

# Sandy Hog Gazette

111th Fighter Wing Willow Grove Air Reserve Station Pa Air National Guard

Volume 15 Issue 8

August 2011

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## Meet the Member

Story and photo by Master Sgt. Christopher Botzum  
111th FW Public Affairs

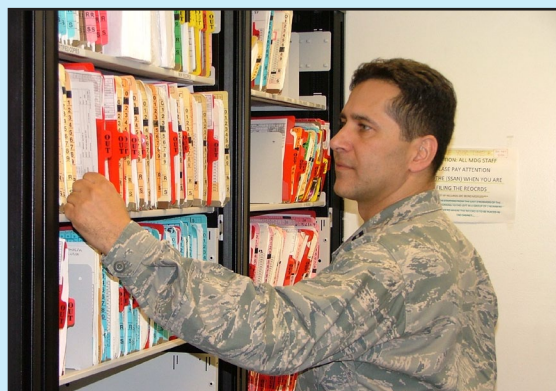
Captain Francis Rella is a clinical care nurse assigned to the 111th Medical Group. His service began in 1981 with the Marines as a field radio operator and later he joined the Army reserve as a bandsman, piano player, and communication specialist. In 1991, he joined the Navy corpsman. After 9/11, Rella tried to get back into the service but was denied due to his age. In 2001, Captain Rella found his home with the 111th Medical Group as a clinical nurse. He also instructs annually at Maxwell AFB, MS Commissioned Officer Academy. He pursued completion of this nursing degree at the University of the State of New York in Albany and achieved his master's degree in May 2011 from the University of Medicine and Dentistry New Jersey.

Captain Rella is on the door step of a life changing career change from the medical to the chaplain career field. This year he will be ordained as a deacon. Furthermore, he will be ordained as a priest in 2012. He is completing a three year program to serve with Saint Demetrius Ukrainian Orthodox Cathedral in Carteret, N.J. after which he plans on moving into religious service within the unit.

He has been married 23 years to his wife Tammy and has three children: Rose, Marie and Richard. Rose graduated from Montclair State University and is continuing her education there in cartooning, illustration and animation. Marie is an undergraduate with a focus on physician assistant at Montclair as well with aspirations of joining the National Guard or the U.S. Air Force.

In the civilian arena, Capt. Rella worked as a paramedic in the city of New York. On 9/11, his response vehicle was one for the first units to arrive at the tower during the attacks. He is an author of a memoir book about his experiences there, "Manhattan Medics," published by Princeton Book, 2002. He writes regular articles for the "New Jersey Industrial Ledger" and the "EMS Magazine."

When he joined the unit, he was taken under his first sergeant's wing and provided mentorship and direction. "The unit epitomizes the citizen soldier concept," said Rella. "Each individual is supported here in their military and civilian aspirations." Rella is an exceptional humanitarian and is compelled to serve: obligated to his country, driven to assist the sick and injured, and guided by his faith.



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*Wing Executive Officer*  
*Lieutenant Tim McManus*

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Deadlines for submissions to the September issue of the Sandy Hog Gazette is August 15. E-mail articles and photos for consideration to: [pa.111fw@ang.af.mil](mailto:pa.111fw@ang.af.mil).

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## Web-based tools and customer service

By Maj. Dean Mulherin  
111th Force Support Squadron

During the week of August 1-5, the 111th Force Support Squadron performed local training here at Willow Grove. Career field and ancillary training were on tap and it proved to be a beneficial week. One fact was evident; web-based training and career management tools are king. Almost every training or interaction had some web-based action required by the supervisor or individual. ADLS, vPC/GR, ARPC, and the growing number of other web-based career management tools have replaced many face-to-face interactions of the past decades.

I see the benefits of this transition to web-based tools. One advantage is 24/7 access that affords members flexibility to manage most aspects of their military careers and obligations. For example, no more signing in at the Customer Service desk to identify your PCARS points or Awards and Decorations, you can simply access that information with a few clicks of your computer mouse. The access to information is unprecedented and always available. Whether it's Personnel or other process, look to see the trend of online automation continue across the spectrum of past face-to-face customer service based functions; it's the digital age.

With the trend of web-based tools comes the added responsibility of members to manage processes themselves. What was once a face-to-face interaction with a customer service representative has transformed into a customer initiated interaction with a web-based interface. Much like personal on-line banking or electronic tax filing, there is a learning process to become master of your new-found access to automated services.

Our role has transitioned as well. Where we once were your Personnel data processors, we are now the expert liaisons for the processes that allow you access to your data. If you can't access, or figure out how to resolve a Personnel issue, we'll walk you through the



Maj. Dean Mulherin

process to resolution. Can't access vPC/GR? We'll help you that. Can't locate your vRED data to update it? We'll steer you to it. Don't know how to get your 20 year letter? We'll get you there too. Never hesitate to call or stop by to ask questions, we want to help you master the web-based tools. The web-based tools are designed to increase flexibility, and reduce costs. Personnel Manpower reductions preclude us from offering the same services we provided 20 years ago. However, we willingly offer the assistance which will help you resolve any Personnel issue.

The bottom line is the FSS will not abandon you during this transition. There will be isolated circumstances where we will step in and perform tasks that are critical, and you have not been able to resolve on your own. But as technology fuels new ways of conducting military practices, please understand we must all embrace the emerging responsibilities that occur as a result.

### On the cover:

Members of the 201st RED HORSE Sq., Det. 1, participate in an operational readiness exercise on Apr. 15 at Fort Indiantown Gap, in Annville, Pa. An operational readiness inspection, or ORI, is scheduled for August 5-8.

# Summer fire safety tips: **Watch what you heat**

By Lt. Col. Scott Hreso  
111th Fighter Wing Safety

Drinking water is a major defense in battling heat-related illnesses, but there are other steps that can be taken to protect you this upcoming summer.

With the warm and humid summer months just creeping around the corner, it is important to remember what kind of illnesses and other heat-related ailments can arise from being out in the heat for extended periods of time. Remember that when you are in a setting where heat can become a problem, this could lead to heat exhaustion, heat stroke or even death! You must know how to take control of the situation and not become a victim.

## **Water hydration is the key**

Why is being hydrated so important? The answer is that water provides many crucial functions within our bodies. It's important to know that while enjoying your summer, you should consume water for the following reasons:

- It helps in the digestion of food
- It helps transport nutrients and oxygen to all the cells of the body
- In sweat, it removes body heat generated during physical activities

Staying hydrated is the main factor in avoiding heat-related illnesses. Four cups an hour is advised to enable the body to stave off heat-related problems. According to the American Dietetic Association, you need two cups of fluids two hours before physical activities followed by another two cups approximately 15 to 20 minutes after. Water keeps the body cool and able to cope with hot and humid situations, but only to a point. Take frequent breaks if necessary to prevent the following illnesses.

## **There are two main heat related illnesses:**

Heat exhaustion and heat stroke are indeed similarly

named, but they are two very different reactions to heat, and it is necessary to know how to recognize and treat each one. The less dangerous of the two is heat exhaustion.

Heat exhaustion is characterized by extreme sweating, pale face, blurred vision, dizziness, headache, and fatigue. If someone is seen with these symptoms, seek immediate emergency medical attention because heat exhaustion can be FATAL!

Even more serious than heat exhaustion is heat stroke. Someone with heat stroke will most likely have hot, dry skin, can be shivering and having convulsions, exhibit bouts of restlessness and irritability, and can eventually collapse. Again, if someone is in this condition, seek immediate emergency medical attention. Heat stroke is often FATAL!

Summer activities, such as biking, swimming, camping and outdoor grilling (to name a few), means taking safety precautions to reduce serious injuries. Biking related activities require the use of safety gear such as proper fitting



Lt. Col. Scott Hreso

**Fire safety, continued on page 6**

## **Upcoming Events for the Wing**

Aug. 5-8, 2011  
Sept. 9, 2011  
Sept. 2011  
Nov. 2011  
Nov. 2011

201st RED HORSE Phase I ORI  
Fox 29 Salute to the Troops  
Basewide ORE  
ESOH CAMP Inspection  
201st RED HORSE Phase II ORI

Various areas  
Downtown Philadelphia, Pa.  
Various areas  
Various areas  
Fort Indiantown Gap, Pa.



# Summer Safety

By Lt. Col. Richard Lorraine, MD  
111th Medical Group

From outdoor celebrations to out-of-town vacations, summer activities bring new and familiar risks for families. Popular summer activities like backyard grilling and using playground equipment and pools bring especially important home hazards to consider.

No one wants a trip to the emergency room to be the topic of the annual 'How I Spent My Summer Vacation' essay, yet many families experience these traumas every summer. Prevention is the key to making summertime a safe time whether you are enjoying your backyard or going away on a vacation, taking a few

extra moments now to make simple home safety changes can keep you from spending time at the hospital later.

According to a national survey conducted by the Home Safety Council, more than one-third of U.S. adults reported that they worry the most about injuries in and around the home during summer months. To help ease this concern and keep families safe, the Home Safety Council recommends taking the following precautions:



## Pool Safety:

- Practice constant, adult supervision around any body of water, including pools and spas.
- Never leave a child alone or in the care of another child.
- When hosting a pool party, designate one adult at a time to be the "water watcher," with the sole responsibility of supervising the children in the water for a 20-30 minute period of dedicated time. Rotate the responsibility among the adults at the party to ensure one adult is always solely responsible for watching the children around water.

- Learn and practice basic lifesaving techniques, including First Aid and CPR. Insist that anyone who cares for your children learn CPR.
- Keep poolside rescue equipment and a cordless, water resistant telephone close to the pool area.
- Install four-sided fencing with self-locking and self-closing gates around pools. Fencing should completely isolate the pool from the home and be least five feet high.

## Grilling Safety:

- Designate the grilling area a "No Play Zone" and keep kids and pets well away until grill equipment is completely cool.
- Before using, position your grill at least three feet away from other objects, including the house and any shrubs or bushes.
- Only use starter fluid made for barbecue grills when starting a fire in a charcoal grill.
- Before using a gas grill, check the connection between the propane tank and the fuel line to be sure it is working properly and not leaking.

**Summer Safety**, continued on page 6

### **Fire safety, continued from page 4**

helmet with safety strap, knee, wrist, and elbow pads, and knowledge of pedestrian safety. Swimming is a common water sport that involves children and adults. Whether it is in the ocean or in a pool, children should wear a personal flotation device, or PFD, to possibly prevent a drowning incident. Children should never be left unattended, but supervised by a responsible adult. Camping is fun, but could be fatal.

Here are some safety tips to consider:

- Ensure the tent is flame retardant and placed upwind from the campfire
- Use battery-operated lanterns and/or flashlights inside the tent
- Store any flammable liquids far enough away from the tent and the campfire to prevent any possible fuel sources
- Extinguish campfire with water or dirt before retiring for the night or leaving the campsite.
- Grilling-Barbeque grills have been known to destroy homes and lives when used haphazardly. Place grills away from buildings with vinyl siding and overhangs like shade tree branches and low hanging combustible roofs.
- Place grills on non-combustible surface or level ground.
- Gas or charcoal, whichever is preferred, never leave unattended.
- Have a water hose or appropriate fire extinguisher on hand, just in case the fire gets out of control.

**BE SAFE AND ENJOY THE  
SUMMER!**

### **Summer Safety, continued from page 5**

- Never use a match to check for leaks. If you detect a leak, immediately turn off the gas and don't attempt to light the grill again until the leak is fixed.
- Never bring a barbecue grill indoors, or into any unventilated space (such as a screened porch or garage). This is both a fire and carbon monoxide poisoning hazard.
- Use barbeque mitts and long-handled tools to prevent a contact burn.



### **Playground Safety:**

- Closely supervise children when they are using playground equipment.
- Cover areas under and around play equipment with soft materials such as hardwood chips, mulch, pea gravel and sand (materials should be nine to 12 inches deep and extend six feet from all sides of play equipment).
- Avoid putting play equipment close together. For example, stationary climbing equipment should have an uncluttered fall zone of at least six feet in all directions of equipment.
- Slides and platforms for climbing equipment should not exceed heights of six feet for school-age children or four feet for pre-school children.
- Beware of entrapment or entanglement hazards. A child's head can be trapped in openings between 3.5 and nine inches wide. Remove strings and draw-cords from young children's jackets to prevent strangulation.

# Hail and farewell from the Pa State Command Chief

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

After twenty-two plus years in the Pennsylvania Air National Guard and over thirty-eight years serving in our Nation's military it is time for me to hang up my uniform. It has been an honor and a privilege to serve you as State Command Chief over the past 4 years and six months. I will look back on this experience with great pride.

As some of you know, I served in three active duty branches of the military. I served in the Army, Navy and Air Force. I also served in four reserve components of the military including the Army Reserve, Air Force Reserve, Navy Reserve and the Air National Guard. I can honestly say that the service I enjoyed the most is the Air National Guard.

The Air National Guard is truly a family. I am sure that you hear that cliché many times in your career whether you are a new Airman or a seasoned Airman. I can tell you that it is true and I will miss my National Guard family when I retire.

It has been a great experience working in Joint Forces Headquarters of the Pennsylvania National Guard.

During my tenure I became reacquainted with my military roots in the Army. I have served with many outstanding individuals during my tour of duty at Headquarters. I will miss working with the Headquarters team serving the National Guard Soldiers and Airmen of Pennsylvania.

To the Wing leadership of the Pennsylvania Air National Guard I want to say thank you. Thank you for your service to our Airmen and thank you for the support you have provided me over the years. The Pennsylvania Air National Guard has some of the best leadership I have seen anywhere.

I have served with several Wing Command Chiefs over the years. These individuals are a special group and I salute them for their service to you. These individuals are special to me as colleagues and friends. Each one of them put a lot of effort and time into serving you.

I want to send my best wishes to the men and women of the 111th Fighter Wing, the 193rd Special Operations Wing, 171st Air Refueling Wing and their



Command Chief Master Sgt. Ralph C. Braden

associated geographically separated units, or GSUs. Every time I visited one of your units I was welcomed and made to feel as though I was part of your local Air Guard Family.

To my replacement Chief Master Sgt. Victor Guerra, the present Wing Command Chief of the 171st Air Refueling Wing, I want to say thank you for stepping up and assuming the role of State Command Chief. It is a very demanding position for which I know Chief Guerra is well prepared. I am confident Chief Guerra will serve you well. Chief Guerra will continue these monthly articles beginning next month.

In closing, I thank Major General Stephen Sischo for the opportunity to serve you as your State Command Chief. I am very proud to have served the outstanding Airmen of the Commonwealth of Pennsylvania. Lastly, I want to thank the men and women of the Pennsylvania Air National Guard for your support over the years and your continued service to our Nation and our State.



# A dream becomes a reality

By Chief Master Sgt.  
Alice E. Jenkins  
111th Force Support  
Squadron Superintendent

Have you ever had a long time dream of something you wanted to do; however, you weren't sure if it was achievable? You sat down and thought about every detail—time, money & energy. It became exhausting just thinking about it! Well, if you want it bad enough AND you have the belief that you can do it, the impossible becomes possible.

Master Sgt. Felice Parker, Retention Office Manager in the 111th Force Support Squadron, is living proof. From the time we all can remember, she had a dream to open up her own child care center. Yes, it meant completing the appropriate education level as one of the requirements. Check. Done.

Diligently attending classes while working and raising a family (husband, children and 1 dog), she did it. She received her master's degree in education in May of 2010 (by the way two words: educational assistance). Two additional large hurdles—money and a good location. We all know location, location, location is prime to any real estate market.

Well, the short version of many years of thinking and rethinking and after a lot of research, the vision of “KidsPark” started to get clearer and clearer. Meetings, schedules, more meetings, more schedules. Some roadblocks, but she did not view them as nothing more than little detours. Getting right back on the path, “KidsPark” is now a reality!



We salute you Master Sergeant Felice Parker and congratulate you on fulfilling your dream!



# MOVING UP MOVING IN MOVING OUT

## PROMOTIONS

### To Senior Airman

Nicholas Marakovits	201st RHS, Det. 1
Nicholas Mariotti	201st RHS, Det. 1
Ana Mecaj	111th SFS
Tyrone Sanders	201st RHS, Det. 1
Chance Zarilla	201st RHS, Det. 1

### To Staff Sergeant

Derek Blanks	111th LRS
Christopher Denson	111th LRS
Brian Hughes	111th SFS
Rosea Pheap	111th CF
Clifton White	111th CF

### To Technical Sergeant

Matthew Dechant	111th CF
Michael Nice	201st RHS, Det. 1

### To Major

Beth Hardman	111th AOG
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## ENLISTMENTS

Airman 1st Class Daniel J. Clark	201st RHS, Det. 1
Airman 1st Class Marcus Bruton	270th EIS
Airman 1st Class Evan Petersen	270th EIS
Airman 1st Class Amber Sides	270th EIS
Senior Airman Andrew Pflugfelder	201st RHS, Det. 1
Staff Sgt. Talia Dean	111th MDG
Staff Sgt. Steven Huggett	270th EIS
Tech. Sgt. Thomas Haines Jr.	111th CF

## RE-ENLISTMENTS

Senior Airman Robert Brown	270th EIS
Senior Airman Edward Farrell III	111th SFS
Senior Airman Benjamin Long	270th EIS
Staff Sgt. Shaun Monahan	111th SFS
Tech. Sgt. Eric Jones	111th CF
Tech. Sgt. Marie Harmon	111th FW
Tech. Sgt. George Rowland Sr.	111th MXG
Master Sgt. Gregory Greis	111th CF
Senior Master Sgt. Peter Leimbach	111th CMPF
Chief Master Sgt. James Pusey	270th EIS

## UTA WORSHIP SCHEDULE

Protestant Service will be held at 8:30 a.m. in Building 320, Room 228. An additional Protestant Service will be held at 10:30 a.m. in Building 203, Room 203. Catholic Service will be held at 10:00 in Building 203 Auditorium.

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

## EXTENSIONS

Staff Sgt. Kimberly Frederick	111th MXG
Senior Master Sgt. Steven J. Labarre	111 FW

## OFFICER APPOINTMENTS

Capt. Matthew Perry	AFFOR
Capt. Bennie Roberson	AFFOR
Maj. Frederick Phelan	AFFOR

## RETIREMENTS

TSgt Antonio D'Ambrosio  
270th EIS 24 Years

TSgt Robert Fisher  
111th MXG 26 Years

MSgt Jesse Mains  
111th MSG 26 Years

SMSgt Charles Carroll Jr.  
270th EIS 41 Years

Lt Col Michael Kierod  
270th EIS 28 Years



# Congratulations!



*to Tech. Sgt. Jessica Bruck,  
111th Force Support Squadron,  
and her husband John on their new  
baby, Jameson John Bruck,  
born July 13 at 8:06 a.m. weighing  
8 lbs, 5 oz. 20 inches long.*



*to Staff Sgt. Gordon Beecroft,  
AFFOR A3, and his wife Mindy on  
their new baby, Norah Ann Beecroft,  
born July 8 at 5:10 a.m. weighing  
7 lbs, 2 oz. 19 1/4 inches long.*



The "Minuteman Report" highlights news, current events and items of significance within the National Guard.



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## Statewide News:

View newsletters of our sister units:

193rd Special Operations Wing  
"The Scope"  
[www.193sow.ang.af.mil](http://www.193sow.ang.af.mil)

171st Air Refueling Wing  
"Tanker Times"  
[www.171arw.ang.af.mil](http://www.171arw.ang.af.mil)

Pa. Guardians Magazine  
[http://www.portal.state.pa.us/portal/server.pt/community/public\\_affairs\\_office/13469](http://www.portal.state.pa.us/portal/server.pt/community/public_affairs_office/13469)

## National News:

On Guard Magazine  
Published every Jan., April, July, Oct. <http://www.ng.mil/features/onguard-mag/default.aspx>

Airman Magazine  
Published bi-monthly and now available online: [www.airmanonline.af.mil](http://www.airmanonline.af.mil)

Digital Video & Imagery Distribution System (DVIDS), DOD News  
[www.dvidshub.net](http://www.dvidshub.net)

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