th Wing Public Affairs

SELFREDGE AIR NATIONAL GUARD BASE, MICH. » Members of the 127th Aircraft Maintenance Squadron's Weapons team had the opportunity to practice wartime readiness skills at home station this week, when they successfully loaded three, live Mark 82 bombs on two A-10 Thunderbolt II aircraft here on August 11, 2020. The bombs, built by the 127th Aircraft Maintenance Squadron's ammunitions team here last week, were then flown to and dropped on the Grayling Air Gunnery Range in Waters by 107th Fighter Squadron pilots.

"Our wartime skill is to arm aircraft with live weapons," said Sr. Master Sgt. Richard James, weapons section chief. "Unlike other maintenance career fields, we don't get the chance to hone our skills

During training missions, A-10 weapons crews and pilots typically use inert bombs, only simulating wartime combat conditions. Loading live bombs during training missions is integral to keeping weapons Airmen fresh on skills related to handling live ordnance.

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"Using live ordnance for training is important because the dummy bombs and real bombs have differences in fuses, capabilities, and feel," James said.

Senior Airman Erica Spaulding and her team members, Senior Airman

Bradly Welbourn and Staff Sgt. Cory Jones, all weapons loaders with the 127th Aircraft Maintenance Squadron, loaded the live bombs. Spaulding, a veteran who served a tour in Afghanistan in support of Operation Freedom's Sentinel, agrees the local training opportunities enhance real-world mission readiness.

"This training is closer to a real-life missions so it will prepare us for the experiences we will have in future overseas deployments," Spaulding said.

Spaulding, a full-time college student, likes the

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satisfaction she gets from seeing her job completed.

"I get to load the jets, see them go up, then see them come back without munitions," Spaulding said. "It makes me feel like I play an important role in the close-air support mission."

After being loaded with the 500-pound bombs, pilots flew the loaded A-10s

north to the 148,000-acre, joint-use, ground maneuver and impact range space called the National All-Domain Warfighting Center, encompassing Camp Grayling Joint Maneuver Training Center and Alpena Combat Readiness Training Center in Grayling and Alpena respectively. Having the capability to load live

ordnance at home station also protects Airmen from having to travel on temporary duty, potentially exposing them to COVID-19 exposure.

"I think it's awesome we were able to do the live load mission here yesterday and I look forward to doing more missions like this in the future," Spaulding said.

RIBBON CUTTING

Michigan National Guard unveils Kelly Johnson Joint All-Domain Innovation Center

By Capt. Andrew Layton
MING Public Affairs

SELFRIDGE AIR NATIONAL GUARD BASE, MICH. » Lt. Gov. Garlin Gilchrist joined ranking members of the Michigan National Guard for a ribbon cutting ceremony to mark the grand opening of the Kelly Johnson Joint All-Domain Innovation Center at Selfridge Research Park.

“Michigan continues to bring together the greatest academic, commercial and military minds to develop new ways of protecting our servicemembers and securing our nation,” said Lt. Governor Gilchrist. “The Kelly Johnson Joint All-Domain Innovation Center will allow the Michigan National Guard and our partners in the private sector to build upon their strong reputations of innovation to further push the boundaries of what is possible in pursuit of our national defense.”

The ceremony marks an important milestone as Michigan continues to draw attention from Department of Defense decision makers as a thought leader, piloting future capabilities and providing unrivaled training opportunities that leverage Michigan’s unique blend of geography, people, and technology-based industry.

“The purpose of the Kelly Johnson Joint All-Domain Innovation Center is to provide opportunities (and a location) for all military members, government, and industry professionals to research, problem solve, and collab-

orate in direct support of state, national, and Michigan leadership objectives,” said Maj. Gen. Paul Rogers, Adjutant General and Director of the Michigan Department of Military and Veterans Affairs.

The innovation center has been named in tribute to Michigan native Clarence “Kelly” Johnson, Lockheed’s master aeronautical engineer, who contributed to the successful design of dozens of U.S. military aircraft including the F-80 Shooting Star, the U-2 Dragon Lady, and the SR-71 Blackbird.

Michigan has long been an engine for innovation within the Department of Defense. Michigan’s close ties to the defense industry date back to World War II and the “Arsenal of Democracy.” The Kelly Johnson Joint All-Domain Innovation Center will link this proven track record with future initiatives to defend the air, land, sea, space, and cyberspace warfighting domains.

“The Kelly Johnson Joint All-Domain Innovation Center will align Michigan’s national assets such as the National All-Domain Warfighting Center at Camp Grayling and Alpena Combat Readiness Training Center with senior leadership objectives,” said Brig. Gen. Bryan Teff, Assistant Adjutant General - Air and commander of the Michigan Air National Guard. “It provides a venue to shape the future by solving problems and applying technology solutions, enabling service members and industry partners to solve crucial needs.”



U.S. NATIONAL GUARD PHOTO BY MASTER SGT. SCOTT THOMPSON/RELEASED

Michigan Lt. Gov. Garlin Gilchrist II joins Maj. Gen. Paul Rogers, Adjutant General and Director of Michigan’s Department of Military and Veterans Affairs, and Mr. Jeff Langhout, Director, U.S. Army Ground Vehicle Systems Center, for the unveiling of the Kelly Johnson Joint All-Domain Innovation Center at Selfridge Air National Guard Base on Sept. 11, 2020. The ceremony marks an important milestone as Michigan continues to draw attention from Department of Defense decision makers as a thought leader, piloting future capabilities and providing unrivaled training opportunities that leverage Michigan’s unique blend of geography, people, and technology-based industry.

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