

INFORMATION

187th Fighter Wing

Vol. 5, No. 5 May 2016



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187th Fighter Wing Commander **Col. Randal Efferson**
 187th Fighter Wing Vice Commander **Col. William Sparrow**
 187th Fighter Wing Command Chief **Chief Master Sgt. John Harris**

Chief of Public Affairs **[Lt. Col. Clare Reed](#)**

Broadcast Journalist **[Tech. Sgt. Monique Randall](#)**
 Photojournalist **[Senior Airman Jared Rand](#)**

On the Cover: Master Sergeant Jonathan Lawson, 187th Fighter Wing Intelligence Analyst, shows the "shaka" sign during takeoff while Colonel Randal Efferson, 187th Fighter Wing Commander, pilots the U.S. Air Force F-16 Fighting Falcon at the Montgomery Regional Air National Guard Base April 12, 2016. MSgt Lawson and five other Airmen received familiarization flights to thank them for their years of service. (US Air National Guard photo by Senior Airman Jared Rand/Released).

DO YOU KNOW?

Prescription drug abuse means taking a prescription drug that is not prescribed for you, or taking it for reasons or in dosages other than as prescribed. Abuse of prescription drugs can produce serious health effects, including addiction.

Source: Substance Abuse & Mental Health Services Administration, 2010

For more information or resources for help- download the mobile app or visit...

Submission deadline for the June 2016 publication is June 2nd. Articles must be submitted electronically to usaf.al.187-fw.mbx.public-affairs@mail.mil. For more information, contact Public Affairs at (334) 394-7157.



UTA Events

Tues, 10 May

- 0730-0800 - Wing Formation (Outside Hangar)**
- 0700-1700 – Medical Requirements (Medical Bldg)**
- 0800-1000 – CE Ancillary Training (CE Bldg)**
- 0800-1000 – Personnel Ancillary Training (Wing Auditorium)**
- 0930-1030 – PTL Meeting (Comm Classroom)**
- 1300-1500 – MXG Ancillary Training (Wing Auditorium)**
- 1400-1600 – MXG Ancillary Training (Wing Auditorium)**
- 1400-1600 – CDC Testing (Base Training)**

Wed, 11 May

- 0545-1000 – Fitness Test (Maxwell Fitness Center)**
- 0700-1700 – Medical Requirements (Medical Bldg)**
- 1100-1200 – Enlisted Force Dev. Mock Promotion Board (Comm Classroom)**
- 1300-1400 – Junior Enlisted Council (Wing Conference Room)**
- 1500-1600 – CCAF Graduation (Wing Auditorium)**

Thurs, 12 May

- 0545-1000 – Fitness Test (Maxwell Fitness Center)**
- 0900-1000 – Town Hall Meeting (Wing Conference Room)**
- 0900-1200 – CDC Testing (Base Training)**
- 0800-1600 – Medical Requirements (Medical Bldg)**
- 1030-1130 – Stand Up (Wing Conference Room)**
- 1430-1530 – Town Hall Meeting (Wing Conference Room)**
- 1530-1500 – Rodeo Meeting (Base Training)**

Fri, 13 May

- 0800-1600 – Rodeo**
- 0900-1200 – MSgt Board (MXG Small Conf Room)**
- 1100-1200 – Enlisted Force Dev. Mentoring ‘PACE’ to forge Professional Airmen (Comm Classroom)**
- 1300-1400 – Stress Management (Comm Classroom)**
- 1400-1500 – Conflict Communication (Comm Classroom)**

Sat, 15 May

- 0800-1600 – Rodeo**
- 0830-1130 – Student Flight Trip (Heritage Hall/Gunter)**
- 1230-1530 – SMSgt Board (MXG Small Conf. Room)**
- 1400-1600 – Fitness Screening for June/Aug (Medical Bldg)**
- 0900-1200 – CDC Testing (Base Training)**

Sunday, 16 May is Wingman Day at the Maxwell AFB Lakes





PT SCORES & FITNESS

Fitness Honors

The following individuals scored an EXCELLENT during last month's Fitness Assessment.



CONGRATULATIONS!!!

PERFECT SCORE

CMSgt Eric Schuffert

EXCELLENTS

SMSgt William Morrison, Comm

MSgt Crystal Powers, Comm

MSgt Miles Vaughan, Comm

SrA Votonda Jones, CERF-P

Lt Col James Jones, MDG

A1C Gabrielle Henderson, MDG

MSgt Marecause Hinton, LRS

SrA James Smith, 187 FW



VACANCIES

Air National Guard Technician

<u>POSITION TITLE</u>	<u>ANNC NUMBER</u>	<u>CLOSEOUT DATE</u>
SUPV IT SPECIALIST	ALAF 16-082	5/12/2016
ADMINISTRATIVE ASSISTANT	ALAF 16-083	5/13/2016
IT SPECIALIST (NETWORK)	ALAF 16-091	5/19/2016
ELECTRONIC INTEGRATED SYSTEMS MECHANIC	ALAF 16-092	6/2/2016

Click the link below for more available jobs

<http://alguard.state.al.us/Careers/HRO/jobannouncements/default.aspx>



TOUCH & GOs

Recruiting

Wing and GSUs members, We need your help! Please refer your qualified family members and friends to one of your five recruiters.

Master Sgt. Word and his team would love to work with your referrals to help them become a member of our great Alabama Air National Guard.

Your five recruiters are:

Master Sgt. Word 334-221-7277

Tech. Sgt. Howard 334-233-1163

Tech. Sgt. Nelson 334-221-7571

Tech. Sgt. Freeman 334-414-2431

Staff Sgt. Johnson 334-221-8690

ARE YOU PREGNANT?

Submitted by: Maj Rhonda Ellison, 187 MDG

This may sound like a silly title, but it is the most important question for the biological beginning of an embryo. Pregnancy is defined as the state of carrying a developing embryo or fetus within the female body. This condition can be confirmed by a positive result on a urine test, and a blood HCG test, ultrasound, detection of fetal heartbeat or an X-ray.

The most important development stage is cell differentiation. This stage occurs during the first trimester of pregnancy. If any harm is presented during this period, the most likely outcome could result in a miscarriage or a serious complication. There is virtually no chance that a first trimester fetus can survive outside the womb, even with the best hospital care. So precautions must be taken to minimize risk factors that may affect this fetal development. In the military, this program is called, "The Fetal Protection Program", managed by the MDG Public Health.

Hazards are defined as risks or chances that increase the probability of a loss. A hazard can increase the chances of a loss of this pregnancy. There are hazards in everyone's daily work environment. These hazards may range from everyday matters such as excessive bending, lifting, vibrations, and possible exposure to undesirable chemicals.

A pregnant member of the 187th (**All inclusive; Active Duty, AGR, and Traditional Guard Individuals**) must do the following: **1)** Notify her supervisor in writing that she is pregnant **2)** Make an appointment with the 187th MDG Public Health Office for a pregnancy profile interview **3)** Provide a letter from her supervisor describing her duties and workplace environment **4)** Provide a letter from her prenatal care provider stating the confirmation of positive HCG results, due date, and any work restrictions based on her health.

These requirements of a pregnant individual are to MINIMIZE the HAZARDS associated with being PREGNANT. If you minimize the hazard then you will increase the likelihood of a healthy and complete pregnancy. Once the pregnancy is complete and the fetus is born, you must contact the PH Office to give them the date of birth and your fetal protection profile will be completed. If you need any additional information please contact MDG PH Office, ext. 7559.



TOUCH & GOs

JOIN THE HONOR GUARD

4th Quarter Airmen of the Quarter Winners

A1C William Goodman

TSgt Sophia Lyegha

MSgt William McManus

Congratulations!

2016 UTA SCHEDULE

Next Drill is June 4-5

July NONE

August 6-7

September 10-11

October 1-2

November 5-6

December 3-4



If you are interested in learning about opportunities with the Base Honor Guard, contact [Tech. Sgt. Mia Davis](#)



CHAPLAIN



A Military Mom

Submitted by: Chaplain (Capt.) Ben Praytor

As we all celebrate Mother's Day this month, I wanted to share this poem that speaks volumes to all of the Christian mothers who reluctantly watched as their children (us) joined the military to serve. Please take the time to thank your mother for all she has done in your life, to include the prayers that are lifted up each time we enter dangerous situations as we serve.

What does a military mom look like?
What makes her special and fair?
It's the way she looks at the grand old flag
Or the soldier in uniform over there.

It's the tear in her eye during evening news
When tales of more casualties arise.
It's the American Flag pin on her coat
And her armed services flag that flies.

It's the prayer she says many times a day -
Prayers said out of a mother's love.
It's the peace she has within her heart
When God reaches down from above.

It's the hugs she gives to other moms
Wives, husbands, and children too.
Military families are bonded in fear –
Fear of duties their soldier will do.

Pride and fear go hand in hand
For every military mother's heart.
Honor is felt in their children's role
However, fear is felt when they depart.

Strength is gained with others 'round
Who share Freedom's duty call.
Some return, but some may not –
And she prays for those who fall.

She knows it could be her child as well
Who faces Freedom's final task.
Each day she prays out loud,
"Lord, watch over them," she asks.

It's the boxes she gathers to send away
To support the troops overseas.
Hugs and love are in each one
And she prays for each one of these.

She may send God's Love in each box –
A message of hope in time of war.
For God gives strength, honor and courage
His peace, and love plus more.
She feels it is her duty now
To offer Hope to a hurting soul.
Battle weary, they need her care
And encouragement is her goal.

A military mother has special grace
And a sense of patriotic love.
You can see it in all she does
As she relies on God above.

If you, too, are a military mom
Then let character be your guide.
Dignity and honor, pride and strength –
It's not a time for faith to hide.

Display your trust in God alone
For He is the One in command!
Rest assured He knows your need -
He holds your child in His hand.
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