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IN FORMATION

187th Fighter Wing

Vol. 1, No. 7 July 2012



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U.S. AIR FORCE



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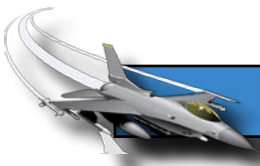
Submission deadline for the September 2012 publication is September 1. Articles must be submitted electronically to 187FW.PA@ang.af.mil. For more information, contact Public Affairs at (334) 394-7157.

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ON THE COVER >> A 187 CES member hugs his loved one on 6 July as he prepares to depart for Base X. Approximately 30 members of the unit will be deployed until sometime in January. (Photo by SMSgt Walt Linch)



MONTGOMERY, Ala. - Members of the 187th Fighter Wing gather to have their books autographed following the wing's Dining Out, held June 9 2012. See more photos at page 6. (Photo by SMSgt Walt Linch)



The Enlisted Perspective: Analog leadership in digital times

by CMSgt James A. Roy

Chief Master Sergeant of the Air Force



The United States Air Force is the world's most advanced air, space and cyberspace force. Most of that can be attributed to you -- our outstanding Airmen -- but technology also plays a huge role. Advanced tools help us maintain an advantage over our adversaries. Technology has enabled our continuing success.

However, technology also threatens to cripple us.

As electronic communication becomes more widely used, our face-to-face interaction skills are beginning to suffer. We know how to text, Skype, and FaceTime, but some of us seem reluctant to engage in a

meaningful face-to-face conversation.

We value technology because it saves us time, provides conveniences and helps us to be more efficient. But we must also recognize its potential to strip us of critical human connection skills.

This high-tech challenge has a low-tech solution. We need to strike a balance; we must continue to emphasize the importance of technology - a resource we cannot and will not stop exploiting - and at the same time emphasize the importance and value of analog leadership.

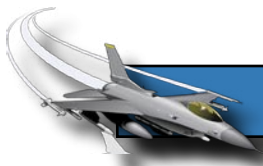
Analog leadership means temporarily putting down the iPads and Android tablets, logging out of Facebook and Twitter, and switching phones to airplane mode to stop the stream of texts coming in and out. It means shutting off the technology and talking to each other.

Face-to-face. One-on-one.

Real human interaction - yes, for some of us it may be awkward at first, but getting to know each other better is an investment that will yield incalculable returns. Stronger connections will create a foundation on which we can grow more meaningful relationships.

And then we can turn the devices back on and use them for their intended purpose: to augment and add value to our real-life relationships.

As Airmen, we have to understand how to use technology, because without it we are not as well-equipped to do our jobs. However, as human beings, we also have to understand how and when not to use



HEALTH & WELLNESS

PLANS FOR YOU

by TSgt Robin Bell
187th Fighter Wing Chaplain Office

“For I know the plans I have for you,” declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.”
Jeremiah 29:11

Around this time last year I vacationed on a cruise ship. On deck, I gazed out at the horizon. As I looked around, as far as I could see, there was nothing but water. Surrounded only by the ripples of the ocean waves, it appeared there was nothing else beyond. But of course, there was. Initially, it was a troubling feeling, not being able to see what was ahead, not knowing.

But then, I took a deep breath and just enjoyed the beauty of it all. Sometimes as we encounter the uncertainties of life, we may feel flooded with doubt, fear, or insecurity about the future. We may ask ourselves questions that only God has the answers to. But, the good news is, in spite of what we may or may not see we can relax. God is at the helm and He will navigate

the waters for us. Personally, I have found it best to trust God for one day at a time. I try not to get bogged down by what I can't see, understand, or control. I believe God has a strategic plan for my ultimate good. He is the captain of the ship and has already plotted the course. So, I just take a deep breath and enjoy the beauty of it all.

(Stock Photo)

“To SLEEP...perchance to dream...”

Hamlet (III, i, 65-68)

by LaTonja Sallet, MA, LPC, NCC
187th Fighter Wing Director of Psychological Health

Sleep sometimes feels like a necessary evil and at other times the most indulgent and sought after of all activities. The category it fits in with us has more to do with whether or not we are sleep deprived. Some people use the excuse that sleeping more will mean they get less done but if you are not getting enough sleep the odds are very good that you are making more mistakes than usual, may have a tendency toward little ‘accidents’, have lower productivity at work, are told you are ‘grumpy’ by your family and friends, get more than your fair share of colds and flu, and generally have less resources to deal with stressors. All of these issues can absorb a lot of time when we seek to correct, resolve, or heal! Are you getting enough sleep? Here is a simple list to see if you are sleep deprived:

1. Do you NEED an alarm clock to wake up on time?
2. Do you have great difficulty making yourself get out of bed in the morning?
3. Do you regularly ‘sleep in’ for extra hours on your days off?
4. Do you feel sleepy when you drive?
5. Do you fall asleep within minutes of going to bed?
6. Does your family or friends tell you that you are often grumpy or irritable?
7. Do you hit the snooze button over and over before waking up fully?
8. Do you have dark circles under your eyes?
9. Do you often feel tired throughout the day?
10. Do you feel it is difficult to concentrate or remem-

ber things?

11. Do you take a nap on a regular basis just to make it through the day?
12. Do you fall asleep if you sit still after dinner?
13. Do you feel that your creativity, problem solving abilities, and critical thinking skills are slow?
14. Do you feel sleepy or fall asleep while watching TV?
15. Do you get sleepy in meetings, during classes, or when the room is warm?
16. Do you get sleepy after eating a big/rich meal or after having a normal sized alcoholic drink?
17. Do people accuse you of seeming to be more stressed than usual without any changes in work load or life challenges?

If you answered positively to more than three of these questions, you are probably sleep deprived. One simple solution is to begin tracking the amount of sleep you are getting and add 15 minutes per day until you notice that you are waking more easily, feel more alert during the day, and can wake up before your alarm goes off. Being well rested may help you function better in nearly every area of your life and can be a very simple solution to decrease your overall stress level. No matter what, you have nothing to lose and a lot to gain!

If you would like more information about sleep or stress, consider attending one of the upcoming classes or contact me at 394-7112.



ANTITERRORISM

The Importance of Random Antiterrorism Measures

by Col (ret) George R. McCurdy III
187th Fighter Wing Antiterrorism Office

Random Antiterrorism Measures (RAMs) will STOP, the ATTACK.

The RAM program is developed and implemented as an integral component of the overall Antiterrorism Program and guided by the principles outlined in DOD O-2000.12.H. To maximize the effectiveness and deterrence value, RAMs should be implemented without a set pattern, either in terms of the measure selected, time place or other variables. Lessons learned have highlighted unpredictability in security activities as one of the best and most cost effective deterrents available to a Commander. From Terrorist Planning Cycle II thru V, One RAM can Stop Terrorist. New Intelligence and Surveillance will be need before Specific Target Selection. RAMs DO STOP Terrorist.

The RAMs program is a vital part of the Commander's Antiterrorism Program the RAMs program is only as good as the individuals who execute the daily RAMs. Effective use of RAMs is a real force multiplier and helps mitigate vulnerabilities. Thank all of you who participate in our RAMs program!

Always remember to report any suspicious activity by calling our BDOC which is open 24X7 at 394-7277.

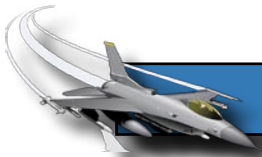


**U.S. AIR FORCE
EagleEyes**

WATCH.REPORT.PROTECT.



**OPERATIONS
SECURITY
IS
EVERYONE'S
RESPONSIBILITY**



AROUND THE PATTERN

Medal of Honor Recipient Leo Thorsness speaks at Wing Dining Out



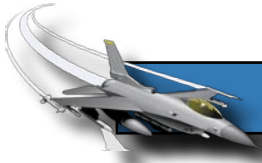
Photos by SMSgt. Walt Linch

The 187th Fighter Wing held its Dining Out, Saturday, June 9, 2012, at the Embassy Suites Hotel in downtown Montgomery, Ala. The evening featured key note speaker and author, Leo K. Thorsness.

Lieutenant Colonel (then Maj.), U.S. Air Force, 357th Tactical Fighter Squadron. Was awarded the Medal of Honor for service over North Vietnam, 19 April 1967, for conspicuous gallantry and intrepidity in action at the risk of his life above and beyond the call of duty. As pilot of an F-105 aircraft, Lt. Col. Thorsness was on a surface-to-air missile suppression mission over North Vietnam. Lt. Col. Thorsness and his wingman attacked and silenced a surface-to-air missile site with air-to-ground missiles, and then destroyed a second surface-to-air missile site with bombs. In tile attack on the second missile site, Lt. Col. Thorsness' wingman was shot down by intensive antiaircraft fire, and the 2 crewmembers abandoned their aircraft. Lt. Col. Thorsness circled the descending parachutes to keep the crewmembers in sight and relay their position to the Search and Rescue

Center. During this maneuver, a MIG-17 was sighted in

the area. Lt. Col. Thorsness immediately initiated an attack and destroyed the MIG. Because his aircraft was low on fuel, he was forced to depart the area in search of a tanker. Upon being advised that 2 helicopters were orbiting over the downed crew's position and that there were hostile MIGs in the area posing a serious threat to the helicopters, Lt. Col. Thorsness, despite his low fuel condition, decided to return alone through a hostile environment of surface-to-air missile and antiaircraft defenses to the downed crew's position. As he approached the area, he spotted 4 MIG-17 aircraft and immediately initiated an attack on the MIGs, damaging 1 and driving the others away from the rescue scene. When it became apparent that an aircraft in the area was critically low on fuel and the crew would have to abandon the aircraft unless they could reach a tanker, Lt. Col. Thorsness, although critically short on fuel himself, helped to avert further possible loss of life and a friendly aircraft by recovering at a forward operating base, thus allowing the aircraft in emergency fuel condition to refuel safely. Lt. Col. Thorsness' extraordinary heroism, self-sacrifice, and personal bravery involving conspicuous risk of life were in the highest traditions of the military service.



Diversity Competencies

by Capt Maranda Brown

187th Fighter Wing Equal Opportunity Officer

American Author Mary Crowley said, “we are free up until the point of choice, then the choice controls the chooser.” Most recently at the 2012 National Guard Diversity Conference this message was one of many conveyed to attendee’s. As I navigated the conference agenda, and became engrossed in motivating, impactful, and meaningful messages I pondered Crowley’s quote and its implications to diversity. The National Guard Leadership Diversity Competencies were introduced:

Empathetic Outlook

The capacity to perceive and understand the feelings and attitudes of others.

Connectedness

The ability and willingness to connect through teams, networks and develop relationships.

Communication & Influence

The ability to interact with others in a social environment in a manner that builds trust and connectedness.

Open-Mindedness

The ability to listen and consider many points of view that differ from your own.

Self-Awareness

Knowing yourself and how and why your belief system and views originated. Having the self-control to not allow bias and stereotypes to be a part of day-to-day behaviors.

Clear Expectations

The ability to create, define and develop competencies to build skills that foster an inclusive environment.

Continuous Learning

The ability to take personal responsibility and actions when learning and implementing new ideas and methods. Understanding how to learn, change, and how to think!

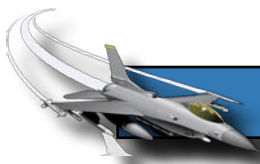
Artful Challenge

The ability to challenge and dissuade inappropriate behavior with grace and respect.

In reflecting on Crowley’s statement as it relates to these competencies, I’m stricken with the fact that when we make a choice to embrace diversity and operate from this paradigm then our actions follow suit. Diversity isn’t a program or an initiative. It’s said to be a strategy, but I’d like to think of it as a lifestyle, a value, and a belief. Each of these competencies can be translated into quantifiable behavior. Leaders who effectively model the competencies provide a frame of reference for members to emulate. Dr. W.E.B. DuBois said it best, “we must not only know, we must act.” With the newfound awareness of these competencies, now it’s let up to each of us to act.

Knowledge Operations Manager of the Quarter MSgt Tony Mathews

MSgt Tony Mathews is the Knowledge Operations Manager for the 187th Operations Group. In this capacity, Sergeant Mathews serves as the Non-Commissioned Officer in Charge of the Orderly Room. His efforts have provided a positive working environment for members in the Operations Group. Sergeant Mathews boosts morale and promotes unit cohesion by providing exemplary customer service, supervision, training and fostering open lines of communication. He has provided training in all facets to prepare the Airmen within his organization. He also maintains the appropriate training records and conducts on-the-job training to ensure mission accomplishment. Congratulations MSgt Mathews for a job well done.



AROUND THE PATTERN



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.

Direct recruiting and retention inquiries to MSgt Stan Krasinski at stan.krasinski@ang.af.mil or call 334.394.7375



Join the NonCommissioned Officer Academy Graduate Association

The Noncommissioned Officer Academy Graduate Association (NCOAGA) is looking for Airman of all grades to grow their ranks. The NCOAGA is an organization made up of Airman like yourself whose primary focus is to promote, help prepare for, and support enlisted professional military education with an in-residence emphasis.

Additionally we like to further develop our Airman by instilling pride and esprit de corps through AF Core Values, customs/courtesies/traditions and patriotism through community involvement.

We support and participate in base and community events such as: Annual Angel Tree Project, Wing Dining In and Dining Out, as well as a number of other activities; all of which require broad support from our fellow Airman.

Being a part of a motivated team that helps others and recognizes their hard work has many other advantages. It's a good way to meet your peers on base and benefit from their vast and varied experience.

Come join us for free the first year with a \$20 annual fee thereafter. Interested parties should contact MSgt Sally Murphy or TSgt Akilah Dale @ ext: 394-7034 for further information.



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.*

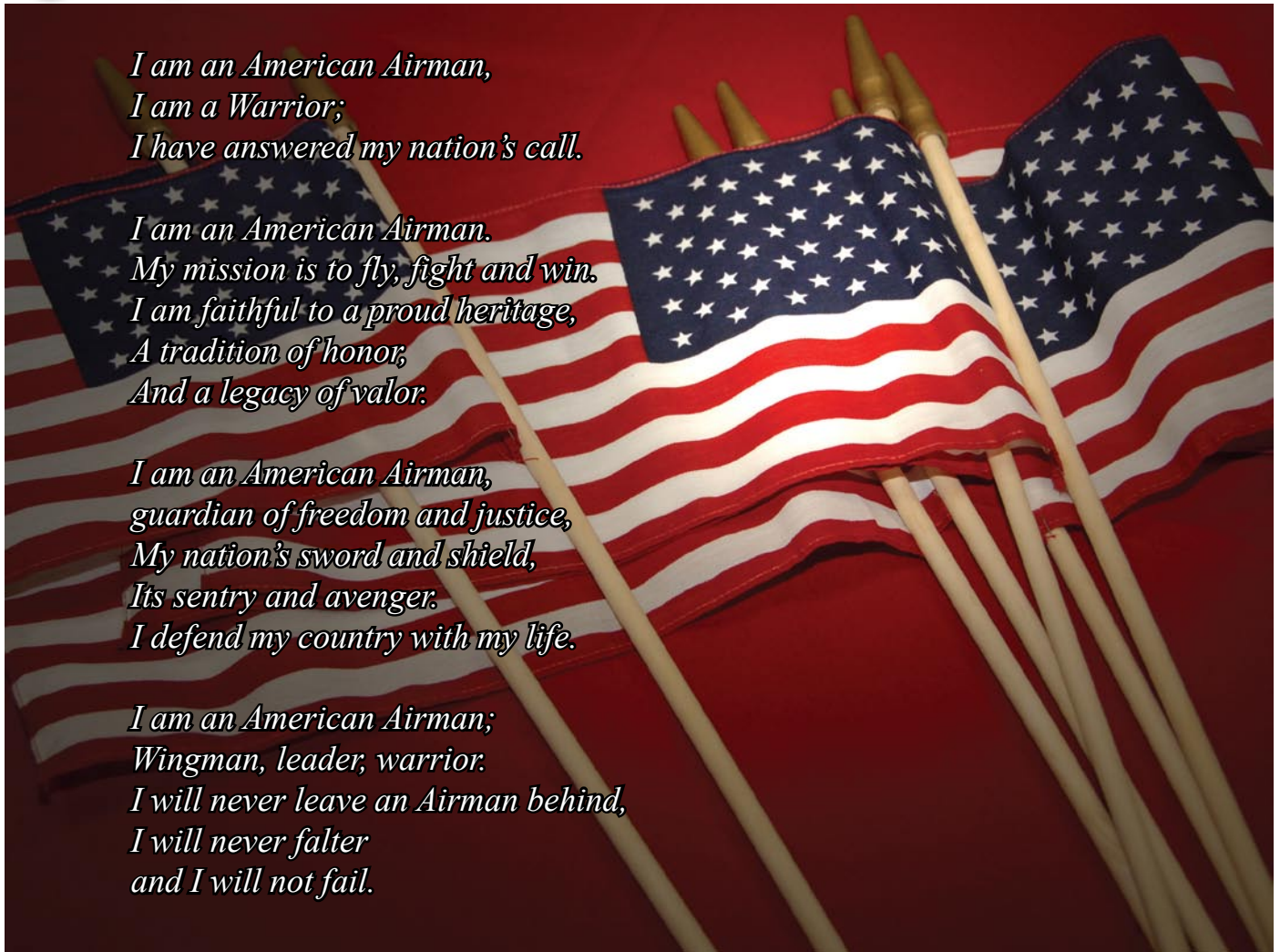
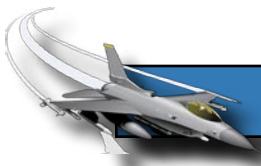


Photo by Tech. Sgt. Chris Baldwin

Air Force Equal Opportunity Climate
Assessment Survey available through
September 30, 2012



<https://www.famnetuca.net/ucang/user/login/login02.cfm>



AROUND THE PATTERN

Alabama National Cemetery thanks the 187th Fighter Wing



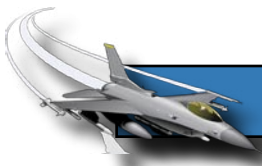
Two representatives recently visited the 187th Fighter Wing to thank the wing and the 100th Fighter Squadron for support during a flyover of the Alabama National Veterans Cemetery. 100th Fighter Squadron Commander, Lt Col Will Sparrow, the 187th Fighter Wing executive officer, 2nd Lt Adam Pruitt, and F-16 Fighter pilots Capt Scott Eshelman and Capt Frank Propkop were on hand to

accept certificates of appreciation. Alabama National Cemetery is a United States National Cemetery located in Montevallo, Alabama, 15 miles south of Birmingham, Alabama. It encompasses 479 acres, and was projected to begin interments on June 25, 2009 to serve a national cemetery for our nation's veterans and their loved ones. *(Photo by SMSgt Walt Lynch)*

HOW ARE WE DOING?

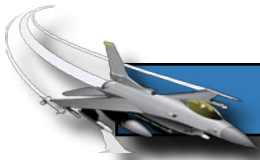
The 187 Fighter Wing Public Affairs would like to know your thoughts on the base magazine. Please take a moment to email your feedback to 187FW.pa@ang.af.mil.





Family and friends say goodbye to 187 CES





TOUCH & GOS

2012 UTA SCHEDULE

January 7-8	<i>May 19-20</i>	September 15-16
February 2-5	<i>June 9-10</i>	October 20-21
March 3-4	July 14-15	<i>November None</i>
April 14-15	August None	December 1-2

** Denotes changes released by the commander on 27 Jan 2012*

REMINDER

**NO UTA IS SCHEDULED FOR
AUGUST 2012**

SPEAKERS' BUREAU

Interested in joining the Alabama National Guard Speakers' Bureau? Contact 187 FW/PA for additional details at (334) 394-7157.

NEW BASE NUMBERS

Many base numbers have changed in the last few months, please check your directory before dialing.

CHAPEL SERVICE

Chapel Service will be held, Sunday, July. 15, 0730, in the Wing Conference Room. Contact the Chaplain's Office for additional information.

CONSIDER JOINING THE NATIONAL GUARD ASSOCIATION OF ALABAMA

Are you a member of the National Guard Association of Alabama? The mission of the National Guard Association of Alabama is to promote the homeland of America by insuring the Alabama Army and Air National Guard has the necessary personnel, equipment, and infrastructure to carry out assigned missions.

In addition, the National Guard Association of Alabama:

- * Educates the public with regard to the role of the Army and Air National Guard in homeland security and homeland defense
- * Promotes the welfare of individual Guardpersons
- * Aids the Alabama State Military Department in acquisition and modernization of equipment
- * Provides communication with the business community to improve understanding and support of the mission of the National Guard
- * Works in conjunction with the National Guard Association of the United States to accomplish its mission

For more information visit: <http://www.ngaal.com>. Support the organizations that support YOU!