

The Carswell Field

March / April Vol 6 | Issue 2

# FLYER

Texas Air National Guard | Fort Worth, Texas



Medal of Honor Parade 2013  
Dirt Boyz in Afghanistan  
The Mobile Emergency Operations Center

**Service before self...**  
**The ultimate sacrifice**

Stories in this issue...read on.

# Commander's Comments

## Welcome to April UTA



**Col. John J. Conoley III**  
136 AW Commander

Just prior to sitting down and writing this, I looked at an edition of the Hensley Guardian from April 1991. I was struck by the similarities between the issues that we faced 22 years ago and today. In April 1991, our deployed aircraft had just returned from Operation DESERT STORM. We had a robust Family Support Group just starting out that did great things. The 1990 Daedalion Flight Safety Award was presented to the unit for excellence in flight safety. And the Honor Guard was highlighted in the April 1991 edition for representing the Air Force during the Spirit of America Rally at Texas Stadium.

Today, we still find ourselves deployed to the same theater of operations and making a significant impact on the war on terrorism. Our Family Readiness Group has continued to grow and recently won the Department of Defense Reserve Family Readiness Award.

Regarding Flight Safety, we have surpassed 178,000 flying hours without a Class A mishap – which gives us the best flying safety record in the USAF, the ANG and the AFRES! And the Honor Guard, I would like to call special attention to Tech. Sgt. Olym-

pia Williamson who was just won as the Air National Guard Honor Guard Member of the Year for 2013! Yes, a lot of similarities.

Now, it may not be obvious to you, but it is to me—we are not the same unit from 22 years ago! We have greater challenges facing us today than we ever did then. But even with those challenges, we have continued to exceed even our own expectations and today we are a smarter, more talented unit than what was handed us.

Enjoy your drill, remember to have fun, and continue to make this an even better unit.



**U.S. Air National Guard Tech. Sgt. Olympia Williamson, 136th Logistics Readiness Squadron and Senior Airman Laura Gohlke, 254th Combat Communications Squadron, Honor Guards inspect each other to ensure their dress and appearance is in top form during a funeral service honoring a fallen comrade, March 13, 2011.(Air National Guard photo by Senior Master Sgt. Elizabeth Gilbert)**



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**Cover Photo by**  
Senior Master Sgt. Elizabeth Gilbert  
136th Airlift Wing/Public Affairs



Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert

# To **honor** with dignity

by Senior Master Sgt. Elizabeth Gilbert  
136th Airlift Wing Public Affairs

**NAS FORT WORTH JRB**, Texas -- Tech. Sgt. Olympia Williamson, 136th Logistics Readiness Squadron, honor guard member has embodied the true meaning of giving honor with dignity as she was selected as the Honor Guard member of the year for 2013.

“I was very excited when I heard that I was selected as the honor guard member of the year,” said Williamson. “I love being in the honor guard and doing my part to give honor to those who deserve

it. Though there are times when the ceremony (funeral) gives me sadness.”

An honor guard, or ceremonial guard, is a ceremonial unit, usually military in nature and composed of volunteers who are carefully screened for their physical ability and dexterity. This description is befitting the top Air National Guard Honor Guard Member of the Year as she performs her duties giving honor where honor is due.

Though Williamson was beaming

with pride, her humbleness out shined her appearance as she held the U.S. flag close to her heart. She paused ... giving honor, prior to handing the flag to the next of kin during a fallen comrade funeral.

Williamson was selected among the top Air National Guard Honor Guard members from all 50 states. She will be competing for the national title with the Air Force active duty and Reserves.

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# Dirt Boyz

## 136th Civil Engineers move earth at SWA

Story by Senior Master Sgt. George Thompson  
386th Air Expeditionary Wing Public Affairs Officer

The 386th Air Expeditionary Wing is home to over 15 pieces of heavy construction equipment from articulated trucks, excavators and dozers to backhoes, trenchers and loaders the wing has heavy equipment covered from A to Z.

For two Dirt Boyz deployed to the 386th Expeditionary Civil Engineer Squadron their shared passion for grading has led to a teacher, student bond that goes beyond classroom.

Senior Airman Kyle Paridee, from the 134th Civil Engineering Squadron, McGhee Tyson Air National Guard Base, Tenn. and Master Sgt. Shane Cox, from the 136th Civil Engineering Squadron, Texas Air National Guard are two of the wings foremost experts on a machine regarded throughout civil engineering as one of the most difficult to operate.

"I've been an operator since the age of 11 and I'm 47 now," Air Force Master Sgt. Shane Cox said. "I started getting on the grader at 15 and when I started out, graders were gear driven and you had to

be a man to operate them because they would beat you up."

"I've known people that had broken hands, broken arms and broken fingers from operating the grader, but over the years the advancement in hydraulics and pumps has made it more user friendly," said Cox.

Senior Airman Paridee is one such beneficiary of the new technologies that has made the grader more user friendly.

"I've only been operating the grader for six years," Air Force Senior Airman Kyle Paridee said. "I operated some simpler stuff before cross-training like loaders and bobcats but technical school was the first time I operated a grader."

The Dirt Boyz learn to operate a variety of lesser vehicles throughout their careers but only a handful become proficient Grader Operators.

"Typically you start off with support equipment like rollers and water trucks and then you advance to your dozers, loaders, excavators and the grader is usually the last thing you learn," said Cox.

While the learning curve for some is extremely steep, Paridee's childhood interest in graders seemed to make his learning curve far more gradual.

"The grader for the most part just came natural to me because I've always been fascinated with them," said Paridee. "When I was a kid I always thought it was the coolest piece of equipment on the construction site and when I finally got to use it, it did not take long for me to make it an extension of my hand," said Paridee

Paridee's knack for grading so early in his career is far from the norm for a Dirt Boy with only six years' experience.

"Some people get it and some people don't," said Cox. "You got to have the desire and passion for what we do and for a lot of people it comes naturally and then there are some that won't ever get it not matter what you do, it's either a gift or a curse."

Paridee for one seems to have the gift and he's fortunate to have trainers like

Dirt continued on page 5



# Assumption of Command 136th Medical Group

**NAS FORT WORTH JRB, Texas--**  
An Assumption of Command for the 136th Medical Group, will be held Saturday, April 27, 2013 here at 1500 hours with Col. (Dr.) George Ivanovskis assuming command.

Col. Ivanovskis assumes the permanent position as the Commander of the 136th Medical Group, 136th Airlift Wing, Texas Air National Guard.

He will be managing all Air Force medical assets assigned to the 136 AW and its Geographically Separated Unit, and will be responsible for maintaining the health and combat readiness of more than 1,100 personnel.

His career spans 23 years with the organization beginning prior to the Desert Shield - Desert Storm hostilities. He became Chief of Aerospace Medicine in 1992, overseeing its re-organization; and became Commander in April, 2000.

From July 2005 to March 2010, Col. Ivanovskis served as the State Air Surgeon for the Texas Air National Guard. He returned to the 136th Airlift Wing in April 2010.

Col. Ivanovskis has volunteered for numerous deployments, both in support of the Wing and the Air Force, including Operation Joint Endeavor, the Air Expeditionary Forces deployment to the Emirate of Oman, and Operation Joint Forge. During his tenure, the 136 MDG achieved its first ever "Excellent" rating on the Inspectors General Health Services (compliance) Inspection.

He received his M.D. from the University of Texas Medical School in Houston. He specializes in Internal Medicine, having fulfilled Residency training at the prestigious Vanderbilt University Hospital in Nashville, Tennessee. Following a brief period of time in private practice, Col. Ivanovskis joined the Dallas Vet-



**Col. George Ivanovskis**  
136 MDG Commander

erans Administration Medical Center, where he has been a Staff Physician in Ambulatory Care since 1989 as well as the Director of Emergency Services from 1992 to 1997 and again from 2007 to 2010. He was named the Ambulatory Care Operations Manager in August 2004, having oversight responsibility for the high-visibility Compensation and Pension department.

In addition to his clinical duties, he serves as an attending physician and assistant clinical professor in Internal Medicine with the University of Texas Southwestern Medical School in Dallas, and as an alternate instructor for the Physician Assistant clinical training program. He went on to obtain a Masters in Business Administration from Southern Methodist University in Dallas, graduating in 2010.



Dirt continued from page 4

Master Sgt. Cox available that want to share their expertise.

"I joined the Guard because I wanted to be a part of something that was bigger than myself," said Cox. "I have my own company back in Texas that my father started years ago and being self-employed your world kind of revolves around you and I liked the opportunity to mix it up a little and share some of the knowledge I've learned over the years with the younger guys.

One such thing Cox is now sharing with the younger guys is the difficult task of finishing.

"Actually putting a finished grade on a product to what we call a 'Blue Top' grade," said Cox. "It's one thing to kind of rough grade but to put that fine finish on it, is what separates a Finished Grader Operator from just a Grader Operator.

As for Paridee, 'Blue Topping' is his favorite part of being a Grader Operator.

"I'm pretty proficient at rough grading, but I'm a perfectionist so when you get a 'Blue Top' perfect it's like a work of art," said Paridee. "You put your stamp on it and say I did that, and that's the biggest satisfaction of being a Dirt Boy."

Like Senior Airman Paridee's childhood fascination with graders, Master Sgt. Cox also reflects to childhood memories when discussing the grader.

"When people ask me what I do, I tell them I do the same thing I did as a child with my Tonka toys, just my sandbox is bigger," said Cox.



# Mobile **Kitchen** feeds 500

by Airman Cody Witsaman  
136th Airlift Wing Public Affairs

**NAS FORT WORTH JRB, Texas**  
- Members of the 136th Force Support Squadron, Services Flight has been hand-picked by the National Guard Bureau as the fourth unit to acquire a Babington Disaster Relief Mobile Kitchen Trailer which arrived here February 22.

The reputation of the 136th Services Flight as upholding high standards of excellence was a deciding factor in the decision to assign the Babington DRMKT here. As a result of receiving this asset they will now be able to rapidly deploy in support of disaster relief.

“This is an asset we are able to use at any time for disaster relief,” said Senior Master Sgt. Edward Walden, 136th Force Support Squadron Services Superintendent. “If the governor calls up and says, there is a forest fire here and we needed to feed a thousand people, then we get the call, and we take it.”

The trailer is very effective at deploying quickly and includes many features that allow it to stand out from other disaster relief options on the market.

“The Babington DRMKT represents the state of the art in disaster release support and is the most energy efficient product of its kind on the market,” said Bill Hague, Senior Military Advisor for Babington Technology.



**136th Force Support Squadron, Services Flight receives their new Disaster Relief Mobile Kitchen Trailer in time to feed hungry Airman during the February Unit Training Assembly, Feb. 23, 2013 at NAS Fort Worth, Texas. (Air National Guard photo by Master Sgt. Charles Hatton)**

“Fully loaded with gasoline and water, the trailer is able to drive down to a location and be ready to serve people within 90 minutes,” said Walden. What makes the Babington DRMKT so efficient is the technology behind it allowing it to feed more than 500 people per hour.

“Babington airtronic burners are the most fuel efficient, clean combustion burners on the market,” said Austin Bachmann, director of sales for Babington Technology, Inc. “The airtronic burners inside the trailer are able to burn any fuel.”

The Services Squadron was able to serve food to members of the 136th Airlift Wing Feb. 23, 2013 during a UTA weekend. Two civilian Babington representatives were present helping with the initial set-up process. Not only were they there to supervise, but to work with the Services Squadron to set up a training program for future use.

“This is true to perishable rations, there is no difference between this and what you would find in a dining facility,” said Walden.

The different foods served ranged from pancakes to ribs, and was quickly welcomed by the 136th members that happened to spend lunch near the trailer. The capabilities of such an asset is a huge step up from other disaster relief options in the market allowing the Services Squadron such a large variety of foods to cook.

“The difference between the Babington DRMKT and a Single Pallet Expeditionary Kitchen is that a SPEK can only serve heat-to-serve meals,” said Walden. “With the Babington DRMKT we can serve perishable foods such as baked chicken. If you want ribs, we can make ribs, if you want eggs to order, we can make eggs to order.”

The quality of the Babington DRMKT is very clear. What it is able to provide to disaster stricken areas can be lifesaving; if the technology the trailer comes equipped with doesn't immediately uncover its effectiveness in the field, the food itself will convince anyone that happens to take a bite.





136th Civil Engineer Squadron receives their new Mobile Emergency Operations Center, a high-tech operations center on wheels at NAS Fort Worth, Texas, April 3, 2013. (Air National Guard photo by Senior Master Sgt. Elizabeth Gilbert)

# 136 AW goes mobile

by Senior Master Sgt. Elizabeth Gilbert  
136th Airlift Wing Public Affairs

**NAS FORT WORTH JRB, Texas-** As hurricane season draws near, the 136th Civil Engineer Squadron gained a new addition to their Emergency Management capabilities in the form of a Mobile Emergency Operations Center (MEOC) here.

The MEOC is a self-contained fully functional operations center on wheels. The 38.5-foot fifth-wheel trailer weighing 22,000 pounds contains a conference room, 12 work stations capable of monitoring events via satellite link for high-speed internet, voice over IP and numerous radios for a wide variety of communications. Included is a closed circuit TV for monitoring the outside of the unit.

The MEOC is a state-of-the-art, high-tech mobile trailer "on steroids". It is designed to support civil authorities during State disasters or military ground operations requiring an operations center during a ground mishap off station. It contains a kitchenette and bathroom to

complete its self-sustaining capabilities.

"The MEOC is designed to support the local (civil) authorities during a State disaster such as hurricanes, wild fires and any catastrophe requiring full functionality of communicating with everyone," said Brian Dekle, president, NACS Vehicles.

The Air National Guard contracted NACS Vehicles to build 20 MEOCs and place them strategically in various FEMA regions.

"The Air National Guard selected units based on emergency management capabilities," said Dekle. "Chief Master Sgt. Keith Mears, the chief enlisted manager for the 136 CES has a feather in his cap. The ANG chose this unit because he is one of the top emergency-management installation managers in his field."

The order of priority to receive the MEOC in the Wings is based on when the catastrophe would likely occur in the region. The 136 AW is number 13 of 20 to receive the MEOC, just prior to the

hurricane season in Texas.

The MEOC package is still not complete. A vehicle big enough to tow the fifth-wheel trailer is needed to transport the MEOC to the disaster area. "Due to its height at 13.3 feet, the MEOC will not fit inside a C-130 aircraft, but will fit inside a C-17 aircraft," said Dekle.

It takes a crew of three people, two emergency management responders and one communication specialist to manage the trailer and support the civil authorities.

According to Dekle, pre-positioning the trailer in the projected disaster area is possible.

"With its triple-axle anchored and heavy duty framing, the MEOC is designed to withstand hurricane wind forces," said Dekle. "As long as the slide-out is retracted, the trailer will not tip over and operations continue inside while the hurricane passes over."

The 136th Airlift Wing has truly gone mobile.

# A Heroes welcome

by Capt. James Wallace  
136th Airlift Wing Public Affairs

GRAPEVINE, Texas - Since 2001 the City of Gainseville, Texas has been honoring the men and women who have been awarded the Medal of Honor. The city pays special tribute to these home front heroes with several events culminating this year with a parade on April 13th.

The event was founded by Don Pettigrew, who 12 years ago, brought the idea to the mayor of Gainseville after returning from an event for Iwo Jima survivors where he discovered nothing was being done to honor and thank these heroes for their service.

“I had made several calls regarding what was being done for these heroes and was shocked to find out nothing was being done to honor our Medal of Honor recipients”, said Pettigrew.

This year’s event began on April 10th at DFW Airport where, 18 volunteers from the 136th Airlift Wing and 31 volunteers from Gainseville provide a hero’s welcome to the 14 Medal of Honor recipients attending this year’s events. The honorees are escorted to a special reception at DFW then via motorcade led by the Patriot Guard riders to Gainseville. Residents of each city along the way from DFW to Gainesville lined Interstate 35, waving and saluting the mile-long motorcade.



Today there are currently 80 living Medal of Honor recipients with U.S. Army Staff Sgt. Clinton Romesha, 32, being the youngest.

“I’m really excited to see this whole experience and to be in the same room as some of these... other great heroes and to just get kind of that old advice from what they’ve already seen and done,” Romesha said.

The Medal of Honor is the highest honor of valor given to America’s military heroes. To date some 3500 men and women have been awarded the Medal.



# Medal of Honor

136 AW Airmen

*volunteered*

to greet and meet  
real *heroes*



# Air Force Lt. Gen. Stanley E. Clarke officially Assumes responsibilities as Air Guard director

By Sgt. 1st Class Jon Soucy  
National Guard Bureau

JOINT BASE ANDREWS, Md. (3/22/13) – Air Force Lt. Gen. Stanley E. Clarke III assumed the duties and responsibilities of director, Air National Guard in a ceremony here today at the Air National Guard Readiness Center.

Clarke took over as director from Air Force Lt. Gen. Harry “Bud” Wyatt, who retired.

A command pilot with more than 4000 hours—including more than 100 combat hours— in the A-10 Thunderbolt II and F-16 Fighting Falcon aircraft, Clarke assumed his current position after serving as commander of 1st Air Force and Continental U.S. North America Aerospace Defense Command.

“The opportunity to watch (Clarke) at 1st Air Force was tremendous for me to learn his great capabilities,” said Army Gen. Frank Grass, chief, National Guard Bureau, during the ceremony.

And because of his background, Clarke was uniquely positioned and had the right skill set to take on the duties of director, said Grass.

“An Alabama Air Guardsman who served as the assistant adjutant general for air, an A-10 and F-16 pilot who commanded a squadron, wing and expeditionary wing, all of that prepared him for this job and to represent everyone in this building and all those in the Air National Guard across the map in the 54 states, territories and the District of Columbia,” said Grass.

And Clarke has been busy

as he settles into his new role.

“There’s a lot to learn,” said Clarke. “But, I’ve hit the ground running and am drinking from the fire hose. I have already been on the hill seven times and testified twice.”

However, he said his new role is a humbling one.

“This is quite an honor and I am humbled at the opportunity to serve (those in the Air Guard),” said Clarke.

And, as Clarke takes the reins as director, he said he sees tremendous opportunities despite recent budget cutbacks.

“I’ve arrived in a time of budget turmoil and uncertainty, but I view this as a time of opportunity as well,” he said,

adding that his focus and commitment is clear.

“My commitment to the (Airmen) and the adjutants general is clear,” he said. “We will do everything within our authority to ensure our Airmen have clear policies, equipment, training and resources to accomplish assigned missions. We remain community based, team oriented and experienced.”

And Clarke is ready to face those challenges, said Grass.

“(He) has stepped up to the challenge,” said Grass. “And I can tell you I’ve already watched him as he’s taken on that challenge.”



Air Force Lt. Gen. Stanley Clarke III, right, the director of the Air National Guard, receives the organizational colors of the Air National Guard from Army Gen. Frank Grass, chief, National Guard Bureau, during a ceremony at the Air National Guard Readiness Center at Joint Base Andrews, Md., where Clarke assumed the responsibilities of his current position, Friday, March 22, 2013. Clarke takes over the duties of director from Air Force Lt. Gen. Harry “Bud” Wyatt, who retired. (U.S. Army photo by Sgt. 1st Class Jon Soucy)(Released)

# Around the **Wing**



Farewell  
**Senior Master Sgt.  
Edward Walden**

When: March 25, 2013  
136th Force Support Squadron  
Superintendent



Retirement  
**Chief Master Sgt.  
Michael Norman**

When: Feb. 24, 2013  
136th Maintenance Squadron  
Superintendent



Retirement  
**Tech. Sgt.  
Jay Current**

When: March 5, 2013  
221st Combat Communications Squadron

If you have an announcement please submit to  
[136AW.PA@ang.af.mil](mailto:136AW.PA@ang.af.mil)

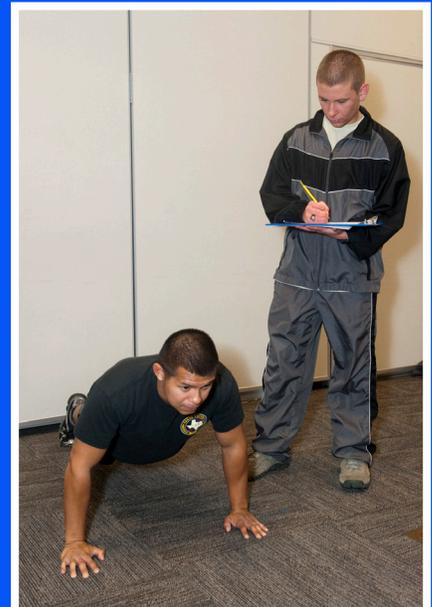
# THE HAPPENING

The Medal of Honor recipients arrived at DFW for their annual MOH parade held at Gainesville, Texas and our Guardsmen were there to greet them as well as marching in the parade. We had several base tours to show case our Wing's mission and the C-130 aircraft. We also participated in the annual Sexual Assault Prevention 5K run. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert, Master Sgt. Charles Hatton, Airman Cody Witsaman)



# The Work Place

Airmen from the Wing are everywhere. Their work place ... wherever they showed up to do what they do best, representing the Texas Air National Guard with pride. (National Guard photos by Senior Master Sgt. Elizabeth Gilbert, Master Sgt. Charles Hatton and Airman Cody Witsaman)



# Health, **Nutrition** and Fitness

## Water, it **does** the body good

Commentary by Tech Sgt. Rikki Johnson  
136th Force Support Squadron/Services Flight

I recently read a piece written in the Air Force Times about the tape test and the extremes to which Airman will go to just to pass this component. There are stories of people applying heat rubs to their bodies and working out in plastic running suits just to burn off that little bit of water weight to make the minimum requirement on the abdominal circumference component.

They fail to realize the harm they are causing themselves because actions like this are just depriving your body of much needed hydration. Being that we all live here in Texas, we cannot afford to be dehydrated when taking this test. It could lead to heat exhaustion, heat stress, or worse, heat stroke.

These stories are coming from mostly active duty Airman who are allotted the time in their work day for physical training. The challenge for most Guardsmen is that we are not allotted paid time-off to work out (civilian employment). This is where the mindset has to change if we

are to pass our fitness assessments and, most importantly, adapt a healthier, active lifestyle.

I understand being a traditional Guardsman that you must find your own time to work out regularly and it can be

“We have a duty to ourselves, first and foremost, and a duty to our service to be “fit” in all areas of our lives.”

very hard at times, but we make time for what is important to us, and what is more important than our health? We have a duty to ourselves, first and foremost, and a duty to our service to be “fit” in all areas of our lives. Do not tell yourself another day that you will start that diet tomorrow or “I will start working out tomorrow.”

There is no better opportunity than

right now. There are many tools out there for you start on your path to physical wellness. You can Google search running programs to help you build up your stamina and endurance gradually and to increase your strength that should result in losing inches off your waist.

A good site to start with is Military.com in the fitness center section. They have articles on fitness test preparation, weight training, and diet and nutrition. You can go to your local gym and get an initial assessment of your physical fitness. I realize that hiring a personal trainer can be pricey, but it is a short term investment that reaps lifelong benefits when and if you commit.

You can thank me later for starting your fitness program when you have fewer injuries, fewer doctor visits and more energy. We have one body and we must take care of this precious gift of life we have been given.

Ricks, M. (2013, April 8). Tape Test Terror. Air Force Times, pp.16-18.



Servicemenbers from NAS Fort Worth JRB participate in the annual Sexual Assault Prevention Month 5K run to raise awareness in the SAPR program here April 12, 2013. More than 200 participants joined the fun-run. (Air National Guard photo by Senior Master Sgt. Elizabeth Gilbert)

# Caring and compassionate **Wingman** Is **key** to prevention

Commentary by Laura Dermarderosian-Smith  
301st Fighter Wing Public Affairs

4/5/2013 - NAS Fort Worth JRB, Texas -- (Editor's note: this is the first of a four-part series defining and outlining the importance of the Sexual Assault Prevention and Response program, resilience, and the "Wingman" concept, from the personal perspective of a rape victim. The first part of this series focuses on how the experience of the victim highlights the need for such programs. Mrs. Dermarderosian-Smith is also a traditional reservist.)

I was raped in December 1990.

I've never kept this part of my life a secret. I guess it's because nothing could ever change a moment in my life over which I had no control. However, it took me this long to consider telling my story in such a public forum, even after becoming a Victim Advocate in 2006 when the 301st Fighter Wing's Sexual Assault Prevention and Response (SAPR) program began.

As the years passed, it seemed the possible benefits from sharing this experience began to outweigh the reasons for not writing an article. I realized my experience touches three of the most important focuses of the Air Force and Department of Defense: Sexual Assault Prevention and Response, Total Force Fitness (Resilience), and the "Wingman" concept.

So many stories and editorials have been written on these programs and I question how much of an impact they made on service members, considering the rising number of reported sexual assaults and suicides in the military. I wonder if it's because people have a hard time

relating to sexual assault, suicide and other traumatic experiences if there are no connections to these events in their personal lives.

I never thought I would be raped, but it happened. I don't want anyone to read my story as a source of inspiration because others have experienced more trauma than I probably could have endured. But I want people to understand

Even when we face the worst difficulties life can offer, we can choose to be vigilant, and we can choose to be resilient.

that we all have choices in our life. Even when we face the worst difficulties life can offer, we can choose to be vigilant, and we can choose to be resilient. And, in support of others, we can choose to be sincerely caring and compassionate ... a "wingman."

Some of what I share might be uncomfortable to read for people who survived similar experiences or were close to someone who did. The topic itself also could be uncomfortable for those who have no experience with sexual assault. So I am trying to tell my story in a way that corresponds to relevant support programs, particularly the Sexual Assault Prevention and Response program and the concepts of Total Force Fitness and "Wingman." The Air Force and DoD put these programs in place to prevent sexual assault, help people recover from their experiences, and urge each of us to

more proactively support each other.

My attack happened a week before Christmas. It was around 2 a.m. and I had just arrived home after a holiday gathering with friends. As I put my key in the door, I noticed the screen to my kitchen window was lying on the ground below. I dismissed the screen and walked inside, where I realized my home had been broken into. Rather than immediately turn around, get back into my car, and go find help, I matter-of-factly walked around assessing the damage and feeling annoyed that I had been robbed.

I walked into my bedroom to find, oddly enough, all my expensive jewelry scattered on the bed, but three containers with pocket change were taken along with the pillow case from my bed. I finished the brief walk-through by glancing into the spare bedroom which included a sliding glass door at the opposite end of the room that opened into a screened-in patio. The floor-length, thermal curtains were open and the door looked intact. As I turned to return to the living room to call the police the attacker suddenly leapt from behind the curtains and pushed me forward into the bathroom across the hall.

The bathroom was as wide as the tub with the toilet and the double sink length-wise beside it. Pinned by the toilet to the left of me and the tub behind me, I fought him off as best as I could in that narrow space. I tried to scratch his eyes, but I remember that didn't seem to faze him. It seemed either adrenalin or drugs made him immune to anything I might do. I tried to think of other ways to resist and escape as quickly as possible.

SAPR continued on page 16



One of my most immediate fears was being knocked unconscious, and I knew if I tried to fight him from my position, he could strike my head against the tub or the toilet bowl. I thought about grabbing the cuticle scissors on the curio stand next to me and stabbing him. But I didn't think that would be enough to let me escape and he could use the scissors against me. I knew for certain that whatever move I made had to be enough to knock him out or give me a chance to get away.

I remember asking him over and over again why he was doing this. I even insulted his manhood at one point. The entire time he was in my home, he only said one thing to me. But it wasn't an answer to my questions.

I don't remember how or when, but somehow I finally got the chance to run for help. I only got as far as opening the front door when he grabbed me. That's where we struggled most, and where I sustained much of my bruising. Thankfully, visible signs of the struggle were in areas easily covered by clothes, so I didn't have people asking what happened in the following days.

To this day I can't say for certain how long the attack lasted. But as soon as he left I locked the door, called the police, and then called the couple who just left the party with me. The pain in my head and back were starting to become unbearable, but I couldn't sit still. While I waited for anyone to arrive, I checked all the doors and windows, tried to account for what had been taken -- anything that

might help the police find evidence faster and anything that kept me moving. I could have gone to the neighbors, but I was afraid to leave my home.

The details of what happened fade in and out when I think about that night. I can't even remember whether or not I switched the lights on as I entered my home. Yet I still feel some of what I did back then. I remember the wetness on my fingertips when I tried to scratch his eyes. I remember the taste of the dirty sock he wore over the fist he jammed in my mouth. And I remember the fear of him coming back before the police arrived. For a few months after the attack, fear brought on by those memories seemed to have complete control over me. But as I continued my recovery process, I had to choose to not let those feelings control me anymore.

Programs like SAPR had not yet been developed, and concepts like resilience or the "Wingman" were not yet discussed. Now these programs are available, and my experience makes me appreciate everything the Air Force and DoD are doing to help military members with sexual assaults, suicidal feelings, traumatic experiences and basically, their overall welfare.

If you haven't actually given any time to understanding the Sexual Assault Prevention and Response, Total Force Fitness or Wingman program and concepts, I urge you to take a look at them now - if not for you, then for someone who may someday really need you!

## Are you **Pregnant**

Important Information for Your Pregnancy  
136 MDG Public Health Office

Many factors affect the health of the unborn child. Exposure to these factors may lead to premature death of the fetus or birth defects. Adverse influences to the unborn child include smoking, drinking alcoholic beverages, and a poor diet. Also, environmental factors such as excessive exercise, heat, and lead or radiation exposure in the workplace may have detrimental effects on an unborn child. Infectious diseases such as German measles, food poisoning, or toxoplasmosis (from cat litter boxes and undercooked pork) may also damage the fetus.

The first three months of a pregnancy are the most sensitive to the aforementioned environmental and disease threats because that is when the cells are multiplying the fastest and are most susceptible. This is the reason early education and profiling is so important at the earliest date of pregnancy detection.

When a member of the 136th Air Wing realizes that she is pregnant, she is required to notify her supervisor and report to Public Health as soon as possible. It is important that she bring documentation of pregnancy from her primary care provider or OB/GYN, which includes the estimated date of delivery.

Any questions concerning your pregnancy or scheduling an appointment may be directed to the 136th Public Health office at x3713.

\*\*\*Monthly or quarterly recurring statement for newsletter:

Pregnancy of Air National Guard Personnel

IAW ANGI 40-104

A 136th Air Wing member must report a confirmed pregnancy to her supervisor and Public Health at the earliest possible time to allow her unit to accurately report operational and readiness capability, as well as to assess the member's work environment for potential hazards. Each pregnancy must be verified with written confirmation from the member's primary OB provider and include the estimated date of delivery.

# Suicide “an irreversible **Choice**”

Commentary by Ms. Brenda Roland  
136th Airlift Wing WDPH

**S**uicide is the intentional taking of one’s life. It is commonly preceded by periods of persistent depression, a sense of intense loneliness, insignificance and seclusion. Suicide is not solitary casualty; it adversely impacts more than just the individual who ended his or her own life. It impacts all that has come in contact with that individual and perhaps the community.

## ***Being Depressed***

Depressed individuals are oftentimes suicidal. To be depressed means to have your spirit deflated. Depressed people have a tremendous weight on their shoulders.

Depression is also the result of the perception of lack of love, joy, good health, passion, inspiration, hope, purpose, creativity, zest, ambition, willpower, sense of being, self-esteem, high self-image, and a host of other things.

Depression is an outward appearance of emotional wounding and it is the intensity of emotional wounding that determines the intensity of the depression.

Depression means your strength of mind is depressed and needs uplifting and it can be done by stimulation from love (especially self-love, love of life, love of purpose, etc.) that can strengthen the mind.

Persistent depression is something one would need to be

concerned about because it is constant depression that fosters thoughts of suicide. People who are persistently depressed live a certain lifestyle in chronic fashion, doing the same thing over and over or consistently, i.e. thinking negative (that they’re worthless, not loved, have no value), feeling sorry for themselves, sleeping long hours throughout the day, staying inside shut off from society.

You are bound to be depressed if you consistently think depressed-filled thoughts. Depressed thoughts lead to depression.

## ***How to prevail?***

By far, talking openly with a trusted person is an important part of treating depression. You can work together with your WDPH to get the appropriate treatment, whether it is WDPH or not. Find someone to talk to about your way of thinking.

Developing healthy coping skills for depression is essential in the high stress environment many of us are faced with today.

Be the person that sees and changes trouble into prospects that means choices, choices to improve life, condition, and circumstances.

## ***Keep in mind...***

You are loved, whether you feel it or not.

You play an important part in the balance of things here on earth.

Empower yourself by tapping into available resources ...

Your WDPH is located in the Aerial Port, bldg 1671 room 134 or call 817-852-3597 or email- [brenda.roland.ctr@ang.af.mil](mailto:brenda.roland.ctr@ang.af.mil).

<http://afrc.wingmantoolkit.org/>

<http://tx.wingmanproject.org/en>



136th Airlift Wing members pose in front of the base gym to participate in the annual Sexual Assault Awareness Month 5k Run at NAS Fort Worth JRB, Texas, April 12, 2013. The fun-run is to help raise awareness for sexual assault prevention. (Air National Guard photo by Lt. Col. James Castleman)

# Insider versus impersonator

By Capt. Steven Taylor  
136th Security Forces Squadron/Anti-

In a Transportation Safety administration bulletin dated March 12, 2013, two recent incidents highlight the potential threat of insiders—or impersonators—that could use their access and sensitive knowledge to harm transportation systems or personnel. The same can also be said about our military installations as well.

February 2013: Heavily armed robbers stole a large number of diamonds that were being loaded onto a Helvetic Airways plane at Belgium's Zaventem airport. The robbers, reportedly dressed like police driving cars with blue lights, knew exactly where in the aircraft's cargo hold the diamonds were located. They stole an estimated \$50 million worth of diamonds.

The thieves are believed to have used insider information regarding the transport of the diamonds.

January 2013: Violent Islamic extremists carried out a well-planned attack on two buses transporting Algerian natural gas facility employees and then continued their attack on the facility, taking hostages. Four days later, they were overcome by Algerian military forces. The attackers were well-armed, dressed in military-style clothing, and likely were provided insider information from a former employee.

So what is an insider or an impersonator?

Insiders are industry employees with access to or knowledge of information who could exploit vulnerabilities and assist in facilitating or carrying out criminal activities including a terror attack.

In the 2008 attack by Islamic extremists in the city of Mumbai India, the terrorists had gone so far as to gain



employment at the hotels that were later attacked. They used their employment to learn the layout of the hotels, the security procedures and to stockpile ammunition, medicine and food supplies for a prolonged siege.

Terror groups often encourage prospective members to join the military to obtain training in weapons and tactics. The cowardly shooting of U.S. Servicemen by Major Nidal Hassan at Fort Hood Texas is also a good example of an insider attack.

Impersonators assume the identity, behavior, or appearance of an employee or first responder, a tactic that criminals or terrorists have used to access restricted or secure locations unchallenged. Impersonation may not be limited to clothing, badges or identification. Vehicles can also be stolen or accessorized to appear as legitimate organizational or emergency vehicles; criminals and terrorists have used such vehicles as well.

We have seen a large number of Impersonator attacks in Mexico over the past several years. Cartel Members often dress as Mexican police or Military and

in one case had their own company manufacturing uniforms for them. They often set up legitimate looking road blocks in order to shake down unsuspecting citizens who believe they are being legally stopped by the authorities. Often it is just a ruse to look for rival cartel members or to steal from the local populace.

As airmen serving in our nation's military, we must be aware of our surroundings. We must pay attention to detail. The insider / impersonator threat is very real to us because of the potential for the threat to get very close before being detected.

If something does not look right or sound right then you must Sound Off!

Contact Security Forces or AFOSI

**Major Camille LaDrew**  
**817-852-3600**

**(Acting) 136 AWATO**

**COMM: 817-852-3478**

**BB: 817-658-6132**

**DoD PD LE Desk: 817-782-5200**

# Wing Safety Snip-Its

## Distracted driving

by Senior Master Sgt. Donald Seymore  
136th Airlift Wing Safety Office/Ground Safety Manager

**P**eople continue to die needlessly each year due to distracted drivers. The National Safety Council is urging everyone to:

Stop using cell phones while driving

Understand the dangers of the cognitive distraction to the brain

Inform people who call you while driving that you'd be happy to continue the conversation once they have reached their destination

Tell others about the dangers of cell phone distracted driving

Motor vehicle accidents are the 9th leading cause of death globally. Using a cell phone while driving significantly increases your chance in having a crash. Remember: driving is a privilege. With this privilege comes responsibility. Everyone in the vehicle needs to wear their safety belts, drive sober, focus on the road, and drive defensively.

Trend analysis in distracted driving fatalities and their relation to cell phone usage and texting was conducted using The Fatality Analysis Reporting System, which featured in the American Journal of Public Health November 2010 edition.

The President issued the Order to Executive Branch employees of the Federal Government on October 1, 2009

By the authority vested in me as President by the Constitution and the laws of the United States of America, including

section 7902(c) of title 5, United States Code, and the Federal Property and Administrative Services Act of 1949, as amended, 40 U.S.C.101 et seq., and in order to demonstrate Federal leadership in improving safety on our roads and highways and to enhance the efficiency of Federal contracting, it is hereby ordered as follows:

Section 2. Federal employees shall not engage in text messaging (a) when driving [Government-owned vehicles], or when driving [privately-owned vehicles] while on official Government business, or (b) when using electronic equipment supplied by the Government while driving.

**Questions, Comments, Concerns? Contact the  
136th Safety Office at 817-852-3210.**

136th Safety Office  
(Acting) Chief of Safety:  
Major Marcus Gonzer 817-852-3028  
Ground Safety Manager:  
SMSgt Donald Seymore 817-852-3209  
Safety Specialist:  
MSgt Charles Migot



# Camp opportunities for **ANG** youth

## ***Joint Reserve Component Teen Leadership Summit –***

Takes place July 7 – 12, 2013 at Wahsega 4-H Center: Dahlonega, Georgia.

Located in the Chattahoochee National Forest, Wahsega 4-H Center plays host to the Joint Reserve Teen Leadership Summit. During this week long adventure teens will participate in high adventure activities such as high ropes, zip line canopy tour, white water rafting, hiking, fishing, archery, survival classes, and more! Leadership classes taught throughout the week include True Colors and the General High H. Shelton Leadership Challenge. Attendees are introduced to Operation: Military Kids (OMK) and will meet community partners who make-up OMK teams such as 4-H, Boys and Girls Clubs of America, American Legion, Military One Source and Military Child Coalition. This Summit also includes military tradition and community service projects. Attendees will be made up from the Reserve and National Guard of the Army, Marine Corps, Navy, Air Force and Coast Guard.

**Camp Cost-** Airfare, transportation while at the Summit, camp registration, meals and lodging are covered by grant funding. Parents will be responsible for getting their teen to/from the airport, any baggage fees, spending money for snacks/souvenirs and meals during airline travel.

Apply to the camp at: [www.georgia4h.org/join-reservesummit](http://www.georgia4h.org/join-reservesummit)

Application Deadline is MAY 13, 2013

## ***Florida Water Adventure Camp***

Takes Place June 17 – 28, 2013 starts in Northwest Florida and travels throughout the state

This camp is available to youth ages 14-18 who have a parent serving in the active or guard components of all service branches nationwide. For attendees of last year's Joint Summit, do note that the Florida Adventure Camp is car camping and does not have a residential facility. Participants will travel throughout Florida by motorcoach, sleeping in "tent-cots" and participating in many high adventure activities such as kayaking, snorkeling, caving and basic survival skills.

**Camp Cost-** Airfare up to \$400.00, transportation while at the camp, camp registration, meals and lodging are covered by grant funding. Parents will be responsible for getting their teen to/from the airport, any baggage fees, spending money for snacks/souvenirs and meals during airline travel. If airfare is more than \$400.00 those families will be contacted by camp staff to make payment arrangements.

For Additional Information: <http://georgia4h.us1.list-manage.com/track/click?u=2c8ffaf4addeee6b281031516&id=b3afb22187&e=2550dd15ad>

**Registration:** Registration is currently open and closes May 1, 2013. Selected participants will be notified no later than May 13.

## ***OSD/OMK Camps***

Take place in approximately 30 states throughout the country at various times.

These camp programs focus on resiliency, creating a sense of belonging, and building skills in communication, self-efficacy, coping and social interaction. Each camp is unique in what it offers and the ages of campers involved.

**Camp Cost –** Any transportation expenses for the youth to attend the camp. All meals, registration and lodging are covered through grant funding.

Application deadlines vary.

For additional information visit: <http://www.4hmilitarypartnerships.org/p.aspx?tabid=205>

## ***Military Teen Adventure Camps***

Take place in approximately 9 states throughout the country at various times.

Would you like to spend time whitewater rafting, hiking, rock climbing, winter camping, backpacking, mountain biking, exploring the environment, running ropes courses, or practicing wilderness skills? What if you could do these activities with other military youth just like you?

Military teens (14-18 years old) will have an opportunity to participate in adventure camps scheduled May 2013 through February 2014 for FREE (transportation costs are also covered). These high energy, high adventure, and high experience camps are planned across the United States from Montana to Maine and from Colorado to Georgia as well as states in between. This is the perfect chance for you to experience the outdoors as you never have before!

Each camp offers a unique outdoor experience that will allow you to build your leadership, self-confidence, and teamwork skills while participating in activities like camp cooking and archery. Camps have funding available to assist with transportation costs.

Camps for youth with special needs (mental, physical, and emotional) are also planned in Vermont and New Hampshire. There is something for everyone!

**Camp Cost-** Airfare, transportation while at the Adventure Camp are covered, camp registration, meals and lodging are covered by grant funding. Parents will be responsible for getting their teen to/from the airport, any baggage fees, spending money for snacks/souvenirs and meals during airline travel.

Application Deadlines vary.

For additional information visit: [https://www.extension.purdue.edu/Adventure\\_camps/campsloc.html](https://www.extension.purdue.edu/Adventure_camps/campsloc.html)

**3C3X1 - COMMAND POST**  
**JIW0X2 - (5) COMBAT WEATHER**  
**1A1X1 - (2) FLIGHT ENGINEER**  
**1A2X1 - (3) LOADMASTER**  
**3E4X1 - (2) WATER/FUEL SYSTEMS**  
**3D0X3 - CYBER SYSTEMS SURETY**  
**3E2X1 - (2) PAVE/CONSTRUCTION EQUIPMENT**  
**1P0X1 (E-8/E9) - AIRCREW FLIGHT EQUIPMENT**  
**2T3X1 - VEHICLE EQUIPMENT MAINTENANCE**  
**2T2X1 - (2) AIR TRANSPORTATION**  
**2A5X1 - (2) AEROSPACE MAINTENANCE**  
**2A6X5 - (2) AIRCRAFT HYDRAULICS**  
**1C7X1 - AIRFIELD MANAGEMENT**  
**3M0X1 - (2) SERVICES**  
**3N1X1 - REGIONAL BAND**

Officer Billets please visit [www.agd.state.tx.us](http://www.agd.state.tx.us) or Texas Military Forces for officer vacancies.