

# FLYER

Texas Air National Guard | Fort Worth, Texas



## Ho! Ho! Ho! Merry Christmas

And happy holidays

Farewell my friend... Wing changes commander

Homelessness amongst veterans

Connecting with our communities

Stories in this issue...read on.

# Commander's **Comments**

## Welcome to December UTA



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

**W**elcome to December drill. For those that have not heard, this will be my last drill as Wing Commander as I will be retiring on Sunday. We will have a change of command ceremony on Saturday of drill in which I will hand the reins over to Col. GW Holt. He is a solid leader who will take our wing to the next level. Please give him your full support.

Staying in the Texas Air National Guard was the best choice I ever made. I encourage you to do the same. Throughout my career, I have found inspiration from many sources that encouraged me to keep serving. Whether you draw inspiration from your faith, a sense of duty, camaraderie or providing for your family, you can find here it at the 136th Airlift Wing. When you

turn 60, you will be glad you did. You can't go wrong!

I hope that everyone enjoyed the Christmas party during November drill. I certainly did. It was a nice break from October's exercise. The Family Readiness Group does such a phenomenal job organizing and executing the Christmas party it's hard to believe it could get any better. Thanks to Laura Wedel, Heidi Bearden and the Family Readiness Group.

In closing, I want to thank you again for all the support you gave me as your commander. I can honestly say that I have thoroughly enjoyed serving you as your commander. These last two years of my career have been the absolute best!

**Enjoy your drill. Nulli Secundus!**



**Master Sgt. Richard Alva, 136th Airlift Wing, hands homeless veterans a pair of new shoes during the annual Veterans Stand Down at the Fort Worth Resource Center, Texas, Nov. 19, 2014. (Air National Guard photo by Senior Master Sgt. Elizabeth Gilbert/released)**



**Lt. Col. James Castleman**  
WESO/Community Manager

**Capt. James Wallace**  
Chief of Public Affairs

**1st Lt. Danielle Devoto**  
Public Affairs Officer

**Senior Master Sgt. Elizabeth Gilbert**  
Superintendent/Senior Editor

**Master Sgt. Charles Hatton**  
Photographer/Layout & Design

**Tech. Sgt. Vanessa Reed**  
Broadcaster/photojournalist

**Staff. Sgt. Tamara Dabney**  
Broadcaster/photographer

**Senior Airman Briana Boggs**  
Photographer/Administrator

**Airman 1st Class Cody Witsaman**  
Photographer/Staff Writer

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## IN THIS ISSUE

Commander's Comments . . . . .	2
Farewell my friend . . . . .	3
Homeless veterans . . . . .	4
Around the Wing . . . . .	6
Community Relations . . . . .	7

Travelers checklist . . . . .	8
The happening . . . . .	9
The workplace . . . . .	10
Coping with stress . . . . .	11
Safety Snip-its . . . . .	12

<b>Cover Photo by</b> Tech. Sgt. Vanessa Reed 136th Airlift Wing/Public Affairs	
Tools to safeguard PII . . . . .	13
Updates to travel entitlements . . . . .	14
Be flexible during holidays . . . . .	15
Administrative Actions . . . . .	16
Hot jobs . . . . .	17

# Farewell my friend

## wing changes commander

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

I am excited and humbled to be selected as your new Wing Commander. This is definitely the highlight of a long career. This story is not about me though; this is a reflection on the distinguished career of Col. John (Jim) Conoley. A friend and mentor to me. We will miss you. . . .

Col. Conoley came to our unit as a Navigator after a brief hiatus from active duty at Dyess AFB. He progressed through the ranks in the Airlift Squadron, Operations Support Flight, and Operations Group. He ran the gambit of positions in Ops. He was a tactics officer, current operator, and stan eval navigator. He held a variety of leadership and Command positions, including Chief Navigator, Operations Support Flight, Operations Group, and Vice Wing Commander before being selected as the Wing Commander.

Col. Conoley deployed numerous times in both operational and leadership roles. He did a number of CORONET OAK, JOINT FORGE, JOINT ENDEAVOR, and JOINT GUARDIAN rotations. In 2003, he first deployed to Seeb AB, Oman as a Navigator. While there, he flew many combat and combat support missions into Afghanistan in our fight against the Taliban and during the buildup before the Iraqi Invasion. When he returned home, just three short weeks later, he re-deployed to Masirah Island AB, Oman as the 321st Expeditionary Operations Group Commander. He led forces from 3 different C-130 Wings and the AF Reserve component KC-135s. The 321st EOG flew over 5,000 hours in support of both Operation IRAQI FREEDOM and Operation ENDURING FREEDOM. Aircrews under his command were among some of the first aircrews to fly into Iraq after the invasion began. After returning home, he remained mobilized and redeployed to Talill



Brig. Gen. Kenneth Wisian hands the wing guidon to Col. John Conoley during the 136th Airlift Wing change of command ceremony, Nov. 17, 2012 at NAS Fort Worth, Texas. (Air National Guard photo by Master Sgt. Charles Hatton/released)

AB, Iraq a few months later as a crew dog flying combat missions in Iraq. In 2006, he deployed to Bagram AB, Afghanistan as the 455th Expeditionary Operations Group Deputy Commander. While there, he commanded forces that flew in direct support of allied operations routing out Taliban and Al Qaeda forces in Operation ENDURING FREEDOM.

Besides his many combat deployments, he also participated in countless exercises and inspections. As the Vice Wing Commander during the 2007 and 2012 Operational Readiness Inspections, he was the PTF Guru. In 2012, he scrambled to get the main body deployment off to the Gulfport CRTIC as severe weather was approaching and our C-17 support stumbled.

In 2013, Col Conoley ensured the wing raised the bar with our implementation of AFIS and the new concept of the Commander's Inspection Program. The results of his leadership paid off when the Wing received an overall Effective rating during the 2014 Unit Effectiveness Inspection. Our wing received high marks across the board and received a Highly Effective on

the Major Graded Area for Executing the Mission.

Col. Conoley leaves us with an enduring legacy of excellence. His depth of knowledge and thoughtful decision making helped us all prosper. His heart for the Airmen is unmatched. He pushed us to embrace FITness and not to settle for satisfactory. He has steadily guided the Wing through some tough times. When others were concerned about PB13 and moving of Aircraft, he saw opportunities for new missions and partnered with State and our elected officials to be at the forefront of possible upgrades. Col Conoley's stable hand and understated leadership style, quietly kept the Wing moving forward. He never wanted to be in the limelight and is probably not going to be too pleased that I wrote this article. Please take a moment to let him know you appreciate his service. Then honor his legacy by being the best Airman you can be. Show him that his tenure made a difference. Thank you Sir for your years of committed service and devotion to the 136th Airlift Wing.

Because of You We are truly NULLI SECUNDUS.



# Taking care of veterans

## Homelessness amongst veterans

Members of the 136th Airlift Wing assist homeless veterans during the annual Veteran's Stand Down at Fort Worth Resource Center, Texas, Nov. 19, 2014 ensuring they receive the items they so desperately need. More than 210 homeless veterans attended the annual event in hopes to receive some of the much needed items to improve their quality of life. (Air National Guard photo by Senior Master Sgt. Elizabeth Gilbert/released)

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

**FORT WORTH, Texas**—Despite the cold November day, more than 200 homeless veterans lined-up outside the Fort Worth Resource Center hoping to receive much needed items necessary for improving their quality of life, Nov. 19, 2014 during the Cowtown Veteran Stand Down.

“Our focus is to end homelessness amongst veterans,” said Linda Saucedo, Fort Worth Out-patient Clinic, homeless veteran’s program manager. “Any homeless veteran can come here to receive any

of the services or goods we provide. All they need to show is their DD 214 or some type of proof that they were once a veteran and are currently homeless.”

The Cowtown Veteran Stand Down is an annual event, in its sixth year of operation at the same place and same time. The event provides services to homeless veterans such as health assessments and counseling, haircuts, healing touch massages, job counseling, substance use treatment and housing. It also provides blankets, clothing, food and various items to ease their situation.

By 9 a.m. the once empty auditorium now filled with numerous community services and volunteers to include the 30-uniformed servicemembers of the 136th Airlift Wing, Texas Air National Guard there to assist the homeless veterans receive their desired items from food bags to boots, blankets and clothing.

“I was saddened to see that there were so many veterans in need of help,” said U.S. Air Force Tech. Sgt. Vanessa Reed, 136AW. “I hope the little I did... helped ease some of their struggle and show that

we care about all veterans,” as she smiled while handing them a new pair of boots.

Stand Downs are just one part of the Department of Veterans Affairs’ efforts to provide services to homeless Veterans. It’s a collaborative event, partnering with local communities, government agencies servicing homeless and local VAs.

“Whether they choose to be homeless or not by choice, our veterans need to be taken care of,” said Archie Darr, a former 136AW member who now works for the Veterans Administration, Veteran Outreach Program. “We try to provide them with all the needs to get them off



HOMELESS continued on page 5



U.S. Air Force Major Lorelei Gomez along with 30 members from the 136th Airlift Wing, Texas Air National Guard, prepare toiletry bags and various items to give away to homeless veterans during the Cowtown Stand Down, Nov. 19, 2014 at the Fort Worth Resource Center. More than 200 homeless veterans participated in the event. (photos by Senior Master Sgt. Elizabeth Gilbert/released)

the street, into a home, in a job and even provide bus passes for transportation. Sadly enough, some of them turn it away.”

By the end of the day the stand down served more than 210 homeless veterans, a rise of 10 percent from last year. “This has been the largest amount of homeless veterans we have served,” said Saucedo. “It could be a good or bad thing. It’s good that the word is getting around or its bad because homeless amongst veterans have increased.”



## MWR HAPPENINGS AT NAS FORT WORTH JRB:

### Family story time

Twas the week before Christmas and all through the library, there were stories to tell, holiday crafts to make, and festive snacks to eat.

Thursday - Dec. 18 at 6 PM contact the base library for more information (817)782-7735

### Action Zone Winter Break Camp

Need care for your school age children during Winter break? Sign-up for Winter Camp at the Action Zone. Registration begins 11/24. For more information call (817) 782-7520

Dec. 22 - Jan. 2  
6:30 AM to 5:30 PM

### New Year’s Eve Masquerade Ball

Mark your calendar to ring in the new year with a Masquerade Ball at the Lone Star Center.

Live Band, dancing, food, and more....  
Dec. 31

### Survive the holiday weight gain

Final weigh-ins Monday Jan. 5 to Friday Jan. 9

### CDC gives parents a break

Every 1st Saturday from 6:30 am - 5:30 pm  
Every 3rd Wednesday from 6:00 pm - 10 pm  
For children ages 6 weeks to 13 yrs with valid sponsors.  
For more information call (817) 782-7520

# Around the **Wing**



Promotion  
**Chief Master Sgt.  
Anthony Jimenez**

When: Nov. 15, 2014  
136th Logistics Readiness Squadron  
LGRM



Retirement  
**Chief Master Sgt.  
Scot Hrbacek**

When: Nov. 16, 2014  
136th Airlift Wing/Staff  
Resource advisor



Retirement  
**Colonel  
John J. Conoley III**

When: Dec. 14, 2014  
136th Airlift Wing  
Commander

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

# Community Relations

## Connecting with our local communities

by Lt. Col. James Castleman  
136th Airlift Wing Community Relations Manager

As citizen soldiers, we are all too familiar with connecting with our local communities. These connections are considered Community Relations (COMREL). COMREL is a broad category that covers almost any situation that we could interact with the public in an official capacity. Examples include, but are not limited to, speaking at schools, attending major sporting events to unfurl the American flag, volunteering at a children's hospital, etc... Wing leadership is very supportive and encouraging of our members participating in COMREL activities. There are several considerations that must be thought of prior to volunteering.

First, does the event require approval? Many events do not. These are generally speaking engagements. They do not require approval, but more of an acknowledgment of participation. Also, the Public Affairs office maintains a library of speeches that can help with talking points.

They can also help coach speakers to "stay in their lane." Some events, such as participating in parades, performing at a professional sports venue (while in uniform), or setting up a static display, may require approval from the Adjutant General, or even the Air Force Chief of Staff. Ironically, the other branches of the military have different sequestration rules and lines of approval. What may be good for the Air Force Reserve may not be good for the Air National Guard, and vice versa.

Secondly, what is the nature of the event? Is it of a religious or political nature? Military members are prohibited from participating in political rallies in uniform. Some religious events are okay to participate in while in uniform. Speaking during a church service is acceptable. Any sort of public protest in uniform – either for or against something is prohibited.

Third, is there a fee for participation and is it open to the general

public? We are generally not allowed to participate in an official capacity for events that are not open to the public, charge a 'for profit fee' for entry or a perception of endorsing a commercial product or entity while in uniform.

With all of this being said, the final factor depends on what the public perception of a uniformed military member participating in the event. We should strive to leave a lasting, positive image to the public at large. We should keep our core values in mind and remember that AFI 1-1 applies and governs our general conduct. While participating in COMREL events, maintain a professional image, refrain from using foul language, or drinking alcohol.

If anyone has any question about an event or request from the public, please contact Lt. Col. Tom Castleman, 852-3203, Community Relations manager, or Senior Master Sgt. Elizabeth Gilbert, 852-3344, Public Affairs superintendent.



# Travelers check list

## What to look for

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

As the holidays approach this is the time of year, many of our wing members make trips overseas for vacations or to visit family members. An overseas trip requires careful planning and the goal is for you to arrive at your destination and return home safely. The United States Department of State website has important information you can use to prepare for a safe trip anywhere outside the United States. I have listed some of that information from the Department of State website in this article for you to review before you travel. In addition, you can search for your destination to view more specific information about the country or area you plan to visit.

- **Getting There**

Be aware of any travel alerts and warnings for your destination.

The State Department issues Travel Warnings to recommend postponing travel to a country because of widespread civil unrest, dangerous conditions, terrorist activity or, in some cases, because the U.S. has no diplomatic relations with the country and may have great difficulty in assisting U.S. citizens in distress. The Department of State urges U.S. citizens living overseas or planning to travel abroad to enroll in the Smart Traveler Enrollment Program (STEP). When you enroll in STEP, they can update you with important safety and security announcements. Enrolling will also make it easier for the embassy or consulate to contact you in the event of an emergency. You should remember to keep all of your information in STEP up to date; it is particularly important when you enroll or update your information to include a current phone number and e-mail address.

- **Do You Have All Required Travel Documents?**

Most U.S. citizens must use a U.S. passport to travel overseas and reenter the United States. A passport is an internationally recognized travel document that verifies your identity and citizenship. Only the U.S. Department of State has the authority to issue U.S. passports.

Most foreign countries require a valid passport to enter and leave. Some countries

may allow you to enter with only a birth certificate, or with a birth certificate and a driver's license, but all persons, including U.S. citizens, traveling by air, must present a valid passport to reenter the United States.

If you are traveling by land or sea, you must provide evidence of both your U.S. citizenship and your identity when you reenter the United States. For many land or sea trips this means you can travel using the new U.S. passport card instead of the normal passport book.

- **What about your children?**

Some countries have instituted requirements to help prevent child abductions and may require travelers to present proof of relationship to the children and evidence of consent from any non-accompanying parent(s). Visit the State Department's child abduction country information pages for information about your destination.

- **When does your passport expire?**

Some countries require that a traveler's passport be valid for at least six months beyond the dates of the trip. Contact the embassy of your foreign destination for more information. Foreign embassy and consulate contact information can also be found in our Country Specific Information pages.

- **Are You Prepared for an Emergency?**

Make sure you have the contact information for the nearest U.S. Embassy or Consulate where you are going. Consular duty personnel are available for emergency assistance 24 hours a day, 7 days a week, at U.S. embassies, consulates, and consular agencies overseas and in Washington, D.C. Contact information for U.S. embassies, consulates, and consular agencies overseas may be found in our Country Specific Information pages. If your family needs to reach you because of an emergency at home or if they are worried about your welfare, they should call the Office of Overseas Citizens Services in Washington, D.C. at 1-888-407-4747 (during business hours) or 202-647-5225 (after hours). The State Department will relay the message to the consular officers in the country where you are. The consular officers will then try to locate you, pass on any urgent messages,

and, if you wish, report back to your family on your welfare.

- **Do You Plan to Drive Overseas?**

If you plan to drive overseas, you may need to obtain an International Driving Permit (IDP). Many countries do not recognize U.S. driver's licenses without an accompanying IDP, and it is illegal to drive without a valid license and insurance in most places. You should check with the embassy of the country where you plan to travel to find out more about driver's license and car insurance requirements. If you will be residing overseas for an extended time, it is a good idea to obtain a local driver's license as soon as possible, since IDPs have a limited validity. Foreign countries may also require that persons considered resident obtain a local driver's license if they are going to drive.

- **Pack Smart!**

Pack light so you can move more quickly and have a free hand when you need it.

Carry a minimum number of valuables and plan places to conceal them.

Check your bags, clothing, and vehicle to make sure you are not carrying any banned items or substances, such as weapons or ammunition, into your destination country. Use covered luggage tags to avoid casual observation of your identity and nationality.

Avoid packing IDs, tickets and other vital documents in backpacks or other locations you won't be able to see at all times.

- **Do You Have Photocopies of Your Itinerary and Travel Documents?**

Make two photocopies of all your travel documents in case of emergency or if your documents are lost or stolen. Leave one copy with a friend or relative at home. It is always a great idea to let at least one person know exactly where you will be staying and how to contact you in an emergency. Carry the other copy with you stored separately from the originals.

If you would like more information visit the U.S. Department of State Website at

<http://travel.state.gov/content/passports/english/alertswarnings.html>

# THE HAPPENING

November-December closes out the year with holiday cheer throughout this holiday season. We had Chief Jimenez's promotion and Chief Hrbacek retirement ceremony this past November. The Holiday Celebration with Santa was a huge success thanks to our FRG. Wing members created a giant Christmas card display which won first place and LRS judged an art contest at a local school. And finally, congratulations to our flag football team for taking first place during the base tournament. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert, Master Sgt. Charles Hatton, Tech. Sgt. Vanessa Reed and Airman 1st Class Cody Witsaman)



# 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. (Air National Guard photos by Senior Master Sgt. Elizabeth Gilbert, Master Sgt. Charles Hatton, Tech. Sgt. Vanessa Reed and Airman Cody Witsaman)



# Coping with stress

## During, before and after the holidays

by Kathryn A. Lynn  
136th Airlift Wing Clinical Social Worker

Holidays can be a source of stress and frustration for some; have you ever felt like;

- I am not looking forward to spending time with my family, they will over drink and the drama starts; but if I don't attend these events, I feel so guilty, OR
- I am so lonely during the holiday season after my divorce, separation or the death of a significant other, OR
- My financial situation does not allow for any extra spending, trips home to visit nor feeding extra family members, OR
- My in-laws really don't like me so they treat my children differently than the other grandchildren and I really dread these visits, OR
- Our family thinks we are the local ATM, everyone is al-

ways asking for money without any consideration for our financial responsibilities and they never repay their loans; OR

- My family is abusive and it is unsafe to spend time with them but how do I explain that when my co-workers ask about my holiday plans.

Any and all of these scenarios can be defined as stressful. We often place too great of an emphasis on the thoughts of others and or Holiday events causing emotional, cognitive, behavioral and physical symptoms.

**Try these coping techniques to avoid and or minimize Stress during the Holiday season:**

- Spend time in religious activities/events
- Plan ahead , make a budget and stick with it
- Find time to have fun

- Encourage children to get involved in a project helping the less fortunate
- Surround yourself with positive friends and family
- Rent a movie
- Limit the use of alcohol
- Volunteer for a good cause
- Get plenty of exercise and sleep
- Watch your intake of sugar and other fatten foods
- Remember it is OK to say "NO"

And don't forget to seek professional help as needed. You do not have to endure this alone; reach out to the Wing Chaplain, the Wing Director of Psychological Health @817-852-3597 or 817-937-6324; Military One Source @1-800-342-9647; Suicide Prevention Lifeline @ 1-800-273-8255 and in case of Emergencies call 911 or proceed to the nearest medical facility.



# Wing Safety Snip-Its

## Holiday risk management

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

## Holiday Risk Management

Identify Hazards \* Assess Risks \* Make Risk  
Decisions\* Implement Controls\*  
Monitor/Supervise/Evaluate

This holiday season take a minute to plan ahead. Whether it's traveling to see family, hanging lights, or cooking, planning will help identify risks ahead of time. This allows you to make proactive rather than reactive decision.

### Safety Hazards

- Don't overload electrical circuits.
- If you have a fireplace, wood stove or use gas logs/furnace, make sure you have an operable UL approved carbon monoxide detector.
- Turn off electric candles and decorative lighting before going to sleep.
- Spread sand or salt on icy walkways.

### Fire Hazards

- Keep candles, Yule logs, Menorahs, and Kinaras away from drapes, trees or potentially flammable objects.
- Extinguish candles before leaving home or going to sleep.
- Use kindling and wooden matches to light fires – not flammable liquids.
- Always use a fire screen.

### Holiday Traveling

- Give yourself plenty of time to get where you are going.
- Make sure your vehicle is in good repair
- If you drink... don't drive.
- Always use safety belts and child safety seats
- Maintain a safe distance between vehicles.
- Get a good night's sleep before traveling.
- Avoid eating heavy meals, as this can lead to sleepiness.

Have a safe and happy  
Holiday Season!



# Tool to safeguard PII

## scheduled for December rollout AF wide

24th Air Force Public Affairs

**JOINT BASE SAN ANTONIO-LACKLAND, Texas**—The Digital Signature Enforcement Tool was implemented for Air Force-wide integration Dec. 5, providing Microsoft Outlook email users with an interactive, automated virtual assistant to help ensure the security of personally identifiable information

“I can’t overstate the operational importance of preventing PII breaches,” said Maj. Gen. B. Edwin Wilson, commander of 24th Air Force and Air Forces Cyber. “It’s not an IT problem, it’s a Total Force problem and DSET is an effective tool the Total Force can use, right now, to help reduce inadvertent PII breaches.”

Beyond potential identity theft, PII breaches can lead to significant compromises in operational security. For example, a well-meaning member working to meet an operational deadline sends an unencrypted email, containing PII on several unit members, to a “non .mil” email account. The sender could be attempting to get ahead on a project or be providing a status update to unit members on pending unit movements. Unknown to the sender, hackers have compromised email transport infrastructure between the sender’s desktop and one of the destination, “non .mil” desktops. Hackers intercepting this unencrypted email traffic can utilize the newly acquired personal information to form specifically targeted attacks, known as spear phishing, to acquire additional information such as account numbers or

passwords. Unfortunately the attack does not stop there. Once an attacker has acquired enough information, he can simulate user accounts or even pass off communications on behalf of the service member, who is likely still unaware that his information has been compromised. Those false communications could be leveraged to gain digital access to Air Force systems, or even physical access to installations and personnel. Obviously, the negative implications caused by PII breaches are severe, and equipping the

“First, the user should ask him or herself if the PII in the email is truly necessary,”

force with tools to mitigate the risk is paramount.

DSET version 1.6.1, an updated version of the DSET 1.6.0 software already in use by the Air National Guard, Air Force Reserve Command, and Air Force Space Command, contains fixes for some previously identified software bugs as well as enhancements to make the digital tool more effective.



“DSET 1.6.0 launched back in July to three major commands,” said Alonzo Pugh, cyber business system analyst for 24th AF. “Feedback has been overwhelmingly favorable for the use of the tool, and version 1.6.1 is definitely ready for Air Force-wide usage.”

DSET is regarded as a short-term fix to help all Air Force network users protect PII, specifically if that information is to be included in an email communication. DSET 1.6.1 still only scans for PII in the form of social security numbers, leaving overall responsibility on the user to safeguard the sensitive information in all of its forms.

“First, the user should ask him or herself if the PII in the email is truly necessary,” said Pugh. “DSET scans the email draft before transmission. If PII is identified, DSET will notify the user through a series of pop-up windows. This interactivity allows the user to make a conscious decision of how to proceed with the information in question.”

According to Pugh, if the informa-

PII continued on page 14

tion must be transmitted, encrypting the PII is all that is necessary to protect the data during transmission. DSET will trigger when it detects potential PII in an email, giving the user the opportunity to delete the information if not necessary to the communication, encrypt the information, or override and transmit the email as originally written.

If the file containing PII is already encrypted – through the Microsoft Office “protect” permission feature or some other software – DSET will not trigger and the email can be sent as usual to any recipient’s email address, whether “.mil,” “.com,” etc. However, if the email itself is encrypted through Microsoft Outlook, the communication is only safe to transmit to a recipi-

ent’s “.mil” email address. An email encrypted in this fashion cannot be sent to any “non-.mil” addresses. If the user attempts to do so, DSET and Microsoft Outlook will provide pop-up boxes explaining the user’s options.

“I can’t overstress the importance of reading the information in the pop-up box,” said Pugh. “Read the training materials on the use of DSET; read the training slides on how to use Microsoft Office features to encrypt various documents; understand how these tools can help you safeguard PII.”

In preparation for the Air Force-wide release of DSET, you can access training at:

DSET tutorials: <https://afpki.lackland.af.mil/tutorials/dset/>

DSET Quick Reference Guide:

[https://afpki.lackland.af.mil/assets/files/OE-15-40-064\\_QRG-DSET\\_v0001.pdf](https://afpki.lackland.af.mil/assets/files/OE-15-40-064_QRG-DSET_v0001.pdf)

Additional training on how to encrypt Microsoft Office documents can be accessed at: <http://www.24af.af.mil/shared/media/document/AFD-140701-064.pdf>

Users have multiple tools at their disposal to protect PII if encrypting e-mail is not feasible, but if electronic transmission of sensitive PII is operationally required, users can leverage approved Department of Defense file exchange services at: <https://safe.amrdec.army.mil/safe/>

More information regarding DSET implementation can be found at: <http://www.24af.af.mil/news/story.asp?id=123417788>

# Update\$ to travel entitlement\$

by Tech. Sgt. Nicholas Skinner  
136th Comptroller Flight

**Effective 1 Oct. there were several updates to travel entitlements. Below are some of the most important changes:**

## **Annual Training per Diem:**

- Previously, no per diem was authorized when on AT orders when lodging and meals were available.
- Now, the GMR (government meal rate) will apply when government lodging/meals are available and the member pays for both (if lodging and meals are provided at no cost, no entitlement exists) regardless of location.

## **Flat Rate per Diem: (Effective 01 Nov 2014)**

- Flat rate per diem will now apply for members who are TDY 31+ days based off of the per diem rate tables.

- This is to encourage members to seek more cost effective lodging.

## **ATM Fees**

- As of 1 Oct 2014 considered a part of the incidental rate. Member still can withdraw funds using the GTC, they just will not be reimbursed.

## **Laundry/Dry Cleaning**

- As of 1 Oct 2014 considered a part of the incidental rate (not reimbursable).

## **Official Phone Calls**

- As of 1 Oct 2014 considered a part of the incidental rate (not reimbursable).

## **Baggage Tips (Military only)**

- As of 1 Oct 2014 considered a part of the incidental rate (not reimbursable).

## **Postal/UPS/FED EX/Shipping Fees**

- Normally claimed when a member ships items from the

AOR. Not reimbursable after 1 Aug 2014. Members must hand carry items home

## **Expenses for Another Member**

- Members should pay for their own expense. You may not reimburse a member for an expense that another member is entitled to

## **Official Phone Call/Cell Phone**

- Expense not payable on the travel voucher. Member must claim in SF1164 and base uses O&M to pay

## **Expenses Incurred Outside Order Dates**

- Members are responsible for any expense they incur when not on in an official travel status

Note – Please visit the CPTF SharePoint page for tutorials, links, forms, and more.

# Be flexible **during** holidays

## Find **time** to exercise

136th Force Support Squadron  
Sustainment Flight

**M**any of us fall victim to the temptations of delicious Holiday food and sweets. Guests come over with fresh baked cookies, special fudge and we wash it all down with drinks like hot cocoa, apple cider and the dreaded, but tasty, eggnog. All these treats are amazing but go against anything we could ever call a normal, healthy diet. We tell ourselves we are allowed to “cheat” just a little during the holidays but we usually cheat more than a little, we usually cheat a lot... now we



have to deal with the consequences of our actions.

Having an extra cookie or two is okay if you know you're going to make it to the gym later that day, maybe even the next. However the Holidays are usually jam packed with to-do lists and very little



time for trips to the gym. The key to Holiday fitness is finding time whenever you can to get in a workout to make up for all the extra calories you are going to intake in the weeks between Thanksgiving and the New Year. You can wake up an hour earlier every day for a trip to the gym. If you don't want to venture far from home you can go for a quick run and if you really don't feel like going outside at all, you can pop in a workout DVD or look up Yoga videos online. Playing with your kids can be a workout too and you get the added bonus of bonding time. The type of workout you do doesn't matter as long as you are working out.

Yes, you can eat whatever you want, just make sure you don't let the Holiday season get in the way of your fitness routine. The extra five pounds you gain by not working out are going to mean a lot more work when you hit the gym in January. Be mindful of your schedule and flexible with your workout routine so that you can truly enjoy the season.



# Change of Command 136th Airlift Wing

A change of command ceremony is scheduled for Dec. 13, 2014 at the 136th Airlift Wing fuel cell hangar starting at 1500.

Col. George W. Holt, Jr. will assume command of the 136th Airlift Wing from Col. John J. Conoley III, who has served as the commander since 2012.

The ceremony will be hosted by Major Gen. Kenneth Wisian, commander of the Texas Air National Guard. The Hon. Matt Krause, Texas State Representative and the Hon. Glen Whitley, Tarrant County Judge will also attend the ceremony.



Are you fit to fight? Stay fit over the holidays...



# Disciplinary actions

**MSG:**

3 -discharge

3 -LORs

**MXG:**

None to report

**AW/Staff:**

None to report

**OG:**

None to report

**MDG:**

2-LOR

1-LOC

**254 CCG:**

None to report

## 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>

- 3D1X3 - (4) RF TRANSMISSION SYSTEMS (B)**
- J1WOX2 - (1 0) COMBAT WEATHER (males only) (B)**
- 1A1X1 - (2) FLIGHT ENGINEER**
- 1A2X1 - (1 1) LOADMASTER (B)**
- 2A6X1 - (3) AEROSPACE PROPULSION (B)**
- 3POX1 - (1 1) SECURITY FORCES (B)**
- 3EOX2 - (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**

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



# The final frame

Farewell to one of Santa's elves, Col. John J. Conoley III