

# Sandy Hog Gazette

111th Fighter Wing  
Volume 16 Issue 8

Horsham Air Guard Station

PA Air National Guard  
November 2012



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a great 'day on the lake'**

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**Congratulations!**

## *Community College of the Air Force 111th Fighter Wing Graduating Class of October 2012*

Staff Sgt. Frederick Becker	270th EIS
Staff Sgt. Dharamdeo Behari	270th EIS
Staff Sgt. Jeremy Nagy	270th EIS
Staff Sgt. Reinaldo Peluzzo	111th SFS
Staff Sgt. Stephen Scull	111th SFS
Staff Sgt. Jonathan West	111th CF
Tech. Sgt. Julia Dodge	270th EIS
Tech. Sgt. Christopher Falkler	201st RHS, Det. 1
Tech. Sgt. Alfonso Pulido	201st RHS, Det. 1
Tech. Sgt. Joseph Runewicz	111th MDG
Master Sgt. Roberto Brabham	111th MDG

## Angel tree gift-giving campaign kicks off!

Please stop by one of several Angel Tree locations to select a paper "Angel" and donate much needed items to children residing at Christ's Home for Children in Warminster, Pa.

Guardsmen can pick an Angel from a Christmas tree in the main lobby of Headquarters Bldg. 203 or in the Dining Facility in Bldg. 300. They must purchase the listed item(s) and drop them off unwrapped to a 111th Security Forces Squadron Angel Tree representative in Bldg. 219 no later than Dec. 10.

During the week, items are logged and sorted based on the attached paper "Angel," ensuring all children receive the correct gift(s).

Missing items are purchased with donations received from Wing members and the Chiefs' Council. Items collected under the annual Angel Tree program, will be dropped off to the home in December.

In 1903, Christ's Home was founded to care for needy or neglected children and youth from infancy to 18 years of age. Twenty years later, they expanded to include a retirement community.

The 111th FW has been supporting this cause for over 24 years. For more information, please call (215) 443-1329.

### Cover photo:

Horsham Air Guard Station gets its marquee! Located at the corner of Route 611 and County Line Road, the sign welcomes base personnel and informs the local community of the various military components that call Horsham AGS their home. Air National Guard photo by Master Sgt. Christopher Botzum.



### 111th Fighter Wing

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"Chip" Eissler

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Public Affairs Staff can be reached during normal duty hours and UTA weekends at: (215) 323-7177. For urgent inquiries, contact the 111th FW Executive Officer at: (215) 323-7112.

The deadline for submissions to the December issue of the Sandy Hog Gazette is Friday, November 16. E-mail articles and photos for consideration to: [pa.111fw@ang.af.mil](mailto:pa.111fw@ang.af.mil).

*This funded Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Sandy Hog Gazette are not necessarily the official views, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. The editorial content is edited, prepared and provided by the Public Affairs Office of the 111th Fighter Wing.*



### 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.

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## 6 Keys to Success for Higher Headquarters Inspections



**By Capt. Danielle "Scooby" Minamyer  
111th FW Compliance Inspection Project Officer**

As many of you are painfully aware the 111th Fighter Wing will be undergoing a series of major inspections in December. In the most current version of AFI 90-201, Inspector General Activities, dated 23 March 2012, the Air Force moved to a way of streamlined inspecting that combines a large number of traditional inspections into a narrow inspection timeframe. This giant inspection is called a Consolidated Unit Inspection or a (CUI) and is conducted over

approximately one week. Beginning the week prior to December's drill, inspectors will arrive to conduct a Health Services Inspection (HSI) on our very own 111th Medical Group. By the Friday prior to drill a large number of inspectors will be in place to conduct not only the much anticipated Compliance Inspection (CI), but also the Logistics Compliance Assessment Program (LCAP), Information Assurance Assessment Program (IAAP), and the UCMJ Article 6 Part 1

Inspection.

If you are thinking, "Wow, that is a lot of inspectors!" you are certainly correct. The good news is that all of the programs that are being inspected have already been identified and individual subject matter

experts have been assigned to ensure that the

programs are within compliance. But although not everyone is being directly inspected, it is important for every guardsman from Airmen to Colonel, and for every civilian supporter to understand that they play a vital role in how the Inspector General (IG) Team will grade us. In order to make this Consolidated Unit Inspection successful here are six items for you to focus on:

1) Know your role—especially if you are a DSG! If you are assigned to a specific shop,

make sure that you know how to do anything that office is responsible for and if you can't remember all the details, be sure to know how to quickly find the answers!

2) Know your leadership and key program managers! Each unit has created SMART Pages for the Inspection that should be posted throughout your buildings for both November and December drills. This will have the names of all of these key personnel and additionally will have answers on what to do if certain scenarios arise that any inspector might ask you.

3) Always be respectful! Show proper customs and courtesies to your supervisors, your peers and your subordinates. Use rank and name to address others (not just the inspectors). Stand or otherwise show your complete attention to anyone addressing you. Do not sit on furniture that was not

designed for sitting. Do not put feet up on furniture.

4) Wear your uniform properly! Wear your uniform IAW AFI 36-2903, Dress and Personal Appearance of Air Force Personnel (18 July 2011, incorporating Change 1, 1 June 2012). Brush up on the grooming standards for both men and women so that you can keep yourself and those around you in line.

5) Think OPSEC! Never leave your CAC unguarded. Always properly store or destroy Personally Identifiable Information, phone numbers, and mission essential information. And remember 100% paper shred policy!

6) Have a good attitude! A positive attitude goes a long way with the inspectors. Some of our observers to other units directly witnessed how poor attitudes caused some units to fail, while positive attitudes propelled some other units to higher marks.

## Take your training to heart

By Chief Master Sgt. Stephen Agnew  
270th EIS Project Manager

TRAINING...it's not a four letter word, yet it sometimes makes us cringe just as much as hearing one of those expletives blurted out. I know that the old adage of "Join the Air Force and see the world" might have been more appropriately stated: "Join the Air Force and train, train, train" or "Join the Air Force and fly a computer." No matter how you view it, training is a necessary and important part of how we go about performing our jobs.

A major part of our training is to ensure that we are proficient enough in our individual career fields so we can successfully accomplish the mission of fly, fight and win. I am sure that most of you are very comfortable in being able to competently and expertly handle the day-to-day responsibilities that your specific career field demands. In addition, and no less important, is the training we receive to survive while deployed to some of the "not so nice" areas of the world.

Training Courses like cardio-

pulmonary resuscitation, self-aid and buddy care, improvised explosive device awareness, chemical-biological and radioactive defense awareness, explosive ordinance recognition, law of armed conflict and such are valuable tools that allow us to complete our missions safely. Being prepared to best deal with crisis situations that could arise in a deployed environment is critical.

I can personally attest to how relevant this training is by having recently returned from a six-month deployment to Afghanistan. Once we were boots on the ground, the training we received at Combat Skills Training, and yes...all of those dreaded CBTs kicked in. In times of high stress and exhaustion, we will rely on our training. This is why it is of the utmost importance that the quality of training be high.

Secondly, and no less important, is the fact that this training and preparation enhances our odds that we will return to our loved ones in the same condition that we originally departed...happy and healthy. That is why I will ask that



**Chief Master Sergeant  
Stephen Agnew**

while you are completing your CBT's and hands-on training, you stay focused on the lesson.

While you may not remember all of the little details by heart, be sure to know where to find it in your Airman's Manual. Knowing the hows, whys and wheres will save valuable seconds and may not only save your life but that of your Wingman's as well.



## 111th Fighter Wing bids farewell, best wishes to ...

Lt. Col. Rhonda Cushman, Wing Chaplain for the 111th Fighter Wing (shown left), retires during a ceremony held here May 20. Air National Guard photo by Master Sgt. Christopher Botzum.

## Veterans helping veterans: Philadelphia 'Stand Down 2012'

The 111th Fighter Wing and tenants units of the Horsham Air Guard Station, Horsham, Pa. participated in the support of this year's Philadelphia "Stand Down 2012" operation, held in Levittown, Pa. on Sep. 8-9 with an aim on helping regional military veterans in need of assistance.

The Philadelphia Stand Down organization, based out of Pennel, Pa.,

working with the regional Veterans Affairs Office, has held this gathering for the past three years on the local government grounds in Levittown, Pa. with a goal of linking regional service veterans with a vast array of service offered by the Veteran's Administration.

One of the themes of the weekend was veterans helping veterans. That ideal was demonstrated by the four dozen uniformed members who supported the event from setup to tear-down. Additional units involved were the 472nd Marine Wing Support Squadron, headquartered at Joint Base McGuire-Dix-Lakehurst, Army Guard 128th Chemical Company and the Air Force Reserve 305th Maintenance Operations Support, JBMDL.

Although heavy rains and thunder storms forced a cancellation of the second day of the event, over 200 former veterans attended this year's gathering.

The event provided to all military veterans, free-of-charge, services such as rapid enrollment within the VA program, employment assistance and sustainment through the Employment Support of the Guard and Reserve, dental and medical evaluations, drug and alcohol abuse education and assistance as well as other basic human needs such as food, shelter

and personal hygiene.

"In total, this is the 18th year of the event," said Army Staff Sgt. Robin Johnson, 56th Stryker Brigade Combat Team public affairs non-commissioned officer and military liaison to this year's "Stand Down" event. "All the units on base are providing infrastructure and manning support to the event such as tents, power generators and lighting."

Prior to 2009, the operation was held in several other regional locations to include the 56th Armory in Philadelphia.

The 111th and the 56th provided setup of the area to include building of tents, heavy equipment and coordination with the "Stand Down" operations, said Johnson, a 5-year volunteer with the annual event.

"We had numerous volunteers from the 56th aid in the operations over the weekend, performing support where ever needed," said Johnson. Various squadrons of the 111th such as 201st RED HORSE, Det. 1, Logistics Supply and the Air Operations Group, as well as internal groups such as the Company Grade Officers Committee, committed time and personnel to the operation. The Army Reserve units stationed here, planned to

tend to the food preparation and serving needs for event.


Fifteen busses provided transportation throughout the south-eastern and central Pennsylvania area for veterans to attend the event starting Saturday morning, said Johnson. Overnight accommodations were in-place for attendees.

"Last year other 350 veterans, including 20 women and their children, attended the event, said Johnson. "I know homelessness, but I never imagined the needs of our fellow veterans as being so great."

The Stand Down compiles a report which is analyzed by the Veterans Affairs Office to determine what services and support area veterans will need in the future year. The VA workers schedule follow-up appointments to provide ongoing support to the attendees.


"One of the goals is to never need to have one of these events again," said Eddy Speller, event director since 2000. "But that can only happen if there are not any homeless vets taking advantage of their VA benefits without this type of event."

For more information on the organization, contributions or to see how you can assist in the future, visit [www.philastanddown.org](http://www.philastanddown.org).



U.S. Department of Veterans Affairs

**Access VA's Services for HOMELESS VETERANS**



Help for Homeless Veterans  
**877-4AID-VET**  
va.gov/homeless | (877) 424-3838

## PNGAS: Your professional organization with benefits

**By Capt. Kathleen Pearson  
Pennsylvania National Guard Associations**

“A technician sees the immediate objective; the professional must be mindful of the final goal.”- Dr. Robert G. Kenney

You are a military member and deserve to be recognized as a true military professional. As a professional, you are concerned about the issues affecting your organization and its ability to complete the mission. You are also concerned about the future of your organization, and its ability to survive for years to come.

The Pennsylvania National Guard Associations are the “Professional Organizations” of the Pennsylvania National Guard. Membership in a professional organization establishes you as a career professional, very similar to doctors, nurses, and the American Bar Association. Your profession is the military. Do you not deserve all the same benefits and entitlements that members of other professional organizations receive—I believe you do!

The government is looking to close commissaries, pharmacies, and MWR facilities across the nation. For those readers who do not remember, there was a time when National Guard members had limited access to these facilities. Your personnel functions once had to issue commissary access cards so that Guardsmen could use these facilities a few times a year. YOUR professional organizations fought this archaic rule and changed it—so that you and your family now enjoy unlimited access to these facilities. Now you must reengage, and fight to keep these great benefits—and keep your facilities open, operating, and at close locations.

The budgetary distress of today’s government leads the National Guard to fight harder than ever just to keep our current benefits. High deficits will inevitably lead to budget cuts.

**Did you know that Pennsylvania was not always a 100% tuition state?**

Before 2001, the rate was 2/3 of the state tuition rate—and we thought that was a good deal! Granted, it was a huge increase over the \$35/ per credit hour benefit offered to National Guard members in 1981. The 2000-2001 EAP benefit paid \$1896 per semester. The 2010-2011 benefit pays \$2588 per semester. Ten years later, that is a total annual increase of \$1386 per year and \$5544 over the course of 4 years! THANK YOU PNGAS!

Consequently, the state is spending more money than ever expected on the program and with so many members using the benefit (a benefit PNGAS fought for) YOU—alongside PNGAS must now fight to keep.

**Do you remember when you were called to active duty and had to be on orders for 180 continuous days to receive Basic Allowance for Housing type II?**

I do. Today, orders for 31 days or more provide type II BAH entitlements. THANK YOU PNGAS!

**Do YOU remember when Service Members Group Life Insurance (SGLI) was capped at \$250,000?**

PNGAS is one of the organizations that fought for an increase in benefits to \$400,000 that became effective 1 September 2005.



**Capt. Kathleen Pearson**

**Do you remember when there was no such thing as dental benefits for the National Guard?**

Before 1 February 2001—there were no low cost dental benefits available through the National Guard. Today National Guardsmen can have exceptional Dental coverage for \$12 or less a month! Thanks PNGAS!

**How about Medical Coverage?**

PNGAS/NGAUS/EANGUS were working diligently for years pressing the issue of TRICARE Reserve Select. Before 2006- National Guardsmen did not have the option to participate in a low cost health insurance program through TRICARE—what a huge benefit!

**Technician Insurance Plan: Are you a National Guard Technician?**

Do you know that you can get low cost Disability Insurance from NGAUS/EANGUS to secure your income should you ever be unable to work? For those unfortunate events where Worker’s Compensation does not cover you... NGAUS/EANGUS is there.

**State Sponsored Insurance Program**

State Sponsored Life Insurance is a program that provides group term life insurance exclusively for National Guard members and their dependents.

The program is derived from United States Public Law 93-289, May 24, 1974, enacted “to encourage persons to join and remain in the National Guard.”

The program features include: \$1,000 no cost life insurance coverage on all active Soldiers and Airmen; \$10,000 to \$260,000 additional coverage available for Soldiers and Airmen; \$5,000 to \$155,000 available for spouses; \$5,000 to \$35,000 available for children; Coverage continues until age 70; Provides an emergency death benefit up to \$25,000 within 24 hours; Benefits remain the same and monthly costs does not change when you retire or separate from the National Guard ; No war, aviation, or terrorism clauses; Protection is 24 hours a day, 365 days a year, and on or off duty; Monthly premiums are payroll deducted; \$40,000 scholarship fund available to a dependent when military member is insured for \$100,000 of qualifying coverage and dies in a combat zone or due to an act of terrorism. **THANK YOU PNGAS!**

**Do you remember when the Montgomery GI Bill for the selected reserve paid \$263/month in 2000?**

Today, it pays \$333/per month. That means YOU get over \$2500 more in your pocket over the course of your education—THANK YOU PNGAS.

**How about the Post 9/11 GI BILL?**

When the program was first written it did not include active duty time served in the National Guard in Title 32 status. Thanks to PNGAS and its parent organizations NGAUS and EANGUS, they fought Congress and made the change to include Title 32.

**Do you remember when MGIB benefits were non-transferable?**

Well now, thanks to organizations like PNGAS for the first time in history, service members enrolled in the Post-9/11 GI Bill program will be able to



unused educational transfer benefits to their spouses or children starting August 1, 2009. The Post-9/11 GI Bill provides financial support for education and housing to individuals with at least 90 days of aggregate service on or after September 11, 2001, or individuals discharged with a service-connected disability after 30 days. Today the Post 9/11 GI BILL faces scrutiny and Congress already wants to cut it back.

**What has the Pennsylvania National Guard Associations Done for us lately?**

- Largest increase in ARNG full-time support in 22 years
- Increased from 90 to 180 days the time a Guardsman is eligible for TRICARE coverage prior to mobilization
- Corrected the oversight of not including National Guard Title 32 Active duty to fully qualify for educational benefits under the Post 9/11 GI Bill
- Authority to temporarily hire non-dual status technicians to fill the vacancy created by the mobilization of dual status technicians

-\$\$\$ to modernize National Guard facilities

PNGAS is an organization that knows the issues that are important to National Guardsmen—everything from quality of life issues for members and their families, better equipment and training programs, membership benefits, and top notch family benefits.

PNGAS engages local Representatives and brings the issues important to you to Capitol Hill. You need to support the organizations that are focused on supporting YOU because as military members, you are focused on the mission.

You have the right—some would argue the obligation—to work with your local law and policymakers and ensure you receive fair benefits in exchange for your committed service to the great state of Pennsylvania and its National Guard. However, your VOICE is PNGAS strength, and by not using it, you’re saying you don’t need or want to keep the benefits that you have.

Even if you have exhausted your benefits, you should be fighting for the benefits of your troops. Not just officers, but Senior and Junior Non-Commissioned Officers have the responsibility to make the National Guard a better place for the troops that will follow them.

As professional military members you care about the issues that affect your troops and their ability to get the job done.

And...YOUR DUES ARE TAX DEDUCTIBLE !

Stay focused on the long term goal; keep the benefits and entitlements that are currently available to you as a member of a professional organization. For more information or to join PNGAS, visit: [www.pngas.net](http://www.pngas.net).

*(Article previously appeared in the PNGAS Updater and used with permission)*

## Servicemembers enjoy a great 'day on the lake'

By Master Sgt. Christopher Botzum  
111th Fighter Wing Public Affairs

A group of airmen, soldiers and Marines, including six members of the 111th Fighter Wing from various squadrons, were treated to a free day of fishing and fun, Oct. 6, at Lake Wallenpaupack as thanks to them for their service and to give them some downtime.

American Bass Anglers and Early Times Kentucky Whisky joined forces to create Operation Rod & Reel. The program allows service members from selected military installations to receive fishing equipment and a free fishing trip to a local ABA tournament.

Service members, many of whom had never fished in a bass tournament, were paired with an ABA member with a boat that day, a feat accomplished by Kevin Miller, an ABA member that fishes ABA's Bassmaster Weekend Series and Wayne Alker, an ABA American Fishing Tour Director. Both Miller and Alker recruited ABA members, and neighboring bass clubs, arranged for 32 ABA anglers and their boats to be available for the event.

"Division 9 is extremely proud to get to be a part of something so positive for our service

men and women", said Wayne Alker, tournament director for this event. "As for me and my guys, being out on the water and enjoying our hobby of fishing, is the best way we know of to spend a Saturday. We want these military guys to get hooked on fishing and make it a part of their lives as well", said Alker.

Alker was excited over the great number of service members and boaters that volunteered to be a part of this great event.

Many members of the community stepped up to support these men and women that serve our country.

"I was excited when I heard about the Operation Rod & Reel event in Pennsylvania and wanted to be a part of it in some way", said Ron "Buckeye" Terlop of Cleveland, Ohio. He is an ABA member that fishes the Bassmaster Weekend Series, and is a B.A.S.S. Life member. "I have been blessed with the good fortune to be able to fish most of my life and the opportunity for these men and women that serve our country need to experience how great being on the water and enjoying the sport really is", he said.



Terlop operates the Pro-Staff Bass Mafia ([www.prostaffbassmafia.com](http://www.prostaffbassmafia.com)) which is a promotional network he put together for anglers with 'tour level' potential, to help groom young anglers and seasoned pros to acquire sponsors, learn showmanship, and become more marketable in this great sport of bass fishing. Ron will be awarding a Trophy and a \$300.00 CASH PRIZE for BIG BASS to one of the volunteer boaters.

The Calvitti Cooling Towers Company out of Philadelphia, Pa. gave \$800 in cash to the top 5 placing military anglers.

"We are certainly looking forward to the event and meeting these fine men and women," said Rick

Calvitti, company president.

Although all participants in the event were winners, receiving free high-quality fishing tackle, sharing a day multi-service camaraderie and the opportunity to weave fish tales, Master Sgt. Kevin M. Watson, recruiter for the 111th Fighter Wing, reeled in overall second with a creel of four fish.

*For more information about American Bass Anglers and its tournament trails, visit [www.americanbassanglers.com](http://www.americanbassanglers.com). A special thanks to and Debra Talley, ABA National Marketing Director for providing background information on the event.*





## Crime prevention

By Senior Master Sgt. William Schweitzer  
111th Security Forces Squadron

The holiday season is right around the corner, and the men and women of the 111th Security Forces Squadron are mobilizing to get the word out with tips and techniques to prevent you from becoming a victim of crime.

There is an ever increasing amount of theft involving expensive hand held electronic devices such as smartphones, iPods, iPads, and the like. Here in the crime prevention office, the theft of personal and government property is always on our minds. With a little common sense and practicing a proactive attitude, you can minimize the risk of having your personal property stolen.

1. Secure your property: If you leave your office, place your belongings in a secure location. The old adage applies here “out of sight out of mind,” don’t be an easy target for the thief. Chances are if they see nothing they will move on.

2. Challenge strangers who enter your workplace. If you see an unfamiliar face in your area, simply ask the person if you can help them. By doing this you are establishing who they are and why they are in your workplace.

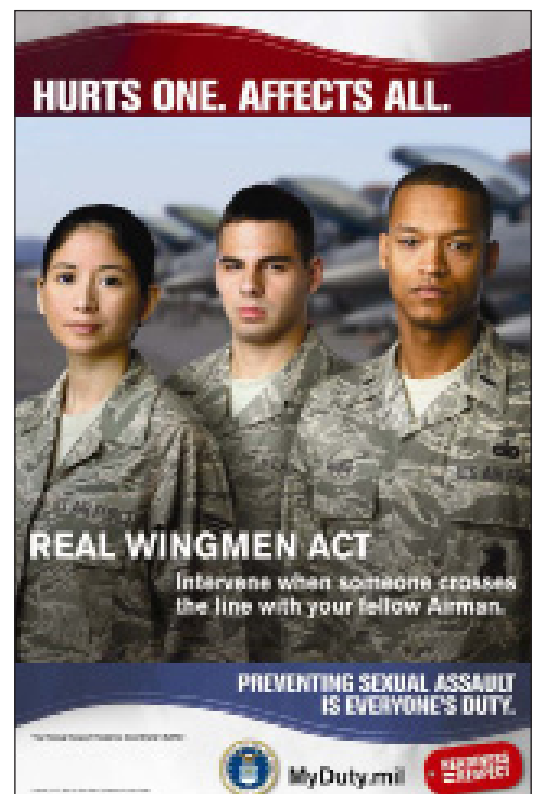
3. Operation Crime Stoppers: This program allows people to anonymously report a crime. While on Horsham Air Guard Station, if you know of a crime that has been committed, see a crime in progress, or see a suspicious person or a situation you believe indicates a crime is occurring, call the crime-stopper hotline at: (215) 323-8699.



4. Project ID: Project ID involves engraving high-value items such as stereos, televisions, notebook computers and bicycles with your name and personal identifier, such as the last four digits of your Social Security number. This will help prevent a theft and identify items if they are stolen. To check out an engraver, contact the Security Forces Office at: (215) 323-8600.

5. Operation Busted: During the month of October, the Security Forces crime-prevention team will kick off a new program called “Operation Busted.” Security members will identify vehicles that have the potential to be a target of vehicle burglary. If an individual fails to prevent themselves from being a victim, security forces will help remind them of their lack of crime-prevention practices. If you leave your vehicle unsecured and we find it, we will place our calling card under the windshield wiper! So don’t be “busted,” lock your car and take the keys.

**Don't be a victim  
this holiday season!**





## A Season for Sharing in Fire Safety

A Factsheet on Holiday Fire Prevention

**E**ach year fires occurring during the holiday season claim the lives of over 400 Americans, injure 1,650 more, and cause over \$990 million in damage.

According to the U. S. Fire Administration (USFA), there are simple life-saving steps you can take to ensure a safe and happy holiday. By following some of the outlined precautionary tips, individuals can greatly reduce their chances of becoming a holiday fire casualty.

### PREVENTING CHRISTMAS TREE FIRES

Special fire safety precautions need to be taken when keeping a live tree in the house. A burning tree can rapidly fill a room with fire and deadly gases.

#### SELECTING A TREE FOR THE HOLIDAY

Needles on fresh trees should be green and hard to pull back from the branches, and the needle should not break if the tree has been freshly cut. The trunk should be sticky to the touch. Old trees can be identified by bouncing the tree trunk on the ground. If many needles fall off, the tree has been cut too long, has probably dried out, and is a fire hazard.

#### CARING FOR YOUR TREE

Do not place your tree close to a heat source, including a fireplace or heat vent. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks. Be careful not to drop or flick cigarette ashes near a tree. Do not put your live tree up too early or leave it up for longer than two weeks. Keep the tree stand filled with water at all times.

#### DISPOSING OF YOUR TREE

Never put tree branches or needles in a fireplace or woodburning stove. When the tree becomes dry, discard it promptly. The best way to dispose of your tree is by taking it to a recycling center or having it hauled away by a community pick-up service.

### HOLIDAY LIGHTS

#### MAINTAIN YOUR HOLIDAY LIGHTS

Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets, and excessive kinking or wear before putting them up. Use only lighting listed by an approved testing laboratory.

#### DO NOT OVERLOAD ELECTRICAL OUTLETS

Do not link more than three light strands, unless the directions indicate it is safe. Connect strings of lights to an extension cord before plugging the cord into the outlet. Make sure to periodically check the wires - they should not be warm to the touch.

#### DO NOT LEAVE HOLIDAY LIGHTS ON UNATTENDED

### HOLIDAY DECORATIONS

#### USE ONLY NONFLAMMABLE DECORATIONS

All decorations should be nonflammable or flame-retardant and placed away from heat vents.

#### NEVER PUT WRAPPING PAPER IN A FIREPLACE

It can result in a very large fire, throwing off dangerous sparks and embers that may result in a chimney fire.

#### ARTIFICIAL CHRISTMAS TREES

If you are using a metallic or artificial tree, make sure it is flame retardant.

### CANDLE CARE

#### AVOID USING LIT CANDLES

If you do use them, make sure they are in stable holders and place them where they cannot be easily knocked down. Never leave the house with candles burning.

#### NEVER PUT LIT CANDLES ON A TREE

Do not go near a Christmas tree with an open flame - candles, lighters or matches.

Finally, as in every season, have working smoke alarms installed on every level of your home, test them monthly and keep them clean and equipped with fresh batteries at all times. Know when and how to call for help. And remember to practice your home escape plan.



#### For more information contact:

The U. S. Fire Administration  
16825 South Seton Avenue  
Emmitsburg, MD 21727  
or  
Visit the USFA Web site:  
[www.usfa.fema.gov](http://www.usfa.fema.gov)



**Homeland  
Security**



## Roll-up your sleeve to prevent flu outbreak

**By Staff Sgt. Jessica Berger**  
**111th Medical Group**

It's that time of year again, when the Medical Group tells you to come over for your flu shot. Before some of you huff and puff, take the time to realize how beneficial the vaccination is for you and your family. Since it is a requirement for all military members to get the flu shot, it is only fair that you know what influenza or the flu is, how the vaccination works and ways to prevent it from spreading.

Influenza is a virus that affects the nose, throat, windpipe and lungs. This infectious disease returns every year, threatening young and old alike. This virus is highly contagious and is spread from one person to another by coughing, sneezing or talking. The flu can lead to serious complications, hospitalizations or even death. In the U.S. flu season can begin as early as October and last in to May, so it's essential to get immunized as soon as possible. The sooner, the better as it can take up to two weeks for an adult to develop

antibodies against the flu. The vaccine is your first line of defense to protect you against the flu.

Once inoculated, it stimulates your immune system into thinking it's been infected by the flu recently. Therefore, your immune system produces antibodies against the virus. These antibodies bind to the virus and target it for destruction. Then, when you actually do come in contact with the real live virus, your body is armed and ready to fight-off the illness before it even starts. So why do we require that our members get the flu shot every year? With flu strains constantly changing, the vaccine is formulated each year to keep up with these projected changes.

Among healthy adults, a flu vaccine can prevent up to 90 percent of influenza-specific illness, according to the World Health Organization.

That being said, there still is a chance that you can get the virus! The Infection Control Committee of the 111th Medical Group has a few recommendations for you: Wash

those hands! The virus can spread by direct contact, such as shaking hands or through indirect contact such as when an infected coworker sneezes on his hands and touches that handle you just used to open the door. The influenza virus can live for up to eight hours on a surface, how crazy is that?! Also, keep your hands away from your face to reduce the chance of delivering viruses directly to your eyes or nose. Lastly, if you believe you have the flu, stay home to prevent the spread of disease. The typical incubation period for the flu is one to four days. Adults can be contagious from the day before symptoms begin through 10 days after the illness starts.

Most importantly, do your research! There are many resources, such as your 111th MDG provider, your Infection Control Committee, or even online sources such as [www.flu.gov](http://www.flu.gov) that will answer many questions you may have. Remember, getting a flu vaccine is the single best way to protect yourself and your family.

## Fetal protection program information

**By Master Sgt. Derrick Dash  
111th Medical Group Public Health**

In accordance with ANGI 40-104, Pregnancy of Air National Guard Personnel, all Air National Guard members must report a confirmed pregnancy at the earliest possible time to allow her unit to accurately report operational and readiness capability and to assess the members work environment for potential hazards. In accordance with ANGI 40-104, if the member wishes to perform unit training assemblies on-base after the beginning of the 34th week of pregnancy, she and her obstetrical provider must co-sign a Standard Form 600 overprint provided by the Public Health office. The member's private obstetrical provider should list any additional restrictions on this form; this

“post-34th week” SF 600 is turned into the Medical Group for review and approval by a credentialed provider.

Pregnant females must have permission from the State Air Surgeon to perform any active-duty service, which is only authorized prior to their 34th week of gestation.

No matter what shop you are in or office you work, it is important that you report your pregnancy to your supervisor and Public Health as soon as it is confirmed.

Each pregnancy must be verified with written confirmation from the member's primary health provider to Public Health. The documentation must include the anticipated date of delivery. Public Health can be reached at: (215) 323-8374 or 8370.



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



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### Take A Look!

**Photos from past Wing ceremonies, exercises, and events are available on the Y drive at: Y:\111fw Shared\Photos\.**

# Meet the Member

## Meet the Member: Airman John Dixon

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

Airman 1st Class John Dixon recently returned from his 13 week technical school training at Lackland AFB, Wichita Falls, Texas and joins a cadre of fellow graduates that have returned over the summer and are now continuing their on-the-job training and qualification with the 111th Security Forces Squadron.

“I attended Penn State University—Wilkes-Barre campus for a year and a half pursuing a degree in criminal justice,” said Dixon, a native of the Wilkes-Barre, Pa. “College just wasn’t for me at the time, however, I plan on continuing my education in the same field with maybe some online courses to get me back into the swing of things.”

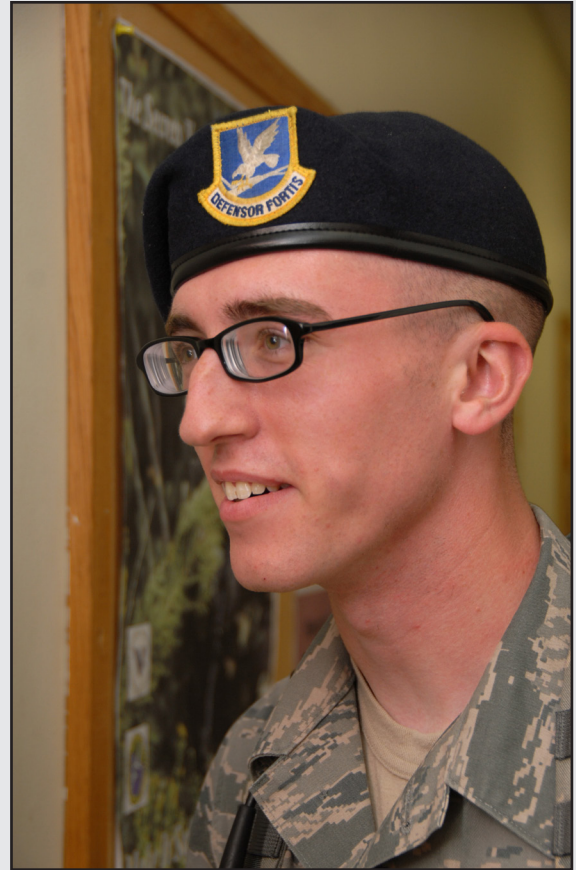
“The Air National Guard was my one and only choice when I decided to join the military,” he said. “It offered a career,

an education, the opportunity to travel while being stationed locally.”

“I’m always up for a challenge,” Dixon said. The light infantry training portion of technical school proved to be the most difficult, but I know I enjoyed that aspect the most.

Dixon is an avid and experienced hiker and free rock climber. He recalled one of his fondest memories during his longest hike which spanned 14 days in the wilderness of the Appalachians.

Over the past two months, Dixon has been applying what he had learned during his technical training. I’m inspired each day by



the leaders, mentors and trainers in the squadron, Dixon said. I’m hoping to get a fulltime position with the unit in the near future.

### Statewide News:

View newsletters of our sister units:

193rd Special Operations Wing  
“The Scope”

[www.193sow.af.mil](http://www.193sow.af.mil)

171st Air Refueling Wing  
“Tanker Times”

[www.171arw.af.mil](http://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>

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

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