

# THE SECTOR

**VOL. 20 ISSUE 1**

**EASTERN AIR DEFENSE SECTOR**

**JAN-MAR 2014**



## In this Issue

Brig. Gen. Deskins Promotion Ceremony  
Annual Award Winners Recognized at Banquet  
Capt. Hudson is CONR-1AF Company Grade Officer of the Year

## JADOC and ECP Nearly Completed, PT Test in June

After years in the planning, design and construction, Phase I of the new Joint Air Defense Operations Center at Joint Base Anacostia-Bolling in Washington, D.C. has been completed. While it won't be occupied until May, the finished building represents a significant milestone for our National Capital Region mission, which started in tents in 2003 before moving into trailers for the better part of the last decade.

The new JADOC is a state-of-the-art, 22,000 square-foot building. It provides far more space for administrative and operational functions than the old trailer facility did and will directly improve Det 1's ability to conduct its mission.

We're also close to completing the entry control point project here at EADS. The new ECP, which should be finished the last week in May, provides vehicle access to the facility from Phoenix Drive. The ECP, combined with a series of new traffic barriers, corrects a long-identified force protection shortcoming. The new building will include a much-larger vehicle inspection area, which will make coming in and out of EADS safer and easier for staff, visitors and our many vendors.

**PT Test Coming Soon.** It's the middle of March, meaning our annual first-week-of-June PT test is a little



Col. Wade Dewey

over 70 days away. Hopefully, most of us have maintained a solid level of fitness during this long, cold winter.

If you haven't, the good news is that there are 10 weeks to prepare for the test. The bad news is that you need to start working out right now to be ready.

It's no secret that the Air Force and Air National Guard emphasize physical fitness. Poor performances on the PT test can jeopardize an individual's

chances at promotion and repeated failures can lead to separation.

Fortunately, each individual controls their own fate when it comes to fitness. So, get out there and get prepared for June's test.

**Congratulations to Capt. Angela Hudson** of our Canadian Detachment, who has been named the Continental NORAD Region-1 Air Force Company Grade Officer of the Year. Capt. Hudson now advances to the NORAD CGO competition. Please take the time to congratulate Capt. Hudson when you see her and wish her good luck at the next level.

**Good-bye to General Deskins.** I want to publicly thank everyone involved in the send-off and promotion of EADS former Commander, Brig. Gen. Dawne Deskins. Capt. Claude Hibbert, who organized and expertly emceed the dinner at Delta Lake Inn, and Lt. Col. Steve Rathmell, who produced the farewell video everyone enjoyed so much, deserve special thank-yous. These additional tasks require a great deal of time and effort to do correctly and I truly appreciate the hard work these two officers put into making Brig. Gen. Deskins' farewell memorable.

### THE SECTOR

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## Medical Reporting Procedures: It's Vital to be Complete as Possible

The past winter was a busy one here at the Eastern Air Defense Sector. We maintained our always-demanding operational tempo, held holiday parties and awards banquets, and said good-bye to several key leaders, who have either retired or moved on to bigger and better things.

Spring, thankfully, is almost here and it's the perfect time to review the medical care reporting responsibilities of our personnel. This is an important responsibility that many of our members overlook until an issue or problem arises.

As a geographically separated unit (GSU), most of us use TRICARE Standard or Prime Remote for insurance and see Primary Care Managers (PCMs) that are civilian doctors. This differs from most Air Force members who see military PCMs at a base facility and don't have to use health insurance. While there are advantages and disadvantages to both methods, my focus in this article is on the challenges involved with using civilian PCMs and the member's responsibility to properly report and document visits.

It is a member's responsibility to ensure that any medicine prescribed by a PCM is immediately reported to our supporting medical facility, the 174th Medical Group (MDG). This can be accomplished by copying the prescription prior to the pharmacy dispensing it, or copying the receipt of the medicine stapled to the top of the pharmacy bag indicating who the medicine is for, the doctor who prescribed it, and for what period of time the medicine is to be taken. You need to take this copy and scan it to your computer and e-mail it to Master Sgt. Shawn Forsyth at the 174th MDG ([shawn.forsyth@ang.af.mil](mailto:shawn.forsyth@ang.af.mil)), DSN 243-2167. Remember to use the Personal Health Information (PHI) statement and encrypt the document.

This responsibility is yours. Failing to do this could result in you testing positive during a urinalysis screening. If you don't do this, your medical record will also be incomplete and could affect future decisions made about your benefits.

It is also a member's responsibility to ensure all notes, x-rays, MRIs, or any other tests directed by a civilian doctor are released. All documents should be released to the 174 Medical Group, Hancock Field, 6001 Molloy Rd, Syracuse, N.Y., 13211 Attn. Medical Records for "rank your name."

Every doctor's office has a release form that you can fill out to release specific notes or tests, or you can release all documents for a specific time frame, such as 1 September 2014 - 30 August 2015. If you don't see the form, ask for one! The medical record held by the 174 MDG is "your" health record and you want it to be as complete as possible.

In closing, I want to emphasize what a privilege and honor is it to be your support Chief. One of the most gratifying parts of my job is looking out for our members and helping them be successful. It is a responsibility I don't take lightly. All I ask from you is to be accountable to the unit, the Air National Guard and most importantly, yourself and your families.



**Chief Master Sgt. Chris Giuffrida**

## Director, ANG Presents 29 Combat Medals to 105th Airlift Wing Airmen

by Tech. Sgt. Michael O'Halloran, 105th Airlift Wing Public Affairs

STEWART AIR NATIONAL GUARD BASE, NEWBURGH, N.Y. -- Twenty members of the New York Air National Guard's 105 Airlift Wing -including two airmen who received two Purple Hearts for wounds suffered in action - were recognized by the Air National Guard's top general on Sunday, March 2.

The 20 members of the 105th Base Defense Squadron, who deployed to Afghanistan last year, received a total of 29 medals from Lt. Gen. Stanley E. Clarke III, the director of the 100,000-member Air National Guard.

It was the first time he had ever awarded a Purple Heart medal and it was unusual to present 12 of them and present two airmen with more than one, Clarke said. "What an honor, I am truly humbled," he said.

The awards included five Bronze Stars, 12 Purple Hearts and 12 Air Force Combat Action Medal.

The 20 airmen deployed to Bagram Air Field alongside members of the active Air Force's 820 Base Defense Group to provide security at the base. Their missions took them "outside the wire" regularly.

One member of the 105 Base Defense Squadron Team, Staff Sgt. Todd T.J. Lobraico Jr., was killed in action during the deployment in September 2013.

"Staff Sergeant T.J. Lobraico, a true American hero, may not be physically present in the room with us today, but he is with us spiritually and will be forever," LaBarge added.

"I've done multiple award ceremonies throughout my thirty something years, but never one like this; in any capacity, in any place that I've ever served," Clarke said. "It's a historic day obviously for the members themselves, their families, the unit, the New York National Guard, the Air National Guard, and the United States Air Force, and the nation."

Receiving awards during the ceremony were:

- Chief Master Sgt. David Pritchard, Washingtonville, N.Y., Bronze Star.
- Master Sgt. Shawn Knowlton, Watertown, N.Y., Bronze Star, Purple Heart and the Air Force Combat Action Medal.
- Master Sgt. Jose Pena Rojas, the Bronx, Bronze Star.
- Master Sgt. Michael O'Connell, Washingtonville, N.Y., Bronze Star.
- Staff Sgt. Nigel Dabry, Queens, two Purple Hearts and the Air Force Combat Action Medal.
- Senior Airman Amanda Martino, Lindenhurst, N.Y., two Purple Hearts and the Air Force Combat Action Medal.
- Staff Sgt. Winston Rios, Clifton, N.J., Purple Heart and Air Force Combat Action Medal.
- Senior Airman Michael Hansen, Newburgh, N.Y., Purple Heart and Air Force Combat Action Medal.
- Senior Airman Thomas Pulaski, Wallkill, N.Y., Purple Heart and Air Force Combat Action Medal.
- Airman 1st Class Samuel Davies, Warwick, N.Y., Purple Heart and the Air Force Combat Action Medal.
- Airman 1st Class Matthew Zungia, Newburgh, N.Y., Purple Heart and the Air Force Combat Action Medal.
- Airman 1st Class Marieann Raguso, Yorktown Heights, N.Y., Purple Heart and the Air Force Combat Action Medal.
- Tech Sgt. Michael Pacenza, Newburgh, N.Y., Air Force Combat Action Medal.
- Staff Sgt. John Bellino, Wappingers Falls, N.Y., Air Force Combat Action Medal.
- Staff Sgt. Dustin Helms, Pine Bush, N.Y., Air Force Combat Action Medal.
- Staff Sgt. Vinh Taylor, Vacaville, Calif., Air Force Combat Action Medal.
- Staff Sgt. Miguel Nin, Bronx, Air Force Combat Action Medal.
- Senior Airman Justin Murphy, Bergenfield, N.J., Air Force Combat Action Medal.
- Senior Airman Luis Giron, Newburgh, N.Y., Air Force Combat Action Medal.
- Senior Airman David Smith, Poughkeepsie, N.Y., Air Force Combat Action Medal.
- Senior Airman Adrian Torres, Queens, Air Force Combat Action Medal.

The Air Force Combat Action Medal is awarded to members of the Air Force who actively engage the enemy with direct fire in ground operations. The Bronze Star is awarded for acts of merit or for meritorious service in a combat zone. The Purple Heart is awarded for wounds sustained during combat operations. The award of more than one medal indicates wounds sustained during two separate incidents.



*Air Force Airman 1st Class Marie Ann Raguso, 105th Security Forces Squadron, receives the Purple Heart Medal and the Air Force Combat Action Medal from Lt. Gen. Stanley E. Clark III, the director of the Air National Guard, at an awards ceremony on March 2. Photo by Tech. Sgt. Michael O'Halloran,*

## EADS Recognizes Outstanding Performers at Annual Awards Banquet

by Tim Jones, EADS Public Affairs

More than 170 New York Air National Guardsmen, Canadian Forces members and guests were in attendance at the Radisson Hotel in Utica on Jan. 17 as the Eastern Air Defense Sector recognized its outstanding performers from 2013.

The unit recognized outstanding performers in six categories: company grade officer (junior officers below the rank of major), senior noncommissioned officer, noncommissioned officer, junior enlisted airman, honor guard member and civilian.

Award recipients were:

- **Capt. Angela Hudson**, Royal Canadian Air Force, Outstanding Company Grade Officer. A senior director in operations, Hudson qualified as an instructor in the shortest time possible. A third-year law student, she was noted as a “stellar performer” on a major Air Force operational inspection. Capt. Hudson was also named CONR-1AF Outstanding CGO. For more on Hudson’s achievement, see article on page 7.
- **Master Sgt. Jonathon Lake**, Holland Patent, Outstanding Senior Noncommissioned Officer. A versatile senior NCO, Lake maintained three different operational qualifications. The only EADS member to earn an “exceptionally qualified” rating as an emergency action coordinator, Lake performed superbly in nine NORAD-level exercises. He also developed a training program for military pay certifiers, participated in eight Honor Guard details and was active in several volunteer efforts.
- **Master Cpl. Sean Parent**, Royal Canadian Air Force, Outstanding Noncommissioned Officer. The first RCAF member to be assigned to EADS data-link management control cell, Parent was recognized for outstanding performance by the Commander and four visiting generals. Parent is the Canadian Detachment’s suicide prevention adviser and serves on the unit’s bi-national honor guard.
- **Staff Sgt. Benjamin Plumley**, Herkimer, Outstanding Airman. A radio transmission specialist, Plumley’s ingenuity during installations and maintenance saved thousands of dollars. As lead antenna climbing instructor, Plumley trained five Airmen on safety and rescue techniques, which contributed greatly to the unit’s perfect safety record in this area. An energetic volunteer, he served as a youth baseball coach and helped with flood-relief and Thanksgiving charity events.
- **Tech. Sgt. Amy Ough**, Whitesboro, Outstanding Honor Guard Member. Ough participated in more than 30 percent of the Honor Guard’s 50 details, including 11 funeral ceremonies. She contributed more than 125 volunteer hours to the program, coordinating with local funeral directors and training new personnel for ceremonial duties. Ough has also been named the New York Air National Guard’s Outstanding Honor Guard member.
- **Arnold Zumbrun**, Rome, Outstanding Civilian. Lead program manager for computer room addition, which was completed on time and included more than \$1.3 million in communications equipment. As a resource adviser, Zumbrun streamlined his section’s budget, maintaining mission critical support projects while reducing spending by more than 20 percent.



Master Sgt.  
Jonathon Lake



Master Cpl.  
Sean Parent



Staff Sgt.  
Benjamin Plumley



Tech. Sgt.  
Amy Ough



Mr. Arnold Zumbrun

## Capt. Hudson is CONR-1AF Company Grade Officer of the Year

by Tim Jones, EADS Public Affairs



Capt. Angela Hudson

Capt. Angela Hudson of the Canadian Detachment, Rome, has been named 2013's outstanding company grade officer in CONR-1st Air Force. A senior director in operations, Hudson qualified as an instructor in the shortest time possible and was noted as a "stellar performer" on a major 1st Air Force operational inspection.

A third-year law student, Hudson volunteers in the local community as a court-appointed special advocate working with disadvantaged children. She was also a national finalist for the prestigious Royal Canadian Air Force Space Studies.

A 2007 graduate of the University of Toronto, Hudson was commissioned in the RCAF in 2009. After completing the basic and advanced weapons courses, she joined EADS in October 2011.

Hudson will now go on to compete in the NORAD CGO competition.



## New York Air National Guard Chiefs Visit JADOC

*The New York State ANG Command Chiefs visited DEt 1 at the JADOC on March 11. The group received a mission briefing, viewed an exercise, and held an enlisted call. Pictured, from left to right along with JADOC personnel supporting the visit, are: Command Chief Master Sgt. Phillip Tanvenier, 107th AW; Sr. Master Sergeant Donald Gallagher, 105th AW; New York State Command Chief Master Sgt. Richard King; Command Chief Master Sgt. Diana Manno 106th RQW; Chief Master Sgt. Maureen Dooley, EADS; Master Sgt. Terry Pentecost, JADOC; Command Chief Master Sgt. Russell Youngs 174th Attack Wing; Sr. Master Sgt. Chris Newcomer, JADOC, and Master Sgt. David Moody, JADOC. Photo provided by Col. Wendel Smith.*

# Ribbon Cutting Ceremony Held for New JADOC



Phase I of the new \$13.1 million, 22,000 square-foot Joint Air Defense Operations Center (JADOC) at Joint Base Anacostia-Bolling in Washington, D.C. has been completed. A ribbon-cutting was one of several events held to commemorate the event and a formal dedication is being planned for this summer.

Top left photo: Col. Slayden, AMD Task Force Commander, and Lt. Col. David Ellingson, EADS Detachment 1 Commander, joined Rear Adm. Markham Rich, Commandant, Navy District of Washington; Capt. Tony Edwards, Commanding Officer, Naval Facilities Engineering Command (NAVFAC), Washington; and Capt. Anthony Calandra, Commander, Joint Base Anacostia-Bolling (JBAB) for the building's ribbon-cutting on Feb. 20. Top right: Capt. Jamie Pelphrey of Det 1 joined Lt. Col. Ellingson in mounting a commemoration plaque near the new building's entrance. The plaque marks a piece of Pentagon rubble that was recovered from the terrorist attacks on Sept. 11, 2001 and placed into the external wall. Bottom left photo: Maj. Mike Pelphrey and Lt. Col. Ellingson seal a crate that contains a piece of the Pentagon rubble along with a flag that was flown over the NCR by the U.S. Coast Guard. The crate has been sent to the Western Air Defense Sector at Joint Base Lewis-McChord in Washington.

## Former EADS Commander Promoted to Brigadier General

The former Commander at the Eastern Air Defense Sector was promoted to Brigadier General in the New York Air National Guard during a short ceremony on March 8.

Brigadier General Dawne L. Deskins was promoted by Maj. Gen. Patrick Murphy, the Adjutant General, New York. Deskins next assignment will be working as the Special Assistant, Sexual Assault and Prevention, to the Director of the Air National Guard, Lt. Gen. Stanley E. Clarke III. In her new position Deskins will be spearheading the sexual assault prevention and response program for the 100,000-member Air National Guard.

A graduate of Skaneateles High School and Ithaca College, Deskins was commissioned as a second lieutenant in 1984 through the Air Force ROTC program at Cornell University. She served on active duty until 1995 when she returned to New York and joined what was then the Northeast Air Defense Sector.

On the morning of Sept. 11, 2001 Deskins, was overseeing Northeast Air Defense Sector personnel engaged in a routine air defense exercise. When the events of that day evolved—the hijacking of four aircraft with the hijackers crashing them into the Pentagon and the World Trade Center buildings—Deskins played a key role in the military response.

In the official 9/11 Commission report the personnel Deskins led that day are credited with responding well to a confusing set of circumstances.

Deskins is the third woman to be promoted to general in the New York Air National Guard.

Retired Major General Irene Trowell-Harris, a nurse, joined the New York Air National Guard in 1963 and became a one-star general in 1993. Retired Brigadier General Esther Rada joined the New York Air National Guard in 1987 and became a general officer in 2005.

After joining the Air Force in 1984, Deskins attended Air Weapons Controller training at Tyndall Air Force Base, Fla. For the next 10 years, she served in a variety of assignments at the Northwest Air Defense Sector at McChord Air Force Base, Wash. and at the 3625th Technical Training Squadron and 21 Test and Evaluation Squadron at Tyndall AFB, Fla.

In 1995, Deskins separated from active duty Air Force and joined the New York Air National Guard and what was then known as the Northeast Air Defense Sector.

She held several leadership positions at NEADS including Mission Crew Commander, Flight Commander, Assistant Director, Sector Operations Control Center and Chief, Exercise and Analysis and Deputy Commander, Support.

She holds a Bachelor of Science degree in Communications from Ithaca College, a Master's of Science Degree in Management from Florida State University, and is a graduate of the Air Command and Staff College and the Air War College.

Her awards include the Meritorious Service Medal, the Air Force Commendation Medal, the Air Force Outstanding Unit Award, the Air Force Organizational Excellence Award and the Air Force Combat Readiness Medal along with the National Defense Service Medal and Global War on Terrorism Medal.

*Article compiled from New York National Guard and Governor's Office of New York news releases*



*Former EADS Commander Brig. Gen. Dawne Deskins has her new rank pinned on during the March 8 promotion ceremony. Her husband, Tony Deskins, pins her right shoulder and daughter Brittany places one star on the left shoulder, while son Derek looks on. Deskins is now serving as the Special Assistant, Sexual Assault and Prevention, to the Director, Air National Guard. Photo by Tim Jones, EADS PAO.*

## March is National Eye Safety Month

by Capt. Claude Hibbert, EADS Safety Officer

Every day an estimated 1,000 eye injuries occur in the American workplace. The financial cost of these injuries is enormous -- more than \$300 million per year in lost production time, medical expenses and workers compensation.

Eye injuries are caused by a variety of factors. Not wearing adequate eye protection is the leading cause. The Bureau of Labor Statistics (BLS) reports that nearly three out of every five workers injured were not wearing eye protection at the time of the accident. Many others are injured while wearing the wrong kind of eye protection for the job, according to the BLS. About 40 of the injured workers were wearing some form of eye protection when the accident occurred. These workers were most likely to be wearing eyeglasses with no side shields, though injuries among employees wearing full-cup or flat-fold side shields occurred, as well.

The most important thing to remember is to wear the appropriate eye protection for the task, whether at work and at home. Common power tools such as weed eaters, chain saws and circular saws can create flying debris and should never be operated without safety goggles.

The eye issue most EADS personnel face on a daily basis is eye strain, which has become commonplace due to the everyday use of computers. Computer vision syndrome is the medical term for computer-related eye strain and, in most cases, the symptoms are mild. Individuals aware of being "tired" can be relieved by briefly closing their eyes or taking a break from the visual task they are performing.

Although eye strain is uncomfortable, there are no long-term consequences of eye strain. There is no evidence that eye strain causes any adverse changes in the eyes. There is also no evidence that, in adults, continuing to do visual tasks while experiencing eye strain will result in any structural damage to the eyes.

Eye strain, however, can be unpleasant and disruptive to your ability to concentrate and work. The symptoms of eye strain may lead to physical fatigue, decreased productivity, and increased numbers of work errors.

While working at your computer, increasing the resolution of your screen (CRT) and reducing ambient lighting may be helpful. Adjusting the distance of your eyes from both the computer screen and your reading material may also relieve your symptoms. Changing brightness and contrast levels on your monitor and increasing text size can also be advantageous. Massaging the temples with your eyes closed for a minute may alleviate the symptoms. Rather than keeping your eyes focused on the computer screen for hours at a time, interrupt this process by briefly looking out of the window or around the room.

When performing extended visual tasks of all sorts, occasionally stand up, move about and stretch your arms, legs, back, neck, and shoulders. If the symptoms of eye strain are predominantly those of dryness and increasing your blink frequency is not helpful, using an over-the-counter tear substitute a few times a day can be effective.

If all these home treatments don't work to relieve your eye strain symptoms, see your ophthalmologist.

*Information on eye strain from MedicineNet.com*



*The eye issue affecting most EADS personnel is computer vision syndrome, commonly known as eye strain. While there's no evidence eye strain causes any structural damage to the eye, it can be interfere with productivity. Fortunately, several simple steps can reduce eye strain and the problems associated with it.*

## EADS Shooting Team Preparing for TAG Match

by Lt. Col. Ken Field, Chief, Intelligence

The EADS Shooting team has been busy this fall and winter competing in four team events and holding practices on drill weekends. This is all in preparation for the upcoming Adjutant General's (TAG) Combat match to be held at Camp Smith in Peekskill, N.Y. from May 30 to June 1.

Two EADS personnel have won their respective categories in recent matches. Capt. Sam Abbe placed first in class in the service rifle during a Nov. 2 National Rifle Association match Bridgeville, Del. Lt. Col. Ken Field placed first in class for the service pistol in Jan. 12 and Feb. 16 NRA pistol matches in Syracuse.

All EADS members are welcome to participate and earn a place to compete at the TAG match. Please contact Maj. Joakim Hansson if you would like more information on shooting with the team.



*Staff Sgt. Jesse Bucenec takes aim during a pistol match last fall. The EADS shooting team is preparing for the Adjutant General's Combat Match. Anyone interested in joining the team should contact Maj. Joakim JHansson. Photo submitted by Maj. Joakim Hansson.*

### Hail and Farewell

EADS welcomes **Capt. Lena Morrill, Staff Sgt. Joseph Borja, Staff Sgt. Jeremy Dexter, Tech. Sgt. Ryan Findore, Staff Sgt. Emmanuel McGee, Sr. Airman Thomas Carr** and **Airman 1st Class Tyler Eberley**...and bids a fond farewell to **Brig. Gen. Dawne Deskins, Col. Elise Hereth, Sr. Master Sgt. Don Roberts, Tech. Sgt. David Holle** and **Tech. Sgt. Ralph Oswell.**

### And a special EADS welcome to...

**Austin Montgomery Boots**, son of Master Sgt. Dana Boots and wife Amy, born Jan. 10.

## Congratulations Corner

### 4th Quarter CY Award Winners

Noncommissioned Officer  
Sr. Noncommissioned Officer  
Company Grade Officer  
Civilian

Tech. Sgt. Jeremiah Palczynski  
Master Sgt. Mark Armitage  
1st Lt. Jason Cole  
Mr. Tim Jones

### Promotions

Dereck Blackburn  
Kathleen Bielecki  
Matthew Flaherty  
Gary Julian  
Benjamin Plumley  
Thomas Silva  
Nicholas Kulesa  
Allyssa Wright

Tech. Sgt.  
Staff Sgt.  
Staff Sgt.  
Staff Sgt.  
Staff Sgt.  
Staff Sgt.  
Sr. Airman  
Sr. Airman

## 90<sup>th</sup> Anniversary RCAF Mixed Mess Dinner

LCol Kyle Paul and the members of Canadian Detachment Rome cordially invite you to celebrate the 90<sup>th</sup> Anniversary of the Royal Canadian Air Force

Guest Speaker: MGen St-Amand, OMM, CD  
Commander, 1 Canadian Air Division

The Beeches Inn and Conference Center  
Friday, the 25<sup>th</sup> of April 2014  
Cocktails at 1800, Dinner at 1900

Dress: Military - Mess Dress  
Civilian - Formal

Cost: E6 and below: \$40.00  
E7 and above/Civilians: \$50.00

RSVP NLT 10 April 2014



### POCs:

A Flight: Lt Galvin  
B Flight: Capt Ryan  
C Flight: Capt Randell  
Bldg 703: WO Gillis