

In Formation

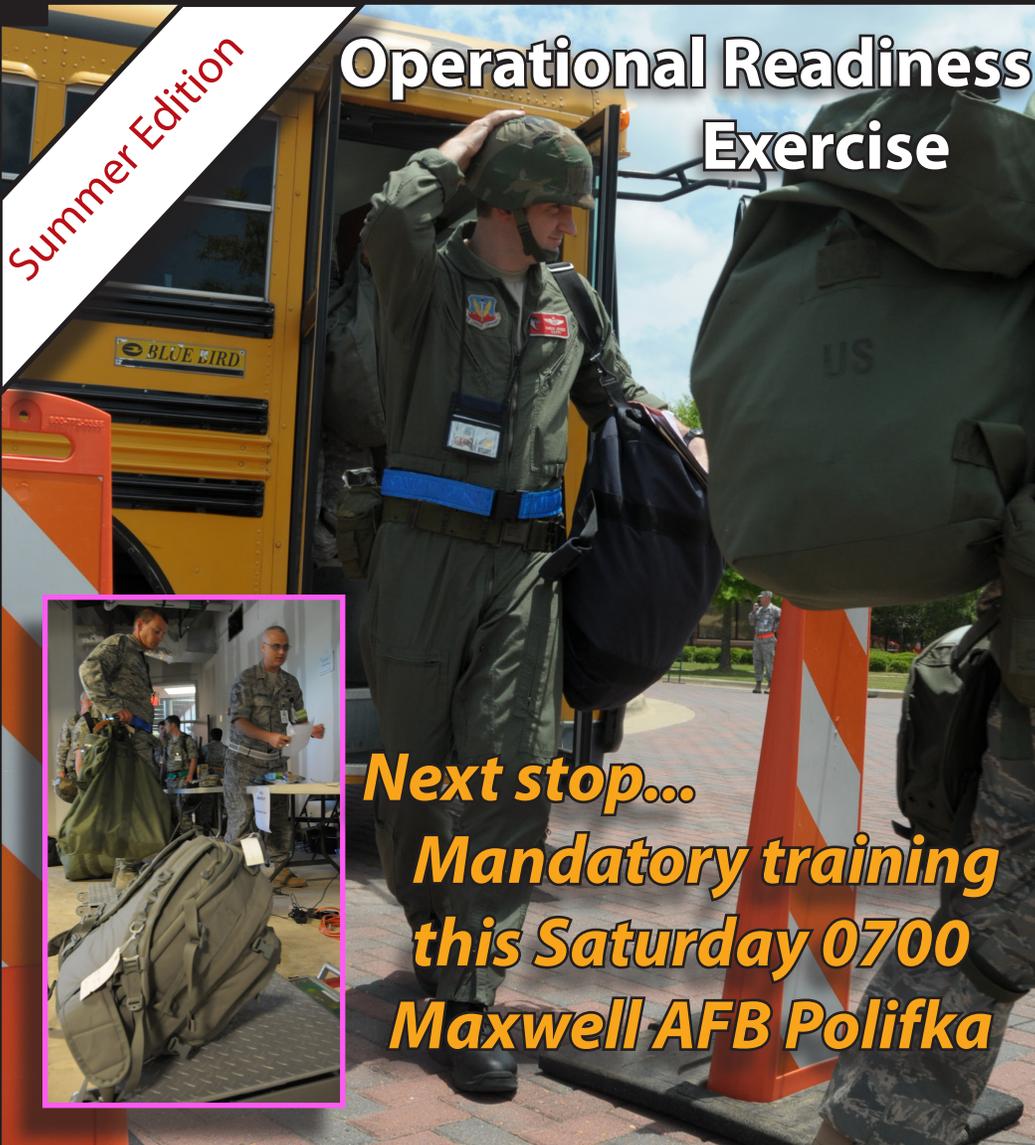
★
Montgomery



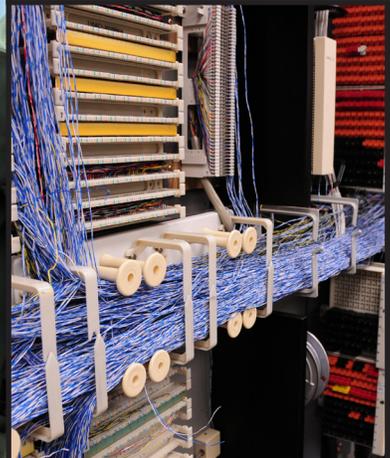
187th Fighter Wing

Summer Edition

Operational Readiness Exercise



Preview



PAGES 6-7

Spotlight - COMM FLT

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**Next stop...
Mandatory training
this Saturday 0700
Maxwell AFB Polifka**

Special Interest Items (SII)

- Fitness - New standards as of July 1st.
- Sexual Harrassment - conduct unwelcome (see page 16)
- Drug Abuse - don't do it

*per Col. Jeff Smiley,
Commander, 187th Fighter Wing*



pg 8





187th FIGHTER WING MISSION STATEMENT



To provide the state, Governor, National Command Authority, and Combatant Commanders with a superbly equipped and trained general purpose F-16C+ Block 30 Aviation Package, associated Expeditionary Combat Support functions and RC-26B counter drug package for world-wide combat and peacetime/humanitarian tasking in support of our community, state, and national interests.

Commander's Desk

By Col. Jeff "CAG" Smiley

187th Fighter Wing/Commander



It has been a while since I have last written to you and we have accomplished a lot. Back in the summer, the Medical Group received an overall *Excellent* rating on their Health Services Inspection (HSI), their major five year report card. They received two *Outstanding*, three *Excellent*, and one *Satisfactory* sub-ratings. These are tremendous results from a Group that while preparing for this inspection, accomplished the ORI and simultaneously prepared 219 Airmen for their AEF combat deployment.

Next came the AEF. From 16 July to 1 Oct, 219 Airmen volunteered to make an extended 75 day combat deployment to Iraq in support of Operation Iraqi Freedom. All told, the unit flew all 570 tasked sorties, 2,309 combat hours, and made two combat drops. There were zero personnel issues and the deployed Active Duty Wing and Group Commanders had nothing but praise for all of you. It was another outstanding combat deployment.

In November 2009, we had our first ever Wing Dining Out. Captain Leeann Morris and her project team did a great job and over 400 Airmen and their family and friends attended. We were honored to have Congressman Bobby Bright as our guest speaker. It was a superb event.

In March, the Communications Flight received an *Outstanding* rating on their annual COMSEC inspection. This very demanding review reinforced what we already know; we have the best Communications Flight in the ANG!

In April, the 100th Fighter Squadron deployed to Hawaii in support of the 199th Fighter Squadron at Sentry Aloha. The Wing deployed 102 personnel and 9 jets. We flew 124 of 128 tasked sorties, and this included seven incentive rides for Wing members. General Gary North, PACAF/CC, also flew with us. Overall it was another very successful training deployment, a lot of good training and a lot of good fun.

The Wing has been preparing for the first of three Phase 1 Operational Readiness Exercises in May as we prepare for the ACC IG Phase 1 Operational Readiness Inspection in November. I believe we are ready for a good solid first look at our Phase 1 processes. There will be rough spots-that is why we exercise. Capture the lessons learned, improve/fix your processes, and be ready for the next Phase 1 ORE in July.

Our vision for this Fighter Wing called Dannelly 20/20 is moving along nicely. We received the news that the Wing will be getting four additional F-16s for a total of 24 by the end of September, including another D Model, which should make the Flight Docs happy. This is very good news and [I believe] shows the active association program is just around the corner. The Wing and State Leadership are working very hard to acquire a bridge fighter (Block 40 or 50) to get us to the acquisition year of the Joint Strike Fighter. Last month we began the process for a new Base Installation Master Plan, with the emphasis to move all sortie generation activities to the south side of the field.

A big key to our future is our manning levels. Over the last four months, our Wing manning numbers have risen from 91% to just over 94%. Our recruiters have done a fantastic job, bringing in 42 new members since January. I need all of us to think of ourselves as recruiters. Our manning levels are critical to acquiring the JSF.

Our near future is going to be very busy. We have the following significant events:

| | |
|--------------|--|
| 23-26 Jul 10 | Phase 1 ORE |
| Aug/Sep 10 | Annual Wing Golf Tournament, Prattville CC |
| 10-13 Sep 10 | Phase 1 ORE |
| 17-22 Nov 10 | Phase 1 ORI |
| Dec UTA | Wing Christmas Party / Hometown Heroes Program |
| Jan 11 UTA | Combat Dining Out |

I am a big believer in preparation. Preparation leads to confidence and confidence leads to good results. Maj. Chris Germann has been selected as our Wing Phase 1 ORI Project Officer. He is already off to great start. Please give him your very best as we prepare for this major inspection. It is going to take all of us working together as a team to get through this; each of us committed to excellence and the Wing.

I would like to review what I stated were my priorities over four years ago; the mission first, take care of our people, and have fun. I urge you to regularly establish a perspective on your Wing, your work, and yourself. Step back about every six months and ask yourself, are you learning and being challenged? Ultimately, you should be driving out of the gate each day feeling you have done something to defend the United States of America. That is what makes our jobs so special.

What is the state of our Fighter Wing? We are in great shape. We have the best trained and equipped Fighter Wing in America, a Fighter Wing recognized world-wide as a world-class organization! Remember, there is no better job on earth than defending one's country, especially during a time of war. Continue to do good work for America!

Finally, let us not forget our eleven Wing members deployed to SWA protecting our freedom and the 41 who will deploy before the end of the year. We thank each of you for your service and sacrifice.

Fly, Fight and Win, now and forever. Anywhere, anytime, against any target!

Command Chief Master Sergeant

By Chief Master Sergeant Michael Cone

187th Fighter Wing/Command Chief



Readiness – At Work and Home

At the 187th Fighter Wing, we are in the business of readiness. It's part of our organizational culture which began when we entered military service. We train and prepare for the worst case scenario.

Our work is important. As a result, we put a lot of hours into preparation. However, your family and home are more important. They are why we serve and work hard to be prepared for the worst case. My question to you is, "are you in the business of readiness at home?"

I read an interesting article last month about how companies assist their employees with personal readiness.

From a company's perspective, an employee that has a personal readiness plan is more likely to return to work quicker in the event of fire, flood, or other natural disasters that affects them – I get it, a company is in the business of making money and employees that can't work cost the company money.

For me I want you to consider a personal readiness plan so you can prepare your family in the event the unlikely happens, like a fire or tornado. A personal readiness plan will also give you a starting point for recovery. Here are some tips to consider:

- Designated telephone number for family members to call in case they are separated due to a natural disaster or other event (out of state family or friend). As a military member you can provide your family with the number to our Family Readiness Office.
- Designate a meeting place known by all family members. Consider your own situation.
- Make copies of insurance policies, bank account information, and other personal information. Store this information with a family member not living with you or in a safe deposit box.
- Have disaster kits in your cars. A kit could include first aid supplies, flash light, emergency water and food rations.

There are too many tips to include in this article. I encourage you to visit the following web sites for more information on your personal readiness at home – www.ready.gov and www.citizenmilitary.com.

Finally, spiritual and emotional readiness is critical. Finding the right balance in your life that will allow you to work hard, enjoy your family, and taking care of yourself is as important as the next deadline.

Suicides in the military are trending up; just recently we lost an active duty Air Force Senior Master Sergeant. Something was out of balance in his life. Someone could have recognized a change. If things feel out of balance for you, they're are 1,000 people in this Wing that want to help you. Do not hesitate to reach out to someone. Specifically, our Chaplain staff can talk with you offering complete confidentiality and have access to a wide range of assistance and resources.

To all our Wingmen out there, be on the lookout for one another. People with hope do not commit suicide. Look to share your hope with someone else.

CONGRATULATIONS

CCAF Graduates

MSgt Matthew Lassiter
Criminal Justice

MSgt Beverlyn Lewis
Human Resources Management

SSgt Laura McDonald
Maintenance Production Management

SSgt Collin Starkely
Aviation Maintenance Technology

TSgt Marquis Webster
Criminal Justice

TSgt Kristie Pomilia
Munitions Systems Technology

SrA Jason Buxton
Electronic Systems Technology

SrA Gregory Freeman
Logistics

SrA Wendy Monroe
Logistics

STAFF

COMMANDER
Col. Jeff Smiley

PUBLIC AFFAIRS OFFICER
Maj. Will Cambardella

PUBLIC AFFAIRS NCOIC
Senior Master Sgt. Walt Linch

PUBLIC AFFAIRS SPECIALIST, SR.
Tech Sgt. Amanda Lassiter

PHOTOGRAPHERS
Tech Sgt. Jamie Pitcher
Staff Sgt. Chris Baldwin

DISCLAIMER: *The In Formation is the official newsletter published by, and for, the personnel of the 187th Fighter Wing of the Alabama Air National Guard, Montgomery, AL. The opinions expressed herein do not necessarily represent those of the USAF or the Alabama National Guard.*

Anti-Terrorism

By Col. (Ret) George R. McCurdy III

187th Fighter Wing/Anti-Terrorism Officer



The FPCON system is a vital part of our antiterrorism force protection. The FPCON system is simply a progressive means of increasing protective levels in response to terrorist threats. This is a Department of Defense (DoD) system and provides an avenue for Commanders to make an operational decision on how

to best guard against a threat. FPCON implementation is vital in mitigating and guarding against threats. It is imperative we all have a basic understanding of the meaning of the FPCONs. Please not only review the definitions below, but know them by heart. The definitions are also on page 17 of the airman's manual.

There are five FPCONs. The circumstances that apply and the purposes of each protective posture are as follows:

FPCON NORMAL applies when a general global threat of possible terrorist activity exists and warrants a routine security posture.

FPCON ALPHA applies when there is an increased general threat of possible terrorist activity against personnel or facilities, the nature and extent are unpredictable. ALPHA measures must be capable of being maintained indefinitely.

FPCON BRAVO applies when an increased or more predictable threat of terrorist activity exists. Sustaining BRAVO measures for a prolonged period may affect operational capability and relations with local authorities.

FPCON CHARLIE applies when an incident occurs or intelligence is received indicating some form of terrorist action or targeting against personnel or facilities is likely. Prolonged implementation of CHARLIE measures may create hardship and affect the activities of the unit and its personnel.

FPCON DELTA applies in the immediate area where a terrorist attack has occurred or when intelligence has been received that terrorist action against a specific location or person is imminent. Normally, this FPCON is declared as a localized condition. FPCON DELTA measures are not intended to be sustained for substantial periods.

FIGHT ANTITERRORISM, KNOW THE FPCONS AND ALSO REPORT ANY SUSPICIOUS ACTIVITY AT 394-7377.

Eagle Eyes Eagle Eyes Eagle Eyes

Current FPCON: **ALPHA**

Additionally we are directed from higher headquarters to accomplish two counter measures from FPCON BRAVO which are BRAVO 9 & BRAVO 13.

BRAVO 9 – Increase security measures and guard presence or initiate increased patrols and surveillance of DoD housing areas, schools, messes, on base clubs, military treatment facilities and similar high occupancy targets to improve deterrence and defense, and to build confidence among staff and family members.

BRAVO 13 – Conduct random patrols to check vehicles, people and buildings.

Security Forces perform both of these counter measures.



photo compliments of Col. Michael Woodard

Col. Jeff Smiley, 187th Fighter Wing Commander, tightens a cargo pallet side net strap during a pallet build-up class, April 25, 2010. The class was conducted as part of preparation for the upcoming Operational Readiness Exercises.

Thank you...Serving is an Honor to Cherish

By Col. Michael Woodard

187th Fighter Wing Vice Commander



To the men and women of the 187th Fighter Wing, I want to express my thanks and gratitude for having served with you over the last 25 years and three months. Twenty-five years and three months ...that's a long time; or rather it seems that way. But as the old saying goes, "When you are having fun, time really flies by." That is how I want to characterize these past several years, having

fun and enjoying the opportunity to serve. And from that perspective I want to focus on three things that have been important and dear to me in my career— family, loyalty to leadership, and selfless service. Hopefully, these perspectives will offer some insight to you on pursuing and completing a career as a Guardsman.

Having spent my entire career military career as a traditional guardsman, managing family matters and maintaining another full-time career have been challenges to say the least. Weekend duty once per month, intermittent training, technical schools, leadership schools, professional military education seminars, TDYs, etc are all components for making any household unstable.

For any members who plan to pursue and complete 20 plus years in the military, I cannot over emphasize the need for clear and full communication with your family on "why you have to go." That communication helps to foster a greater understanding of the nature of military service. Your sacrifice of having to honor a service commitment somewhere in the world is not a one-way street. Your family also endures the sacrifice of not having you there to reach out and touch with love. While family separation does not get any easier each time you depart for a "tour," you owe it to your spouse, children, significant others, etc to communicate fully and often about military commitments. When everybody is on the same page, there is a greater chance for warding off turmoil and miscommunication. My family and I found a "balance" over the years on how to manage...when I was home and during my absence. Find your "balance" and smooth out the "bumps" which could impact your family and your career.

During my career, I learned and embraced the concept of loyalty to leadership. Everyone has a boss and the boss is the leader. The nature of our organization— a military war machine, affords little to no room for divisiveness among

it's members, less we jeopardize our mission capability. In developing strategies to address objectives, our leaders seek our opinions, ask for input, request data, call for charts, gather intelligence, study history, examine failures and successes, etc in order to plan courses of action. You can support your leaders by being as proficient as possible in your chosen career field. You can never predict when you may be asked to offer technical/professional input on an issue that ultimately will help your leadership to make decisions. And once a decision is made and the war machine begins movement toward an objective, everybody should be on board. Monday morning armchair quarterbacks who are critical of Sunday's game always make the right decisions in retrospect to the game! However, such quarterbacks don't exist in the Air Guard because we are the quarterbacks on Sunday—NOT MONDAY! We go to battle, we kill the enemy, and we fight to protect liberty and freedom. When leadership announces the mission, get on board and let your training help you fulfill your obligations. Our mission success is dependent on you, individually and collectively. Get in the game and stay committed until the mission is complete.

The military draft ended in 1973, some 37 years ago. Resultantly, service in the military has been made a personal choice on a voluntary basis and people join the military for different reasons. As I see it, "selfless service" ought to motivate one to serve. When I joined the 187th Fighter Wing in 1985, I had already completed two degrees and had been a federal civilian at Maxwell AFB for over ten years. I enjoyed my full-time job but I wanted to do more to serve my country; hence I joined the Air Guard. I put my best foot forward in all of my assignments, made a personal commitment to excellence, and only expected in return an opportunity to continue to serve. While it was my desire to always take care of my job, my leaders took care of me and my career. And to those leaders who took an interest in taking care of my career, I say thank you. What began as a voluntary gesture to fill a personal void, has transformed into a life-changing and totally gratifying experience. For those of you who serve and to those of you who have taken the oath to serve, put Integrity First, embrace a commitment of Service Before Self, and always settle for nothing less than Excellence in all we do.

Again, to the men and women of the 187th Fighter Wing, I thank you. The State of Alabama thanks you. And most of all, America thanks you. Take care of your family, your job/career, and serve America proudly.

Oh, by the way, would I do it again? Of course, in a heartbeat!

Story by Lt. Col Charles Griggs, Communications Flight Commander
 Photos by Staff Sgt. Chris Baldwin, Public Affairs
 Illustration by Tech. Sgt. Jamie Pitcher, Public Affairs

SPOTLIGHT

We Make Things Happen



The Communications Flight serves the Wing and our four GSU's with all data, voice, and radio frequency transmission systems, to include planning and implementing these systems into our base infrastructure capability. We provide immediate planning expertise as well as long range strategic plans for future technology enhancements.

We are the central focal point to resolve all communication systems issues or problems that may occur on base. We work with users to provide hardware and software support for all information systems. We also administer the help desk "Internet Café" thus allowing network and computer access to members who need to complete online CBT's as well as access other web based applications like, vMPF, vPCGR and the Air Force Portal.

YOU CAN TALK ABOUT US...

We manage and monitor Information Technology life cycle replacement for all desktop and laptop computers, printers, Land Mobile Radios, servers, switches, routers, and cell phones and blackberry's. We also manage the Knowledge Operations function for the wing and GSU's with expertise in electronic file plan, privacy act, For Official Use Only requests, publications & forms management, and mail room management.

Even though we are a small unit with just over 30 personnel, we proudly serve over 1400 users and take pride in providing the wing and our GSU's connectivity in order that we ALL can do our part to support the mission of Fly, Fight and Win!

BUT NOT WITHOUT US



COMM

ORE updates/Do's and Dont's

By Maj. Chris Germann

187th Fighter Wing/ORI Project Officer

June drill will kick off with mandatory academics at Polifka Hall, Maxwell AFB, from 0700-1200. Bring your ID cards. Lunch will be at Maxwell Dining Hall, ACC safety day will kick off after lunch at the unit level, Dannelly Field. Expect work center training if assigned to deployment work area center operations.

July drill will start on Friday, 23 July with deployment machine set up. The Deploy Order (Depord) will drop on Saturday to establish reference start time (RST) and begin the exercise of generating aircraft and processing people & cargo. Sunday will mark deployment flight of twelve F-16's, regeneration and continuous processing. November drill for the ORI will be mandatory, 15-22 Nov. The IG team will arrive on 17 Nov and the actual inspection will take place 18 & 19 Nov. Only five months left to prepare!

DO's

Deployment Processing- Show up with training and medical qualifications complete. Have a *zero discrepancy* Air Force deployment folder with the following items on your person on-time!

1. Kevlar helmet
2. Web belt
3. Canteen (with water)

4. Gas Mask (must be already inspected with card signed off)
5. Gas Mask inserts and two pairs of glasses (if required)
6. Current Airmen's manual
7. Reflective belt
8. Packed A-Bag, in accordance with approved list
9. Current ID, Line Badge, Dog Tags, Gov't travel card, Gov't drivers license (date not to say 'INDEF')
10. If in an upgrade, AF form 623 and CDC's

DO NOT's

1. Do not be late for Unit Assembly Time with your UDM!!!!!!!!!!!!!!
2. Do not wear contacts lenses during processing.
3. Do not give away Critical Information List information.
4. No cell phones in the processing line or at Base X.
5. Do not display line badge outside of your required area.

DEPLOYMENT PROCESSING

Show up on time with your mobility folder/training/medical qualifications in order!

FORCE PROTECTION

Know the BSD's, know why we are at a FPCON level and be alert!

INFORMATION OPERATIONS

Know CIL, CMI, virus, bomb threat and OPSEC procedures

101 Days of Summer & Wingman Stand Down

By Senior Master Sgt. Stanley Skipper

187th Fighter Wing/Ground Safety Manager

Welcome to Summer 2010 and the "101 Critical Days of Summer" campaign, which officially began Memorial Day weekend and ends Labor Day weekend. With warm weather upon us, so is the potential for increased mishaps. As the lakes, beaches, and parks beckon us to the roadways in search of fun and excitement, summer also exposes us to more risk. Don't let your desire to have fun interfere with sound judgment. Remember to A.C.T. out all summertime activities:

- A = Assess the risk**
- C = Consider options to limit unnecessary risk**
- T = Take appropriate action**

The Air Force "101 Critical Days of Summer" campaign has been around since the early 1980's and was developed to counter the traditional increase in mishaps and fatalities. Statistically, most

accidents result from combining automobiles, motorcycles, and watercraft with alcohol. Seat belts, motorcycle helmets, personal flotation devices, and sound judgment are some of the most important safety devices and should always be used. If you have any questions please contact the Wing Safety Office at 7283 and have a safe and enjoyable summer.

Wingman Stand Down will take place at Dannelly Field at the unit level following Polifka academics Saturday, June 26. The objective of Stand Down 2010 is to call attention to the recent rise in Air Force suicides, the tragic loss of Airmen to private motor vehicle accidents, and to re-energize the Wingman concept as the foundation approach to suicide prevention and unit safety. Stand Down 2010 is designed to encourage Wingmen to be vigilant of these and other dangers by devoting time for structured unit discussion of these important topics.



AF Tutor Program

Military students (K-12, College, & Adult Learners) can now get a free online tutor, 24/7. This isn't just Math, Science, English, and Social Studies, it also includes resume help and job search materials. This program is provided by the Dept of Defense as a benefit to all US active duty military services members, US military reservists, US National Guard personnel on active duty in a deployed status, US military retirees, DoD civilians assigned to DoD installations, and their dependents.

Drop by the library (student must be accompanied by a parent) to get registered. After that, you can work from any computer with internet access.

If you're not near a base library, email Debbie. meyers@us.af.mil at the AF Library Office. For more info, call 800-411-1970.

Recruiting Office

The 187th Recruiting Office would like to extend an invitation to all drill status members to stop by their office, which is now located just inside the front door beyond the staircase in Wing HQ Bldg (1502). You can visit any time during the weekend or afterwards to sign for and pick up a free "Hometown Hero" notebook.



We currently have a large amount of valid vacancies that the 187th FW and 232CBCS needs assistance in locating prequalified applicants to join the units. All Recruiters will be available in the office to provide each and everyone with cards, information packs, and brochures to facilitate them in assisting our recruiting efforts. The Recruiting Office thanks each and every unit member for their assistance, service, and wishes everyone a great drill weekend!

187th Fighter Wing Golf Tournament

Sponsored by the Chief's Group with support from the NCO Academy Graduates Association, the Junior Enlisted Council & the First Sergeants Council

When: September 20, 2010

Where: Cypress Tree Golf Course

4 person scramble / Shotgun start 0830
Cost: \$45, includes lunch



Open to all Air National Guard, Army National Guard, Retired, DOD Civilian and their families

Breakfast and mulligans will be sold from 0730 - 0800

For more information:

email CMSgt Jay Moseley: james.moseley@ang.af.mil or call (334) 799-8509

To pre-register, email your 4 person team to 187FW.GOLF@gmail.com



Airman Showcase

Assigned to: 187th Fighter Wing
Hometown: Montgomery, AL

In February 1987, he enlisted in the Air Force Reserve as an Air Cargo/Air Transportation Specialist and was assigned to the 25th Mobile Aerial Port Squadron at Maxwell AFB, Alabama. During his tenure, Sgt Tyner deployed to Thailand, Germany, Canada, South America, Panama, Turkey and Korea in support of major exercises. Also, Sgt Tyner was honorably selected to participate in the Airlift Rodeo which showcases unit readiness and excellency in the career field from units worldwide. Due to his expertise and support, his team placed 15 out of 50. In August 1996, he was honorably discharged from the Air Force Reserve and joined the United States Army. As a Light Wheeled Vehicle Mechanic, Specialist Tyner oversaw maintenance on company vehicles in Fort Hood, TX. During his Army career, Specialist Tyner was stationed in Camp Casey, Korea and Fort Benning, GA. He moved through the ranks and was promoted to Staff Sergeant where he supervised 10 soldiers and achieved above mission capable ready status during all major unit inspections. Missing the Air Force life, he joined the Alabama Air National Guard, Montgomery, Alabama in January 2002 as a member of the 187th Fighter Wing Logistics Readiness Squadron as a Traffic Management Apprentice. After two years and three deployments, he moved to the position of Hazardous Material Specialist as a Tech. Sgt. In January 2009, TSgt Tyner accepted a position as a Production Recruiter with the 187th FW. Quickly showing his impeccable communication talents, TSgt Tyner's easy mannerism and magnetic personality have proven to be a plus as shown by surpassing established enlistment goals. His corporate knowledge makes him an indispensable member of the 187th Fighter Wing. His contributions and exemplary ethos continues to be noted by fellow team members.



Tech Sgt. James E. Tyner, Jr.
Recruiter

Who is your First Sergeant?

187 MSG

Outgoing



Senior Master Sgt.
Steve Russell

187 MXM



Master Sgt.
Charlie Oliver

187 SFS



Master Sgt.
Robert Thomas

187 MXA

Outgoing



Master Sgt.
Mike Hall

187 CE

Outgoing



Master Sgt.
Raymond Brothers

187 LRS



Master Sgt.
Dan Clore

187 Wing/100 FS



Master Sgt.
Bernadette Hollinger

Guard Opens Access to Social Media Sites

By Army Sgt. Darron Salzer
National Guard Bureau



image courtesy of freeiconsweb.com

"12 social media icons" - The above graphic depicts some of them more popular social media websites in use today.

ARLINGTON, Va., (5/14/10) - Air National Guard officials announced this week that access to popular social media networking sites would become available to all Airmen who use their network.

The Air Guard began to allow access to popular social media networking sites May 10 and is scheduled to have access available to all bases and regions by today.

"These are tools and capabilities that the [Air Guard] can leverage and exploit in order to do the important jobs that they need to do," said Thomas Rogers, the chief technology officer for the Air National Guard.

"Social networking can be an environment where we can be more secure with our information in our military networks by taking out non-sensitive information and placing it into a more social environment," he said. "About 15 to 20 percent of business that is conducted on our network today is about our families, our communities and base communities and business that has nothing to do with sensitive information." The move to allow access to social media platforms might be new to the Air Guard, but already officials can see the benefits of its use when working with state and federal first responders.

"This is an environment that is a need to share environment," Rogers said. "In a disaster, we can take a photo and share it with many different state and federal entities—in real time."

"Today, we have many different radio frequencies between all agencies during a disaster and an interoperability issue that already exists," he said. "We can do a lot more with a lot of information sharing and photo sharing of site incident photos with all levels of response -- and social media platforms can do that."

With the availability of social media platforms to all Airmen, operational security and informational security is a major concern for Air Guard officials, but they have a program in place to educate Airmen about these cyber issues.

"We've had a program called 'Cyber Minuteman,' and we are now reinvigorating that program," said Rogers. "It is a marketing program that aggregates tips and things you should and should not do, and I can think of no better time to bring back this marketing campaign than now."

Though social networking is only a few days old in the Air Guard, officials are excited about what the future will bring and how social media will benefit them.

"Innovation happens at the edge," he said. "We are excited to continue to partner with the National Guard Bureau and work to leverage and exploit these tools for the mission capabilities that we do during disaster recovery missions—our home games."



photo by Staff Sgt. Chris Baldwin

Lt. Gen. Allen G. Peck, Air University Commander, prepares for an incentive flight in an F-16 Falcon at Dannelly Field with Col. Jeff Smiley, 187th Fighter Wing Commander, April 23, 2010.

Fitness Feature

By Lt. Col. Elmer Norvell
187th Fighter Wing/Fitness Coordinator

Diary of Running the Boston Marathon

BOSTON MARATHON 2010

Thursday

I got up at 1:30 am and drove over to see Bill at the Chevron. It was actually sort of busy and I ended up helping an old guy put water into his radiator, talk about foreshadowing. It turns out that Bill had just won another game of Battleship on his iPhone. He received a more devastating weapon that allows for cluster bombing and if he wins 25 more games, he will get nuclear capability. God help the virtual world.

The ride to the Atlanta airport was long, but uneventful, and I managed to get through security and make it to the gate two hours before boarding. I met Mike and Liz, who are in their 60s and live in Atlanta. Mike ran a 3:06 at Boston last year and looks like he could break his Prior record of 3:05 this year if the weather cooperates.

Friday

I just walked around the block. It is cold, wet and sprinkling. Glad the run isn't today, hypothermia would be a real concern. I found 30 cents, a quarter and five pennies.

Saturday

Spent the day with Bill and went to Maggie May's Bar. Had a couple of Red Bulls. Met Bill's family. Dianne (daughter) and grandson were buying a Prom suit at the mall. We bought a camera battery for my camera, but I did not have a charging cable for it, so I never got to use it much (it only came with a partial charge). The weather was wet and cool. We had a nice dinner with Misty (daughter) and Tom at the Pasta Place. They had some terrific chocolate desserts and we all shared. We drove over to his sister's place and met Cindy and Jon. Jon is from England and is a real blast. Cindy is a Sun Microsystems hacker and her company just got bought up. They have two 6 month old cats, Delta and Beta, rescued from some fraternity, very sweet, affectionate varmints.

Sunday

Ran an hour around the Commons in Boston with Stephanie. It started to rain at the end of our run. Clyde and Bill were supposed to meet us in the lobby, but attempted to intercept us at the doorway. We eluded them for over a half hour until they peeked their collective heads inside and realized we were waiting for them inside. The four of us walked around Chinatown and had lunch/dinner at a one of the restaurants there. Steph had wanted to do a Subway sandwich, but we twisted her arm and it may have cost her time on the marathon the next day. I thought it was delicious!

My Brother, Bill lives a little way from the Massachusetts state line and rather than go to the bar with him, I decided to run from New Hampshire to Massachusetts...and back. I ran by the bar at the one mile point and he waved at me with his friends from the parking lot. It turned out to be a little farther from the state line than we had reckoned (about 2.5 miles from his house). I stopped at the bar on the way back and the owner "Maggie May" presented me with a shirt embossed with the bar's name and logo, best of all they gave me a bottle of water! Great folks. I ran back to the house. (Bill beat me back by seconds on his Hog) This gave me a cumulative of 12 miles (almost a half-marathon) the day before Boston. Idiot. ;)

Monday (Race Day)

0430 wake up. Made it to Boston in record time. Steph and I got in the bus line very early, but due to the lack of line chaperons, we ended up boarding the very last bus to the starting line (26 miles away in Hopkinton).

Fantastically, the bus driver did not ever hear of Hopkinton and missed the exit. Only a few runners on the bus were actually from Boston and it appeared that no one had a map. iPhones were pulled out of bags as people frantically downloaded the GPS app. We had nearly made it into New Hampshire as we joked that we

all should just run from there and receive the honor as the first Boston Ultra-runners. I personally thought it was a capital idea (even though it wasn't mine) and in hind-sight, I wish we would have done just that. We managed to get turned around and made it to Athlete's Village as the first wave had started. After being on the bus for over an hour, everyone on the bus had to compensate for their hyper-hydration. Due to the long lines at the Port-a-lets, many runners decided to use the woods for relief. I waited and used the facilities provided with my partner, "high-fived" a good luck to her, and sprinted toward the starting line. (it was a chip race, meaning it really doesn't mess up your total clock time if you start a little late, but with 27,000 runners, it creates a lot of dodging if the people in front of you are running slower than you want to go.)

The first ten miles felt great as the sun warmed us. It was a bit like driving with one foot on the break and one on the gas. I slapped a "high five" on about 500 kids over those first miles. At Wesley College, I was once again treated to the "Scream Machine" as this all-girl college had most of their student body leaning over the security railing requesting kisses from the runners. I settled for giving them the "high five" hand slap instead – kissing takes too long, plus I would have felt guilty if I left someone out.

Mile 18- the clouds closed in, both meteorologically and mentally. Though I had made a careful start of it, due to the cooling temperatures and overwhelming sensory input on the course, I began to have what I affectionately call 'twinge cramps'. These are not debilitating or lasting, but blow your pace as each calf and quad cramp slightly with each footfall. I was not dehydrated (this course has more water and drinks on it than any other course I have ever run). My hands were swelling, which never happens to me, even in Ultras. I thought I may be slightly hypernatremic (too much hydration – a very serious and possibly fatal condition) and laid off the water. I also made a conscious effort to watch for signs of a headache, which fortunately never materialized. I jogged up "Heart-break hill" which is really not that impressive, about like climbing up the road to the capital only a little longer. Crowning the hill is fun because it is all downhill to the finish and you can see all of Boston laid out in front of you. This

should have made the next five miles a breeze. It did not. The twinge cramps lingered and I was lucky to break a 10-minute pace on the downhill! At Boston College, two miles from the finish, a student held out a baggie over the rail that seemed to contain an assortment of pharmaceutical pills. I asked if it was drugs (a temptation at this point) and he laughed and said "Jelly beans". I took the bag of Gourmet Jelly Beans and ate a few, then tipped the whole bag. Because of the cold weather, they stayed stuck to the roof of my mouth all the way to the finish line. They were quite good!

I managed a 3:37 hour marathon. Not the PR I had been hoping for, but a respectable accomplishment nonetheless. My 3:09 at the Mercedes Marathon in February qualifies me for the 2011 Boston. Try, Try, again.

Tuesday

Steph and I ran 5 miles around the Boston Commons. This park was founded in 1631 and has numerous statues and monuments (and dogs). It is interesting to go there the day following the marathon. It was morning, so only the die-hards were up. It was like a geriatric convention of runners. Most of us were rubber-legged and staggering around the park and on the sidewalks. The contrast from Sunday in the park to Tuesday was noticeable and only a few of the runners were actually running. It was easy to distinguish the runners by the bright blue and yellow race shirts given to us as part of our racing package.

At the airport, coincidentally, I met up with Mike and Liz, the couple from Atlanta. Mike ran a 3:01 at Boston, his new PR! Maybe there is hope for me busting my old PR if I loose a little weight and taper prior to the race.

Three days and 43 miles later, my reasons for running are still clear. Run or drink. Run or be fat. Run or be angry and frustrated. Run and be tired. This is my lot in life and it is much better than I deserve. I am grateful for having the ability to do these events and the support of my family and extended family make it worthwhile even during the difficult patches. I plan to continue to push the physical and mental envelope and enjoy the gift of a strong body and determined mind as long as I possibly can.

Boston 2010 results:

Out of 27,500+ entrants

| Checkpoints | 5k | 10k | 15k | 20k | Half | 25k | 30k | 35k | Finish |
|-------------|------------------------------|---------|---------|---------|---------|---------|----------|---------|---------|
| | 0:22:36 | 0:45:31 | 1:08:30 | 1:32:03 | 1:37:15 | 1:56:06 | 2:22:27 | 2:51:36 | 3:24:14 |
| Pace | Projected Time/Official Time | | | | Overall | Gender | Division | | |
| 0:08:17 | 3:37:13 | | | | 9196 | 6976 | 1301 | | |

New Human Resource Advisor

By Senior Master Sgt. Steve Russell

187th Fighter Wing/Human Resource Advisor



I would like to take this opportunity to re-introduce myself. I am Senior Master Sgt Steve Russell and I am your 187th Fighter Wing Human Resources Advisor (HRA). I am replacing CMSgt Jay Moseley who has gone to State Headquarters to be the State HRA. He left the program in great shape and I will

endeavor to continue the programs that he established with the same level of excellence. Although I am new to the HRA position, I am no stranger to the 187th FW.

I joined the Alabama Air Guard in 1980 and served as an Electronic Warfare technician in Birmingham in the 117th Tactical Reconnaissance Wing. In 1994, I transferred to the 187th Fighter Wing and worked as an Electronic Warfare technician in Aircraft Maintenance. In 2003, I became the Mission Support Group First Sergeant. It was a very challenging and rewarding assignment and helped prepare me for my current assignment as the 187FW HRA. I eagerly look forward to serving the 187FW and its Airmen as the new Human Resources Advisor.

The Human Resources Advisor's role as defined in ANGI 36-2110, Human Resources Advisor Program, is to advise command leadership on issues leading to the enhancement of the organization's culture and mission accomplishment by promoting opportunities for all Air National Guard members to maximize their individual potential for success without regard to their cultural differences. Human Resources Advisors

are responsible for working with key individuals in the human resource process to achieve diversity management, force development and force management objectives within the organization.

My primary role as the Human Resources Advisor is to promote our Wing's most valuable resource... YOU! I am here to help you maximize your potential for success! We all know and understand the challenges we are facing as 187th FW Airmen; a Phase I ORI, an upcoming AEF and then probably an UCI. In order to accomplish the mission, we must all work hard to continue to develop our Airmen and ourselves through formal technical training, personal education and mentoring. Additionally, we cannot afford to overlook potential resources for mission accomplishment by looking for the same people in the same places. We must take advantage of the talent we have and give folks the opportunities to excel and succeed. We must also search for new Airmen to join our unit and our goal should be to recruit in such a manner that the demographics of the 187th Fighter Wing reflect the demographics of our community. Force development and diversity will be my primary focus as I contribute to mission accomplishment.

I look forward to assisting you as our Wing's Human Resources Advisor. If there is anything I can do for you, please come by the Wing Headquarters building, upstairs near the Commander's office, or call me at (334) 394-7408, DSN 358-9408 or 717-5280 (cell). You can also email me at steve.russell@ang.af.mil, sarussell@baptistfirst.org (work) or steve.russell@charter.net.

Have a great Air Guard Day!

NGB Financial Management Awareness Program

From National Guard Bureau

Today's economic climate underscores how important sound financial management practices are to our Service members and their families. To help National Guard Members and Spouses improve their financial preparedness, we have launched the National Guard Financial Management Awareness Program (FMAP), which has partnered with the Military Saves Campaign (MilitarySaves.org) to provide free resources and education. In support of this initiative, the Deputy Under Secretary of Defense, Military and Community Family Policy, and the Chief, National Guard Bureau, have signed memorandums which are available on-line.

To assess the improvements in education required to

enhance services and education opportunities to our Service members and spouses, FMAP has developed a 2010 Financial Management Health Assessment Survey, found at www.jointservicesupport.org/financialawarenesssurvey. Upon taking the survey, participants are encouraged to "Take the Saver Pledge" to help us change our National Guard culture to one that promotes financial wellness.

Additional information on FMAP's partnership with MilitarySaves.org can be found on the Joint Services Support System at www.jointservicesupport.org.

Airman's Creed

*I am an American Airman,
I am a Warrior;
I have answered my nation's call.*

*I am an American Airman.
My mission is to fly, fight and win.
I am faithful to a proud heritage,
A tradition of honor,
And a legacy of valor.*

*I am an American Airman,
guardian of freedom and justice,
My nation's sword and shield,
Its sentry and avenger.
I defend my country with my life.*

*I am an American Airman;
Wingman, leader, warrior.
I will never leave an Airman behind,
I will never falter
and I will not fail.*

OFFICER'S OATH:

"I _____, do solemnly swear (or affirm) that I will support and defend the Constitution of the United States and the Constitution of the State of Alabama against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I will obey the orders of the President of the United States and the Governor of the State of Alabama, that I make this obligation freely, without any mental reservation or purpose of evasion, and that I will well and faithfully discharge the duties of the office of _____, in the Air National Guard of the State of Alabama upon which I am about to enter. So help me God.

OATH OF ENLISTMENT:

"I _____, do solemnly swear (or affirm) that I will support and defend the Constitution of the United States and the State of Alabama against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; and that I will obey the orders of the President of the United States and the Governor of Alabama and the orders of the officers appointed over me, according to law and regulations. So help me God.

Chaplain's Corner

By Master Sgt. Diane Watters
187th Fighter Wing/Chaplain Assistant

The following poem was written by a friend of mine. I hope it will help you to stop and think about how you see others. How many times have we looked at people and judged them by what we see looking at the outside and not by looking at what is in their heart? My hope is that we will see people as God does. Like when God saw David as a young boy and anointed him king. God knew what great things David was going to accomplish in his life.

Living with Someone Else's Heart
By Ava Garmon

*He holds his sign as cars speed by,
Hungry, I'll work for food today.
As people drive by they silently sigh,
"I wish he would go away."*

*She sits in dirty tattered clothing,
"Why want they let me play?"
The children point and look down their nose,
"I wish she would go away."*

*Hearts broken in pieces
Over pain that never ceases.
"No one cares" they say,
"Maybe I'll just go away."*

*I used to be like all the rest,
Now I see them differently.
For He said, "What you've done for the least of these,
You've also done unto Me."*

*I'm living with someone else's heart,
For I know it is not my own.
It's pure; it's kind and loves them all
This heart came from the throne.*

1 Samuel 16:6-7

When they arrived, Samuel saw Eliab [David's brother] and thought, "Surely the Lord's anointed stands here before the Lord." 7 But the Lord said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart."

How Would You Define Sexual Harrassment?

By Master Sgt. Samantha Mcleod
187th Fighter Wing/Equal Opportunity Counselor



Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature qualifies as sexual harassment. Furthermore, sexual harassment can explicitly or implicitly affect an individual's employment, unreasonably interfere with an individual's work performance, or create an intimidating, hostile, or offensive work environment. There

are a variety of circumstances that can fall into the sexual harassment category, including but not limited to the following:

- *The harasser can be the victim's supervisor, subordinate, co-worker in the workplace or anyone outside the workplace.
- *The victim can be anyone affected by the offensive conduct.
- *The victim does not have to be of the opposite sex.
- *Unlawful sexual harassment may occur without economic injury to the victim. Even rumors of a sexual nature are considered sexual harassment.
- *The harasser's conduct must be unwelcome.

The Air Force will conduct its affairs free from sexual harassment. If you find yourself a victim of sexual harassment there are several ways to handle the situation. Inform the harasser directly that the conduct is unwelcome and must stop. Use your chain of command to report sexual harassment. Feel free to contact the Equal Opportunity Office at (334) 394-7385 or 394-7244 with questions or concerns.

**Call (334) 394-7385 if you feel you
are a victim of sexual harassment**

Retirements

Senior Master Sgt. Charles Causey
Ms. Sandra Granger
Col. Michael Woodard

Promotions

 **Colonel**

Samuel Black

 **Lt Col**

Charles Griggs

 **Maj**

William Cambardella
Marian Heningburg

 **Capt**

Maranda Brown
Jennifer Griffith

 **Chief Master Sgt**

Johnny Tadlock

 **Senior Master Sgt**

Michael McKenzie
Ruth Towle

 **Master Sgt**

Sean Mardis
Matthew Payne
Kristie Pomilia

 **Tech Sgt**

Kimberly Boyd
Laura McDonald

 **Staff Sgt**

Mason Garrett
Stanley Holt

 **Sr Airman**

Adrian Asyn
Richard Crosby
Michelle Jefferson
Warnell Kinard
George Roberts
Ryan Shell
Jason Westlake

Top Performers - Gen/Re-Gen

By Maj. Casey P. Cooley
 187th Fighter Wing/Aircraft Maintenance

March drill was an exciting time for the 187th Maintenance Group. We took another step closer to get ready for the Wing's November '10 Phase 1 Operations Readiness Inspection (ORI). Maintenance tested by generating and re-generating four aircraft to expected tasking configurations. This event was a grueling split shift, 12-hrs per shift learning curve. Many individuals and teams distinguished themselves throughout this two day exercise. One crew, however, was recognized by their peers as going above and beyond when the heat of the moment was hottest.

loaded safely and completely in less than two hours. During loading, weapons load crews required to brief any authorized personnel who enter their loading area on the processes going on, safety precautions, and what to do in case of an emergency. TSgt Graham and his crew expertly stopped numerous times to give specific detailed and effective safety briefings to other maintenance personnel. In doing so, they allowed other regeneration tasks to be accomplished concurrently, greatly reducing the overall time required for the overall regeneration effort.

Due to the determination and effort of all personnel involved in both the generation and re-generation processes, Maintenance was able to constructively evaluate where we are on this part of our Phase one learning continuum. Due to an effective evaluation, Maintenance has scheduled another generation/re-generation practice for April drill. Building on the lessons learned from both drills will allow us to bring all aspects together for the full up May ORE's this summer/fall.



photo by Tech Sgt. Jamie M. Pitcher

(left to right) Tech Sgt. James Graham, Senior Airman Matthew Till and Senior Airman Joshua Morgan make up team "BAMA 7" the top weapons load crew, April 24, 2010.

TSgt James Graham, SrA Matthew Till, and SrA Joshua Morgan, or "BAMA 7" Weapons Load Crew, shined brightest among the stars. They were tasked with loading two of the four aircraft during the re-generation phase. Each jet required two 2,000lb GBU-31 munitions to be loaded plus any additional simulated expenditures. Both aircraft were

2010 Alabama National Guard Special Emphasis Program winners from the 187th Fighter Wing

- Outstanding Manager/Supervisor of the Year
CMSgt Ashley Graham, 187th Force Support Squadron
- Outstanding Minority Employee of the Year
TSgt Eddie Brown, 187th Security Forces Squadron
- Federal Woman of the Year
MSgt Rebecca Sparkman, 187th Maintenance Group

Reenlistments

Benjamin Knight
Jerry George
David Betts
Johnetta Robinson
Roy Parrish
Jeffery Foster
Sally Murphy

Chris Craddock
Kenneth Hartzog
George Hill
Seth Johnson
Timothy Garner
Scott Cone
Eddie Brown

David Wigley
Stanley Talley
Sean Mardis
Roscoe Lewis
Jason Westlake
Joseph Walton
Chase Jackson

Ruth Towle
Stephen Hunter
Gloria Wright
Cynthia Maull
Michael Fomby
Marzell Terrell
Judith Bush

Yolanda Stoves
James Gordon
Curtis Miller
Gova Morales
Bryan Farris
(Since March UTA)

Vacancies

187th Fighter Wing
Knowledge Ops Mgt

187th Civil Engineering Sq
Electrical Power Production
Utilities Systems
Engineering Apprentice

187th Communications Sq
RF Transmission Systems

187th Logisitcs Readiness Sq
Fuels (POL)

187th MXM
Tactical Aircraft Maintenance
Jet Engine Mechanic
Aircraft Fuels
Aircraft Egress System
Aircraft Elec/Environ
Structural/Corr Specialist
Aircraft Pnuematic Systems
Aerospace Ground Equipment
Munitions Systems

187th MXA
Tactical Aircraft Maintenance
Integrated Avionics Systems
Armament Systems

187th Medical
Physican Assistant

226th CBCS
(7-level qualified only)
RF Transmission Systems

232nd CBCS
Electrical Power Production

226th CCG - Officer Vacanices
Logistic Plans
Personnel

EOC Testing

Saturdays 1300-1600
Sundays 0900-1200
Location MPF Testing Room

UTA Pay Dates

Jun UTA 7 Jul 2010
July UTA4 Aug 2010
Aug AT 25 Aug 2010
Sep AT 22 Sep 2010

UTAs 2010

| | <u>UTA</u> | <u>SUTA</u> |
|---------------------------------------|-----------------|--------------|
| JULY | 23-24 | none |
| *JULY 25-26 (will be SEPT UTA) | | |
| AUG | 14-15 AT | 28-29 |
| SEP | 10-13 AT | |
| OCT | 16-17 | |
| NOV | 17-22 | |
| DEC | 11-12 | |

End of Course Testing
 Please reserve a seat through your Unit Training Manager. End of Course Testing is conducted every Tuesday at 1400 and every Thursday at 0900.

Safety reminder:
 The base speed limit is 25 mph and talking on cell phones while driving is prohibited.

Check your personnel AND pay records online
 Sign-up on a military computer:
 vMPF website: <http://www.afpc.randolph.af.mil/vs/>
 My Pay website: <https://mypay.dfas.mil/mypay.aspx>
 For assistance, see your orderly room representative.

Military Personnel Flight
Customer Service Hours
Tuesday - Friday
0800-1730
Closed for lunch
1200-1230
Closed for training
Wednesday 1230-1430
Minimum staffing 1630-1730
UTA Hours 0900-1500

IMPORTANT FINANCE INFORMATION
 Going on an Active Duty tour for 30 or more days? Don't forget to stop by Finance to outprocess, receive a briefing on your entitlements and get your pay started. If you do not out process with Finance, your pay may be either delayed or not started. It is very important that you stop by Finance before you depart.