

ENGARDE



PHYSICAL FITNESS



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About The Cover

Physical fitness is the theme for the July UTA. Sit ups, pushups, waist measurement, as well as aerobic fitness outline the days events.

Cover by SRA Michael Dickson

Vision Statement

Our Vision is a world class fighter wing comprised of diverse individuals powered to meet all challenges, and win. We accept nothing less.

Mission Statement

Provide combat ready personnel, aircraft, and equipment prepared for world wide deployment. To deter or attack and destroy enemy surface and airborne forces in support of joint operations; and to support civil authorities at the direction of the governor.

COMMANDER'S COMMENTS

Let's talk about fitness. It's the July UTA, and we're all going to be putting down the donuts for 30 minutes to accomplish the new fitness test. Not nearly as simple as putting on the Air Jordans once each year to run the mile and a half or three-mile walk-and-gossip. This new test checks us in a number of areas to get a better picture of our overall health. I look forward to sweating right along side you (yeah, I know, more detail than needed).

There's another fitness I'd like to talk to you about.... unit fitness. We've recently successfully completed major contingency deployments to CENTCOM and SOUTHCOM, as well as other significant trips around the country, and the world, to train, build things, and help people. Each time we leave the installation to perform our mission, we increase the fitness level of the Hancock Field community. Much like athletics, you need to train for your event to compete, but it is actually the competitions that hone your skills and make you better. Every time we leave this base, especially for real-world events, it's game day.

In the macro world, how about the fitness of the Air National Guard? This is obviously a time of concern for all of us in uniform, with current world events and Base Realignment and Closure (BRAC) looming. I spent three days Offutt AFB in Omaha last month at the Air Combat Command Commanders' Conference, where all the Wing Commanders in the Command listened to General Hal Hornburg, our boss, and the issues he considers important, including his vision of the future. In his opening remarks to this gather-

ing of a hundred of his colonels and generals (1 - 4 star variety), he welcomed the Guard and Reserve forces commanders, and mentioned Syracuse and South Carolina by name. He said that as the Expeditionary Wing Commander during Desert Storm, he could not tell the active duty from the guardsmen. I've also heard him say that his two guard units



Col. Anthony Basile
174 FW Wing Commander

were the best squadrons he had on the base. Throughout the conference, he reiterated that he cannot accomplish the Air Expeditionary Force (AEF) without us. This wasn't lip service..... he knows it, and we know it. Even though there will probably be change down the road, the Air National Guard is

a Ready, Relevant, Reliable and Indispensable force. Our performance in all previous "competition" has proven this.

So as you lace 'em up this UTA to evaluate your personal fitness, remember that our corporate fitness is continually being evaluated also. Our next competition will be an Operational Readiness Phase I Inspection in January. I look forward for the opportunity to prove ourselves once again. And I know that I speak for all of us when I say that I look forward to the rewards of that competition; an Outstanding evaluation, and not having to write the July '05 Commander's Comments article, as there won't be a July drill!



INTEGRITY

By Chief Master Sgt. Mark Atkinson, 174th FW, Command Chief



These simple words are the core values that guide us through our military career.

Integrity is first. This is the foundation of what makes up our ability to affect our duties as military leaders. Integrity can be defined as a firm adherence to a moral code and the quality or state of being complete and undivided. Simply put, we must maintain good morals and stay focused. The military leads the way when we think of integrity and the 174th is a proven leader in the Air Force.

Military service is next. Our duties are of an uncommon requirement, a profession that calls for people with a commitment and dedication to always accomplish the mission. It requires us to put service before self. Each member must realize that although important, his or her needs are secondary to the needs of our mission. Personal goals are important and sometimes conflict with Air Force

goals. However, there is no room for personal agendas that interfere with the needs of completing the mission.

The third core value is excellence. We have been entrusted with our nation's security. This encompasses many things to include protecting the lives of our fellow Americans. This makes competence and excellence in all things we do paramount. Doing the very best you can is not just a professional obligation, it's a moral one as well.

Integrity first, service before self, and excellence in all things we do. These core values serve as our road map and set the standard for our behavior. They serve to remind us of the importance of the profession we have chosen, the oath we took, and the demands placed upon us as members of the profession at arms.





Chaplain's Corner

By Chaplain (Maj) Douglas A Decker, 174FW, Chaplain



With the coming of the summer season new life is all around us. Doesn't it amaze you how nature can come to life with such vibrancy and color and fragrance after a cold dark winter. With the summer warmth

new life and a new spirit come forth.

The same is true for our spiritual lives. What helps with our spiritual renewal is a good and healthy relationship with the Lord however we know Him in whatever faith tradition we know. The door to a good relationship with the Lord involves daily surrender. If a person is able to give their life over to the Lord and invite Him to take over every aspect of our life spiritual rebirth is available to us. A divine response will most likely follow. The

Lord wants to renew and revive us spiritually. It can be called a spiritual awakening. To those who give their lives to the Lord they will receive a powerful grace. They will receive Amazing Grace. God will be near and they will feel his concern. This power can turn lives around and bring a new direction.

The reawakening produces an encounter with the Lord unlike any other. This is the starting point. We need to make progress each day from here. Progress is made with an active prayer life and the support of a believing community of faith. Step by step we can grow and change, as does nature with the coming of the summer season.

For spiritual guidance or renewal give the chapel office a call anytime @ 642.



Possible Security Incidents

By 2Lt Tracy L. Schroeder, 174FW, Security Forces Operations Officer

I'm sure there are many of us, who travel to and from the base in uniform, maybe stopping quickly at the store or the gas station on the way home, who have had curious people approach us with questions about what we do, where we work, etc. Although we don't want to discourage those who have an interest, especially for recruiting purposes, we do need to have an increased awareness of what questions we are answering. In addition, we also need to be aware that while such questions may seem innocent, there is always the possibility that someone out there is probing us for information for less than honorable purposes.

Remembering your OPSEC is important but it is also important to know that OSI tracks seemingly benign inci-



dents and if they see a pattern it could mean it is not so benign after all. For example, it may seem innocent enough to be asked where your base is by two individuals but if OSI gets reports from several people that say they were asked questions by two individuals meeting the same description, it could mean more.

You don't have to report to SFS every time you have a conversation with someone about your work, but if anything at all makes you think that maybe you should... then you probably should. All you have to do is call MSgt. McAfee or myself at ext. 652, 639 or Central Security Control at ext. 199 or send one of us an email. It may seem silly but just remember that it's better to report something that turned out to be nothing than to report nothing that turns out to be something.



174th Members Receive Public Service Recognition

By MSgt Paul Whelan, 174FW, Logistics Readiness Squadron First Sergeant

The Public Service Recognition Week, celebrated nationally since 1985, is a time set aside each year to honor the men and women who serve America as federal, state, county and local government employees. The Federal Executive Association (FEA) of central NY is an organization comprised of all federal agencies in the central NY area. For the last two years the FEA has established an awards program to recognize the contributions made by federal employees who have made life better for all of us by important contributions to our community, work place and country.

MSgt Casey Spencer of 174FW/LRS was the overall award winner in the Valor category. MSgt Spencer displayed exceptional courage and commitment to our country by volunteering to serve at Baghdad International Airport in Iraq in support of the ongoing military operations in the Middle East. Without hesitation he put himself in an area of great danger to ensure that operations continued without interruption. He epitomizes the spirit of a true American and a great Government servant. MSgt Spencer was unable to

attend the program due to school attendance. MSgt Spencer's wife, Patti, and his Mother-in-law, Georginia Burgmeier, attended and accepted his award for him.

MSgt Robert Martin of the 174FW/LRS was nominated for the Community Service category. MSgt Martin's extreme dedication and commitment to the spirit and mission of the McGraw Cub Scouts and the 174 FW Honor Guard Team exemplifies his continued excellence in the performance of his duties and volunteerism to the community.

MSgt James Delprato of Civil Engineering was nominated for the distinguished Government Service Award. MSgt Delprato serves as the 174 FW Facility Manager. In addition to his primary duties, he performs jet fuel maintenance, cargo deployment assistance, military orders clerk, supply and contract acquisitions. MSgt. Delprato developed the installation's recycling program, a benchmark for the Air National Guard, which has resulted in a 50% reduction in the Wing's waste productions.

The History of the Dining Out

By 2Lt Anthony L. Bucci, 174FW, Public Affairs Officer



The purpose of the dining-out is to bring together a unit in an atmosphere of camaraderie, good fellowship, and social rapport. These formal military dinners have become a tradition throughout the various service branches, evolving from a dining-in, which is open to only the unit members. The dining-out is a formal dinner for the members of a wing, which includes spouses and guests, to gather and build positive relationships that foster a more effective work environment. The most important aspect in having a successful dining-out is that members enjoy the evening, while the ceremonies are conducted in an elegant and distinguished manner. Most of the time a dining-out will have a theme with the decorations and ceremony built around it, however a theme is not always necessary.

As with many of these ancient traditions that are still celebrated today, the origin of the dining-out is not clear. Formal dinners are rooted in antiquity. From pre-Christian Roman legions, to second century Vikings warlords, to King Arthur's knights in the sixth century, feasts to honor military victories and individual and unit achievements have been a custom. Some trace the origins of the dining-out to the old English monasteries. The custom was then taken up by the early universities and eventually adopted by the military with the advent of the officers' mess. With the adoption of the dining-out by the military, these dinners became more formalized. British soldiers brought the custom to colonial America, where George Washington's continental army borrowed it.

George Washington's Continentals borrowed the United States dining-in tradition from the English. Despite the colonists' aversion to anything suggesting the Redcoat, Continental naval

and army officers must have fully realized the value of these occasions in the promotion of pride of service, high morale, and loyalty. The long association of U.S. Army Air Corps officers with the British during World War II surely stimulated increased American interest in the dining-in custom. At Royal Air Force stations throughout Great Britain during World War II, the officers' mess was as popular with Army Air Corps officers as it had been with the British for nearly a century and a half. As a place to seek leisure in off-duty hours, the officers' mess allowed high spirits and practical joking to be unleashed without restraint. Through close association with British officers, the dining-in increased in popularity among Army Air Corps officers. The late General H. "Hap" Arnold's "wing-dings" are often credited with the Air Force dining-out custom, however the close bonds enjoyed by Army Air Corps officers and their British colleagues of the Royal Air Force during World War II surely added to the American involvement in the dining-out custom.

The dining-out has served the Air Force well as an occasion for officers and enlisted to meet socially at a formal military function. It enhances the esprit of units, lightens the load of demanding day-to-day work, gives the commander an opportunity to meet socially with his or her subordinates and enables military members of all ranks to create bonds of friendship and better working relations through an atmosphere of good fellowship. Our dining-out will be on the 11th of September at the Genesee Inn, in Syracuse, come on out and enjoy this Air Force tradition!



Section Spotlights



SUPPORT GROUP SPOTLIGHT

Name: Heather J. Merritt
Rank: A1C
AFSC & Title: 1C331/ Command Post
Hometown: Pulaski, NY

A1C Heather Merritt is a Command Post Controller who recently returned from technical school in early April. She was named Distinguished Graduate of her class as well as Drill Master and an Airman Leader. She has goals such as becoming an officer like her father, LTC Carey Merritt, and participating in Honor Guard. Amn Merritt is also a college student at SUNY Oswego, majoring in English Secondary Education and minoring in Dance/ Athletic coaching. She is the co-director of the Mexico High School Winterguard team and is currently fifth in the state for the Pinto/Paint breed horse shows. She enjoys horseback riding/ training, college dancing/gymnastics, fishing, and various other sports. Amn Merritt hopes her upbeat attitude will be an asset to the 174 FW.

MAINTAINER SPOTLIGHT

Name: William Verity
Rank: Senior Master Sgt.
AFSC & Title: 2A390/F-16 Aircraft
Crew Chief
Hometown: Port Byron, NY



SMSgt William Verity is an F-16 Aircraft Crew Chief and has been a member of the 174 FW for 25 years. SMSgt Verity was active duty for 2 years before transferring here in 1979. SMSgt Verity has been a crew chief on the A-37B Dragonfly, A-10A Thunderbolt and finally the F-16 Fighting Falcon. He has led a very distinguished career here at Hancock Field. SMSgt Verity is married to Marlene and they have two beautiful children.



ANG Fitness Assessment Preparation Guide

By Master Sgt. Greg Giamas, 174th FW, MPF

Discover what Fitness can do for you - You would be surprised what impact fitness has on your life. Being fit makes you more alert, think better, sleep better and perform better.

Discover a better life through better fitness.

ANG Fitness Program Goals - The goal of the ANGFP is to motivate all members to participate in a year round physical conditioning program emphasizing total fitness to meet military and civilian requirements. The new fitness assessment will calculate your Fitness Score (the same as the active duty), and your FitnessAge which makes understanding your fitness level easy

ANGfitness.com - ANGfitness.com is the new fitness destination for all ANG members and fitness program managers. All ANG members should have a login account after their 2003 assessment. If not, you will receive instructions by email after completing your 2004 assessment. At ANGfitness.com, you can see your fitness assessment results, find out about your next fitness assessment, get advice on improving your fitness and read ANG Fitness Program news.

Frequency of Fitness Assessments - The ANG will continue to assess all ANG members' fitness once per year. In the event that you don't meet the minimum fitness standard, you will need to undertake repeat fitness assessments in a specified time.

There are five Fitness Assessment Components



body

1. Abdominal Circumference, Weight & Height and Body Fat %

Abdominal Circumference

Your abdominal circumference is measured as a quick and easy way to determine your disease risk relating to excess body fat. Studies have shown that those with high abdominal circumference (near waist) have significantly greater risk of hypertension, diabetes and high cholesterol. The abdominal circumference is now used as the primary measure of body fitness with points awarded based on your measurement.

Weight & Height

The Weight & Body Fat Management Program has been rolled into the Fitness Program so there is now just one program instead of two. Your weight and height will be measured in conjunction with your abdominal circumference and may (at the discretion of your UFPM) be measured up to 1 UTA before your fitness assessment.

Body Fat %

Excess body fat is associated with a number of health risks, including heart disease, hypertension, diabetes, gall bladder disease and sleep disorders. This is especially important because more and more people have unhealthy excess fat in addition to being overweight. The body fat assessment is non-invasive and is based on your age, gender, weight and waist. The average range of body fat for men is 17-21% and the average range for women is 19-28%. Your body fat % is used to determine your BodyAge (and therefore FitnessAge) only. Your body fat is not factored into your ANG Fitness Score.



cardio

2. Resting Pulse, Recovery Pulse (3 min step test) or Run Time (1.5 mile run)

Resting Pulse

Cardio respiratory or aerobic fitness is all about the fitness of your heart and circulatory system, or more specifically, the heart's ability to pump oxygen-rich blood to the muscles. Cardio respiratory fitness is a good indicator of your risk for heart disease, hypertension and a host of other diseases. The resting pulse test is a basic measure of your pulse at rest. This is a 15 second count only and does not affect your results in any way. The pulse is measured by your buddy as a practice test in preparation for the 3 minute step test.

Recovery Pulse (3 minute step test)

The step test requires you to step up and down on an exercise step (in time with a cadence provided on CD), for 3 minutes. After 3 minutes of stepping, your pulse will be immediately measured by your buddy for 1 complete minute. The number of beats counted in that minute is known as your recovery pulse. The faster your heart recovers (eg. the lower the number), the more likely your heart is able to handle physical, as well as other stresses.

1.5 Mile Run (if qualified)

The 1.5 mile run, as the name implies, requires you to run for 1.5 miles in the shortest time possible. You may only participate in the 1.5 mile if you qualify. See if you qualify by looking at ANGfitness.com in the Assessment Preparation Guide channel.



flex

3. Flexibility (sit & reach)

The Flexibility test (also known as the sit & reach test), tests your mid section (including hips, hamstrings, lower back and groin) for extended motion. It is essentially a "touch your toes" test while sitting on an exercise mat with your legs extended in front of you. The further you reach, the better your flexibility. Your shoes will be off and you will be seated on an exercise mat with your legs fully extended. Your toes should point straight up and not be pulled back or pointing forward. Sitting fully upright and extending your arms forward with one hand placed over the other, you will then reach forward toward your toes. You should exhale as you lean forward from the waist with your chin on your chest. You will have several slow and controlled warm up stretches and then the distance reached will be measured by tape measure (by your buddy).



strength

4. 1 Minute Push Up Test

The push-ups and sit-ups test your muscular strength and endurance. Muscular strength is a measurement of the



greatest amount of force you can produce in a single maximal effort. Muscular endurance measures your ability to exert a sub-maximal force over a period of time. Adequate muscular endurance and strength are essential ingredients to optimal health, facilitating participation in everyday activities. The 1 minute push-up test requires you to complete as many push ups as you can in 1 minute. Your form must be correct for each pushup or it won't be counted. Men and women are both required to perform the standard military push up. The correct starting position for a



strength
push-ups

push up is facing down with your hands placed on the floor, slightly wider than shoulder width apart and your fingers pointing forward. Your head, neck and spine should all be in alignment (ie. straight) and your feet spaced no more than 12 inches apart. The motion of a push up requires you to lower your upper body until your upper arm is at least parallel to the floor (elbows bent at right angles) and then return to the starting position. You should use controlled motion and breathe normally throughout this test.

5. 1 Minute Crunch Test

The correct method of a full crunch starts with you lying on your back with legs bent at right angles and your feet being held down by your buddy. Your arms are crossed over your chest. You then curl up and forward until your elbows touch any part of your thigh or knees. You then return back to the start position with your back and shoulders on the mat. This is one repetition. As the name implies, you will be asked to complete as many crunches as you can do within 1 minute.

Fitness Assessment Results - Each score obtained for each test is written on the Fitness Assessment Questionnaire which you will be given at the assessment location. At the completion of the assessment, your questionnaire will be collected and the data will be entered into the online fitness assessment software program. Once entered, you will receive an email with a link to your results.

Your Fitness Score

Your Fitness Score is a tally of the points achieved from all the completed fitness assessments. This score is rated out of 100 and is the same scoring system used by the active duty.

Your Fitness Level

Based on your Fitness Score, you are rated as Excellent, Good, Marginal or Poor.

Minimum Standard

Met To meet the minimum fitness standard, you need a Fitness Score > 70.

Your FitnessAge

Your Fitness Age tells you that you have the fitness level of an average person that age.



174th Fighter Wing

Fitness Category Info

- Each fitness category includes the following:
- points awarded for that category and the total points possible for that category
 - the result upon which the fitness score and Fitness Age is determined for that category
 - the age assigned for that category (eg. Body Age, Cardio Age etc).

Bring Water

Please bring your own water to the assessment and keep fully hydrated during the assessment.

IMPORTANT!

For at least 2 hours before the fitness assessment, it is very important that you:

- Do not smoke or use any tobacco
- Do not consume any caffeine like coffee or soda
- Do not perform any type of exercise

Also, if you are taking any non-prescription medications that elevate your heart rate, please do not take any the day of your assessment until after it is completed.

CAUTION!

Before embarking on any new diet or exercise program, you are highly encouraged to consult your physician.

The annual Fitness Test will be on the JULY UTA!

Check with your First Sergeant or Unit Fitness Monitor for schedule times

Do you qualify for the 1.5 mile run?

If you answer "Yes," to any of these statements, you will perform the step test to measure your cardio fitness and NOT perform the 1.5 mile run.

- I have a family history of heart disease.
- I have high blood pressure.
- I have cholesterol over 200 (documented within the last 12 months) or I don't know my cholesterol.
- I am a male with a waist measurement over 40".
- I am a female with a waist measurement over 35".
- I have smoked cigarettes in the 30 days.
- I have been inactive during the last 3 months (not run vigorously for 30 minutes, at least 3 times per week.

Do you need a medical clearance or waiver?

If you answer "Yes," to any of the questions below, please notify your health care provider or MLO to receive confirmation of potential preclusion from certain elements (or all) of the ANG Fitness Assessment.

- Have you ever been diagnosed with a heart condition?
- Do you have chest pain brought on by physical activity?
- Do you feel light-headed or dizzy when exercising?
- Do you have any bone or joint problem or /injuries?
- Are you taking any prescribed medications that could affect you during exercise (women: excludes birth control)?
- Are you pregnant or nursing (women only)?
- Are you aware of any reason against exercising without medical supervision?



A Summer Guide to Personal Risk Management

By Master Sgt. Al Nall, 174FW Safety Office

Have you ever heard the saying that two uncommon human traits are common knowledge and common sense? Well this summer Air Force officials want you to distance yourself from that saying, by not falling victim to accidents during the “101 Critical Days of Summer.” Unfortunately, this is the time of year when normally intelligent people succumb to seasonal stupidity. The 101 days between Memorial Day and Labor Day are typically the most hazardous of the year for off-duty Air Force personnel.

According to the Air Force Safety Center, an average of 25 Airmen have died during the summer months over the past five years, 36 Airmen died last year alone! Most of those losses occurred in personal vehicle accidents, including motorcycles and off-road recreational vehicles. Many of those accidents, if not all, were preventable. Take special care if you are planning on boating, riding a motorcycle or operating an ATV. Often times, the contributing factors to fatal mishaps are far too common—alcohol use, excessive speed, darkness, and lack of proficiency. The goal of the annual Air Force safety campaign is to draw attention to safety awareness and encourage Personal Risk Management (PRM). Utilizing the following PRM process will help ensure you have a more enjoyable summer.

ACT 3-Step Process:

Assess the situation: Take a long look at your surroundings. Determine what could go wrong, and have a plan in case it does.

Know your limitations and familiarize yourself with the equipment and/or vehicle you are using. Is it in good working order? Be sure to allow for adequate time to accomplish your activity or task. Don’t race against darkness or inclement weather.

Consider options to limit risk: While plenty of activities harbor inherent risks, they can be controlled. Actively seek ways to limit, or even eliminate risk. Think about how you can lessen the likelihood of something going wrong. Have you taken an approved safety course? Are you utilizing seatbelts or personal protective equipment? Does the activity have to happen now, or can it be postponed to await more favorable conditions? Always make an informed decision and consider how your decisions affect others.

Take proper action: Implement the best options to mitigate risk. If other people are involved ensure they understand the potential risk and the proper actions they must take to protect themselves. When you are finished with your activity, review your decisions. If it went well, be sure to use a similar process the next time. If all did not go as planned, think of ways you can improve the situation in the future.

Using the above Personal Risk Management process will allow you to enjoy seasonal activities without taking unnecessary chances. As well-trained professionals we adhere to a strict safety regimen while on the job. It only makes sense to allow our embedded safety culture to continue to serve us beyond the gates of this installation.



152nd AOG Participates in Austere Challenge ‘04

By 1st Lt Liz Rizzo, 152nd Chief of Intelligence Systems & Readiness

In late March, the 152nd AOG deployed 81 members to Ramstein AB, Germany, for the third, and final, phase of exercise Austere Challenge 04 (AC-04). This three-phase exercise was designed and

conducted to test and certify Air Forces Europe (AFEUR) as a war-fighting headquarters. Gen Robert Foglesong, COMUSAFE, directed that USAFE be the first MAJCOM to implement the new war-fighting headquarters concept. Phase I of AC-04 was conducted in January, and consisted of Crisis Action Planning and the writing of a Joint Air Operations Plan (JAOP). February saw the execution of Phase II, and involved a deployment exercise and the planning for flow of forces in support of a combat operation.

While several members of the 152nd participated in Phases I and II, it was Phase III of AC-04 where we made our mark and earned our money. Phase III was the execution of a combat operation, and culminated in the final testing and certification of AFEUR as a war-fighting headquarters. This phase engaged more than 1700 personnel from USAFE, 16th AF, the 152nd, and sister services.

For Phase III, the 152nd and the 32nd AOG (our Active Duty counter-parts at Ramstein) stood up the Air Operations Center (AOC). As the nerve center, the AOC provides Command and Control (C2) of air combat operations. 152nd AOG personnel pro-

vided expertise in the areas of communications, operations, and Intelligence, Surveillance and Reconnaissance (ISR) to successfully execute an air campaign. While C2 is nothing new to the Air Force, the war-fighting headquarters concept is. As Lt Col Rob Evans, 32 AOS/CC, said, “It’s about being able to transition quickly and responsively from steady-state operations to combat operations.”

Lt Gen Glen Moorhead III, 16th AF Commander, was dual-hatted as both the Joint Forces Air Component Commander (JFACC) and as the Commander of Air Force Forces (COMAFFOR) for AC-04. The role of the JFACC is to conduct combat operations through the AOC, while the AFFOR’s role is to support and sustain the forces. Lt Gen Moorhead summed up his thoughts on the AOC by saying, “A JFACC can deal with a bad wing or squadron, but can never have a bad AOC running his air war. The AOC is the nerve center, and needs to function at its peak in order for the air war to be successful.”

The result of this certification as a war-fighting headquarters is that AFEUR is now ready 24/7 to transition immediately to combat operations should the need arise.

At the conclusion of AC-04, Gen Foglesong stated, “USAFE and AFEUR cannot go to war without the 152nd Air Operations Group.”



What OPSEC Means to You

Interagency OPSEC Support Staff

Operations Security (OPSEC) is an analytic process used to deny an adversary information - generally unclassified - concerning our intentions and capabilities by identifying, controlling, and protecting indicators associated with our planning processes or operations. OPSEC does not replace other security disciplines - it supplements them.

Our attention to security must change now. The events of September 11th, 2001 proved there is a demonstrated and known threat. How many times have we heard that terrorism is a threat? But, most of us thought it could only happen elsewhere - not in America.

Unfortunately, we have suffered several terrorist attacks in recent years - the Oklahoma City and U.S.S. Cole attacks, and the tragic events that unfolded on September 11, 2001. In these cases, the adversary was successful because they knew our vulnerabilities. Americans at large provided much of what was used against us. The only thing our enemies brought to the table was their personal agenda and their resolve.

As Federal employees, we are the representatives of the people. We develop, we plan, we execute - the American people trust us to do our jobs and keep them safe. The mishandling of information can put everything at risk and cost the lives of many Americans.

The information that is often used against us is not classified information; it is information that is openly available to anyone who knows where to look and what to ask. Operations Security is a tool that our adversaries believe in ... and one that we in the United States Government need to understand and integrate into our daily routine. Our work is information, and not all of it is classified. What we don't always realize is how much we are giving away by our predictable behavior, casual conversations, routine acquisitions and other Internet information. We must be careful of what we are revealing - failure to do so could provide our adversaries with the information they need to execute additional terrorist acts.

We can all incorporate OPSEC into our everyday work routine. Practicing operations security will help you accomplish your goals. When you do something, ask yourself, "What could an adversary glean from the knowledge of this activity? Is it revealing

information about what we do and how we do it?" It is helpful to view yourself and what you're doing as an adversary would. For example, what can be gained by observing your actions or reading what you place on a website?

What do people observe about your schedule? What do you do when you go to work? What are you revealing by your predictable routines and the way you do business - these are indicators. OPSEC helps people identify the indicators that are giving away information about missions, activities, and operations.

Let's not focus strictly on terrorists right now. Remember that there are other adversaries - for example, foreign intelligence services that continue to collect information on us that could be used to hurt us in the future. We sometimes only focus on what just happened - but it is a certainty that our adversaries will continually look for and find any weak links.

We can **never** underestimate the capabilities or strength of conviction of terrorists or any other adversary. Nothing is more dangerous than people who are willing to die for a cause. The terrorist threat existed prior to September 11th, 2001. We just **did not believe** that such a horrific thing could ever happen. Everything we do involves risk - the application of the OPSEC process develops effective countermeasures to help us accomplish our future missions - by analyzing and minimizing the risk that we may inadvertently reveal critical information to our adversaries.

Our enemy took **us** by surprise and we will never be the same country again. In order to effectively bring the enemy to justice, **we** need to maintain the element of surprise. Every element of our operation is more sensitive than ever before. We must re-dedicate ourselves to our mission and our country to help ensure that what transpired on September 11th will not be repeated. Security must be incorporated into every aspect of our jobs. If we are not vigilant in protecting critical information, it **will** happen again. The future of America depends on changing the way we look at security. OPSEC can make the difference. It is absolutely essential that it be understood and incorporated into everything we do. If you have any questions or comments concerning OPSEC then contact the 174th Fighter Wing OPSEC Officer; Maj. Chris McDonald at X231.

Suspicious Phone Calls

Charles T Steele, SGM, NYARNG, State Family Program Coordinator

It has been confirmed that unknown individuals have contacted family members of deployed soldiers claiming to be special agents of the US Army's Criminal Investigation Command (CID).

They claim to be calling from Baghdad and ask for information on the deployed soldier. (location in Iraq, start of deployment, troop movements, length of tour, etc). The Army or Air Force will never call a family member asking for this type of information. They know this information better than we do. Calls of this nature should be treated with the utmost suspicion. Family members should not give out any information about their servicemember or his/her



unit. This the type of information should always be safeguarded, the safety of our soldiers and airmen may depend on it. If family members receive a phone call of this nature, they should notify

the Joint Operations Center (JOC) at the Joint Force Headquarters, New York (JFHQ-NY) in Latham immediately. The JOC can be reached at 518-786-6104, 24 hours a day, 365 days a year.

Additionally, report all suspicious activity and individuals to the Toll-Free Terrorism Tip Lines: New York State: 1-888-SAFE-NYS, New York City: 1-888-NYC-SAFE or dial 911."

Base Announcements

FY 05-06 Schedule

The new FY 05-06 Hancock Field Schedule has been finalized and is available to all unit members. Please pick up a copy from your supervisor, orderly room, or First Sergeant.

All Services Club Event for July 10th

Our own version of the Blues, Brews and Bar-B-Ques! Saturday, July 10th at 1630 hours. \$9 per person.

2004 New York State Fair Military Exhibit

It is that time of year again to begin preparing for the 2004 N. Y. State Fair. The 174th has always had an impressive display at the Fair and we are working on a better one for this year's fair. We are always soliciting volunteers to work the N. Y. State Fair and will begin accepting names on the July UTA. If you would like to work at the fair contact SMSgt. Fox. For a sign up form, take that form to your supervisor for their approval and return the approved form to SMSgt. Fox. We will operate two shifts as we have done in past years, and we will need personnel to help with set-up and tear down of the exhibit. If you have any questions, please contact SMSgt. Fox or CMSgt. Heckman.

Link to benefit information

A very useful link with many links to benefits and information for mobilized and deployed members and their families. http://www.vba.va.gov/EFIF/res_guard.htm

American Idols Live!

Fantasia Barrino, Diana DeGarmo, Jasmine Trias, Jennifer Hudson, Jon Peter Lewis, Camile Velasco, George Huff, John Stevens, Amy Adams and La Toya London.

September 2, 7:00pm

On Sale Saturday, May 22 at 10am!

Internet Presale: Friday, May 21 from 9AM to 10PM. Click on the link below or copy and past the link into your web browser to order your tickets: www.ticketmaster.com/venue/55/

PASSWORD: IDOLS (ALL CAPS)

Ticket prices: \$46 & \$36. Tickets available at Pepsi Arena Box Office, all Ticketmaster outlets, charge by phone at 518-476-1000 or online at www.pepsiarena.com.



Bake Sale

The Cultural Awareness Team will be having a bake sale on Saturday, July 10th at the Dining Hall during lunch hours. If you would like to donate baked goods, please bring them to the Social Actions Office.

Star Lake Camp Opportunity

The Greater New York - Statue of Liberty Chapter of the Association of the United States Army, through the Salvation Army, has been afforded the opportunity to send twelve (12) children of deployed Soldiers to Star Lake Camp for a free 7-day summer camp experience. The camp dates and focus of the 7 days is varied. The camp dates and focus are:

Community Camp #2 (Arts)
Friday, July 9 - Thursday, July 15 2004
Boys and Girls Ages 7-11

Community Camp #3 (Sports)
Wednesday, July 28 - Tuesday, August 3 2004
Boys and Girls Ages 7-11

Community Camp #4 (Nature)
Thursday, August 5 - Wednesday, August 11 2004
Boys and Girls Ages 7-11

Community Camp #5 (Wilderness)
Wednesday, August 25 - Monday, August 30 2004
Boys and Girls Ages 11-15

If your deployed Soldiers have dependant children and they are interested, please have someone contact me at (518) 786-4511 or by email. The 12 opportunities are free and will be on a first come first served basis.

Please get the word out and continue to take care of Soldiers and their families. CSM Bob Van Pelt, State Command Sergeant Major, New York Army National Guard

CMSgt. Smolen's Retirement Party

The Men and Women of the New York Air National Guard and the 174th Fighter Wing request the pleasure of your company at a Retirement Reception honoring Chief Master Sergeant Robert Smolen on Friday, the 16th of July 2004 at the Holiday Inn, Carrier Circle, East Syracuse, NY. Please RSVP with payment NLT 7 July 04 to:

174FW/SCB, 6001 E. Molloy Rd., Syracuse, NY 13211-7099, or in person to CMSgt. Ted Mosley, or CMSgt. Mark Atkinson For information, please call DSN 489-9459 or 489-9823 Comm 315-454-6459,6823

SPECIAL MILITARY DISCOUNTS:

ANHEUSER-BUSCH ADVENTURE PARKS Extend free admission program for military personnel: "Operation Homecoming" Honors Soldiers, Sailors, Airmen, Marines and Coast Guardsmen Serving Overseas During Last Summer's "Operation Salute". Qualified military personnel can register on-line, print the form and bring it on the date of their visit to expedite the admission process. Registration forms can be found at www.seaworld.com, www.sesameplace.com and www.buschgardens.com.

UNITED STATES ARMED FORCES: In Appreciation of What You Do For Our Great Country The Clarion Hotel Anaheim Resort Offers you and your family A special discounted rate of \$59.00 Plus tax per room per night. For more information please call Karen Egan at (800) 231-6215 Ext. 3024

The 28th annual Sterling Renaissance Festival is offering discount tickets for July 17th & 18th. The price for adults is \$16.00 and \$6.99 for children between 6 and 12 yrs. old. If anyone is interested please contact Lt. Bucci at X651, Thanks!

MWR has Great Escape Day tickets in stock We still advise checking Price Chopper or the Great Escape direct for season passes, which are approximately \$62. Ticket vouchers can be printed online at <http://www.sixflags.com/index.asp>

So Long Ole Friends.....

It was with sadness and yet pleasure that we said goodbye to some old friends on Thursday, May 20th at the All Services Club. For many years we have enjoyed, kibbutz about and shown off to our visitors the wonderful aeronautical pictures that hung from the rafters at our club. Mr. Warren Nerz donated them to the club, in honor of his father Clements A. Nerz. With the new club sharing quarters with other facilities, we weren't able to re-hang them there. Vice President, Jim Shanahan contacted Warren and the process was put in place to have them taken care of. Mr. Nerz honored the Alumni Assn by attending our meeting Thursday, and unfolded the story behind them. His father Clements had to leave school at the age of twelve (12), his own father had just died and he needed to help support his mother and siblings. He left school before completing the 5th grade. With little education and working experience, he did odd jobs. When WWI broke out, he tried to enlist three times, being rejected three times. He then sold coal on the street corner in Newburg, NY. The story doesn't stop there by all means.....his father went on to be one of the largest coal distributors in the Northeast. He had one of the first golf courses constructed in this area that was open up to all races, something that was unheard of in 1920's. It opened in 1933 just before the next war. His home was "home" for anyone, especially the military that were stationed at Ft Stewart, NY. It was at that time that Clements had a soldier paint the painting we now see in the All Services Club. After some hardships the family lost everything they had, but their home always remained opened for those who needed it. Many a meal was scraped together from nothing. Warren stated that his father was a very patriotic man, the most patriotic person he has ever met. To this day a US Flag moves in the breeze on both his front and back porch. When they moved to Syracuse, they brought the paintings with them. Warren's wife just loves "The Boys From Syracuse" and she suggested that they donate them to the 174TFW and they did. This is where they have been taken care of for many years. The paintings are now removed and have been taken to the Conroy Auction House in Baldwinsville. There they will be put into a military memorabilia auction and sold. We wish Mr.Nerz the best in this endeavor and I'm

sure we haven't heard the last from him. Although he said he wasn't a speaker – he was wonderful to listen to! He said he has been thinking of putting together a memoir of his father's life for his grandchildren, and that preparing for this meeting had rekindled that flame. He will entitle these memoirs "Courage" in memory of his mother and father's unwavering support of the military family. Our most sincere THANKS to the Nerz Family.

TRICARE PLANS: Our speaker was Mr. Paul A. Davis, Medical Rep for the VA Medical Center. He is a retired Medical Corpsman with 20 years, 11 years with the Marine Corps. Mr. Denis presented some very interesting facts with important questions being asked. Paul handed out a very sought after booklet, "TRICARE Handbook". These are hard to come by and there was enough for everyone. I for one was very interested and learned who can and cannot enroll. For instance: if you are between the ages of 60-65, not on Medicare, and have drawn your first pension check, you are eligible by virtue of the ID card you hold. There are many other aspects that come into play so if you are interested, please give him a call at (315) 425-4400 or Tri-Care1-888-999-5195, or email him at Paul.Denis@va.med.gov. It's much easier than you can imagine. There are a number of plans, Tri-Care Standard, Tri-Care Extra, and Tri-Care Prime. He also told us that the VA's Emergency Room is state-of-the-art that matches Upstate Medical Center, they are opening an MRI unit by the end of the year, they now have a C-spine care clinic and much more. The Syracuse VA Hospital was nominated for and won, for two consecutive times the "best" VA hospital award.

On May 29th, 2004 on the Discovery channel there was a salute to the military for Memorial Day. Chester (Chet) Sikora gave us a great piece of history. He and his two brothers were notified that they were officially placed on the record rolls for having served in WWII – all at the same time but in different services. Something to be very proud of and again CONGRATULATIONS on this honor.

Sick Call: Bob Laird has recuperated from chemo and says he graduated to radiation therapy. Cards may be sent to 104 Lakeview Dr, Whispering Pines, NC 28327.

Taps: It is with great sympathy that we have lost two more Alumni in the last two months.

Maj.(Ret) Erik P. Dressler age 61, passed away on May 21, 2004. Major Dressler was predeceased by his wife Arlene who died in April 2004. Major Dressler was affiliated with the Air Force as the Titan II, ICBM Missile Launch Crew Commander at Davis-Monthan AFB prior to coming to the 174th. He was also a Munitions Officer with the 174th and retired as the Public Affairs Officer. He is survived by his brother Franklin Dressler of Ludlow, VT. Cards may be sent to 812 Fairway Circle, Baldwinsville, NY 13027.

Our second loss, and one that is hard to put into words, **SMS(Ret) Thurlow Diller** age 93, passed away on 3 Jun 2004. He was predeceased by his wife Beverly. SMS Diller was an original member of the Alumni Assn and was 1st Sgt of the 138th in the early days. He was also a POW in WWII at Stroudsborg, France, which was in close proximity to the Phalsbourg AFB that many of you were stationed at in 1961-1962 unit call up. Thurlow was also the **First President of the 174th Alumni Association** and many enjoyed his writings for the base newspaper. Cards of sympathy may be sent to 7164 E. Genesee St, Fayetteville, NY 13066.

News: Alumni Assn Picnic – Saturday, August 14th at All Services Club. Cost of tickets \$6.00 per person; chicken, hot dogs, hamburgers, salads, condiments, beer, soda, watermelon; 50/50 Raffle and door prizes. Picnic committee: Don Whiting, Dick Brady, Pat Normanly, Sylvia King, Frank Duester, Jim Shanahan, Maureen McNamara, Mel Denny, and Floyd Dufore. Time frame. 12:00 noon serving time.

New Members:

A hearty welcome and a thank you to our newest Alumni Assn members:

Harold Pierce
Laurie Radtke

Next Meeting:

Will be Thursday, July 15th. There will be a Board of Directors meeting to follow the June meeting.

We're growing and seeing many new faces at our meetings. We'd love to see some more.....c'mon on down!

HANCOCK FIELD ANNUAL TUG-O-WAR COMPETITION

Its time again to plan for the
Hancock Field Family Day!

Start getting your tug-o-war teams together to participate in the
Family Day Squadron Challenge 2004.



The 174th Security Forces are the reigning champions!
Who has what it takes to defeat them?

Sunday, September 12
Details TBA

ENGARDE

174th Fighter Wing
New York Air National Guard
Headquarters
6001 East Molloy Road
Hancock Field
Syracuse, New York, 13211-7099

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