

Sandy Hog Gazette

111th Fighter Wing
Volume 16 Issue 6

Horsham Air Guard Station

PA Air National Guard
June 2012



**Exercise Evaluation Team
(EET) in full swing**
Page 6

**Sexual assault response and prevention:
help, resources available**

Page 7

UTA Going-ons



Cover photo:

Senior Airman Kent Corey, a pavement and constructions equipment operator with the 201st RED HORSE Sq., Det. 1 Airfields Shop, repairs a pothole Apr. 14 on an asphalt surface using a walk-behind saw. During April drill, Corey and a team of RED HORSE personnel labored and repaired several stretches of damaged onbase roads. Air National Guard photo by Tech. Sgt. Marie Harmon.



111th Fighter Wing

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The deadline for submissions to the July issue of the Sandy Hog Gazette is Friday, June 29. E-mail articles and photos for consideration to: pa.111fw@ang.af.mil.

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Mission of the 111th Fighter Wing

The 111th Fighter Wing provides protection of life, property, and the preservation of peace and order when tasked to do so by state or federal authorities. The Wing also provides operational and support units, as well as qualified personnel, to support wartime tasking and contingency commitments of any nature.

UPCOMING WING EVENTS

June UTA

Sunday

Hometown Heroes Salute Awards Ceremony
& Family Day (HQ Bldg 203)

UTA MENU AT THE DINING FACILITY

Saturday

Barbeque Chicken, Meatloaf
w/ Gravy, Mashed Potatoes,
Buttered White Rice,
California Blend Vegetables,
Crinkle Cut Carrots, Bean
and Bacon Soup

Alternative Selection:

Stuffed Shells

Meal Compliments:

Fresh Salad Bar, Fresh Fruit,
Bakery Style Breads, Cold
& Hot Beverages, Assorted
Desserts

Sunday

Closed for Family Day

BBQ Lunch provided
by the 111th Family
Readiness Group (FRG)





Warrington Township pays honor to its wartime residents

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

On May 26, Warrington Township held a Memorial Day ceremony at the Igoe, Porter, Wellings Memorial Field honoring township veterans added to their Veteran Memorial wall. There were 40 additional names of veterans engraved into the wall spanning from WWI through the Iraq War.

In the past, the criterion for recognition was that you had to live in Warrington at time of enlistment or discharge. Township Veteran's Affairs Committee members reviewed past files and found many heroes' wall applications were denied because they did not meet the criteria, yet they lived in Warrington for many years. Some of the 40 veterans have been living or lived in Warrington for 30, 40 years and one gentleman for 57 years, all having honorable discharges.

The local Veteran's Affairs Committee proposed a resolution to the Board of Supervisors to change the criteria to include residence in Warrington Township for 10 or more years along with other criteria such as a copy of their DD214 and honorably discharged, which was approved. Besides the previously denied applicants, approximately half were newly submitted applications.

Presenting the wreath at the foot of the wall was Michael Walton, chairman of the township Veteran's Affairs Committee and Mrs. Arleen Shevchik, wife of deceased Vietnam veteran,

Army Sgt. Walter Shevchik. Walter was a highly decorated medic with such awards as a Silver Star, Bronze Star and four Purple Heart medals received for his wounds.

Keynote speaker at the event was Richard Scott, commander of the local Veteran of Foreign Wars post 175. Scott gave a moving speech countering the conscientious objector movement that had gained popularity during the Vietnam War. "The conscientious objector reasoned that they would not be an effective military member due to their beliefs and convictions. I, therefore, must be a conscientious participant due to my firm beliefs in matters and country beyond myself," he said.

Scott also announced the approval with Bucks County official for the establishment of a Global War on Terrorism monument to be erected. Scott was moved to tears as he read the names of the 16 county members that paid the ultimate price during the Iraq and Afghanistan Wars. As the heat of the morning increased, a distant eerie roll of thunder occurred as he spoke the last names.

Along with Scott, were two local political speakers, State Rep. Kathy Watson (R) Pa. 144th District and Senator Stewart Greenleaf (R) Pa. Sen. District 12.

A special thanks went out to Jeanine Winslow of Warrington's Parks & Recreation Department for her coordination and orchestration of the day's events. Winslow said, "All applicants and honorees are our county's heroes."



Dustin Cullinan attended the 'Our Community Salutes' sponsored dinner on May 21 with his parents, Joan and John Cullinan.

High school graduates recognized for enlisting in armed forces

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

On May 21, the 'Our Community Salutes' organization sponsored a dinner to recognize and celebrate regional high school graduates enlisting in the armed services. The lavish dinner event, held at the Union League in center city Philadelphia catered to 260 people with approximately 100 new enlistees in attendance.

Stephanie Ariyakham, attended as new Navy recruit having just graduated Central

High School in the north west region of Philadelphia. "I'm looking so much forward to the possibility of world travel and the unique experiences ahead of me," she said with smiles. Her Father, Bounpheng Khamsengsay also in attendance, was not so enthusiastic about the idea of his daughter's enlistment. "I had my reservations, but once my daughter talked about her commitment to her discussion, I felt more at ease," he said. Stephanie is

headed towards training in the medical field

Dustin Cullinan attended the celebration with his parents. When his mother Joan learned of her son's decision, she was a bit nervous. "It's hard to give your child up to the military, but over time I knew it was a great decision for him," she said. Dustin's father John was enthusiastic from the start. John is a U.S. Air Force veteran having worked in security at RAF Upper Hayford in England. Dustin is driven to a military career in the human resource field. "The benefits package and the current job environment were a few of the deciding factors in my enlistment," said Dustin.

Danielle McMahon recently graduated from East High School in West Chester, Pa. She enlisted into the Navy. She chose a vocation as an aircraft machinist mate and was primarily motivated to join by the educational benefits offered. In the years ahead, she plans on attend college with a focus on art.

The Our Community Salutes organization was

started in 2009 in southern N.J. and has since gone national. They are a non-profit organization created to recognize and honor graduating high school students (and their parents or guardians) who plan to enlist in the military after graduation.

Also in attendance were Rear Adm. John G. King, commander, NAVSUP Weapon Systems Support, Maj. Gen. Wesley E. Craig, Adjutant General, Pa. and Joseph Brooks president of the regional Liberty USO organization. Several Medal of Honor recipients and their families also took part in the recognition gathering.

A number of common themes and thoughts were evident across the room: the new enlistees were energized and anxious to begin their journeys with their respective service selections. Each member was looking forward to serving their county and developing their leadership potential. All in attendance were appreciative, and many surprised, with the invitation to the dinner event held in their honor.



Across the Guard



Air Guard's first F-35 Lightning II pilots ready to take flight, make history

Story and photo by Master Sgt. Thomas Kielbasa
Florida Air National Guard

When military aviators of the future look back at the beginnings of the F-35 Lightning II program, they may see the names of two Florida National Guard pilots listed among the first to fly the Air Force's fifth-generation fighter jet.

Air Force Lt. Col. Randal Efferson and Air Force Maj. Jay Spohn (shown left to right) are the only Guard pilots currently assigned to the 33rd Operations Group at Eglin Air Force Base, and they'll soon be taking to the skies to master the F-35 Lightning II Joint Strike Fighter. Once trained, Efferson and Spohn will help develop the training and standards for other F-35 pilots as the fighters are integrated into the Air Force's fleet of aircraft.

"I grew up in the '80s when the F-15 [Eagle], the F-16 [Fighting Falcon] and the A-10 [Thunderbolt II] were all new airplanes," Spohn said. "I look back and it's kind of hard to believe that the airplanes that were new when I was young are now being replaced by the airplane that I'm getting ready to fly."

Major Spohn is a former A-10 pilot and prior member of the 103rd Fighter Squadron, 111th Fighter Wing, here in Willow Grove. Full story available online at the National Guard website: www.nationalguard.mil/news/archives/2012/05/052212-Air.aspx

PA State Command Chief Perspective: "Wingman, Leader, Warrior"

By Chief Master Sergeant Victor H. Guerra
Pennsylvania Command Chief Master Sergeant

What does *The Airman's Creed* mean to you? Hopefully you have seen it or heard it recited. This is the last segment of my four part piece on what The Airman's Creed means to me.

The fourth part of The Airman's Creed reads:

I am an American Airman:
Wingman, Leader, Warrior.
I will never leave an Airman behind,
I will never falter,
And I will not fail.

I am an American Airman. What this means is defined throughout the creed.

Wingman, Leader, Warrior. Being a good Wingman means taking care of your co-workers, family and friends, and it doesn't matter whether you're deployed on a mission, at home or away from the unit. Being a good Wingman takes a commitment to be there when needed. A Wingman provides emotional and intellectual support, shows true concern and actively listens, identifies when someone is stressed, intervenes when appropriate and doesn't let others participate in self-destructive behaviors. It's about caring enough to look out for one another.

Every one of us can be, and probably at one time or another has been, a Leader. You don't have to be supervisor, Chief or Commander to be a Leader. A Leader directs, guides and/or, influences others towards a particular path or goal. A good Leader does so by looking out for the

members of the team or group. Being a good Wingman also part of being a good Leader.

As I stated in the first part of this series, I prefer to think of a Warrior as one who possesses great courage, vigor and/or tenacity as well as honor, faith and loyalty. One who's not afraid to stand for what's right and to stand for those not able to stand for themselves. Sounds like being a Warrior is also part of being a good Wingman.

I will never leave an Airman behind. This is self-explanatory, and part of being a great Wingman.

I will never falter, And I will not fail. This doesn't mean that being an American Airman is to never make a mistake. Everyone makes mistakes. What it does mean is that when mistakes are made, you persevere and persist in maintaining your purpose in spite of the difficulties, obstacles or discouragements.

I hope you've enjoyed and found interesting my thoughts on what The Airman's Creed means to me, but more importantly, along the way discovered what The Airman's Creed means to you.



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

Around the Wing

EXERCISE, EXERCISE, EXERCISE...

The famous words that stir apprehension when heard, and forever haunt our memories!



Members of the 111th Medical Group access a casualty's simulated injuries during a medical mass casualty exercise held here on May 20. Air National Guard photo by Staff Sgt. Jessica Berger.

Exercise evaluation team (EET) in full swing

By Chief Master Sgt. James Tobolski
111th FW Projects and Compliance

The exercise evaluation team has come full circle and robust efforts are now underway to help the Wing effectively prepare to respond to both scheduled and unscheduled events. It's important to remember that steps taken to enhance our abilities as responders to these situations are more than just the "same old training." Everyone is well aware of the significant changes we've seen over the past 7 years and nothing is more vulnerable than an unprepared response effort.

With that said, I'll provide a brief overview of the components of this program and to provide a basis for upcoming events. Required exercises contained in AFI 10-2501 states we will accomplish the defined exercise requirements at the following intervals:

- Major accident – Twice Annually
- Natural disasters – Annually
- Terrorist use of CBRNE – Twice Annually
- Operational Readiness Exercises – Annually

In addition to these requirements are further specific activities at the squadron level. I realize these tasking's appear overwhelming, however there IS a light at the end of the tunnel. We are synergistically approaching these exercises with a "work-hard, play-hard" approach and combining every possible requirement to reduce the total amount of exercises performed while remaining in compliance.

The exercise evaluation team (EET) consists of highly trained representatives from their respective units. These individuals have been chosen by their leadership to evaluate predetermined requirements as subject matter experts in order to keep them on track with their unit's respective missions and remain in regulatory compliance.

The disaster response force (DRF) – is the network of control centers and responders required to meet the Wing's demands for both real-world and simulated exercises and disasters. It consists of several layers of command and control. The crisis action team consists of the Wing Commander and senior advisors and is at the top of the command and control chain. They direct their inputs to the emergency operations center (EOC), which consists of knowledgeable subject matter experts from various emergency support functions. The EOC, in coordination with the command post then disseminates further information down to the lower levels of the DRF including the first responders, unit control centers, and specialized teams.

In closing, I'll remind everyone that it is time to prepare. Have your Airman's manual accounted for; chemical gear and other required equipment accounted for, up to date and inspected. And finally, above all, posture yourself by developing a "ready" mindset so we can remain prepared to deal with challenges and adversity as presented while providing necessary relief when called upon.



Chief Master Sgt.
James Tobolski

EET

Sexual assault prevention and response: help, resources available

By 1st. Lt. Tim McManus

111th FW Sexual Assault Response Coordinator

Sexual assault has become a growing issue for the military, and the Air National Guard has been taking steps to help the victims of this terrible crime. Resources are available to all members who have been the victim of sexual assault. The Sexual Assault Response Coordinator, or SARC, can work with the victim to assist in finding the help that is needed. The SARC for the 111th Fighter Wing is 1st Lt. Tim McManus, in building 203, room 208. There is also a new service called the DoD Safe Helpline, which works in conjunction with RAINN, the Rape, Abuse and Incest National Network, which will help victims find help nationwide.

What is Sexual Assault?

Sexual assault is a crime defined as intentional sexual contact, characterized by use of force, physical threat or abuse of authority or when the victim does not or cannot consent. Sexual assault includes rape, nonconsensual sodomy, indecent assault (unwanted, inappropriate sexual contact or fondling), or attempts to commit these acts.

Consent shall not be deemed or construed to mean the failure by the victim to offer physical resistance. Consent is not given when a person uses force, threat of force, coercion or when the victim is asleep, incapacitated, or unconscious.

Unrestricted Reporting

Unrestricted reporting is a process where you disclose that you were the victim of sexual assault for purposes of starting an official criminal investigation. Your commander will be notified that you are a victim. This will allow your commander to initiate the full range of protections, rights, and support available to you as a victim, in addition to all the services and assistance available in restricted reporting. While your report is not confidential, your privacy is a primary concern. Details

about your assault will be shared only with those who have a legitimate need to know. Unrestricted reporting provides you with an opportunity to hold the offender accountable for his/her behavior and potentially prevent future assaults.

Restricted Reporting

Under restricted reporting, no investigation of your assault will occur. Your command, law enforcement personnel, and other military authorities will not be notified that you are a victim of sexual assault.

Victim Advocate support, medical treatment, counseling, and forensic evidence collection will be available to you. Forensic evidence can be held for 1 year under a restricted report.

The Sexual Assault Response Coordinator (SARC) will report information concerning your sexual assault to the Wing Commander within 24 hours of the incident. Your identity, and the identity of anyone else involved/ witnessing the incident, will be protected.

The full range of protections afforded to victims, such as being separated from the offender or obtaining a military protective order to prohibit

the offender from having any contact with you, may not be available under a restricted report.

Safe Helpline

The Department of Defense (DoD) Safe Helpline is a groundbreaking crisis support service for members of the DoD community affected by sexual assault. The Safe Helpline provides live, one-on-one support, and information to the worldwide DoD community. The service is confidential, anonymous, secure, and available worldwide, 24/7 by click, call, or text — providing victims with the help they need, anytime, anywhere. Visit the website at: www.safehelpline.org, or call (877) 995-5247 for more information or to find help.

HURTS ONE. AFFECTS ALL.

REAL WINGMEN ACT

Intervene when someone crosses the line with your fellow Airman.

PREVENTING SEXUAL ASSAULT IS EVERYONE'S DUTY.

Your Sexual Assault Response Coordinator (SARC):

MyDuty.mil

READINESS = RESPECT

Revised Air Force fitness assessment brings new challenges

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

Implemented in January of 2012, the Air Force and Air National Guard are now assessing member's physical fitness using a modified program designed to measure an individual's overall strength, endurance and body composition. The four areas gauged are: crunches, push-ups, cardio or the 1.5 mile run and an actual waist circumference measurement.

Tech. Sgt. Kevin Watson, recruiter and squadron fitness monitor for the 111th Support Squadron emphasized the importance of self-preparation. He said, "Don't think that you'll successfully complete the annual assessment by beginning physical conditioning two weeks out. If you're not involved in a frequent workout program, you'll need to prepare yourself at least three months in advance. Understand in what category you may need to improve while maintaining your current strength areas."

Watson went on to discuss the benefits of physical fitness. "First and foremost, we're a military organization. We need to maintain our combat readiness and physical resilience. Deployment opportunities can occur at any time, potentially placing you in situations that can test your physical endurance, mental clarity and ability to react."

"Military promotion consideration or eligibility can certainly be impacted by failure to successfully completing the assessment. The revised guidance provides a well laid-out, measurable evaluation taking in considerations such as gender and individual age," he said. "Shining in the program may prove to be the aspect that distinguishes you and pushes you to the forefront of the pack for promotion."

"To better perform your jobs, participate in activities with family

and friends and better fight off injuries or illness, regular physical conditioning is essential. We all can think of justifications not to exercise: not enough time in the day, last minute obligations or taking care of the kids. Commit yourself to betterment and try to define a time of day that would work best for you."

Watson said, "The new program has presented new challenges to people, namely completing the cardio aspect or the 1.5 mile run within defined times and the waist circumference measurement. These have proven to be the primary downfall area for members to achieve successfully and will require the greatest effort in preparation. The run is 60% of the composite score so it's important to score well in this aspect. Waist measurements are a good indicator of your body mass composition. Regardless of age, the maximum measurement, parallel to the ground at the navel, is 35.5 inches for women, while males cannot exceed 39 inches."

He cautioned that, unlike the previous assessment guidance, that if you fail in one area of evaluation, you fail the entire test. Don't fall into the trap of only trying to achieve the minimum criteria for each category. Because of the scoring weight of the separate sections, only achieving the minimum for your gender and age bracket will tally to below a 75% or failure. Failing the evaluation will require retesting within six months in the National Guard. Consecutive non-passing evaluations can and will affect your promotion, retraining ability and potentially your military career.

"Know your squadron fitness monitor. They're there to provide assistance in preparation and answer questions you may have about the new guidance," he added. Frequently, your fitness monitor will schedule additional assessment timeframes to help you succeed.

Top 10 Steps to Excel on Your Next Physical Fitness Test

Wear Good Running Shoes:

Basket ball shoes, VANS, or the old set of New Balances' you got eight years ago at boot camp are poor choice. Not only are they going to add time to your run, but prolonged use will also cause damage to your knees and back.

Get a Good Night Sleep:

Just as a good night sleep will help your performance before an academic test, it will help your performance while taking the physical fitness test.

Take Responsibility for your Warm-up:

The pre test warm-up routine your command does is probably not enough. Do a light run, stretch and knock out 20-25 sit-ups and pushups before the test.

Bring a Towel or Pad:

Doing sit-ups on the concrete or wet grass is miserable. Bringing a towel or pad will keep you dry comfortable and ready to excel.

Bring Water:

Bring your own drinking water; you'll need it after the run.

Hit the Bathroom Before the Test:

There is no need to explain this in detail; running or doing sit-ups when you need to go is miserable.

Work with a Buddy:

Having a buddy to encourage you will help push out more sit-ups, pushups, and have a faster run time.

Know the Standards:

Knowing the minimum requirements may prevent you from failing by missing one or two sit-ups. It will also keep you from over exerting yourself right before the run.

Take a Pre-Test:

A few weeks prior to the real test take a pre-fitness test with your buddy. It will let you know if there are any areas to work on and increase your confidence for the real test.

Stay off the Supplements or Energy Drinks:

If red bulls or energy drinks are not part of your normal routine, don't start on the day of your test. Your body is not accustomed to the sugar/caffeine shock it will probably make you sick and reduce performance.

Courtesy of: www.airforce-pt.com

Around the Wing

Photo by Master Sgt. Christopher Botzum



Meet the Member: Master Sgt. Sylvester Fisher, Jr.

By Staff Sgt. Michael Shaffer
111th FW Public Affairs

Master Sergeant Sylvester Fisher, Jr. is currently a CyberSpace Transportation specialist with the 111th Air Operations Group. Sergeant Fisher has been a member of the 111th Fighter Wing, working in the communications flight since his original enlistment 36 years ago.

In his civilian job, Sergeant Fisher has more than 20 years of experience

as a credit and collections manager in the financial department for BDP International, an import and export logistics corporation.

After graduating high school the Philadelphia native joined the Air National Guard in 1974, and in addition to serving in the military, Sergeant Fisher serves in his community as an active member of his church. Recently he was recognized

and featured by the local news for his service and efforts as the project leader for a special Mother's Day breakfast hosted by the Christ-like Pleasant Green Baptist Church of North Philadelphia.

The dedicated senior NCO is also a huge sports fan, Philadelphia sports are his past time, and he has been to every single flag unfurling event with the unit throughout the years.

Over the last 36 years, the experiences have provided Sergeant Fisher with a full toolbox of knowledge to which he can pull from in order to mentor others. His pride and dedication to the 111th Fighter Wing and its mission has been the reason Sergeant Fisher's long career.

When asked what makes this place work, Sergeant Fisher said, "The Command is always improving." He went on to say, "We strive to always improve our work center." Sergeant Fisher keeps morale high by serving as an active member of Enlisted Field Advisory Council (EFAC).

"Mentoring is a duty of and NCO." He takes mentoring very seriously and went on to advise "give them the opportunity to shine and provide guidance to become better."

Sergeant Fisher is enthusiastic for the new AOG mission, "the new mission will require experienced technicians, I've been blessed with a great vocation with the unit, I took my studies seriously," he said.

"Little did I know that 36 plus years later I'd still be loving my job, it's been a great career," he said.



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



Your benefits.
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Around the Wing



BASE FAMILY DAY

JUNE 24, 2012

**111th Fighter Wing/ 56th SBCT/ Army Reserve
1051 Fairchild Street Horsham, PA 19044**

Join us and celebrate our Hometown Heroes & Family Day with food, games, raffles, entertainment, and etc. For details call the Family Program Office at 215-323-7132 ***RAIN OR SHINE***

***** Time: 10:00 a.m. — 3:00 p.m. *****

EAP APPLICATION



**Fall 2012
Spring 2013
Summer 2013**

Applications are located outside our office in
Bldg 203 Room 105

**All first time users see either
MSgt Parker or TSgt Carmona**
First time user of the program will receive different EAP package!



**Deadline to submit
to Retention Office
June UTA (23-24)**

You can also find application on the
Y:drive
(Y:\111fw\Shared\Retention\Information
Hand-outs\EAP\Applications)



Statewide News:

View newsletters of our sister units:

193rd Special Operations Wing
"The Scope"

www.193sow.af.mil

171st Air Refueling Wing
"Tanker Times"

www.171arw.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](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 Distribu-
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