

# Sandy Hog Gazette

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

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# Welcoming psychological health assistance to the Wing

**By Master Sgt. Christopher Botzum**  
111th FW Public Affairs

In July, Jessica Antonio was hired as the 111th FW director of psychological health, as part of the National Guard Psychological Health Program.

This position was created to support what the National Guard Bureau refers to as the Pillars of Wellness: Emotional, Physical, Spiritual, Social and Family Wellness.

The NGB recognizes the importance that well-being plays in the life of a guardsman. Now this confidential, no-cost service is available to all military, active guard reservists (AGR), technicians and their immediate families.

Antonio is a graduate of Villanova and attended Drexel University where she earned a graduate degree in clinical psychology in 2005. She has worked locally in private practice, specializing in patients with varied trauma experiences and post traumatic stress disorders. Her association with the DoD began in 2007 as a military and family life consultant providing expertise to the north east region of the U.S.

"We all have experienced, from time-to-time, mental and emotional stress," Antonio said regarding the new Air National Guard mental health initiative. "This program is designed to provide assistance,

referral, and short term in-house discussion with its members and their families. My goal is to support the individual's mental well-being so that they may function at their optimum and feel their best."

Antonio identified several major keys to foster and sustain sound mental well-being. "Take time out for yourself. You cannot be as supportive to others if you are neglecting yourself. Take the time to do things that you enjoy. We all need positive outlets." Finally she added, "If there is something on your mind, talk about it. Like a water bottle under a running faucet, if you don't empty it, it will eventually overflow."

If you would like additional information, contact (215) 323-8435.



Jessica Antonio

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Deadlines for submissions to the October issue of the Sandy Hog Gazette is September 16. E-mail articles and photos for consideration to: [pa.111fw@ang.af.mil](mailto:pa.111fw@ang.af.mil).

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## Changing of the Guard

**By Chief Master Sergeant Victor H. Guerra  
Pa. State Command Chief Master Sergeant**

At an upcoming change of authority ceremony to be held Sept. 10, Chief Master Sgt. Ralph Braden will relinquish authority and I will accept authority and responsibility of the position of Command Chief Master Sergeant for the State of Pennsylvania. It's both an honor and a privilege to be selected as your eighth State Command Chief. I appreciate the confidence that the Adjutant General of Pa. Maj. Gen. Craig and Maj. Gen. Sischo have shown in selecting me, and the support shown to me by my fellow Airmen, both enlisted and officer. I would also like to say thanks to my family, as this wouldn't be possible without their continued support. I'm sure most of you if not all can say the same, no matter what position you hold or where you are in your military career. Take the time to thank your family for their support, and make sure you make time for them too.

Chief Braden is leaving us in good shape with programs and processes he has helped groom over his tenure and I thank him for that, we all should. We will continue to groom those programs and processes as changes come our way and/or circumstances dictate.

I have an open door policy. Please feel free to drop

me a note, stop by or stop me in my travels to discuss what might be on your mind or to just to say hi. I would urge you though, to try to work any issues you may have through your chain of command.

Work with your supervisors, senior noncommissioned officers, first sergeants and

chiefs. Most likely, they've been involved in similar issues before and hopefully can help you resolve yours quickly. I know I have and will continue to rely on my fellow chiefs, first sergeants and other senior noncommissioned officers to work through issues. One person can't do it alone.

To my fellow enlisted Airmen, be ready and be prepared. I can tell you that when I started my career, I never dreamt I would make it as far as I have. Some opportunities you can foresee and plan for; some of the time, however, they sneak up and surprise you. You can't always predict when opportunity is going to knock and you need to be prepared to open the door when it does. Have your Professional Military Education courses completed. Be prepared; get it done.

In closing, I want to thank Chief Braden for his 38 years of service to our nation, and to thank him for his camaraderie, friendship and mentorship. He will be missed. And to the enlisted core, I pledge to you to do my best to continue to promote the enlisted core, for you are the true core of the Pennsylvania National Guard. Through this "Changing of the Guard," I look forward to the opportunity to further serve such a great organization.



Pa. State Command Chief Master Sgt.  
Victor H. Guerra

### On the cover:

A photograph of the damage to 2 World Trade Center, New York City, received from the terrorism attacks of Sept. 11. Photography by Master Sgt. Patrick Cashin, photographer with the 111th Fighter Wing and employee of the New York Metropolitan Transportation Authority during 9/11.



## Volunteerism in the 111th FW

By Chief Master Sergeant Ross Barford  
111th AOG, Air Operations NCOIC

I was talking with my daughter the other night as she recounted her boss's polite request to provide escort duty to some boy scouts visiting the base where she is stationed. This detail is traditionally given to the newer airman and falls into the same category as painting the rocks or picking up trash along the common base roads. In any case, she stated she was "voluntold" to assist with this day of babysitting and she was not entirely happy about it. Naturally, I was empathetic toward her plight but told her it was the right thing to do.

It made me think about volunteerism and how much it means to us. In my 21 years with the 111th Fighter Wing, I have had the pleasure to work with many who have volunteered their time and efforts to create a comforting and supportive atmosphere within our confines.

The Family Readiness Group has grown and prospered over the years with the help of those kinds of volunteers. Ask someone who has come from another unit and they will most likely tell you they have never seen the kind of effort put into Family, Thanksgiving and Christmas Day events. The planning, setup and execution is remarkable.

Our Sports Day has become a staple to the annual events and much of it guided by some of our younger enlisted folks. Sports Day is a team building concept for the rest of the unit but funny enough it starts with a small group of volunteers organizing and grinding out all the details. And like the FRG efforts, this year was even better than the previous.

We've supported not only our own members but have reached out to the community with our support.

Whether home or deployed, I have witnessed our folks spending their time to help those in need. Maybe it was helping Habitat for Humanity build a home, delivering donated hats to kids at local hospitals, spearheading the Christ Home Christmas Drive, or the Lynch Home Christmas dinner at the Dining Hall.

We make the effort to connect with our local community. Volunteerism often goes without recognition but is a critical part of our wholeness as a unit. As we pass the 10th anniversary of 9/11, continue to remember those who have fallen and commit to the citizen soldier goals by helping to keep volunteerism a part of your 111th Fighter Wing career.



Chief Master Sgt. Ross Barford

### Upcoming Events for the Wing

Nov. 2011	ESOH CAMP Inspection	Various areas
Nov. 2011	201st RED HORSE Phase II ORI	Fort Indiantown Gap, Pa.
Dec. 2011	Wing Holiday Party	TBD

# Base telecommunications system revamped

By Master Sgt. Christopher Botzum  
111th FW Public Affairs

The on-base telephone communications system is the next change in a series of infrastructure updates since the 111th replaced the Navy as the host unit. The revised phone system will reassign phone numbers to each office and incorporate a number of new features.



According to Master Sgt. Mark Copenhaver, cyber transport technician with the 111th Communications Flight (shown above), "The planning of the phone system switching upgrade has been in the developmental stage for several years. The implementation process began on August 27 and last through the weekend as each of the over 700 new phone lines required verification of proper connection."

Some of the changes we all need to be aware of include: The four digit phone number is still in place when calling on-base to on-base offices. To dial out to local area code numbers within the 215 area code, dial "99" + "215" then the seven digit telephone number. Commonly used regional area code numbers, such as 610, 484, 287 and some 215, require dialing "99" + "1", the area code, then the seven digit number. Although all new on-base numbers will be in the 215 area code, there will now be three different prefix

numbers: 323, 328 and a less widely used 293.

To access long distance numbers, dial "98" + "1" followed by the area code and seven digit number. In the near future, a PIN number will be required to be input following the phone number dialed for authorization and accounting of long distance charges.

To dial out using the defense switched network (DSN) system you'll need to dial "94" plus the seven digit number. Remind your contacts from outside government locations that the inbound prefix for DSN users is now 358.

Copenhaver emphasized the need to submit all changes to your Telephone Control Officer (TCO) as they occur. "As many personnel have changed facilities and offices, the upcoming final phone listing will only be as accurate as the information provide." Copenhaver added. An interim office phone listing has been developed and a name specific phonebook is expected to be developed in the near future. The most current version of the locator and phone number listing can be found at the upper left hand side on the unit home page of Internet Explorer (shown below).



Sound communication security (COMSEC) practice reminds us to not discuss classified information or attempt to talk around classified subjects on unsecured equipment. Be security conscious when using a telephone, FAX, modem, cell phone or other transmitting device

If you have any questions regarding the new system or need to report problems, contact the communications focal point at extension 8677 or e-mail them at: 111fw.helpdesk@ANG.AF.Mil.

Lt. Col. Claudia Malone, 111th Communications Flight commander, reminds us to update the phone contact information the multitude of web based tools that we use such as: MyPay, MyBiz, The Air Force Portal and Virtual MPF (vMPF) to name a few.



U.S. Senator Patty Murray (D-WA, foreground-green sweater) is shown the damage to 5 World Trade Center and the surrounding area by officials from the New York Metropolitan Transportation Authority.

## September 11th, a ten year look back

**By Master Sgt. Christopher Botzum**  
111th FW Public Affairs

September 11, 2001 was a day that forever changed life in the United States and around the world. On that day, 19 identified hijackers gained control of four commercial aircraft and executed their plan of terror. Images and emotions of that event have left an indelible mark on all who watched as that morning unfolded.

Two of these aircraft successfully targeted the World Trade Center in New York City causing panic and disbelief. One aircraft steered towards Washington D.C., finding its mark and penetrated the walls of the Pentagon. Another aircraft, United Flight 93, departing from Newark NJ initially bound for San Francisco. It was widely believed the target of this flight was to be

the United States Capitol or possibly the White House. As knowledge of the morning's events came to light, passengers aboard the ill-fated aircraft courageously attempted to regain control of the aircraft from the hijackers. It subsequently crashed in a field 60 miles east of Pittsburgh in Shanksville, PA. There were no survivors in any of the hijacked flights.

In the interest of national security, parts of an emergency preparedness plan, Security Control of Air Traffic and Air Navigation Aids (SCATANA), had been implemented. The successful and rapid execution of this program closed the U.S. airspace by directing flights currently in the airspace to land and incoming flights were re-routed to remain clear. All non-emergency domestic civilian flights were grounded until September 17th.

**(Story continued on next page)**

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In all, a confirmed 2,977 innocent people perished that morning including nationals from over 70 countries. This number include: 2,606 people in the World Trade Center, 125 at the Pentagon and 246 passengers and crew aboard the four hijacked aircraft. Over 3,000 children lost a parent.

On Sept. 12, the NATO allied nations confirmed their commitment to the U.S. by invoking Articles 5 of the charter. Fundamentally, the article states that an attack against one allied country is an attack on all charted nations. Those nations imposed economic and military sanctions against countries perceived to be harboring or supporting terrorism.

Oct. 7 marked the beginning of the U.S.-led coalition force war in Afghanistan and Operation Enduring Freedom. The objectives were to dismantle Al-Qaeda and to quickly remove the Taliban's hold on the country. The ongoing war is now the America's longest major conflict in our history. According to the Department of Defense, the U.S. death toll numbers 1,723 with 13,316 wounded as of Aug. 18. Additionally, coalition countries added another 937 deaths.

The aftermath of the day brought about swift and sweeping legislation. The Uniting and Strengthening America by Providing Appropriate Tools Required to Intercept and Obstruct Terrorism (USA PATRIOT) Act (Pub. L. 107-56, Oct. 26, 2001) substantially reduced restrictions imposed on law enforcement agencies investigation of individuals or groups' communications, financial trails and medical documents. It also broadened authorizations to detain and deport immigrants suspected of terrorism related actions.

The Homeland Security Act of 2002 (Pub. L. 107-296, Nov. 25, 2002) created the Department of Homeland Security. This legislation brought about the largest restructuring of the U.S. government in recent history which centralized federal security functions. The initial five tier threat level color-coded advisory system was replaced with on Apr. 27 of this year. The new advisory has been simplified to a two level threat assessment notice, elevated or imminent. Several NATO countries followed suit with similar governmental acts of their own.

The Federal Aviation Administration ordered cockpit access doors to be reinforced to prevent unauthorized entry and expanded the usage of air marshals on flights.

The Aviation and Transportation Security Act (ATSA), (Pub. L. 107-71, Nov. 19, 2001) changed airport security responsibilities over to the federal government. It created the Transportation Security Authority and revised airline security measures.

The 111th Fighter Wing has and continues to be a vital tool in the nation's efforts to thwart terrorism at home and abroad. Immediately following 9/11, unit security personnel were federally activated for one year performing duties of heightened base security measures and manning a crisis action team geared towards processing military members for regional and global deployment. The Wing deployed its A-10s several times to the South West Asian region carrying-out tactics in support of Operation Enduring Freedom severing the stronghold influences the Taliban had on the Afghanistan government. Today and always, ongoing personnel augmentation efforts continue from every squadron.

Memories of that day are vividly engrained into our minds. Jessica Antonio, director of psychological health for the 111th FW said, "This powerful moment threatened our entire sense of security including our life, liberty and freedom; things we may have taken for granted, but yet hold so dear. In a moment, we transitioned from peacetime to wartime." Antonio added, "Our bodies were in a high state of alert and each sense was in overdrive. The clarity of our memories is only heightened by our emotional involvement."

Memorials to this tragic event have been established in New York City, Washington D.C. and in south central Pennsylvania to name a few. The official dedication of the Flight 93 memorial will take place on Sept. 10 in Shanksville, PA followed by a commemorative service scheduled for the Sept. 11.

Though this horrific day occurred 10-years ago, a substantial threat still remains. The Department of Homeland Security advises citizens to remain vigilant and to report suspicious activities. DHS recommends that individuals prepare for emergencies by staying informed and creating plans to stay in contact with your family during a disaster.

The ten year anniversary of this tragic day is a time for inner reflection, remembrance of those who fought bravely back against the hijackers, and unceasing thanks to those who serve our communities, states and country for they are defending our cherished way of life.

# Organizational readiness inspection comes to RED HORSE

**By Master Sgt. Christopher Botzum**  
111th FW Public Affairs

Successfully wrapping up the deployment phase on August 6th, the 201st Rapid Engineer Deployable Heavy Operational Repair Squadron Engineers (RED HORSE) Squadron, Detachment 1, begins their march towards the organizational readiness inspection (ORI) phase two, employment. The upcoming inspection, lasting an estimated four days, will test the unit's abilities to survive during combat-like scenarios and put personnel and equipment to the test for rapid deployment locally or globally.

The higher headquarters evaluation team is comprised of subject matter experts and is designed to test the unit's regulatory compliance, the ability to respond to real-world operations and contingencies. They come equipped with realistic scenarios to affirm required programs are in place and are designed to test the overall combat readiness of the unit.

"In the past three years we have gone from unit bed down to actually demonstrating our war fighting capability," said Lt. Col. Geno Rapone, acting commander of the 201st RED HORSE Sq., Det. 1. He added, "Working in concert with our sister unit from Fort Indiantown Gap, we've developed plans and a strong personnel base to bring us to this point. One of the unit's strengths is attributed to the very diverse background of its members."

He estimated that close to 50 percent of the workers, supervisors and managers came from other career fields around the Wing. "They bring a fresh insight into the organization and a new set of core-competencies. This has really turned out to be a recipe for success," Rapone said.

The squadron has held daily meetings to keep focused and to identify issues, resolve problems and finalize plans to streamline processes necessary for a smooth deployment. "I'm impressed with the NCOs who stepped up, took control, and resolved some very complex problems. The level of professionalism and expertise displayed by both the junior and senior enlisted members of this unit will ensure a successful outcome to this inspection. All members of the unit should be proud of our progress thus far," Rapone said.

Rapone closed saying, "The inspection will validate more than three years of hard work. The buildup and constant preparation for the inspection over the last year has bolstered our unity, sense of mission and confidence. Most of all, it was a huge learning experience for us all, and the unit is much stronger coming out than we were going in. The positive attitudes reflected from each member through all this is to be applauded. It's this quality they carry into the RED HORSE and will prove to be the key during the upcoming test."

Several upcoming joint exercises with the 201st RED HORSE Sq., Det. 1 and their sister unit at Fort Indiantown Gap are planned prior to the Higher Headquarters inspection slated for later this fall.



## FSS Week

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

It is difficult to close the Force Support Squadron (FSS) offices during the UTA as our primary mission is to serve our customers. FSS Week from Aug. 1-5 was action packed! The week included completion of ancillary training (hands-on and CBTs); career field training conducted by our qualified and experience NCOs; and fun team building exercises. The FSS would like to thank our customers for their cooperation and understanding during this period.

# Servicemembers' Group Life Insurance Traumatic Injury Protection Program

## What Is TSGLI?

The Servicemembers' Group Life Insurance Traumatic Injury Protection program (TSGLI) is a rider to Servicemembers' Group Life Insurance (SGLI). The TSGLI rider provides for payment to service members who are severely injured (on or off duty) as the result of a traumatic event and suffer a loss that qualifies for payment under TSGLI. Visit the web site at: [www.insurance.va.gov/sgliSite/TSGLI/TSGLI.htm](http://www.insurance.va.gov/sgliSite/TSGLI/TSGLI.htm).

## Who Is Covered Under TSGLI?

Effective Dec. 1, 2005 – all service members covered under the basic SGLI are automatically covered with TSGLI.

Currently, service members who were severely injured between Oct. 7, 2001 and Nov. 30, 2005, were qualified for a TSGLI payment only if their injury was incurred during Operation Enduring Freedom (OEF) or Operation Iraqi Freedom (OIF).

As a result of the Veterans' Benefit Improvement Act of 2010, effective Oct. 1, 2011 TSGLI will be payable for all qualifying injuries incurred during the period Oct. 7, 2001 – Nov. 30, 2005, regardless of where it occurred or whether the member had the basic SGLI coverage at the time of injury.

## Who are TSGLI Payments Designed to Help?

TSGLI payments are designed to help traumatically injured service members and their families with financial burdens associated with recovering from a severe injury. TSGLI payments range from \$25,000 to \$100,000 based on the qualifying loss suffered.

## Can the Service Member Decline TSGLI?

TSGLI coverage is automatic for those insured under basic SGLI and cannot be declined. The only way to decline TSGLI is to decline basic SGLI coverage.

## How Much Does TSGLI Cost?

The premium for TSGLI is a flat rate of \$1 per month for most service members. Service members who carry the maximum SGLI coverage of \$400,000 will pay \$26.00 per month for SGLI and \$1.00 for TSGLI for a total of \$27.00 per month.

The table below outlines the rates for various categories of TSGLI coverage:

<u>Duty Status</u>	<u>Premium</u>
Active duty members	\$1.00 per month
Reservists or National Guard members w/full time coverage	\$1.00 per month
Reservists or National Guard members w/part time coverage	\$1.00 per year
Funeral honors & 1 day muster duty	No charge

## Do you have to be in service to apply for a TSGLI benefit?

No. As long as the service member experienced the traumatic event while in service and covered by SGLI (with the exception of the retro period Oct. 7, 2001 – Nov. 30, 2005 which does not require the member to have basic SGLI coverage) they can apply for the benefit even if they have since been discharged.

## Is The TSGLI Benefit Taxable?

The IRS has determined that the TSGLI benefit is not taxable.

## I believe I may be eligible for a TSGLI payment. How do I file a claim? And, where can I obtain more information on doing so?

If you wish to file a claim, you should utilize the new TSGLI application SGLV 8600. Your branch of service will determine your eligibility based on the program criteria. Follow this link to download SGLV-8600, Application for TSGLI Benefits . You must attach medical documentation that supports your claim.

## Air National Guard TSGLI Claim process:

Fax to the attention of : NCOIC, Customer Operations (240) 612-9137, email to: [NGB.A1PS@ang.af.mil](mailto:NGB.A1PS@ang.af.mil), or mail to:

NCOIC, Customer Operations, NGB/A1PS  
Air National Guard Bureau  
3500 Fetchet Ave., 2nd floor  
Joint Base Andrews, MD 20762

# Congratulations!



*to Capt. Aaron Shick, 111th Air Force Forces (AFFOR) and his wife Stacy on the birth of their daughter, Makayla Aaryn, born August 22 at 12:31 p.m. weighing 8 lbs., 21 inches long. Makayla joins siblings Hayden, Gavin and Brianna.*



*to 1st Lt. Timothy McManus, 111th Fighter Wing Headquarters, and his wife Leslie on the birth of their son, Patrick Edwin, born August 15 at 7:46 a.m. weighing 8 lbs. 12 oz., 22 inches long. Patrick joins big sister Katharine, 21 months.*



*to 2nd Lt. Sean Pearson, 111th Fighter Wing Public Affairs Office, and his wife Nicole on the birth of their daughter, Moira, born August 22 at 12:23 p.m. weighing 8 lbs. 10 oz., 21 inches long. Moira joins big brother Liam, 2 years.*

# Retirement Briefing to be held Oct. 1

What do I need to know before I retire?  
Is the new retirement application difficult to complete?  
What are my retirement benefits?

**Get answers to these questions and more  
at the next Retirement Briefing:**

Headquarters Building 203  
Wing Commander's Conference Room  
Saturday, Oct. 1, 2011 at 2 p.m.  
Sponsored by: 111th Force Support Squadron

For more information, call (215) 323-7416.



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



Your benefits.  
Your community.  
Your safety net.

## 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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