

# Sandy H g Gazette

111th Fighter Wing

Pa Air National Guard

Willow Grove Air Reserve Station, Pa.

Volume 14 Issue 10

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## RED HORSE

Gets  
down  
& dirty

A soldier in camouflage gear and a helmet is aiming a rifle from a green metal structure. The soldier is looking through the sights of the rifle. The background shows green trees and a clear sky.



**ON THE COVER:**  
*Staff Sgt. Michael Nice, 201st RED HORSE Sq. Det. 1, takes part in a field training exercise at Fort Dix, NJ, Sept. 19.*

Photo by Tech Sgt. Elisabeth A. Matulewicz

Find out the latest, greatest happenings on YOUR base at the 111th Fighter Wing Announcement Page:

<https://exchsp1.ang.af.mil/sites/111fw/default.aspx>

Email alerts can be set to notify members immediately, daily or weekly when new announcements are posted.

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The Public Affairs staff can be reached during UTA weekends at (215) 443-1450. For urgent inquiries, contact the 111th FW Wing Executive Officer at (215) 443-1410. Deadlines for submissions to the November issue of the Sandy Hog Gazette is Oct. 15. E-mail articles and photos for consideration to: [pa.111fw@ang.af.mil](mailto:pa.111fw@ang.af.mil).

## CCM Perspective: New Physical Fitness Test Standards

**By Command Chief Master Sgt. Ralph Braden  
Pennsylvania Command Chief**

New fitness testing standards will become effective starting January 2010 for active duty Airmen. Although we have not seen official notification on Air National Guard implementation, below is what we've been told to expect but the final version could change with final approval. Given this input my expectation is that we will be testing to the new standards starting January 1, 2010.

These standards were developed after a lengthy and in-depth review of our current fitness program. They are being put in place to ensure that all Airmen are fit to fight and that the program is administered in a fair and equitable manner.

These revised standards are based on health risks. In addition to ensuring that you are fit to fight the new test is meant to encourage a healthy lifestyle that reduces health risks. The combination of being healthy and fit to fight is the ultimate goal of the program.

Airmen on active duty will be required to perform the fitness test twice a year. Air National Guard Airmen will continue fitness testing on a once a year basis. The fitness test itself has not changed significantly. However, some considerable changes to the scoring of the test will be implemented.

The components of the fitness test remain the same. The components are run time, waist size, push-ups and sit-ups. What has changed is that in addition to the minimum score of 75 points to pass the fitness test there is now a minimum standard for each component of the test.

Another change to the program is a reallocation of component points to emphasize the importance of cardio-vascular health. The run time point value increases from a maximum of 50 points to 60 points. The waist size point value decreases from a maximum of 30 points to 20 points. The push-up and sit-up point values remain at 10 points each.

How do these changes affect you? I just completed my fitness test today just before writing this article. As an example, I will share with you how I would score under the new program.



*CCMSgt Ralph C. Braden*

### Current Fitness Test Results:

I passed with a score of 79 under the current PFT standards by performing 30 push-ups (9 points), 32 sit-ups (8.25 points), running the 1.5 miles in 13:23 (40.5 points), and my waist measurement was 39.5 inches (21.25 points).

### New Fitness Test Results:

I failed with a score of 82.5 under the new PFT standards. Although my composite score increases by 3.5 points under the new standard I would have failed the test due to the fact the I would not have met the minimum standard for the waist size. The minimum standard for waist size is 39 inches. Not meeting the minimum standards in any component of the test results in a failure.

The time to evaluate how the new PFT standard scoring will affect you is now. Many of us will face challenges in one area of the test or another. The minimum fitness levels for each category may affect your ability to pass the test as you can see it would affect me. You need to be aware of your fitness level and do what you need to do to meet the new standards.

The new scoring charts and additional information on the revised program may be found at the following website:

<http://www.afpc.randolph.af.mil/affitnessprogram/index.asp>

## Legislation could extend GI Bill to more Guardsmen

By Senior Airman Jameel Moses  
National Guard Bureau

More than 30,000 additional National Guardsmen may become eligible for the Post 9/11 GI Bill with the help of bipartisan legislation introduced Sept. 10.

Rep. Dave Loebsack of Iowa pioneered the National Guard Education Equality Act, to change the GI Bill eligibility rules to include National Guardmembers called to active duty in support of homeland security.

“Essentially, the New GI Bill of Rights that we passed last year unintentionally left out about 30,000 members of the National Guard,” said Loebsack on Radio Iowa. “They are not receiving all of the benefits they have earned.”

The current Post 9/11 GI Bill, which began on Aug. 3, only extends benefits to servicemembers serving under Title 10 duty status, but the proposed law would cover those serving under Title 32 in homeland security roles. Both duty statuses are paid with federal dollars, but in Title 32 the state governor maintains

control.

“Our National Guard members who participate in disaster response, protection of U.S. airspace, border security and many other critical missions deserve the Post 9/11 GI benefits and the opportunities that come with those benefits,” Loebsack told Radio Iowa. “As a former college professor, I know and understand the many doors an education can open. A small technical error will not and should not get in the way of opening those doors.

“It’s also for those folks in the Guard and Reserve who have been discharged with a service-connected disability, and they have not been covered up to this point either,” said Loebsack.

In the current GI Bill, servicemembers discharged under Title 10 with a service-connected disability are provided a full, four-year college education, but Guardmembers discharged under Title 32 are not eligible.

The bill, which has 22 cosponsors, has been referred to the House Veterans Affairs Committee, which isn’t expected to pass new GI Bill-related legislation until next year.

### ATTENTION!!! Are you planning to separate? You must now apply through vPC-GR

As of Sept. 30, Air National Guardsmen **must** initiate voluntary separations in vPC-GR. The request must be put in no earlier than 90 days prior, but no later than 30 days prior. This change will centralize all ANG separation processes at ARPC through vPC-GR, ensuring accurate accountability of projected losses. The Website can be found at:  
<http://arpc.arfc.af.mil/vPC-GR/>.

## *DoD understands importance of military in homeland defense*

**By Lt. Col. Ellen Krenke  
National Guard Bureau**

ARLINGTON, Va. — The Department of Defense has achieved an understanding of the importance that the military can and should play in homeland defense, the Pentagon's Reserve Affairs chief said Sept. 12.

"It is a complex subject," Dennis McCarthy, the assistant secretary of defense for Reserve Affairs, told an audience at the 131st National Guard Association of the United States General Conference in Nashville, Tenn.

"I have been involved in these issues for a long time. I understand the importance of the Constitution, and the importance that governors play as the commanders in chief of their state.

"I believe we can find ways to work together to use our forces ... to do the nation's business whether in homeland defense, homeland security or consequence management or any challenges that we might face."

Family readiness and employer support are two other subjects high on McCarthy's

priority list that are essential to a sustainable force.

"We understand that you cannot sustain the reserve component, you cannot sustain the level of effectiveness if we lose the support of our families," he said.

McCarthy said the Yellow Ribbon effort is a process - not a program - that is firmly entrenched at the unit level, and "we need to provide augmentation and reinforcement, and we are going to work hard to do that."

Employer Support of the Guard and Reserve is also a major effort in the Reserve Affairs office, McCarthy said.

"[It's] all directed at supporting ... our nation's employers," he said. "The level of employer support ... is night and day better than it was in 1990. Employers of our country are to be congratulated and thanked for what they do.

"Part of the success comes from the good work that we have done through ESGR. We need to continue to reinforce that effort," he said. "We will continue to be good partners with you in that very important program."



*Dennis McCarthy, assistant secretary of defense for Reserve affairs, addresses the 131st National Guard Association of the United States General Conference in Nashville, Tenn., on Sept. 12, 2009. "The SECDEF and I are viscerally connected to the men and women in uniform," McCarthy said.*

Photo by Staff Sgt. Jim Greenhill

## 'Diverse, experienced Air Guard must come from below,' says Wyatt

By Master Sgt. Mike R. Smith  
National Guard Bureau

HYATTSVILLE, Md. — The Air National Guard's ability to successfully conduct missions in the future depends on the development of future leaders, its top officer said Sept. 14.

"It is our responsibility as an organization to develop the content of their character," said Air Force Lt. Gen. Harry M. Wyatt III, director of the Air National Guard at the Air Force Association Air and Space Conference and Technology Exposition here.

Wyatt was among dozens of top leaders from the Department of Defense and the Air Force including Secretary of Defense Robert M. Gates, Secretary of the Air Force Michael B. Donley, Air Force Chief of Staff Gen. Norton A. Schwartz and Chief of the National Guard Bureau Gen. Craig R. McKinley, who spoke about the Air Force and aerospace development.

Wyatt spoke to about 50 military and civilian conferees during his scheduled breakout session and then appeared on a panel with the Air Force's top general officers Wednesday.

During his breakout, he pointed out several Airmen who are carrying the Air Guard into the future, like Master Sgt. Tyrone Bingham, an Air Force 12 Outstanding Airman of the Year, and a Nevada Guardsman, who was recognized for his service by the AFA.

Wyatt said the strength of the force comes with opportunities, diversity and encouraging Airmen to "get out of their comfort zones."



Photo by Master Sgt. Mike R. Smith

*Lt. Gen. Harry Wyatt III, director of the Air National Guard, speaks to conferees at the Air Force Association Air and Space Conference and Technology Exposition at National Harbor, Md., Sept. 14.*

"It's a challenge on active duty and a challenge in the reserve to take an [Airman], who is only interested in who his flight commander and his wingman are, and give that individual the education, the skills and the broad knowledge base, and the broad experience base, to be able to stand on this stage and visit with you today," he said.

He also spoke of challenges the Air Guard faces in recapitalization, but he returned to the development of future leaders as a main topic, and related its importance to the fiscal and budget challenges the nation and the military face.

"At this time of reduced resources, we need people who are adaptable, who are flexible, who are capable and who have experiences in life that cannot be diagrammed or written out in a linear form," said Wyatt. "So we have to develop those types of people."

## Wing member prepares for marathon, Star Wars style

**By Staff Sgt. Gordon Beecroft**  
**111th Fighter Wing Public Affairs**

In 2008, 7,344 runners completed the Philadelphia Marathon. One runner dressed as Santa Claus, another wore a stars and stripes patterned outfit. And among all, at least one guy attached his cell phone to his fanny pack and donned his wireless earpiece so that he could keep in touch while running.

On November 22nd, Tech. Sgt. Joe Schonberger, Logistics Plan Specialist in the 111th Logistics Readiness Squadron's Planning Office, will be running the 26.2-mile course wearing full Storm Trooper armor in memory of Katie Johnson.

Sergeant Schonberger has been training for this marathon since April of this year. He is following a simple training guide to marathon running. He will cap his training runs at 18 miles

and recover before the marathon.

"I'm running the Philadelphia Marathon to raise money to grant two children a wish through the Make-A-Wish foundation," said Sergeant Schonberger.

Johnson, who was laid to rest at 8 years old after battling brain cancer, was daughter of Albin Johnson, founder of the 501st American Legion. The 501st Legion builds Star Wars costumes to promote the interest of Star Wars and contribute to charity and volunteer work through costumed events.

"Katie was a big fan of Star Wars and in a crowd of 10,000 people, someone is going to notice a Storm Trooper," said Sergeant Schonberger.

Sergeant Schonberger founded the organization Kilometers for Katie to help raise and channel the money for the Make-A-Wish foundation. Their goal is to raise \$15,000 and grant two children a wish. Currently, Schonberger and Kilometers for Katie have raised 25 percent of their goal.

"The Make-A-Wish Foundation had a profound impact on Katie's life before she passed away," said Schonberger.

Kilometers for Katie aims to raise money for the Make-A-Wish Foundation and raise awareness of the organization to grant the wishes for children with life-threatening medical conditions and provide them with hope, strength, and joy.

If members wish to contribute, they are encouraged to visit the following Website: [www.kn4kt.com](http://www.kn4kt.com).

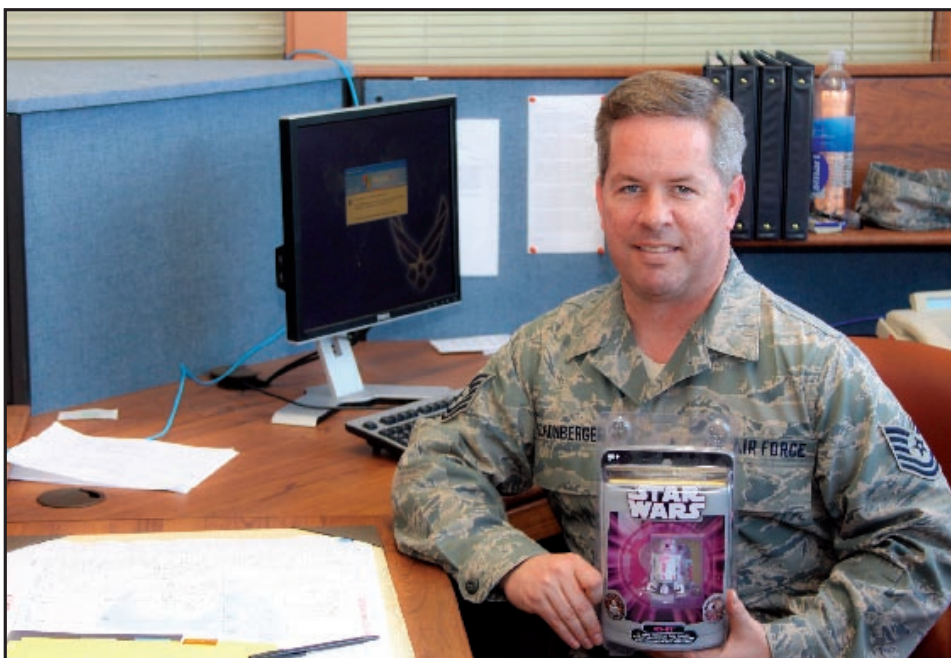


Photo by Staff Sgt. Gordon Beecroft  
 Tech. Sgt. Joe Schonberger, 111th Logistics Plan Specialist, holds the R2KT action figure made in honor of Katie Johnson.

# RED HORSE

## Guardsmen construct bare base during field training exercise

By Tech. Sgt. Elisabeth A. Matulewicz  
111th FW Public Affairs

Almost 100 guardsmen from the 201st RED HORSE Sq. Det. 1 participated in a two-day field training exercise (FTX) from 17-19 Sept. at Bivouac 21, Fort Dix, N.J. In less than four hours, they transformed a rural pineland campground site into a fully operational base and took part in a variety of combat related training.

"On Thursday, we convoyed out to Fort Dix, built 12 tents—two for dining and ten for lodging, laid two Environmental Control Units (ECUs) and four generators to light the area and provide power to the tents," explained Capt. Lydia Stefanik, operations flight commander with the 201st RED HORSE Sq. Det. 1.

The following morning, there was a group formation outlining the day's active training schedule.

"We conducted hands-on training on convoy operations, defensive fighting positions, weapons qualification, troop leading procedures, security patrols, land navigation and self-aid buddy care, skills needed whenever we deploy," said Capt. Stefanik.

These skills are crucial because when this unit deploys they're first on site and are responsible for establishing the base infrastructure that other units will build upon.



Photo by Tech Sgt. Elisabeth Matulewicz

*Members of the 201st RED HORSE Sq. Det. 1, load an environmental control unit onto a flatbed trailer during a field training exercise at Fort Dix, NJ.*

"We're not going to have a base set up already," said Capt. Stefanik. "We're going to need to know how to perform every function: security patrols, housing, services. We'll do everything on our own until it gets more steady-state and more units are sent in."

The FTX both tested and gave new Airmen an opportunity to work together as a team.

"I'm proud of our people and what we've accomplished these last two days," said Senior Master Sgt. James Gray, pavement and construction superintendent

with the 201st RED HORSE Sq. Det. 1. "The teamwork, spirit, and enthusiasm of everyone is more than what I expected it to be the first time out to the site as a unit. Everyone was energetic to get the job done right in a professional manner and with the safety precautions they took."

"I think the unit's coming together very well," Staff Sgt. Joseph Bonamico, a utilities and liquid fuels apprentice with the 201st RED HORSE Sq. Det. 1, added. "We're working together efficiently, and this is definitely a great opportunity and great place to be in."

Photos of this are located at Y:\111fwShared\Photos\2009\2009 09 18-19 201 RHS Det 1 training at Fort Dix NJ.



Photo by Tech Sgt. Elisabeth Matulewicz

*Members fold up an Alaska tent during the FTX.*



*Members of the 201st RED HORSE Sq. Det. 1 load into a Humvee during a convoy training drill at Fort Dix, NJ.*



*Members of the 201st RED HORSE Sq. Det. 1 attend a weapons qualification class at Fort Dix, NJ.*



*Members of the 201st RED HORSE Sq. Det. 1 participate in a security patrol training class during an FTX at Fort Dix, NJ.*

## *Wing members teach SABC, land navigation to Civil Air Patrol cadets*

**By Tech. Sgt. Elisabeth A. Matulewicz**  
**111th FW Public Affairs**

Members of the 111th Fighter Wing supported Pennsylvania Civil Air Patrol Unit Northeast High School Flight from Philadelphia, by providing self-aid buddy care (SABC) and land navigation training at an event held at Fort Washington State Park on Jul. 15, and helped them apply the knowledge in a variety of hands-on scenarios. Cadets also determined their pace count for 100 meters and found specific places using a map and compass.

Several 111th FW units provided tools, personnel, and time to help make this event a success. The 270th Engineering Installation Sq. provided equipment, the 111th Operations Support Flight Life Support section provided compasses, and the 111th FW Recruiting Office and 111th Security Forces Sq. provided personnel.

“Overall, this was an awesome event,” said Tech. Sgt. Kevin Watson, a recruiter with the 111th Fighter Wing. “Some of the cadets showed up here a week later to take the ASVAB test to join the Pennsylvania Air National Guard.”



### **Guard, Reserve Retirement Benefit Seminar**

*Are you unsure of what benefits are available to you while waiting to receive retired pay?  
 If this is you...this seminar can answer these questions and more.*

- When: Saturday, Dec. 5 from 8 a.m. until 4 p.m.
- Where: Timmermann Center, Building 5441, 8th Avenue, Fort Dix, NJ 08640
- What: Those who attend will gain a much clearer understanding and appreciation for Guard & Reserve associated benefits, specifically “gray area” benefits.

**Free to all Guard, Reserve, spouses and retirees. Civilian attire is authorized.**

**To reserve a seat, please contact:**

NCC(AW) Chief Currie  
 Navy RMARCC Staff Counselor  
 Com: (757) 444-7295 ext 2005, DSN: 564-8473  
 Email: everett.currie@navy.mil

## PROMOTIONS

### To Staff Sgt

Aamir Cooper 270th EIS  
Daniel Brooke 111th MSG

### To Tech Sgt

Justin Shellhammer 201st RHS,  
Det. 1

### To Master Sgt

Kendra Broschious 111th MDG  
Robert Ipri Jr. 111th AMXS  
Michael Selinsky 270th EIS

### To Senior Master Sgt.

Clifford Spangler 111th MXG

### To Captain

Francis Rella 111th MDG

### To Major

Adam Colombo 111th MDG  
Christine Munch 111th FW

## ENLISTMENTS

A1C Derek Brosius 201st RHS,  
Det. 1  
A1C Job Alexis 201st RHS,  
Det. 1  
MSgt Rebekah Hewes 111th MDG  
SSgt Charese Baston 111th FSS

## RE-ENLISTMENTS

SrA Christy Bradberry 111th MOF  
SSgt Talitacumi Acevedo 111th FSS  
TSgt Steven Czerviski 111th AMXS  
TSgt Richard Johnston 111th MXM  
TSgt Allison Shick 111th FW  
MSgt John Parillo 111th AMXS  
MSgt Richard Bolton 111th LRS  
MSgt Jack Hill 111th FSS

## RETIREMENTS

Senior Airman Marcia Creer	111th LRS	21 Years
Tech Sgt Gregory Harris	111th MXM	30 Years
Tech Sgt Ron Hallak	111th MDG	20 Years
MSgt Mark Armstrong	201st RHS, Det. 1	33 Years



"Keep your eye on that one, it looks hungry."

## UTA MENU DINING HALL

### Saturday, Oct. 3

Lunch is TBD and is provided by the Family Readiness Group in the Dining Facility

### Sunday, Oct

Boxed lunches  
Hoagie  
Chips  
Cookies  
Apple  
Iced tea/Lemonade

.....

## UTA WORSHIP SCHEDULE

Protestant Service will be held at 10:30 a.m. in Building 203, Room 203.

The Chaplain's Office is located in Building 203, Room 204-205 on the second floor and can be reached at (215) 443-1534.

### FY 10 UTAs:

7-8 November 2009  
5-6 December 2009  
9-10 January 2010  
6-7 February 2010  
6-7 March 2010  
10-11 April 2010  
15-16 May 2010  
5-6 July 2010  
10-11 July 2010  
7-8 August 2010  
11-12 September 2010

### TAKE A LOOK!

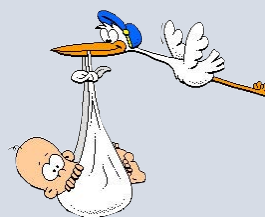
Photos from unit events are updated and posted on Y: drive at Y:\111fw Shared\Photos



# Congratulations!



Senior Master Sgt. Nicole Fulton,  
111th FW, welcomed  
Jonathan Kevin Fulton-Edmonds  
Sept. 9, 2009.



## Statewide News:

View newsletters of our sister units:

193rd Special Operations Wing  
"The Scope"

<http://www.193sow.ang.af.mil>

171st Air Refueling Wing  
"Tanker Times"

<http://www.171arw.ang.af.mil>

Pa. Guardians Magazine

<http://guardians.aqppublishing.com>

## National News:

On Guard Magazine

Published every Jan., April, July, Oct.

<http://www.ngb.army.mil/news/theonguard>

Airman Magazine

Published bi-monthly and now  
available online

<http://www.airmanonline.af.mil>

Digital Video & Imagery Distribution  
System (DVIDS), DOD News

<http://www.dvidshub.net>

**PENNSYLVANIA AIR NATIONAL GUARD  
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DEFENDING FREEDOM

