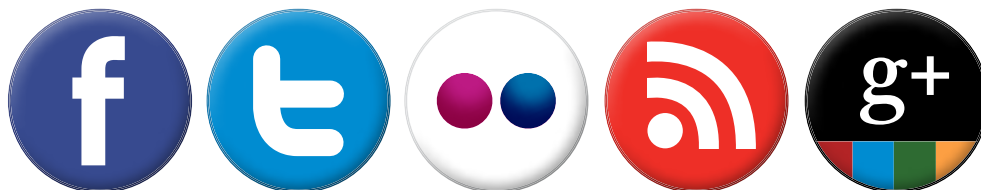


CONNECT WITH THE 110TH ONLINE! [WWW.110AW.ANG.AF.MIL](http://WWW.110AW.ANG.AF.MIL)

Subscribe 110AW.AF.MIL

For those of you wanting to receive the "e-JSJ" or other updates on the public website as they happen, you can subscribe to receive various components of the website via e-mail (civilian & gov. e-mails). Create a user-name and password and control your preferences as to how much information you receive and how often you receive it. This is a great way to stay connected throughout the month. (select link above, right column of site)



*Update*  
**COMBAT DINING IN.**  
COMPANY GRADE OFFICERS COUNCIL

**WHO:** All members of the 110th Airlift Wing.

**WHEN:** April 2013 (UTA)

**WHERE:** On Base

*Tickets on sale Now, See a Chief!*

## ASK THE COMMANDER **ELECTRONIC SUGGESTION BOX**

One person cannot do it alone, so I have established an Electronic Suggestion Box to get ideas directly from you that will help our wing grow. *How do I use the Electronic Suggestion Box?* Simply go to the Wings Share-Point site: <https://eis.ang.af.mil/org/110AW>. On the 110 AW page go to "Ask the Commander" under the Discussions section. Click [Add a discussion](#). Add a subject. Add your suggestion in the Body. *Is this Anonymous?* Yes, no name is tied to the suggestions unless you put your name in the body. The only people that can see the suggestions are the person submitting the suggestion and the Wing Commander. *(For an electronic copy pdf to walk you through go online under UTA updates.)*

## COMMANDER

110TH AIRLIFT WING COMMANDER  
By Colonel Ronald W. Wilson

Members of the 110th Airlift Wing, welcome to the future!

I believe I need to start this article with a confession. This is actually my third attempt at writing this introduction. Now I know what you are thinking. Eight words. One sentence. How hard can that possibly be? Well, a little harder than you might think. In my first attempt I went the traditional route, welcoming you to January's drill. But I felt this was too weak a start to what is probably my most important message to you since taking command. My second try went something like this: Welcome to 2013. A little bigger, yes, and a bit cliché, but still not enough. So I finally settled on what you see above, welcoming you to the future, which I believe is as close as I could come to a lead in for the news I am about to give. So strap yourself in and take a deep breath, because the world as we have known it is about to fundamentally change.

Once upon a time the 110th was running the show. We stepped up when called upon, performed beyond expectation, and basked in the glory of being recognized as a Wing of top performers. Like returning conquerors we relished in our success, rested on our accomplishments; telling whoever would listen about the

## MENTAL HEALTH AND VIOLENCE: TWO SEPARATE ISSUES

110TH AIRLIFT WING DIRECTOR OF PSYCHOLOGICAL HEALTH  
By David Marshall MS, LPC, CAADC

If I've learned anything from all the major, newsworthy events of 2012, it is that it is getting harder and harder to unravel just about everything I hear from the media. Whether they are talking political debates, fiscal cliffs, or the Benghazi attack, sensationalism and misinformation seems to rule the airwaves. And in a world of "up-to-the-millisecond" reporting fed via smart devices to a society with a collective attention span akin to that of a squirrel with ADHD on crack, the result is that it becomes very difficult for the average person to develop a fair assessment of any situation, particularly when the topic is far removed from our personal areas of understanding. For me, there were two stories in 2012 that underscored this idea: the tragic events at Sandy Hook Elementary School and the Batman movie theater shooting in Aurora, Colorado.

great things we had done. And there is nothing wrong with that, as long as today's performance matches the glory days of what used to be. If not, if we fall into that "40-year-old high school football star has-been," where our only selling point is who we used to be, then success will be temporary and we will surely fail. So, as we enter a new age in military defense and I spell out our new role in the fight, I only ask three things from you. Wake up, pay attention, and prepare to step out of our past and lean forward to the future. Because the future of the 110th—our new opportunity—is in the business of UAV's.

If you were not present at the briefing last week by MG Vadnais, you may not have heard the details of the now-signed NDAA for 2013. This document, which spells out all of those changes to the ANG that we have been talking about for close to a year now, specifies our new, primary mission: the operational control of the MQ-1 and MQ-9 UAV's. This is cutting edge technology that will not only bring jobs and real money to Battle Creek, but will also propel the 110th back to the front lines of the battle. Along with the MQ-1/9, it is also very likely that we will soon be expanding our cyber mission—another forerunner on today's digital battlefield—and we are also very close to moving forward on the MSA plan, which is expected to mean an extension of the base across Skyline Drive, giving us an even larger footprint on the DoD map. All three, along with the robust work already being done by the AOG, is outstanding news and means numerous progressive opportunities for each of you to secure a place in the bright future of the 110th.

What about the C-27J's? As far as an airlift mission, I am going to say this: don't throw in the towel just yet. There is still a real opportunity

As both of these events unfolded and the news reports began to fly, I kept hearing about how the alleged perpetrator's mental health issues played a role in their violent behavior. Within hours of Sandy Hook, there were reports indicating the shooter "suffered from a personality disorder," and possibly had a diagnosis of autism, which led to his rampage. The Aurora, Colorado shooter was first shown to the public with hair dyed bright red and a glazed-over look reminiscent of the entire front row at a Grateful Dead concert, clearly lost in some sort of delusional state. The stories would go on to point out the people or organizations that knew the individual perpetrators were mentally ill and failed to respond, and how we need to find better ways to screen for mental illness as a way to prevent these things from ever happening again.

In spite of these isolated yet public events, the reality is that a person who is mentally ill is no more likely to commit a violent crime against another person than anyone else. The truth is that people with serious mental illness are actually at higher risk of being victims of violence rather than perpetrators. They contribute very little to the overall rate of violence, and with most serious mental illnesses any kind of violent behavior demonstrated is more commonly against

out there for us to acquire several C-130's that have been earmarked on the NDAA as needing a place to call home. And as I write this, I can tell you that I, along with MG Vadnais, Senator's Levin and Stabenow, and Governor Snyder, are actively engaged in petitioning to have a squadron of these airframes positioned on our ramp. But unlike the MQ1/9's, this is not a done deal, so it is imperative that we continue to prove our mettle today and give them no other choice but to bring the C-130's to Battle Creek. I can assure you that we've got all the right folks in our corner, particularly in MG Vadnais who has been a remarkable advocate for the 110th and in my opinion one of the key reasons we are not only in this fight, but we are winning. We owe him, and everyone else, the same kind of tenacity that he has given us by making sure the world knows what the 110th has to offer right now (this is also your cue to start writing those congressmen again). It's our time!

So with that I welcome you to the FUTURE. Be safe and have a great drill.

oneself, not others. In fact, the most recent statistics show that in 2009, suicides outnumber homicides 2 to 1. But with treatment, the risk of any kind of violent behavior significantly decreases. So what does this mean? It means being mentally ill is not an indicator of violence. It means that if a person is demonstrating an unstable pattern of behavior and feels like he may hurt himself or others, treatment is available that can prevent this from happening. It means that if we create an environment in which seeking help is fostered, not stifled, it can reduce the number of lives lost to self-injurious behaviors. And most of all, as members of the 110th Airlift Wing, it means that you need to be aware, connect with your wingmen, encourage them to get help during tough times, and take active steps to building resiliency and improving your psychological fitness.



Senior Master Sgt. Michael Barros of the Civil Engineer Squadron took ownership of one of our Quality of Life Initiatives and "made it happen." We now have a USPS standard personal outgoing mail box for the base. It is only a small perk but it is a major step in the right direction...this is your base, make it your own. Through his hard work and perseverance, Senior Master Sgt. Barros has helped make this base a better place to work. Senior Master Sgt. Barros took the lead, worked through some obstacles, and now everyone on base can utilize this convenience. I want to sincerely thank Senior Master Sgt. Barros on behalf of everyone here at the 110th Airlift Wing.

## FEATURE DECEMBER 2012

*Guardman of the Month*

**Senior Master Sgt. Michael Barros**

For more Honorable Nominees for *Guardman of the Month* go online [www.110aw.ang.af.mil](http://www.110aw.ang.af.mil)

## BASE GYM CONCERNS

As we move into 2013, the one thing that most everyone is focused on is there New Year's resolution. The most prominent resolution seems to always concern our health. Recently the base gym has been a hot topic of discussion and the services squadron has established a committee to address some of the concerns. There are two concerns that more important than most and they deal with Safety and Security. Safety is the number one concern when you are working out and you must always keep that in the forefront of your mind. Be sure to ask for assistance when lifting heavy weight and when you are fatigued and lifting any weight. The Gym has a camera in it so security can monitor the facility from time to time in case an individual has an injury and needs assistance. This camera also allow us to monitor when weights are not being placed back on the weight rack and just left out on the floor or on the machines. The other concern mentioned was security. There are often times when our gym is used by other individuals who are retired or come from other branches of service and we want to make sure that they are abiding by our rules also.

Beginning Friday March 1st 2013, the base gym will be locked down after the normal hours of operations and eventually 24/7. In order to access this facility when it is locked, you must use a key fob that can be programmed for this facility or your ID card which must be swiped and programmed for this facility. Once this process begins, you will no longer be required to sign in because the Advantor system will do this once you enter the facility. We will also have a process for retired members to gain access by signing out a key fob from the main gate when they enter, this will allow us to control access for those members during times they are not authorized. We will begin posting this information on the gym door and in the jet stream so everyone is aware of the change and can get there ID card swiped so they can have access. The swiping process has to occur at the Security Forces building in order to get access to this facility. We will inform everyone when they can begin that process. If you already use your ID card or a key fob to enter other facilities, it will just require us adding the base gym to that access list. More information will follow; however, please contact me if you have any concerns or questions so I can relay them to Col. Wilson and work towards a solution. Thank you in advance for your cooperation with this.

**From the Gym Counsel: VOICE YOUR OPINION** An email has been sent base wide to all members of the 110th Air Wing requesting they share some information about their health and fitness as well as their opinion of Gym Facilities on base. Please participate by taking a few minutes to complete the short fitness survey for the wing.

In the email sent out to all members a link to the survey will be found. Additionally, the survey is also located on the Internet/Favorites/110 AW Links/110th AW Share Point 2010 (Warrior Web) and on the right hand side of the page under links is the Fitness Survey. The survey will be up till Sunday February 10th, 2013 (Drill Sunday).

It is completely anonymous so be candid and let us know what you really think. Thank you!

**Food Bank of South Central Michigan FORT FOOD CHALLENGE 2012** 110th Airlift Wing Takes on fight against hunger. Thank you to all that participated in the Food Bank of South Central Michigan in support of collecting over 2,000lbs and 250 dollars.

**JOB OPENING: INSPECTOR GENERAL** The 110th Airlift is seeking a motivated, detail-oriented officer in the grade of Lt Col or Major (promotable) to become the next Wing Inspector General. The selectee is required to obtain the Special Duty Identifier 87G0 and attend a one-week training class within 90 days of becoming assigned to this non-rated, drill status position. Feel free to contact Maj Radmacher (x3447) on UTA weekend for further information.

**PROFESSIONAL DEVELOPMENT LEADERSHIP CHALLENGE** "Excellence Through Change", Saturday, January 19, 2013, 0800-1630  
Cost: \$10.00 (Pays for Lunch & Refreshments) Registration Deadline: January 10, 2013

Don't forget, January UTA is your last chance to sign up! You can still drop off your registration forms to Chief Truran or SMSgt Dark on the 2nd floor of Building 6900 South. We will also have a table set up in the DFAC both Saturday and Sunday. We would appreciate it if you have your \$10 fee at the time of registration.

Remember, we ARE getting paid for this day, but if there is anyone who has a difficulty paying the \$10 fee up front, see a Professional Development Committee member and we can work something out with you.

We don't want anyone to miss this great opportunity!

**ACTIVE SHOOTER YOUTUBE VIDEO**  
CLICK ON ABOVE LINK TO GO TO VIDEO

**COLLEGE DAY AT THE 110TH!**  
Saturday, January 12, 2013, Building 6922, 1000-1400, for members & dependents

This drill, College Representatives will be here for you and your family. College Representatives include, Baker College, Miller College, Davenport University, Kellogg Community College, Cornerstone University, Spring Arbor University, University of Phoenix, Western Michigan University, Siena Heights University, Kalamazoo Valley Community College, VA Resource Representatives.

## ONLINE LINKS

PROMOTIONS  
RETENTION OFFICE UPDATES  
DINING FACILITY MENU  
UTA TRAINING SCHEDULE  
FAMILY PROGRAMS

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## CYBER CRIME AND HOW IT AFFECTS YOU

### What is Cyber Crime?

Cyber crime is a term that covers a broad scope of criminal activity using a computer. Some common examples of cyber crime include identity theft, financial fraud, web site defacements and cyber bullying. At an organizational level, cyber crime may involve the hacking of customer databases and theft of intellectual property. Many users think they can protect themselves, their accounts, and their PCs with just anti-spyware and anti-virus software. Cyber criminals are becoming more sophisticated and they are targeting consumers as well as public and private organizations. Therefore, additional layers of defense are needed.

### An Example of Cyber Crime

An example of one type of cyber crime is an "account takeover." This happens when cyber criminals compromise your computer and install malicious software, such as "keyloggers" which record the key strokes, passwords, and other private information. This in turn allows them access to programs using your log-in credentials. Once these criminals steal your password, they may be able to breach your online bank account. These criminals can be anywhere in the world and may be able to transfer your money almost immediately.

### What are the Effects of Cyber Crime?

The effects of a single, successful cyber attack can have far-reaching implications including financial losses, theft of intellectual property and loss of consumer confidence and trust. The overall monetary impact of cyber crime on society and government is estimated to be billions of dollars a year.

### What Should We Do?

Training and awareness are important first steps in mitigating these attacks. All citizens, consumers, and employees should be aware of cyber threats and the actions they can take to protect their own information, as well as the information within their organization. So... *What can you do to minimize the risk of becoming a cyber crime victim?*

1. Use strong passwords Use separate ID/password combinations for different accounts and avoid writing them down. Make the passwords more complicated by combining letters, numbers, special characters, and by changing them on a regular basis.
2. Secure your computer
  - Enable your firewall Firewalls are the first line of cyber defense; they block connections from suspicious traffic and will keep out some types of viruses and hackers.
  - Use anti-virus/malware software Prevent viruses from infecting your computer by installing and regularly updating anti-virus software.
  - Block spyware attacks Prevent spyware from infiltrating your computer by installing and updating anti-spyware software.
3. Secure your mobile devices Be aware that your mobile device is vulnerable to viruses and hackers. Download applications from trusted sources. Do not store unnecessary or sensitive information on your mobile device. It is also important to keep the device physically secure; millions of mobile devices are lost each year. If you do lose your device, it should immediately be reported to your carrier and/or organization. There are some devices that allow remote erasing of data. Be sure to keep your mobile device password protected.
4. Install the latest operating system updates Keep your applications and operating system (e.g. Windows, Mac, Linux) current with the latest system updates. Turn on automatic updates to prevent potential attacks on older software.
5. Protect your data Use encryption for your most sensitive files such as health records, tax returns and financial records. Make regular back-ups of all your important data.
6. Secure your wireless network Wi-Fi (wireless) networks at home are vulnerable to intrusion if they are not properly secured. Review and modify default settings (information on doing so can be found in our August of 2012 newsletter.) Public Wi-Fi, a.k.a. "Hot Spots," may also be vulnerable. Avoid conducting sensitive transactions on these networks.
7. Protect your e-identity Be cautious when giving out personal information such as your name, address, phone number or financial information on the Internet. Make sure that websites are secure especially when making online purchases, or that you've enabled privacy settings (e.g. when accessing/using social networking sites, such as Facebook, Twitter, YouTube, etc.). Once something is posted on the Internet, it may be there forever.
8. Avoid being scammed Never reply to emails that ask you to verify your information or confirm your user ID or password. Don't click on a link or file of unknown origin. Check the source of the message; when in doubt, verify the source.

### For More Information:

For additional information about cyber crime, please utilize the following resources:  
Internet Crime Complaint Center: <http://www.ic3.gov/preventiontips.aspx>  
Norton Cyber Crime Prevention Tips: <http://us.norton.com/prevention-tips/article>  
National White Collar Crime Center: <http://www.nw3c.org/services/ic3/complaints>

The information provided in the Monthly Security Tips Newsletters is intended to increase the security awareness of an organization's end users and to help them behave in a more secure manner within their work environment. While some of the tips may relate to maintaining a home computer, the increased awareness is intended to help improve the organization's overall cyber security posture. This is especially critical if employees access their work network from their home computer. Organizations have permission and are encouraged to brand and redistribute this newsletter in whole for educational, non-commercial purposes.