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INFORMATION

187th Fighter Wing

Vol. 2, No. 5 May 2013

INFORMATION

187th Fighter Wing Magazine



U.S. AIR FORCE



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187TH FIGHTER WING

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Montgomery, AL 36108

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ON THE COVER >>> *The PDF processioning line was set up for the April Annual Training ORE. The line, among other things, tested the 187th Fighter Wing's, ability to prepare for deployment. (Photo by Tech. Sgt. Chris Baldwin)*



Pies “fly” in the 187th Security Forces Squadron as part of a unit fundraiser. Read more at page 10. (Photo by Tech. Sgt. Matthew Garrett)



NEWS FROM THE TOP

Boston Marathon 2013

by Lt. Col. Elmer "Forrest" Norvell, Commander
187th Civil Engineer Squadron

This was my third Boston Marathon, but it was unlike any other of the more than 70 marathons I have ever participated in. The race was on a perfect cool, clear day. I pushed very hard at the start clearing 1 hour 35 minutes in the first half (13.1 miles), however, the second half included cramps in both thighs and much soul searching for the last few miles. I must have held a sufficient pace to realize a respectable finish. I found out, after the race, that the World Record Holder for the Ultra-marathon - Dean Karnazee, (my long time hero) finished just seconds behind me! He set the non-stop running record of 350 miles in 79 hours. He is around six years older than me. I wished I would have realized where he was in the race. I would have slowed down for him and talked his ears off!

I finished, and walked (staggered) to the hotel about three blocks from the finish line. My stepbrother, his girlfriend and my wife waited in the lobby while I showered and changed. All in all, a mildly exhausting, excellent day up to the point of my return to the glass-fronted, hotel lobby in preparation for a celebration lunch.

The lobby had no television (as so many do) and our first indication of disaster was a thin, sweaty, weakened lady runner who came in with her supporting husband. She was shaken and crying. He told us that bombs (not just a bomb) went off at the finish line. This had the other patrons in the lobby quickly accessing their cell phones for news and frantic calls out to check on loved ones at the finish line. I was lucky to have almost everyone I knew up there in the lobby with me, however, I immediately suggested we get out of the crowded lobby (soft target) and go up to my sixth floor hotel room where we would be safe and could watch the news. We had no luck trying to text and call from cell phones (Authorities claimed to have shut down the network). The hotel WiFi was operational and FaceBook was actually the fastest way to let everyone know I was okay. I received over 40 FaceBook comments in less than one hour following the bombings, some from friends that I had not heard from in years!

I crossed the finish line at 3:26 hours and the detonations went off at 4:11 hours (clock time). It was a perfect day for running. It is dreadful that someone (or group) spoiled what could have been a wonderful day for so many.



Lt. Col. Elmer "Forrest" Norvell, 187th Civil Engineer Squadron commander, before the start of the 2013 Boston Marathon.

My wife and I had a fun weekend in Boston going to Cheers and Geo-caching. We even toured the USS Constitution on Sunday. Monday we were sort of confined to the hotel following the run, but fortunately, the rail and airplanes were on-time the next day (while the manhunt was underway) and we made it back into Alabama in time to snuggle down with our puppy.

I would like to amplify the importance of the National Guard, since they secured the Boston Commons and subway systems within hours of the incident. It just points to our relevancy, even in this time of budget constraints.

Thank you all of my Guard Family for your concern.





DIAMOND TIP OF THE MONTH

Are we there yet?

by Master Sgt David Betts, First Sergeant
187th Medical Group and CERF-P



Auburn is not what I am writing about. I am writing about the military team concept, team building, and good indicators of a healthy team. I pose the question, “Are we there yet?” A team is usually two or more working toward a common goal. Consider relational teams or your parents. What are our goals? As Airmen, we answered our Nation’s call by remembering the Creed, “I am an American Airman - Guardian of Freedom and Justice... I will never falter and I will not fail.”

According to the Small Group Development Theory by Bruce Tuckman, teams are formed during five steps: 1) forming, 2) norming, 3) storming, 4) performing and 5) adjourning. According to the Senior Noncommissioned Officer (SNCO) course, this is the process that happens to all military personnel. During the forming stage, you join, receive rules, cut all your hair, receive uniforms, are placed into units, are issued to-do-lists and you are not familiar with your Unit’s personnel or the uncomfortable surrounding.

During the norming stage, you were presented expectations-physical training, established trends- minutes to eat, obtained roles, processes and goals. It was during this stage that we had more in common than not. During this stage, we found associates and possibly conflicts. The SNCO course defines conflict as “the process that results when one person

(or a group of people) perceives that another person or group is frustrating, or about to frustrate, an important concern”.

Military Training Instructors (MTI) pledged to “develop trainees into skilled, disciplined and physically-fit Warrior Airmen, committed to wingmanship and to the Air Force”. They often created more conflict, which forced you to make a decision to work together or face never ending dilemmas. So it is during the storming stage or the third stage of team building as well as Operational Readiness Exercises (ORE) or ORI (inspection) that we have our expectation and goals set before us. We have done it before, but what decision must we make at this point?

Our choices are limited. We can see conflict / repetition and exercises as opportunities to function well or create additional dilemmas for the future and our membership. The performing stage of team development is when members find their fit and fill the gaps. As described in AFI 36-2618, the enlistees identify with their general and specific responsibilities in as much as providing military development, obtaining proficiency, maintaining understanding, accepting responsibilities and executing duties. We can bring positive, acceptable and honorable closure to this task and any other challenge or mission.

Andrew J. DuBryn, author of the book “Essentials of Management”, says there are six key attributes of a good team member:

1. Good members possess and share technical expertise.
2. Good members don’t blame. They accept the responsibility.
3. Good members play well and commit to the goal.
4. Good team members don’t let little stuff block the big picture.

5. Good team members ask the tough questions, diversify and overcome.
6. Good team members know that change is a fact of life.

Wherever we find teams, we find that they trust each other and demonstrate ethical behavior – integrity. They share communications and skills both inside the team and in support of the Unit. The team uses diversity as an opportunity to cooperate. When times are critical, the team accepts criticism, learns from it and moves with the weight. According to the SNCO Academy, these are indicators of a healthy team spirit (HTS).

I posed the question, “Are we there yet?”, concerning our military team, team building and good indicators if a healthy team. I respect your ability to answer the question and to make a professional decision. Oh, by the way, see the note below.

Eyeglasses/Sunglasses/Contact Lenses...are not worn around the neck or on top/back of head or exposed hanging on the uniform.

- o May have conservative ornamentation on non-prescription sunglasses or eyeglasses,
- o Frames may be black or brown material or gold or silver wire.
- o Brand name glasses may be worn with small logo on frames or lenses. Logo must be same color as frames or lenses.
- o Conservative wrap-around sunglasses may be worn.

Conservative, clear, slightly tinted or photosensitive lenses are authorized. Faddish styles and mirrored lenses are prohibited. Sunglasses (to include darkened photosensitive lenses) are not authorized in formation.





Massachusetts Air National Guard responded to marathon bombing

by Tech. Sgt. Kerri Cole
102nd Intelligence Wing Public Affairs

BOSTON (AFNS) -- Every year on Patriot's Day, a Massachusetts state holiday commemorating the opening battle of the American Revolution in 1775, the 102nd Security Forces Squadron deploys a team of Airmen to line the route of the annual Boston Marathon. Their mission: to augment local law enforcement by providing crowd control and ensuring public safety.

The 18-man team, who reported for their detail at 5 a.m., April 15, found themselves in the midst of an emergency response effort later that afternoon after two bombs were detonated near the finish line of the marathon, where three lives were lost and more than 180 injured. They remained on duty until 5 a.m., the next morning.

"During the marathon the majority of us were posted along the 20-mile mark, also known as 'Heartbreak Hill'," said Tech. Sgt. Michael Anderson. "We didn't see or hear the bombs going off, but received word shortly after the incident. I immediately phoned our NCO in charge, Tech. Sgt. Bryan Burger, who then informed me he was on his way to pick us up in a van so we could come together to figure out what to do next. We all wanted to help."

As word about the bombs spread throughout the area, law enforcement began to close roads because everything was suspected as being a bomb--trash cans, boxes, vehicles, everything, Anderson said.

"We then received a tasking from The Adjutant General's office to report to Boston Common to receive further instructions. We arrived as the first military personnel there and then met up with state police officers to receive further instructions," Anderson said.

From the muster at Boston Common, a few Airmen were sent to the John F. Kennedy Library, where there was some suspicious activity shortly after the explosions at the marathon. Another small team reported to Faneuil Hall Marketplace where large crowds are often seen. Later into the evening hours, the 18 Airmen received a mission to secure hundreds of citizens' personal belongings that had been cordoned off in an area near the finish line on Boylston Street.

"The majority of the items belonged to the marathon runners who were scheduled to pick them up after they crossed the finish line," said Tech. Sgt. Bryan Burger, of

the 102nd SFS, "However, many runners never crossed the official finish line and we diverted elsewhere. These runners were without cell phones, wallets and other personal items. It was our job to secure these items, and the perimeter of the area, until they could be safely returned to their owners."

The 267th Combat Communications Squadron, Massachusetts Air National Guard, also played a big role in the incident response efforts.

A team of six were also already in the area supporting the marathon with their Joint Incident Site Communications Capability, or JISCC, facility in Rehoboth, Mass., and quickly sprang into action when the news broke about the bombing. They broke down their equipment and were escorted by police to Boston Common to set up the JISCC facility there.

The JISCC provides local emergency responders with communications capabilities such as computers, web access and telephones. Because communication lines were heavily congested at the time, this capability was crucial to the response efforts.

"Even though we were in our own back yard, it had that feeling like we were back in Iraq or Afghanistan again," said 1st Lt. Christopher Qubeck, of the 267th CBCS. "Everyone was on edge, keeping an eye out for who was walking around. It was very surreal."

The 267th CBCS JISCC facility remained operational in Boston Common until Tuesday evening, when they were relieved by the 26th Signal Company, who brought in their JISCC.

President Barack Obama praised the guardsmen for their efforts, saying the National Guard responded heroically.



U.S. AIR FORCE
EagleEyes
WATCH.REPORT.PROTECT.



HEALTH AND WELLNESS

Moving on Up

by Ch. (Capt) Ben Praytor
187th Fighter Wing Chaplain Office

Paul said in 1Cor. 13:11 “when I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me” (NIV). This statement shows us that as Christians every level that God elevates us to, has a particular lifestyle which it requires. This special lifestyle is a very important requirement, if we want to remain at the level that God has elevated us to. I have come to the understanding that God is a very good teacher. Because of this understanding, I know that He will not elevate us unless He has first prepared us for it.

God helps us to overcome our weaknesses and He is constantly trying to build us up to be who He wants us to be. What we need to do is to be very good students, and follow what we are being taught. We should not keep on repeating the exact same mistakes over and over again and expect to get a different result each time that we try it.

All of this reminds me of my experiences from COT (Commissioned Officer Training). Our Flight instructors and TI’s were there to show us the correct way to perform all of our tasks throughout the each phase of instruction (They seemed to take great joy in the correction part of this). It was only when we understood and demonstrated our newfound knowledge back to the instructors that they would allow us to “phase up” to the next level of instruction. One of the biggest

struggles that our flight had in particular was learning how to march as a flight. Being prior enlisted, many of the other officers looked to me for additional instruction on this. I would gladly go out in the evenings during personal time and help those who were in need. As a result, our marching had gotten pretty good after only a few days. While we did mess things up from time to time, we eventually understood what it took to perform correctly and as a result developed more confidence along the way (and yes we phased up as well).

We have some very trying times ahead of us as we progress through both personal life and our military career. However, we have the certainty of knowing that God has laid out a plan for each of us to follow. It is a plan that provides strength when we feel weak, wisdom when we are feeling lost, and comfort during times of trouble. Everyone should smile even in the face of trouble and difficulty knowing that God has already overcome all of our problems and will most certainly elevate us to the next level only when He knows we can handle it. We must also understand that there will be opportunities along way to help others who are in need. Keep in mind that even our past difficulties and trials can be used to help others who are having similar struggles. Just as God used me to help others at COT, He can use you in a very similar way. Remember that it is all part of the plan!

Contact the 187th Chaplain’s Office at
334-394-7127. Prayer request or comments can be
sent to our email account at 187FW.HC@ang.af.mil



187th Fighter Wing

Career Day

Friday, May 10, 2013

Any time between 9AM until 4PM



Please be our guest for a day and learn about the Alabama Air National Guard's contribution to our nation, state and community.



Job Skills available in many career fields:

- Aircraft Avionics
- Aircraft Mechanic
- Auto Mechanic
- Carpentry
- Cyber and IT
- Electrician & Power Production
- Emergency Management
- Food Service
- Fire Fighter
- Heavy Equipment
- Jet Engine Mechanic
- Law Enforcement
- Life Support Equipment
- Logistics and Supply
- Medical
- Petroleum, Oils, & Lubricants
- Plumbing
- Water and Fuels Systems Management
- Weapon Systems

Benefits:

- \$\$\$ for College
- \$20,000 bonus available for critical positions
- Part-time Job with Big-time benefits
- Attend school full-time while serving part-time
- Learn skills that civilian employers want!!!

...And many more!!!



Career Day Events/Displays:

- F-16 Fighter Jet Displays - ALL DAY**
 - See F-16s in flight - Morning and Afternoon**
 - Pilot and Crew Chief presentations - ALL DAY**
 - Jet Engine Display - ALL DAY**
 - Weapons Load Team demonstrations - (10 AM & 1:30 PM)**
 - Fire Fighter Equipment Display - (9 AM - 11 AM & 1 PM - 3 PM)**
 - Humvee with gun mount - ALL DAY**
 - Refueling Truck Display - ALL DAY**
 - Mobile Communications Display - ALL DAY**
 - Life Support Equipment Display - ALL DAY**
 - Emergency Management Display - ALL DAY**
 - Information regarding every Air Force Specialty - ALL DAY**
- ~Light refreshments provided~*



187th Fighter Wing
 Alabama Air National Guard
 5187 Selma Hwy
 Montgomery, AL
 (Just past the Montgomery Regional Airport)



If you have any questions about the event, please contact Master Sergeant Tyner 334-221-7277 or Lieutenant Colonel Griggs 334-657-5485



RECRUITING & RETENTION



VISION

The vision of the 187th Fighter Wing Retention Office is to ensure the right people are in the right job at the right time. Utilization of retention resources will enable the retention team to retain qualified ANG members within the force structure which in turn will assist the Alabama Air National Guard's effort to meet and/or exceed its ANG mission.

MISSION

The mission of the 187th Fighter Wing Retention Office is to utilize all retention resources in motivating and guiding all members toward their full potential in the Alabama Air National Guard. Utilization of these resources will result in an outstanding performance and identify and eliminate career irritants.



187th Fighter Wing Retention Office

Please help the Recruiting Office help us by telling your story and promoting the Alabama Air National Guard. AFSCs on the National and Local List are listed below that carry the \$20,000.00 NPS Bonus, 1606 GI-Bill, and \$350.00 KICKER and the \$15,000.00 PS Bonus

NATIONAL ENLISTED INCENTIVE AFSC LIST

The National Enlisted Incentive AFSC list below includes all prefixes and shreds.

- 1C3X1 COMMAND POST
- 1N0X1 OPERATIONS INTELLIGENCE
- 2A3X3 TACTICAL AIRCRAFT MAINT
- 2A3X4 FIGHTER ACFT INT AVIONICS
- 2A5X1 AEROSPACE MAINTENANCE
- 2A6X1 AEROSPACE PROPULSION
- 2T2X1 AIR TRANSPORTATION
- 2W0X1 MUNITIONS SYSTEMS
- 2W1X1 AIRCRAFT ARMAMENT SYS
- 3D1X1 CLIENT SYSTEMS
- 3D1X3 RF TRANSMISSION SYSTEMS
- 3E2X1 PAVEMENTS AND CONS EQUIP
- 4N0X1 AEROSPACE MEDICAL SVC

LOCAL ENLISTED INCENTIVE AFSC LIST:

- 3E4X1 WATER/FUEL SYSTEMS MAINT
- 3P9X1 SECURITY FORCES
- 3E0X2 ELECTRICAL POWER PROD
- 3D0X2 CYBER SYSTEMS OPERATION

Unit "REFERRAL SHEETS" are available on page 11 to assist with sending prequalified applicants to the Recruiters.

*A motto for life: "People like hot fries!"
-CMSAF Robert D. Gaylor (Ret)*

Contact Master Sgt. Stanley K. "Ski" Krasinski at stanley.krasinski@ang.af.mil or call (334) 394-7480



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.*

Photo by Tech. Sgt. Chris Baldwin

Congratulations *Wing Quarterly Award Winners*

Airman - Senior Airman Octavius Mack

NCO - Tech. Sgt. LaShonda Battaglia

SNCO - Master Sgt. Rebecca Pines



AROUND THE PATTERN

SFS members get “creamed”

Story and photos by Tech. Sgt. Matthew Garrett
187th Fighter Wing Public Affairs

While most people would not enjoy having a cream pie thrown in their face, the members of Dannelly Field’s 187th Fighter Wing Security Forces Squadron know it is for a good cause.

Security Forces members Tech. Sgt. Mia Powell and Tech. Sgt. Marquis Webster saw an opportunity to make connections between Airmen and leadership while helping out the local community. The program they developed, a series of events called Bridges, boosts morale and teamwork as well as raises money for book bags and school supplies for a local school.

The first of the Bridges was a pie in the face contest. In the days leading up to the April 19 event, members of the Security Forces Squadron donated money into a raffle to see which of the top three in squadron leadership would receive a cream pie in their face. Topping the list for money raised against them was Senior Master Sgt. David Sellers, Master Sgt. Julian McMeans and Master Sgt. Eddie Brown. The Bridges program raised more money by raffling off the opportunity for the Airmen to throw the pie in their leadership’s face.

The event raised \$448.04 in the first week, helping the squadron towards their goal of reaching \$1,500 by the beginning of the school year in August.

The next Bridge program for Security Forces Squadron will take place in July and will consist of a hotdog eating contest, relay race and egg toss.



Wing welcomes new Director of Public Health



Editor’s note: Although this staged photo depicts Ms. Lacy spending some “couch time” with Tech. Sgt. Natasha Bozeman of the wing staff, psychological health is a serious matter and each guardman’s concerns are taken seriously and treated confidentially.

The 187th Fighter Wing is proud to welcome Ms. Christina Lacy as the new Director of Psychological Health. Ms. Lacy got her start counseling in 2007 while completing her master’s degree at Troy University - Montgomery. She is a Licensed Professional Counselor as well as a National Certified Counselor.

Ms. Lacy provides leadership consultation, individual, family and unit consultation, as well as referrals and crisis intervention for the wing. She has an open door policy for anyone who needs a personal consultation. Her office is on the second floor of the Wing building.

The goal for the Air National Guard and the Psychological Health Program is to intervene early, before the problem requires a mandatory referral.

REFERRAL SHEET

NAME OF REFERRAL:

ADDRESS:

PHONE NUMBER:

EMAIL:

REFERRED BY:

Tell us a little bit about yourself or your referral so we can assist you

A	Age :	DOB:
P	Physical Condition: (Surgeries, Medication, Broken Bones, Etc; Explain in remarks below)	Ht: Wt:
P	Prior Service: Branch: (Years of service, Re-enlistment Code; explain in remarks below)	Year Separated:
L	Law Violations: HAVE YOU EVER BEEN CHARGED, ARRESTED, CITED, OR HELD FOR ANY LAW VIOLATION TO INCLUDE TRAFFIC OR VEHICLE INFRACTIONS INCLUDING SEALED RECORDS? (EVEN IF YOU WERE TOLD THAT YOU DIDN'T HAVE TO DISCLOSE) (If yes, explain in remarks below)	
E	High School Attended: Did you graduate or will you graduate: Highest level of education:	Year Grad:
M	Marital Status: Married Single Divorced # of Minor Dependents	

Remarks:



TOUCH & GOS

2013 UTA SCHEDULE

January 12-13	May 4-5	September 14-15
February 9-10	June 1-2	October 5-11
March 2-3	July 13-14	November 2-3
<i>April 13-19</i>	<i>August 3-9</i>	December 7-8

FAMILY READINESS

Health Rocks Camp! July 22-24 at the 4-H Center in Columbiana, AL for 5th grade to 12th grade! 40 slots available! Contact: bradfra@aces.edu

-National Guard Youth Connect Camp - THIS CAMP IS ONLY FOR GUARD YOUTH ages 9-13 Contact kelli.r.hill.ctr@mail.mil

-Ripken Way Sports Camp! Save the Date! FOR GUARD YOUTH ONLY July 23-26 * Application not released yet. Contact kelli.r.hill.ctr@mail.mil <mailto:kelli.r.hill.ctr@mail.mil>

**Remember to check the Ft. Clover and Health Rocks Camp application for doctors forms, which require a Doctor's signature. Make an appointment today!

187TH FIGHTER WING JOIN US AT A BISCUITS GAME! SATURDAY, JULY 13th

We want to see you
and your family represent the
187th at Riverwalk Stadium!

Tickets are just \$10
Online ordering opens Tuesday, May 7th

Order by visiting
www.biscuitsbaseball.com

Just click our logo on the
left of the page to order!



Fun for the ENTIRE FAMILY!

- Post-game fireworks
- Big Mo's Dugout
- First pitch to flight with highest attendance!

For more information or to order tickets by phone contact Chris Asa, with the Biscuits, 334-323-0375

187 FW OFFICER VACANCIES

AFSC: 41A3
Title: Health Service
Grade: Maj

AFSC: 46N37
Title: Clinical Nurse
Grade: Maj

ASFC: 46A3
Title: Nurse Admin.
Grade: Lt Col

ASFC: 21A3
Title: Aircraft Main.
Grade: Maj

AFSC: 48R3
Title: Flight Surgeon
Grade: Col

AFSC: 21R3
Title: Deployment/
Distribution
Grade: Maj

AFSC: 42G3
Title: Physician Asst.
Grade: Lt Col

Closeout Date: (24 May 2013)

All applicants must complete the Line/Professional Officer Checklist(Atch 2)(Atch 3) located at <https://eis.ang.af.mil/org/187/MSG/FSS/FPIR/Officer%20Application%20Checklists/Forms/Allterms.aspx>

All applications must be turned in NLT closeout date (24 May 2013) to the Officer Recruiter, Master Sgt. James Tyner Jr.