

# FLYER

Texas Air National Guard | Fort Worth, Texas



## Unit Effectiveness Inspection

136AW Airmen business as usual

When are we getting back to normal?

Combat communicators honor fallen vets

Airmen Jump in Normandy, France for D-Day 70th Anniversary

Stories in this issue...read on.

# Commander's **Comments**

## Welcome to June UTA



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

**W**asn't that an outstanding Family Day last month?! I trust everyone had a great time. Our Family Readiness Group really went all out to make sure your families enjoyed themselves. Your family members are a vital part of our unit readiness and we need to take good care of them. Also, many "thanks" to the Company Grade Officers Council and First Sergeants who helped out with the success of Family Day.

In case you were not aware, the 136th Airlift Wing crossed a historic milestone in May. This is the first time since 9/11 that our Wing has not had one person deployed. Since 9/11, we have had more than 2,500 airmen deploy for well more than 430 deployments performing all manner of combat and combat support duty. Deployments happen to be a large part of what we do. It's tough duty, and it highlights the necessity and relevance of the Air National Guard. So, for now, enjoy the "break" while it lasts!

During this year's strategic planning meeting, we revised our Wing Mission statement and goals. They have been published in this newsletter. Take a few minutes and familiarize yourself

with our mission, vision, goals and values. They reflect your senior leadership's direction for the wing.

Lastly, this weekend is our Unit Effectiveness Inspection. Yes, it's finally here! Inspectors from Air Mobility Command, Air Force Space Command, Air National Guard and Air Force Inspection Agency started arriving this past Thursday and will be here until 25 June. They are here to validate our programs and to ensure our compliance. If you see them, please be courteous and professional. Our wing has worked hard to implement the new Air Force Inspection System—more than three months early! I am very confident that our inspectors will like what they see.

**Have a great drill!**



**U.S. Air Force Staff Sgt. Richard Shorty, 136th Communications Flight, Texas Air National Guard, lays down Cat 5 cable in the multi-purpose room to accommodate more than 60 IG inspectors for the Unit Effectiveness Inspection at Naval Air Station Fort Worth Joint Reserve Base, Texas, June 6, 2014. The inspectors arrive during the week to prior UTA. (Air National Guard photo by Senior Master Sgt. Elizabeth Gilbert/ released)**



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**Cover Photo by**  
Master Sgt. Charles Hatton  
136th Airlift Wing/Public Affairs

# When are we getting Back to normal

by Col. George W. Holt  
136th Airlift Wing Vice-Commander

In years past our mantra has frequently been, “when the inspection is over...” Well, welcome to the new normal. This last year has been very busy as we switched modes from the old status quo to the new Air Force Inspection System (AFIS) mindset. This conversion and the creation of entirely new systems have caused a remarkable amount of work, it wasn’t “inspection prep” like before. We have spent tremendous time, energy, and effort to recreate the Wing from the ground up. We carved space for our IG shop out of the Wing building and challenged them to create a first class team of subject matter experts (SMEs) and a systematic approach to evaluate and report on the readiness of the force to the commander. Sounds like strong stuff, but it was really all about following the guidance from the AF Chief of Staff as he introduced the new AFIS. As is our motto “Nulli Secundus” we wanted an approach that was second to none! That’s where we are headed.

Our folks have stepped up and done a phenomenal job. You have transformed your thinking and your daily routines to include continuous self-improvement not only as a slogan, but

a NEW NORMAL. So won’t you be glad when the inspection is over, and we can continue to grow and improve on the progress we’ve already made?! I know some of you are thinking, “Wait, I thought we could relax a little after the inspection.” Well maybe a little, but the key things that will be happening after the inspection basically boil down to our next self-assessment cycle that starts 1 July. After the new cycle begins, the summer months are full of vertical inspections on the Wing staff offices all while we start exercise planning meetings for the four day employment exercise and training RODEO in October. I would describe our coming year as steady and smooth but busy. The bottom line is we have spread out our requirements over a four year period and changed how they are graded and tracked, BUT our requirements really haven’t change all that much.

I promised you a few months ago that your hard work would help set a foundation that changes the way the Guard works. Drills will be full of inspections, exercises and self-assessment. The good part is no more years with three separate week long deployment exercises, followed by a couple of



**Col. George W. Holt**  
136 AW Vice-Commander

years with UEIs, LCAPs, HISs, ART 6s, ASEVs and ESOHCAMPs scattered around just enough to drive us insane. We have now entered the on-site visit, virtual inspections, “photo album” and CAPSTONE Event Era. I know it feels weird, but embrace the change. Let’s find a way to peacefully coexist with the new face of the system and continue to be Second to None!

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# The 136th Airlift Wing

## Our Mission:

To provide superbly trained, equipped, and motivated Airmen, ready for state, regional, national, or global engagements requiring airlift or agile combat support – defending the homeland and taking the fight to the enemy

(Supports: The mission of the United States Air Force is to fly, fight and win ... in air, space and cyberspace)

## Our Vision:

“Nulli Secundus” – Second to none, the superior global team of choice

(Supports the Air Force Vision: Global Vigilance, Reach, and Power)

## Our Goals:

**Best Airmen** – Highly trained, highly motivated, and highly skilled Airmen who maintain superior morale, trust, teamwork, and esprit de corps by promoting professional education, taking care of people and rewarding hard work

**Mission Ready** – Enable combatant commanders, exceed standards, meet peacetime and wartime expectations

**Maintain Relevance** – Aggressively pursue aircraft upgrades and new equipment to maintain relevance in today’s fight as well as tomorrow’s conflicts

## Our Values:

We live our core values as Citizen Airmen. We value the support of our families, retirees, employers, and friends. We are determined to serve honorably and to remain worthy of the great men and women who join us.

(Supports the Air Force Core Values: Integrity first, Service before self, Excellence in all we do)

# Combat communicators

## Honor fallen veterans

Story and photos by Capt. LaDonna Singleton  
221st Combat Communications Squadron

DALLAS, Texas -- Current and former military and family members of the 254th Combat Communications Group and the 221st Combat Communications Squadron helped manage hundreds of volunteers with the placement of more than 45,000 American Flags at the Dallas-Fort Worth National Cemetery, May 25, 2014 as part of the Flags for Fallen Veterans Event.

The 254 CCG and 221 CBCS team leaders led the way by ensuring each veteran was honored with an individual flag placement for Memorial Day. U.S. Army (retired) Command Sgt. Maj. Hayward Bellah, co-leader of the DFW National Cemetery Flags for Fallen Veterans event

stated that he feels it is of the upmost importance that we honor our fallen vets as well as our vets who are still in uniform. The 254 CCG and 221 CBCS served alongside the Texas State Guard helping lead hundreds of volunteers from various organizations including the Forney High School Air Force Jr. ROTC, local Boy and Girl Scout troops, Snowball Express volunteers and a multitude of other organizations.

"I appreciate the 221 CBCS and 254 CCG for helping lead civilians with placing the flags. The volunteers appreciated having people in uniform. It made them feel like they were doing the right thing. Having these military units there helped develop camaraderie and provided the volunteers a sense of accomplishment", said Bellah.

It all started three years ago when the unit received a call from the founder and president, Bob Fussner who asked if we had military members who wanted to participate. The request went out and our Airmen, families and alumni graciously answered the call. The unit has made this an annual event.

"It started at Dallas and is now in Houston and Florida and each year we will pick up at least one (National Cemetery). The goal is



for every National Cemetery to have a US Flag at each grave site," said Bellah.

"It was good seeing how so many people came out with most of them volunteering for their second or third times. They made me eager to want to volunteer in the future," said Tech. Sgt. Melissa Garrett, a 221 CBCS knowledge operations manager. "I enjoyed doing this for the fallen veterans embracing the Air Force core value, "service before self".



## AF Outstanding Unit Award

ANG recipients of the 2013 Air Force Outstanding Unit Award (AFOUA), awarded March 21, 2014 signed by Lt. Gen. Stanley E. Clarke congratulates 254th Combat Communications Group, Texas Air National Guard in winning the AFOUA for the periods of Oct. 1, 2011 to Sept. 30, 2013.





U.S. Air Force Chief Master Sgt. Del Atkinson, 136th Security Forces Squadron and Master Sgt. John Hawkins, 181st Special Operations Weather Flight, both from the Texas Air National Guard participated in the 70th year anniversary commemorative D-Day jump at Normandy, France, June 6, 2014. The original D-Day jump took place on June 6, 1944. (courtesy photos by Mrs. Atkinson)

# Airmen **jump** in France for **D-Day**

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

**NAVAL AIR STATION FORT WORTH JOINT RESERVE BASE, Texas**--70 years after D-Day in Normandy, France, two Airmen from the 136th Airlift Wing, Texas Air National Guard made the parachute jump into the Normandy hedgerows to commemorate the 70th Anniversary of D-Day, June 6, 2014.

U.S. Air Force Chief Master Sgt. Del Atkinson and U.S. Air Force Master Sgt. John Hawkins, members of the Liberty Jump Team, made several jumps in Normandy on the original World War II drop zones to honor Veterans. The jumps were very similar to the actual June 6th, 1944 airborne operations with Atkinson, Hawkins and other team members making static-line parachute jumps from a World War II-era C-47 Dakota aircraft. The team jumped to honor and recognize the sacrifices of all Veterans but especially the Veterans of World War II.

"It was an honor for both John and I to represent the United States Air Force and the 136th Airlift Wing, Texas Air National Guard performing parachute jumps to pay our respect to all World

War II Veterans who still are our greatest generation. Lest we forget! AIRBORNE ALL THE WAY," yelled Atkinson.

Both Airmen jumped from an original World War II-era C-47 nicknamed "Whiskey 7," which actually led the second wave of planes and dropped paratroopers from the famous 82nd Airborne Division over St. Mere Eglise. Both Atkinson and Hawkins as well as other team members were dressed in World War II uniforms and equipment but used modern parachutes for safety. Uniforms and equipment included Normandy D-Day M1942 jump suits and M1C steel helmets representing paratroopers from the elite 82nd and 101st Airborne Divisions.

Atkinson, a security forces superintendent for the Guard and a former U.S. Army paratrooper, 101st Airborne Division (air assault), has more than 40 jumps under his belt. In 2012 Atkinson earned his Dutch jump wings while jumping in Normandy.

Hawkins, a special operations weather team member is a prior Soldier and a

qualified jumpmaster for the ANG. He has 12 years of jump experience and more than 60 jumps under his belt... a seasoned jumper.

Atkinson has previously jumped in Normandy in 2012, and since many of America's older Veterans are unable to participate in events like this one, he jumps in their place to honor them and to show other generations how these great Americans contributed to winning the war.





# Air Power Expo 2014



# Around the **Wing**



## Promotion **Major John Hall**

When: May 17, 2014  
136th Civil Engineers Squadron  
Civil Engineer



## Promotion **Chief Master Sgt. Eric Kondracki**

When: May 17, 2014  
136th Operations Group  
Group Chief



## Retirement **Master Sgt. Jamie Stover**

When: April 13, 2014  
136th Airlift Wing Staff  
Command Post Superintendent

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

# THE HAPPENING

May started with bike-to-work day from downtown Fort Worth to the base (12 miles). On Memorial weekend Airmen from 254 CCG placed flags grave side at the Dallas National Cemetery. Our 531 AF Band played for the unveiling of a statue of Major Ripley Arnold, commander and founder of Fort Worth. We had several JROTC visitors and finally our intramural softball team held their record of 3-3. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert and Capt. LaDonna Singleton)



# The Work Place

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



# Chaplain's Corner

by Chaplain (Major) Paul Ferguson  
136th Airlift Wing Chaplain

## Rest... relaxation... vacation...

Ahhhhh...the summer months are here. I don't know about you, but when I think of summer I often think of rest, relaxation, and vacation. However, it seems as though "there's no rest for the weary." Perhaps you've said that or thought that recently.

Today so many people describe their lives with one word, "BUSY" which makes rest seem to be a rare or unusual thing. During a long and hard day of work we look forward to the promise of a quiet night at home. After a long school year, students and teachers look forward to the summer break to help them recharge and refocus for the year ahead. Throughout the summer months we see the power of God in the stars shining in the sky, the flowers waving in the fields, and the beauty and the glory of a summer day.

You know what? That refreshment gives us rest and

peace that we need to face the uncertainties and challenges of our day to day lives. In the Old Testament, David said, "Rest in the Lord, and patiently wait for Him." We can find rest and renewal as we focus on God. God can take the turmoil and uncertainty of our hectic lives and give us peace.

Resting in Him, the harsh words we have spoken today, the anger in our hearts, the worries that give us sleepless nights and the concerns for our loved ones have less potential to rob us of God's peace.

I want to remind you and invite you to come and REST in Him each UTA Sunday as we gather for worship in the multi-purpose room in the Wing HQ building.

Enjoy the sunny skies, the warmer days, the beauty of creation and the rest that only God can give us.

Walk with Light!

Chaplain Ferguson



# Terrorism and human trafficking

## Evil cousins

by Major Steven Taylor  
136th Security Forces Squadron/Antiterrorism Officer

Most of you know me as the 136th Airlift Wing Anti-Terrorism Officer (ATO) and you also know I am the Combating Trafficking in Persons (CTIP) program manager as well. You may not realize it but terrorism and human trafficking go hand in hand with each other.

When we think of human trafficking, especially as it deals with the sex trade, we often view it as a social pariah rather than an issue that impacts our security as a nation. To be sure human trafficking is a social problem, but also has the potential to undermine our national security.

Christine Dolan is a researcher and in 2000 she conducted a study throughout Europe in which she interviewed over 500 local people including children, pimps, police and prostitutes. She concluded that there is a direct connection between human trafficking and terrorism. In the

Spring of 2002, her work was cited in the Initiative Against Sex Trafficking Report stating that human trafficking is enabling international criminals to play into a wider field of international drug trafficking, weapons and arms dealing, and other criminal enterprises.

Profits from drug trading and human trafficking provide the money terrorist organizations need to be able to operate around the world. In the Balkans, human trafficking provides a major source of profits for organized crime groups which have links to terrorists. In Southeast Asia and the Philippines, human trafficking enables potential terrorists to move their money easily through the channels of underground economy. Terrorists use the same transportation networks as narcotics smugglers and human traffickers to move terrorists from place to place. The organizations that operate these smuggling

routes are not particular about who they do business with as long as they are getting paid.

What I am trying to convey to each of you is this simple truth. The fight against terrorism is not limited to just eliminating the organizations who commit acts of terror. We must also root out the activities that provide these organizations with the means of committing these acts.

As Airmen in the Texas Air National Guard we need to understand that we have a responsibility to report businesses we suspect might be involved in human trafficking. In the process you may be doing your part to combat terrorism by taking away funding from the very people who want to harm you.

Remember if you see something REPORT IT!! To your local law enforcement, AFOSI or Security Forces.

## The 136th Airlift Wing is on Facebook!!

Visit the link below to "like" us...You don't even have to "friend" us to receive Wing updates for community events, discount tickets, free items such as sporting events, giveaways, special events, and photos of 136 AW Airmen in action. Stay tuned for inclement weather base closure information—now on Facebook.

<http://www.facebook/136AW>

2nd Lt. Carolyn Tatum, 136 MDG, is our newly appointed medical officer.



1st Lt. Daniel Devoto, 136 AW Staff, pins on her silver bar.



Airman 1st Class James Rogers receives appointment to AF Academy



# Measles outbreak in the United States

by Lt. Col. Harry Moore  
136th Medical Group Public Health Chief

According to the Centers for Disease Control and Prevention (CDC), there is an ongoing measles outbreak in the United States which has reached a record for any year since the disease was eliminated in this country 14 years ago (2000), with 334 confirmed cases of the potentially deadly infection reported in 18 states. Measles is a highly contagious respiratory disease that generally affects young children, causing fever, a runny nose, a cough and a distinctive rash all over the body. It is so contagious that any child who is exposed to the virus and it not immune will get it. This year, however, more than half the people who have come down with it are 20 years or older. Measles spreads rapidly and can be serious enough to require hospitalization. However, Measles vaccine is very safe and effective. Therefore, everyone should ensure they (and their families) are protected. If unsure, talk to your healthcare provider and get immunized, if appropriate.

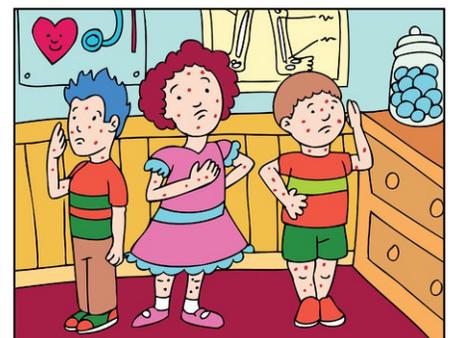
## HEARTLAND (tick-borne) Virus

Centers for Disease Control and Prevention (CDC) and Oklahoma State Health Officials recently urged Oklahoma residents to be vigilant about checking for ticks after the death of a man who acquired the Heartland virus. The man died from complications of the virus, which is spread through tick bites. Little is known about the virus, but reported symptoms include fever, fatigue, headaches, muscle aches, appetite loss, nausea, bruising easily, and diarrhea. There is no vaccine or drug to prevent or treat the illness. Cases of Heartland virus have had a history of outdoor activities and expo-

sure. The primary tick season runs from April to September. Therefore, everyone is advised to take precautions to prevent tick bites, such as:

1. Avoid Direct Contact with Ticks
  - Avoid wooded and bushy areas with high grass and leaf litter
  - Walk in the center of trails
2. Repel Ticks with DEET or Permethrin
  - Use repellents that contain 20 to 30% DEET on exposed skin
  - Use products that contain permethrin on clothing.
3. Find and Remove Ticks from Your Body
  - Bathe/shower as soon as possible after coming indoors (preferably within 2 hours) to wash off and more easily find ticks that are crawling on you
  - Conduct full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas
  - Examine gear and pets - ticks can "ride" into the home then attach to a person
  - Tumble clothes in a dryer on high heat for an hour to kill remaining ticks

References: Centers for Disease Prevention and Control (CDC) at <http://www.cdc.gov/>



The Carswell Field  
**FLYER**

# West Nile Virus in the DFW area

## What you need to know

by Lt. Col. Harry Moore  
136th Medical Group Public Health Chief

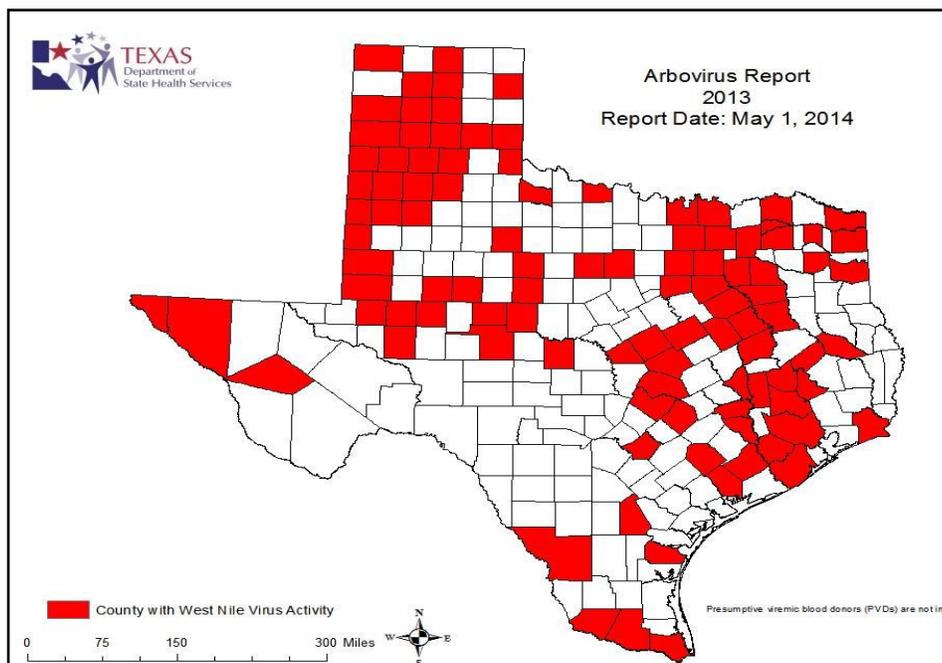
### (PREVENT MOSQUITO BITES AND PREVENT INFECTION)

West Nile virus (WNV) has been found in several areas of Texas including the Dallas-Fort Worth Metroplex Area (Collin, Dallas, Denton, and Tarrant Counties). Since you live in or frequent this area as a member of the 136th Airlift Wing, this information should be of interest and value to you. West Nile virus is a mosquito-borne disease that causes inflammation or swelling of the brain and spinal cord. This virus is carried by infected birds that migrate throughout the country. Mosquitoes feed on infected birds, become infected, and transmit the virus to other birds and mammals, including humans. There are no physical barriers to the spread of West Nile virus in the United States, and this disease has a coast-to-coast presence. From 2002 through 2013, 4,253 cases of WNV were reported in Texas (mean=354 cases). WNV season in Texas ranges from April to late November, with the majority of human cases occurring in late July and August. The map below illustrates 2013 West Nile virus activity in Texas. Surveillance for 2014 is now in early stages with limited data.

In 2014, Four North Texas county

(Collin, Dallas, Denton, and Tarrant) health departments are melding their planning, research, information, and efforts to combat WNV. They plan to conduct year-round trapping/testing, identify/eliminate mosquito breeding locations, and promote prevention to reduce human cases.

### West Nile virus (WNV) activity reported, by county, Texas, 2013 (WNV activity reported in 103 or 41% of Texas counties in 2013)



The Texas Department of State Health Services (DSHS) has confirmed no human cases of West Nile illness in Texas this year (2014).

West Nile is a mosquito borne virus. There are two forms of the illness, West Nile neuroinvasive disease (WNND) and West Nile fever (WN fever). The symptoms of severe infection from West Nile neuroinvasive disease include headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, and paralysis. West Nile fever is the milder form

of illness. Symptoms include fever, headache, body aches, and occasionally a skin rash on the trunk of the body and swollen lymph glands.

DSHS reminds Texans to reduce the risk of exposure by eliminating standing water and other mosquito breeding areas; making sure door, porch, and

window screens are in good condition; and using a repellent that contains DEET, picaridin, oil of lemon eucalyptus, or IR3535 when outdoors.

### Remember the Four D's:

1. **DRAIN** standing water in your yard and neighborhood. Old tires, flowerpots, and clogged rain gutters can be breeding sites.
2. **DUSK/DAWN** are the times of day you should try to

stay indoors because mosquitoes are most active.

3. **DRESS** in long sleeves and pants when you are outside. Spray thin clothing with insect repellent.

4. **DEET** (N,N-diethyl-m-toluamide) is an ingredient to look for in your insect repellent.





# Health, Nutrition and Fitness

## Run with purpose

**SAPR 5K fun run was held to promote sexual assault prevention awareness at Naval Air Station Fort Worth Joint Reserve Base, Texas, April 18, 2014 to coincide with SAPR month. More than 300 military members, family members, retirees and civilians ran in the race.**

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

So I ran my first 5k a few days ago. May I say that is was a very positive experience that I shared with a co-worker and my sister. Let me also say that this was a New Year's Resolution of mine AND I'm so happy that I stuck to it. This is why I made the resolution in the first place: I hate running. I've only ran because I've needed to pass my fitness test all these years and I'm not satisfied with just getting by. I needed a reason, a sense of purpose other than passing my fitness assessment once a year. I needed something that was more long term and I knew that if I set a tangible goal that I'd have to hold myself to it. I registered for a color run called Color Me Rad and as soon as I got the dates for when they would host a run in DFW I called my sister and enlisted friends from work to run this with me. It gave us a reason to go out and run a few times a week and it kept us accountable. We really didn't want to go into a 5k race unprepared. In the meantime of getting ready for our run, I realized that this

year will probably be the easiest fitness assessment for me because I've already surpassed what I needed to do to pass the run. I have always had an issue of being so anxious the day of my fitness assessment that I get sick. This is the first time

**“I needed a reason, a sense of purpose other than passing my fitness assessment once a year.”**

in a long time that I'm relaxed about my test. I'm so ready; in fact, I'll be testing a month early this year just to get it done and out of the way while the weather is tolerable. I say all of this because, for me, I needed another reason to run. The fitness assessment, in all honesty, wasn't enough for me to keep running 9 months out of the year. I've always been able to pass without putting a lot of preparation behind me. I knew these fun runs would

motivate me and in the process I could have fun and involve friends. There really is a sense of accomplishment to achieve a fitness goal and sometimes just doing it for ourselves isn't enough. Even if you don't live in the DFW area, these fun runs are happening everywhere and they aren't just for you. They're family oriented. There were many families that participated, young, old, some couldn't even walk. It was very gratifying to say the least. I highly recommend you sign up to do at least one. I have found my newest interest turning into a passion.

My sister and I have already signed up for another fun run (with obstacles this time) that will be happening in a few weeks. If you're interested, get on the internet and search Color Me Rad, Glow Run, Spartan Race, and Tough Mudder. These are some that I know are happening in Texas this year and there are so many more out there. Give yourself a goal that will reward you and you may find yourself making a permanent lifestyle change!

# Wing Safety Snip-Its

## Preparing for and Responding to Heat-related Emergencies

by By Senior Master Sgt. Donald Seymore  
136 AW Wing Safety Office

### How to Respond to Heat-related Emergencies...

If workers report or supervisors observe signs or symptoms of heat-related illness, stop activity immediately. Take action while waiting for help. **HEAT STROKE IS A MEDICAL EMERGENCY. CALL 911** immediately if a worker shows any signs of heat stroke.

Illness	Symptoms	First Aid*
<b>Heat stroke</b>	<ul style="list-style-type: none"> <li>Confusion</li> <li>Fainting</li> <li>Seizures</li> <li>Excessive sweating or red, hot, dry skin</li> <li>Very high body temperature</li> </ul>	<ul style="list-style-type: none"> <li>Call 911</li> </ul> <p>While waiting for help:</p> <ul style="list-style-type: none"> <li>Place worker in shady, cool area</li> <li>Loosen clothing, remove outer clothing</li> <li>Fan air on worker; cold packs in armpits</li> <li>Wet worker with cool water; apply ice packs, cool compresses, or ice if available</li> <li>Provide fluids (preferably water) as soon as possible</li> <li>Stay with worker until help arrives</li> </ul>
<b>Heat exhaustion</b>	<ul style="list-style-type: none"> <li>Cool, moist skin</li> <li>Heavy sweating</li> <li>Headache</li> <li>Nausea or vomiting</li> <li>Dizziness</li> <li>Light headedness</li> <li>Weakness</li> <li>Thirst</li> <li>Irritability</li> <li>Fast heart beat</li> </ul>	<ul style="list-style-type: none"> <li>Have worker sit or lie down in a cool, shady area</li> <li>Give worker plenty of water or other cool beverages to drink</li> <li>Cool worker with cold compresses/ice packs</li> <li>Take to clinic or emergency room for medical evaluation or treatment if signs or symptoms worsen or do not improve within 60 minutes.</li> <li>Do not return to work that day</li> </ul>
<b>Heat cramps</b>	<ul style="list-style-type: none"> <li>Muscle spasms</li> <li>Pain</li> <li>Usually in abdomen, arms, or legs</li> </ul>	<ul style="list-style-type: none"> <li>Have worker rest in shady, cool area</li> <li>Worker should drink water or other cool beverages</li> <li>Wait a few hours before allowing worker to return to strenuous work</li> <li>Have worker seek medical attention if cramps don't go away</li> </ul>
<b>Heat rash</b>	<ul style="list-style-type: none"> <li>Clusters of red bumps on skin</li> <li>Often appears on neck, upper chest, folds of skin</li> </ul>	<ul style="list-style-type: none"> <li>Try to work in a cooler, less humid environment when possible</li> <li>Keep the affected area dry</li> </ul>

\* Remember, if you are not a medical professional, use this information as a guide only to help workers in need.



- 3D1X3 - (4) RF TRANSMISSION SYSTEMS (B)**
- JIW0X2 - (1 0) COMBAT WEATHER (males) (B)**
- 1A1X1 - (2) FLIGHT ENGINEER**
- 1A2X1 - (1 1) LOADMASTER (B)**
- 2A6X1 - (3) AEROSPACE PROPULSION (B)**
- 3P0X1 - (1 1) SECURITY FORCES (B)**
- 3E0X2 - (2) ELECTRIC POWER PRODUCTION (B)**
- 3E9X1 - (2) EMERGENCY MANAGEMENT (B)**
- 2T3X1 - (4) VEHICLE EQUIPMENT MAINTENANCE**
- 2T2X1 - AIR TRANSPORTATION (B)**
- 2A5X1 - (2) AEROSPACE MAINTENANCE (B)**
- 2A6X5 - (2) AIRCRAFT HYDRAULICS (B)**
- 1C3X1 - (2) COMMAND POST**
- 3N1X1 - (6) BAND**
- 3N0X5 - (1) PHOTOJOURNALIST**

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