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# IN FORMATION

187th Fighter Wing  
Vol. 1, No. 9 September 2012



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U.S. AIR FORCE



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Dannelly Air National Guard Base  
5187 Selma Highway  
Montgomery, AL 36108

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**187th Fighter Wing Vice Commander**

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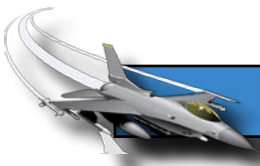
*Submission deadline for the October 2012 publication is October 1. Articles must be submitted electronically to 187FW.PA@ang.af.mil. For more information, contact Public Affairs at (334) 394-7157.*

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**ON THE COVER >>** Lt Col Ryan Barker, *100 FS Project Officer for Dacian Viper 2012 and a Romanian Pilot* are interviewed by Romanina media for thier Distinguished Visitors Day events held as part of the State Partnership Program.



MONTGOMERY, Ala. - Members of the 187th Fighter Wing join other area military members to greet Tuskegee Airmen who arrived at Montgomery Regional Airport on Friday, September 14, 2012. See more photos at page 11. (Photo by TSgt Chris Baldwin)



## 187 MSG changes underway; Jacobs moving to ALANG HQ

Courtesy Article  
Office of Public Affairs



*Official Photo*

The 187th Fighter Wing Mission Support Group will see significant change over the upcoming

months. Col Paul Jacobs will move to the Alabama Air National Guard Headquarters.

He will assume the position of Director of Staff at the Air Division, effective in November. Lt Col Judy Dailey will assume his responsibilities within the 187 MSG. More information will be made available as the changes develop.

Joint Forces Headquarters Alabama (JFHQ-AL) Air Component is responsible for command, control, and supervision of assigned Alabama Air National Guard organizations.

These organizations include the 187th Fighter Wing, the 117 Air Refueling Wing, the 226th Combat Communications Group, the 232nd Combat Communications Squadron and the 280th Combat Communications Squadron. JFHQ-AL provides mission ready forces to the federal government and the Governor of Alabama, while providing assistance to the citizens and civil authorities during natural disasters or emergencies under the command of the Adjutant General.

## News from Base X: Deployed 187 Prime BEEF ‘doin’ fine’

By Lt Col Norvell, 187 CES Commander  
(Currently serving as 474th ECES, Commander)

The Prime Base Emergency Engineer Force deployed in July 2012 for the 11th Rotation on the Rock. They are responsible for Harvest Bear assets in direct support of Camp Justice. The BEEF has completed over 300 work orders since arriving and has expanded their operations geographically to include other parts of the JTF.

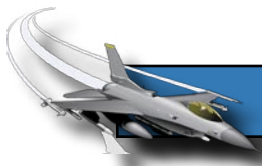
Our first real test was the urgent replacement of a 20,000 sewage bladder that ruptured during a peak camp occupancy. The Utilities Team immediately assessed, replaced and cleaned up the site with no loss in service to the camp.

The team worked projects such as sound-proof-

ing sensitive areas, structures projects, and rodent control. The island is full of beaver-like creatures called “hutia” or banana rats. They are sort of cute, but they like to dine on any exposed electrical insulation.

All members of the 474th ECES do mandatory fitness five days a week. To date the unit has completed over 1,600 cumulative miles, logged over 12,000 pushups and over 11,000 sit-ups. The unit has participated in the 5 Km/8-mile run representing the Air Force with a gold in the Masters 8-mile.

*(See Photos at page 11)*



### “BEAMS Me Up...”

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



Sorry, this is not an article about Star Trek. However, it is about something that is extremely important. Actually, September is National Suicide Prevention Month. The notion of having a single month to focus on suicide prevention may seem a little odd given the fact we are encouraged to be on watch for warning signs 24/7. However, September is a good time to review, evaluate, and fine tune any procedures you have that might need to have a little dust blown off them. Whether this review happens in the way of personal evaluation, table-top discussions, or more behaviorally specific initiatives, September is a good time to do it. Think about it, it's the end of a fiscal year, schools are back in full swing, the Summer season begins to wane, and many people start preparing for the Fall and Winter holiday seasons. What better time is there for reflection and introspection before seasonal anxieties and joys abound! Perhaps one of the easiest things and usually the most preferred thing to do when faced with a difficult situation or person is to do our level best to avoid, suppress, ignore, eschew, or escape. However, there are circumstances when doing any of those to solve our immediate problem is simply just not feasible. So, then what do you do? Unfortunately, for some, the option they choose is the permanent solution to temporary problems.

Well, it's true this article is not about Star Trek, but it's also not about preventing others from committing suicide either. What it is about are the things you do to keep YOU safe. So, focus on what you are doing right as well as what you might like to do better. One of the best ways to get out of the fog that leads to suicide is to help someone else. Helping and nurturing others tends to help us feel better about ourselves and regain a sense of purpose and direction. One way to get your mind off all the things you can't change is to volunteer. When we volunteer or engage in other altruistic efforts we allow our BEAMS to work for us. By BEAMS I mean our, Body, Environment, Awareness, Mind, and Spirit. During your reflection ask yourself if you are paying attention to your body

and what it's telling you? Our bodies let us know something is afoot early on in often very subtle, but poignant ways. If we analyze our physical and social environments, we will notice their level of “healthiness” can also prod us to become more aware of what is happening with us. If only we would listen. For instance, unhealthy relationships can be a major drain on our physiological and psychological health; and this often leads to other issues behaviorally. You see, it really is all connected. Furthermore, research suggests our intrapersonal environment (what's going on between our ears—mind) may have even more influence than the physical and social environments combined and can retard or enhance healing and quality of life (Wallerstein & Bernstein, 1988). And with all that, think about this: how can the body heal, rejuvenate, or regenerate without a willingness and spirit to endure?

So, how are you nurturing and paying attention to your BEAMS? Are they a high or low priority? Where are your BEAMS' strengths or weaknesses? Are you willing to do something to change? If everything is perfect for you, then you don't need to finish reading this article. But if you are reading this and noticed where some changes might be a good thing for you, then keep reading. Here's the BEAMS challenge: choose one activity that enhances an aspect of BEAMS and commit to using it as a positive, weekly balancing outlet for yourself for 42 consecutive days. Why 42 days? That's statistically the minimum amount of time it takes for a new behavior to take root and become a habit. So, let's all get BEAMS(d) up! I wish you much success as you traverse the BEAMS journey.

Wallerstein, N. & Bernstein, E. (1988), Empowerment Education: Freire's Ideas Adapted to Health Education. *Health Education Behavior*, 15(4), 379-394. doi: 10.1177/109019818801500402

*Editor's Note: To speak with Ms. Sallet, please contact her at (334) 394-7112.*



# ANTITERRORISM

## Active Shooter 101: Know What To Do

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

The active shooter is a potential threat to the work place environment as these individuals usually act alone and it is difficult or impossible to have any prior warning of an active shooter incident. However there are some indicators which may provide possible warning of a lone wolf terrorist or active shooter. First, an active shooter refers to one or even more than one subject participating in a shooting spree, random or systematic, with intent to continuously harm others. This is the definition given at the U.S. Army Military Police School. An active shooter may be a current or former employee associated with a military unit. It could be a military member, a contractor, civilian worker or a family member or not even associated with the U.S. military.

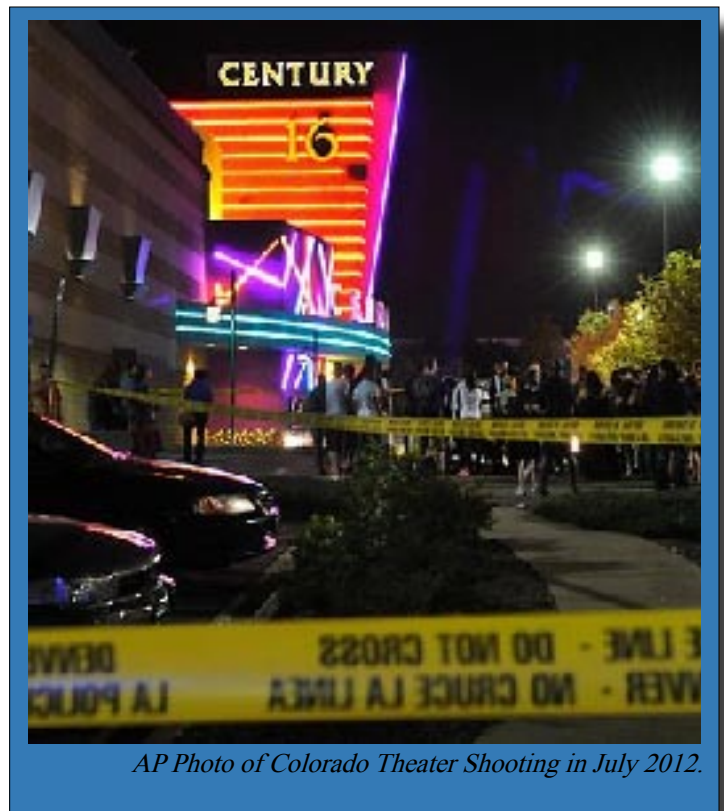
According to the Guardian antiterrorism Journal, active shooter incidents have the following characteristics:

- The event is unpredictable and evolves rapidly
- Victims are generally targets of opportunity
- Ending an active shooter incident usually requires direct military police or law enforcement intervention.

It is also important to know signs of high risk behavior which could possibly be an indication of an active shooter. According to Guardian magazine they are as follows:

- Increased use of alcohol or drugs
- Unexplained increase in absenteeism or vague physical complaint
- Depression or withdrawal
- Increase severe mood swings and noticeably unstable or emotional responses
- Increasingly talks about personal problems or problems at home
- Increased unsolicited comments about violence, fire arms and other weapons or violent crimes.

If an active shooter event happens remember first “evacuate”, if possible, if not possible, “hide”, and as a last resort, “take action!”



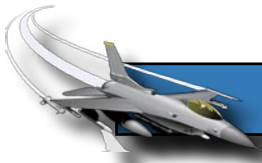
AP Photo of Colorado Theater Shooting in July 2012.



**U.S. AIR FORCE**

**EagleEyes**

**WATCH.REPORT.PROTECT.**



## AROUND THE PATTERN

# AF social media & OPSEC rules also apply to Air National Guard



### ***Information for this article was compiled from multiple sources***

Airmen are encouraged to tell the Air Force story, but they should be mindful to do so in ways that lend credit to themselves and the service, officials said.

With the emergence of social media, information sharing has changed in unprecedented ways. It continues to be dynamic and evolving.

Now a cultural norm around the globe, social media is part of the daily activities of airmen and their families, who use social media sites to stay connected.

The Air Force has specific guidance related to social media. In particular, airmen should remember to heed both operational security and Air Force core values as they exercise the privilege of accessing social media, officials said.

“A helpful reminder for airmen is to use our core values as a filter before engaging in a public forum,” said Col. Steve Clutter, the Air Education and Training Command public affairs director. “Core values will guide them to be cautious before crossing the line between funny and distasteful, or sharing good information without creating an OPSEC violation. We must reinforce to our airmen to use good judgment when using social media sites as there may be consequences with what is posted.”

Careless use of social media can jeopardize the mission. An OPSEC violation was detailed in an article written by Airman 1st Class Precious Yett, with the 502nd Air Base Wing OL-B Public Affairs at Joint Base San Antonio, Texas.

“I had a situation with a member who was deployed downrange in support of Operation Iraqi Freedom,” said Tech. Sgt. Darrell Williams, the 902nd Security Forces Squadron Military Working Dog section NCO in charge. “I logged onto Facebook one morning and noticed he had checked in to his search pit on the base.

“He wasn’t thinking that by doing so, he’s broadcasting the grid coordinates to a strategic location on base via an unsecured medium,” Williams said. “Anyone with hostile intentions could have utilized those coordinates to not only locate an entry point into the installation but target those who work there. Additionally, the deployed member had posted what equipment was currently in use and identified these pieces of equipment by name.”

Williams said he immediately sent the airman a Facebook message and reminded him of operational and communication security procedures. The post was deleted, but with the information already online, the damage could have already been done.

The Air Force pamphlet “Social Media and the Air Force,” produced by the Air Force Public Affairs Agency Emerging Technology Division, states, “Airmen should note that anytime they engage in social media, they are representing the Air Force and therefore should not do anything that will discredit themselves or the Air Force.”

As a member of the Air National Guard, “Airmen must abide by certain restrictions to ensure good order and discipline.” When on orders, Air National Guard members should be reminded that all actions are subject to the Uniform Code of Military Justice. Even if airmen state they are not representing the Air Force, other audiences may not interpret the information that way.

Officials advise airmen to be careful of the details, text, photos and video posted to profiles on social networks. Employers and adversaries can search these sites, and there are numerous examples of people losing a job due to their inappropriate photos or comments.

“Airmen, by the nature of the business, are always on the record and must always represent the core values, even on the Web: integrity first, service before self and excellence in all that is done,” the pamphlet stated.



## AROUND THE PATTERN

# September 15 kicks off Hispanic Heritage Month

by Capt Maranda Brown  
187th Fighter Wing Equal Opportunity Officer

In the United States, we observe National Hispanic Heritage Month (NHHM) from September 15th through October 15th by celebrating the culture and traditions of U.S. residents who trace their roots to Spain, Mexico, and the Spanish-speaking nations of Central America, South America, and the Caribbean. September 15th was chosen as the starting point of NHHM because it is the anniversary of independence for five Latin American countries—Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua. In addition, Mexico declared its independence on September 16th, and Chile on September 18th. The following factoids may be of interest as we embark on NHHM.

At nearly 23 million, people of Hispanic or Latino ethnicity represented 15 percent of the U.S. labor force in 2011. By 2020, Latinos are expected to comprise 19 percent of the U.S. labor force.

As of September 20, 2010, Hispanics made up 9.5 percent of all reserve forces including the National Guard.

According to the U.S. Census Bureau, the number of Hispanics or Latinos 18 and older who are veterans of the U.S. Armed Forces was 1.1 million as of 2010.

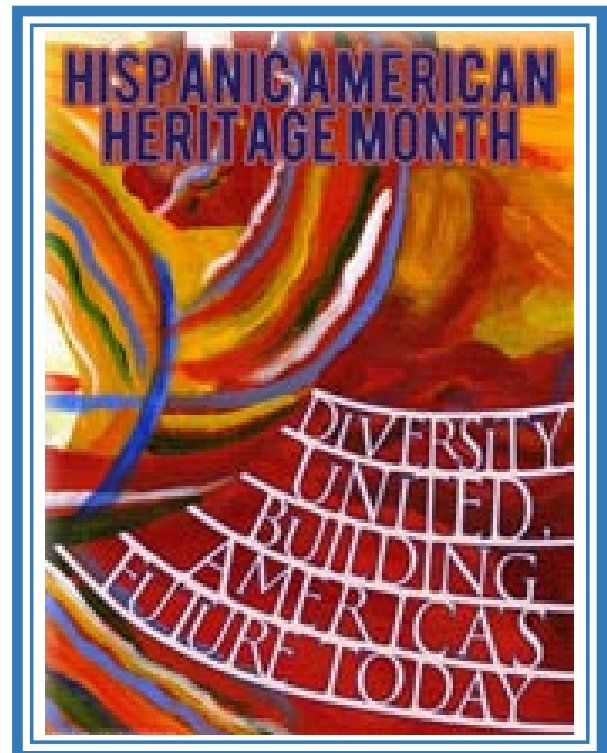
Forty-three men of Hispanic heritage were awarded the Medal of Honor. Of those 43, two were presented to members of the United States Navy, 13 to members of the United States Marine Corps, and 28 to members of the United States Army. Twenty-five Medals of Honor were presented posthumously.

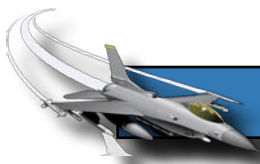
*For more information about NHHM, visit the Library of Congress, NHHM webpage at <http://www.hispanicheritagemonth.gov>. (Source: [http://www.deomi.org/SpecialObservance/documents/Hispanic\\_Facts\\_of\\_the\\_Day\\_2012.pdf](http://www.deomi.org/SpecialObservance/documents/Hispanic_Facts_of_the_Day_2012.pdf))*

The Hispanic population of the United States as of April 1, 2010 was 50.5 million, making people of Hispanic origin the nation's largest ethnic or racial minority. Hispanics constituted 16.3 percent of the nation's total population. In addition, there are 3.7 million residents of Puerto Rico, a U.S. territory.

The Hispanic population of the United States on July 1, 2050 is projected to be 132.8 million. According to this projection, Hispanics will constitute 30 percent of the nation's population by that date.

With these factoids and population projections in mind, President Barack Obama said, "The future of America is inextricably linked to the future of our Hispanic community. Our country thrives on the diversity and ingenuity of all our people, and our ability to out-innovate, out-educate, and out-build the rest of the world will depend greatly on the success of Hispanics. This month, as we honor their struggles and successes, let us recommit to ensuring our Nation remains a place big enough and bold enough to accommodate the dreams and prosperity of all our people."





## 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 334.394.7480 or Cell:334.220.4339*

## 187th Fighter Wing Retention Office

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

POST 9/11 GI BILL: Please go to our Share Point at; <https://eis.ang.af.mil/org/187FW/Post%20911%20GI%20BillChapter%2033%20Information/Forms/AllItems.aspx> for the most recent information from NGB to include the current application and transfer procedures. There, you will also find slide shows for the POST 9-11 IMPROVEMENTS, POST 9-11 TITLE 32 AGR and ARPC LOC. More information concerning the Post 9/11 GI Bill / Chapter 33 benefit or any of the other GI Bill Chapter benefits can be found at [www.gibill.va.gov](http://www.gibill.va.gov).

CAREER MOTIVATION PROGRAM / UNIT CAREER ADVISORS TRAINING MEETING: We will have our quarterly CMP/UCA Training Meeting on Sunday, 16 Sep 2012, from 0900-1100 in the Wing HQ Conference Room, Bldg. 1502. All UCA's please attend and bring all CMP questions, comments, suggestions, experiences with you. Wing Leadership will be in attendance. See you there!

NEWCOMERS' ORIENTATION BRIEFING: We will have our quarterly NOB on Sunday, 16 Sep 2012, from 1200-1300 in the Maintenance Conference Room, Bldg. 1101. Spouses or significant others are also encouraged to attend. See you there!

REENLISTING FOR PROMOTION OR DEPLOYMENT? If you do not have retainability for that upcoming promotion or deployment and are currently on an incentive (Bonus) you must extend to acquire the required retainability. If you are allowed to reenlist, early, you void the conditions of your contract. Your incentive will be terminated and recoupment will be required. Please keep your money and extend to cover the time you need!

If you have reenlisted since 03 Aug 2010 and have not stopped by the Retention Office in Bldg. 1502 to claim your Sgt Ski gift, please do so. There is also an Air National Guard Reenlistment Program for you to take advantage of if you have not already. Go to [www.goang.com](http://www.goang.com) or call 1.800.TO.GO.ANG to respond to the survey.

Thank you for your assistance, service and please have a great drill weekend!





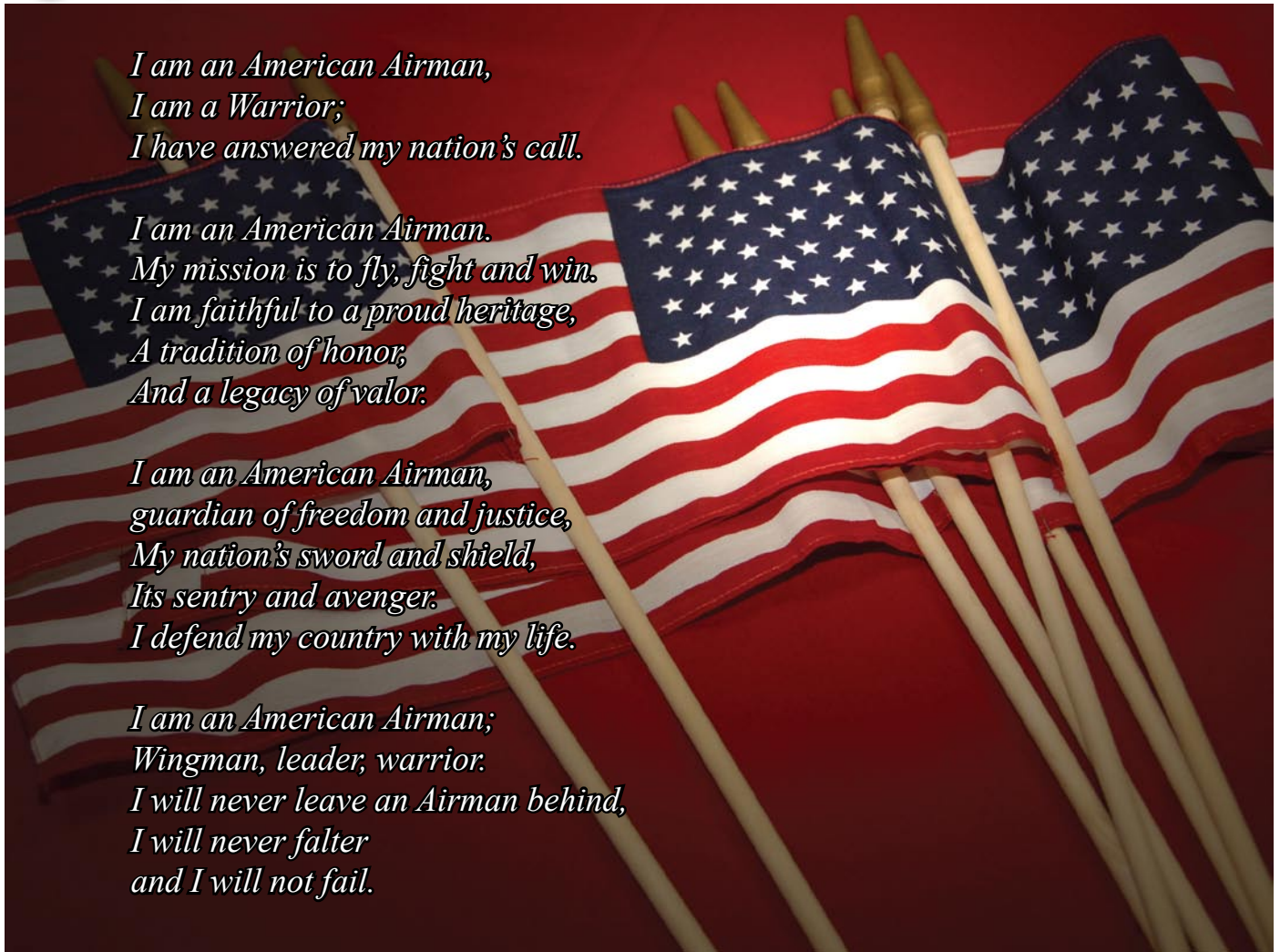
## AIRMAN'S CREED

*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.*

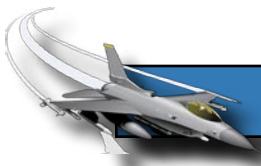


*Photo by Tech. Sgt. Chris Baldwin*

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



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



## AROUND THE PATTERN

### Reflections from Romania



(Photos by TSgt Jeff Foster)



More than 100 guardsmen of the 187 Fighter Wing traveled to Romania in August, in support of the National Guard State Partnership Program. Eight aircraft were also deployed in support of this mission.

From August 6-10, fighter pilots from the wing's 100 Fighter Squadron participated in *Dacian Viper 2012*, an exercise designed to enhance the tactical skills of the Alabama Air National Guard fighter pilots as well as Romanian fighter pilots assigned to the 71 AF (Campia Turzii).

The exercise enabled both units to perform common flight and

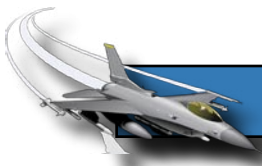
training activities, exchange experience on tactics, techniques and procedures for basic combat maneuvers, air combat maneuvers intelligence tactical command, and cross service logistics support.

The National Guard's 65-nation, 20-year-old State Partnership Program provides unique partnership capacity-building capabilities to combatant commanders and U.S. ambassadors through partnerships between U.S. states, territories and the District of Columbia and foreign countries.

The SPP supports U.S. national interests and security cooperation goals by engaging partner nations

via military, socio-political and economic conduits at the local, state and national level.

The SPP evolved from a 1991 U.S. European Command decision to set up the Joint Contact Team Program in the Baltic Region with Reserve component Soldiers and Airmen. A subsequent National Guard Bureau proposal paired U.S. states with three nations emerging from the former Soviet Bloc and the SPP was born, becoming a key U.S. security cooperation tool, facilitating cooperation across all aspects of international civil-military affairs and encouraging people-to-people ties at the state level.



# AIR FORCE/ NATIONAL GUARD NEWS

## Photos: 187 Prime BEEF at The Rock...

(Continued from page 3)



MSgt Baldwin, SrA Barnett and SrA Mathews work on Environmental Control Units



MSgt Brock performs work on a broiler



SrA Barnett and SrA Mathews offload supplies from a truck.



SMSgt Emehizer and SrA Hagler ensure columns are level for an overhead shelter.

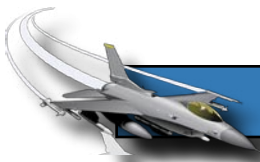


SrA Barnett performs work on a broiler



Tuskegee Airmen Arrival Party  
Montgomery Regional Airport  
September 14, 2012





# TOUCH & GOS

## 2012 UTA SCHEDULE

October 20-21      *November None*      December 1-2

## 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  
**April 13-19**      August 3-4      December 7-8  
*\* Apr: 13-16 (UTA) and 17-19 (AT) / Oct: 5-6 (UTA) and 7-11 (AT)*

## SIX FLAGS FREE WEEKEND

Six flags is holding their annual military appreciation weekend 22-23 September 2012. All military members are admitted free along with two guests.

## 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, Sept. 16, 0800, in the Wing Conference Room. Contact the Chaplain's Office for additional information.

## YOUTH WHO MAKE A DIFFERENCE

Nestle will honor youth who are making a profound impact on their communities by giving a \$1,000 contribution to the charity of each young person's choice. Winners will also be sent to the "Very Best In Youth Awards" ceremony in Los Angeles with additional spending money! For more information, visit <http://verybestinyouth.nestleusa.com/public/default.aspx> The application deadline is November 8, 2012.

## SUPPORT THE CHIEF'S COUNCIL FUNDRAISER

The Chiefs' Council is sponsoring a fundraiser to help replenish its funds, which are used to support families in need of assistance, Flowers for family members, sponsor unit activities such as golf tournament and fun day and other morale and welfare functions. This year we have chosen to sell SpiritCups, which are available for NFL, MLB, and Collegiate teams as well as the five branches of the military.

The fundraiser will begin Friday, September 14th, and will run through Wednesday, September 26th. The orders will be placed by October 1st so that the cups will be available for delivery by October drill.

The cups are sold four (4) in a pack. All cups in a pack will be the same design. Each pack is \$15.00. The cups are very durable and dishwasher safe, and when you see the 3D animation in the design on the cups, you will be amazed at the value of your purchase.

A table will be set up in the Chow Hall this weekend for people to place orders. Sample cups will be available for viewing at the table. In addition, orders may be placed with any Chief Sept 14 - 28. Payment must be made at the time the order is placed. Only cash or checks will be accepted. Checks should be made payable to "187FW Chiefs Council".

Contact:  
CMSgt Kenneth J. Monk  
DSN 358-9393  
Comm 334-394-7393 or  
[kenneth.monk@ang.af.mil](mailto:kenneth.monk@ang.af.mil)