

official newsletter of the 124th Fighter Wing

THE BEACON



May 2013 • Idaho Air Guard • Gowen Field, Boise, Idaho • "First Class or Not at All" • www.idaho.ang.af.mil

National Guard Bureau supplies Wing with \$1.5 million in new radios

By Tech. Sgt. Becky Vanshur
124th Fighter Wing Public Affairs

GOWEN FIELD, Idaho - Idaho's 124th Communications Flight (CF) realized they quickly needed radio replacement assets totaling \$1.5 million in July 2012, when the antiquated radios used in the field were no longer supported by Motorola.

That is when the National Guard Bureau responded to a highly detailed radio replacement plan from 124th CF. The Guard Bureau praised the 124th CF plan for its accuracy and paid the full cost of the new mission-capable radios. The 124th CF received the radio replacement kits from the National Guard Bureau and started the process of replacing 80% of Air Guard radio system equipment on April 25. They discovered that some of the field radios were over 10 years old.

The Idaho Air National Guard received 300 single-band handheld radios, 30 single-band mobile radios, 15 single band base stations, 40 dual-band handheld radios, 7 dual-band mobile radios, 5 dual-band base stations and 3 repeaters.

The National Guard Bureau sent an additional 120 single band UHF handheld radios and 8 VHF single band handheld radios to cover additional mission necessity discovered by Communication flight.

124th CF will program and distribute radios to their appropriate owners in the next two weeks.

The new radios have an enhanced programming and encryption feature called Over the Air Rekeying (OTAR). OTAR transmits the key over the air without needing to be

physically connected. Previously, the older radios required a time-consuming system and a physical connection in order to encrypt the radios. Gowen Field is one of the leading guard bases to start using this tactical OTAR option thanks in large part to the 124th CF radio group members who taught themselves and implemented the technical requirements.

Gowen Field (124th CF) has two base Personal Wireless Communication Systems (PWCS) monitors; the primary is Staff Sgt. Sean Bryson and the secondary is Tech. Sgt. Robert Kolenic.

Bryson and Kolenic will train and assist the unit PWCS managers on base. Each unit PWCS manager is in charge of doing a 100% hands on inspection of every radio asset, yearly. They are also in charge of training

the radio operators in the field on radio use and knowledge.

"Unit PWCS accounts will be inspected during the Idaho Air National Guard's upcoming Consolidated Unit Inspection in August," said Bryson.

"This is a huge target area for the 124th CF radio shop. We could not receive and distribute these new radio assets until the inventory for 2013 was completed. The dead line for the inventory was the first week of April and, thankfully, all of the unit PWCS account managers met it, allowing us to start the process of encrypting and distributing of the radios right away."

"Our goal is to maintain a premier radio system that ensures the Idaho Air Guard remains at the tip of the spear with cutting edge technology," he said.



As more than 400 new radios arrived from National Guard Bureau on April. 24, Staff Sgt. Sean Bryson, from the 124th Communications Flight, finishes the final preparation on the encrypted radios by inspecting and testing every radio before issuing and distributing the radios to units on Gowen Field. Bryson tests power, frequency error, receive sensitivity, modulation and threshold squelch. (U.S. Air Force photo by Tech. Sgt. Becky Vanshur)

THE BEACON is the official newsletter of the 124th Fighter Wing, Idaho Air National Guard. It is published monthly by the wing public affairs office. Views expressed may not be those of the U.S. Air Force, Air National Guard, Department of Defense or U.S. government.

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COMMANDER'S



CALL



Seek out mentors to help you achieve your goals

Colonel Mike Nolan, 124th Fighter Wing Commander

I had a good conversation with Senior Master Sgt. Becky Hawk a few weeks ago about mentoring. We both agreed it would be a great topic to explore in a Beacon article. I have occasionally received feedback over the years about the absence of mentoring in our organization. I believe there is more mentoring taking place than most of us realize. However, the feedback really identifies a lack of formal mentors, where a senior member establishes a relationship with a junior Airman and provides recurring career counseling and advice. I would suggest a better approach is for Airmen to proactively seek out mentors in the areas they would like to improve in or that are important to them. This approach puts you in the driver's seat.

Start by identifying your personal or professional goals. What is it that you wish to learn? Where do you want to be in 1, 5, 10 or 20 years from now? It is critical to tie your goals to a timeline. That way you have a way of measuring your progress. Now figure out who is in a position to help you achieve your goals and ask for the help you deserve.

An ideal mentor has strong people and communications skills, an aptitude for teaching and has current, in depth knowledge in the area of concern. If you have multiple goals you may need to seek out multiple mentors. Look for someone with broad experience in your area(s) of interest. We often look to those who are senior to us for help, but the help you need may well come from someone junior. The strength of the guard is our diversity. There is limitless talent at all levels of our wing. We should all be willing to help, so if asked, please graciously volunteer your time. Finally, don't overlook outside sources. For example, our parents, retirees, and community leaders have all figured out how to succeed. Don't hesitate to tap into that talent pool. Take the initiative to seek out mentors that will help you achieve your goals. You'll be glad you did!

Wingman Cup Standings	Overall	Group Scoring Areas:
Operations Group	84.8125	1. Average of each unit member's fitness test score
Mission Support Group	81.79166	2. Group relay race results (held annually on family day)
Maintenance Group	79.8625	3. OPR/EPR (percent current)
Wing Staff	78.175	4. Total Force Awareness Training (TFAT) which includes Tier 2A Training (usually accomplished on ADLS)
Medical Group	70.575	5. Individual Medical Readiness (percentage complete)
		6. Unit self assessment (validated by Consolidated Unit Inspection results)

SAFETY 101 CRITICAL DAYS OF SUMMER

MAY 25 - SEPT. 4, 2013



TIPS FOR STAYING COOL THIS SUMMER

- Be aware of the heat. Pay attention to it and modify your activities appropriately.
- Pay attention to your hydration status, and be sure to drink plenty of fluids.
- Try to stay in relatively cool areas, even when outside. Many public places such as libraries, shopping malls and movie theaters are air conditioned.
- Avoid hot enclosed places, such as cars. Never leave children unattended in a car parked in the sun.
- Use a fan, if available.
- Stay on the lowest floor of your building.
- Eat well-balanced, light and regular meals.
- Wear loose-fitting, lightweight and light-colored clothing.
- Cover windows that receive a significant amount of sun with drapes or shades to help keep your house cool.
- Weather stripping and proper insulation will keep cool air inside your home.
- Cool beverages are good for cooling down the body, while alcoholic drinks can impair the body's ability to regulate its temperature.

from <http://abcnews.go.com/US/safety-tips-staying-cool-preventing-heat-illness-aid/story?id=13725498#.UWCNir9wWkA>

8 SIGNS OF HEAT OVEREXPOSURE

- Heavy sweating. But if heat stroke sets in, the body can no longer compensate and stops sweating.
- Pale skin
- Muscle cramps
- Feeling tired and weak.
- Altered mental status (confusion or disorientation)
- Headache
- Becoming semi-conscious, or passing out.
- Nausea or vomiting

6 FIRST STEPS TO TAKE AFTER RECOGNIZING HEAT-INDUCED ILLNESS

- Call 911.
- Get the person out of the sun and into a cool area. An air-conditioned area is ideal, but moving someone into the shade will also help.
- Apply water to help the person cool off.
- Apply ice to the neck or armpits, where large blood vessels are close to the surface.
- Remove any heavy clothing.
- Immerse the body in cool water, either at a swimming pool or in a bathtub.

Motorcycle Safety Tips

5 Eyes Up – keep looking all around you and 20 seconds ahead to identify potential hazards.

4 Maximum Braking – Practice quick stops regularly and get very comfortable using the front brake. (use both brakes every time you stop to build good habits)

3 Cornering – Most single vehicle motorcycle crashes involve running wide in turns. Practice the four cornering steps:
a. SLOW – slow before the turn.
b. LOOK – look as far as you can to the exit of the turn (keeping your eyes level with the horizon) and keep looking to the exit all the way through the turn.
c. ROLL – begin to roll on the throttle BEFORE you enter the turn. This stabilizes the bikes suspension and makes for a smoother turn.
d. PRESS – press forward (not down) on the handgrip to initiate the lean. To turn left, press forward on the left handgrip.

2 Swerving – to cause the bike to swerve, you have to move the handlebar forward. Press forward firmly and smoothly to cause the lean, then once you have cleared the obstacle, press forward on the other handgrip to straighten the bike.

1 Ride Unimpaired – alcohol, fatigue, cell phones, GPS, heat, cold, etc. These all impair your ability to ride safely.

SOURCE: Idahostar.org



Sharing the road responsibly and safely should be the top priority for all drivers and motorcycle riders, and crash data suggests there's much room for improvement. According to AutoInsurance.com, three motorcyclists are killed every day at intersections in the United States, but if motorists and motorcyclists utilize some of the tips below, unfortunate statistics like that could improve.

FOR THE MOTORIST

10 QUICK TIPS

FOR INTERACTING WITH MOTORCYCLES

1. Look left, right - and left again - for motorcyclists.
2. Assume a motorcycle is closer than it looks.
3. Take an extra moment to check your blind spot.
4. Be cautious when going through intersections.
5. Assume a motorcyclist may slow down without visual warning.
6. Make sure rider's turn signal has not been turned on accidentally.
7. Don't assume motorcyclists are speeding.
8. Don't expect a motorcyclist to always be able to dodge out of the way.
9. Allow more following distance behind a motorcycle because it can't always stop "on a dime."
10. When a motorcycle is in motion, don't think of it as a motorcycle; think of it as a person.



SIMPLY FOCUS ON DRIVING

Avoid all forms of distracted or careless driving.



WATCH FOR MOTORCYCLES

Motorcyclists are harder to see. Be cautious.



USE YOUR TURN SIGNALS

Always signal your intentions. It's also the law.



GIVE MOTORCYCLES ENOUGH ROOM

Motorcyclists often slow without using their brakes.



KEEP IT IN THE CAR

Tossed trash can hit and harm motorcycle riders.

SOURCES

allstatenewsroom.com | msf-usa.org | allstate.com | lihs.org
autoinsurancequotes.com

BROUGHT TO YOU BY

FOR THE MOTORCYCLIST

WHEN YOU'RE OUT ON THE ROAD



1. Use your signals and flash your brake lights when slowing down.
2. Know your bike's limits. If you're a new rider, consider taking a training course.
3. While it is tempting to speed, stick to the posted speed limits.
4. Don't tailgate other vehicles.
5. When buying a helmet, pick one that has the Department of Transportation (DOT) label, which shows that it meets federal safety standards.
6. Be respectful of other drivers. Don't weave through traffic or drive on the shoulder of the road.
7. Be visible when you ride. Avoid blind spots, wear bright colors, protective clothing and always use your headlights.
8. Brake smart. Use both brakes at the same time, slow and steady.



LINKS

Idaho STAR
Motorcycle
Course

1-888-280-
STAR (7827)

www.idahostar.org

STAR Rider
Resources

[http://
idahostar.org
/resources](http://idahostar.org/resources)

SOURCES

allstatenewsroom.com | msf-usa.org | allstate.com | iihs.org
autoinsurancequotes.com

BROUGHT TO YOU BY

Spring Tune Up

Your bike is ready for another season on the road. Are you?

The sun is out, the days are longer, there are plenty of daylight hours after work to go and ride. Oil and filter change – check; tires properly inflated – check; battery charged – check. The bike is ready for another season on the road. Are you?

Pilots have to keep current on their flying skills; doctors, lawyers, accountants, mechanics all participate in continuing education to stay sharp in their fields. What do you do to develop and maintain your mental and physical riding skills? We all know that riding a motorcycle requires special skills beyond those needed to drive a car. We also know that the consequences for making a mistake on a motorcycle can be much more severe. What many of us do not realize is that our skills in the most critical maneuvers (keeping our eyes up and well ahead, cornering, braking, and swerving) are not improved simply by putting in the miles. The only way to develop and maintain those specific skills is to practice those specific skills.

Research indicates that most accidents are the result of rider error (and not a result of car drivers). That's right folks – we have met the enemy and he is US! So, just as we take the time and energy to prepare our bikes – we need to take some time and spend some energy preparing ourselves.

Find an off street location where you can practice maximum braking and obstacle avoidance (swerving); practice your mental skills while you are driving or riding with the “what would I do if...” exercise; discipline yourself to look well ahead and especially to look as far as possible through turns when cornering. Or come out and take a rider training class (Idaho STAR offers classes at the basic and experienced rider level). None of us want to find ourselves saying to ourselves after an ‘unfortunate incident,’ “Yeah, I knew I should have worked on my skills some before that big bike trip (or even that short bike trip!).”

Hindsight is 20/20, but it can be a tough way to learn a lesson. Let's make preventing those ‘unfortunate incidents’ our goal. Enjoy the riding season (and keep the rubber side down)!

AND CARS

MOTORCYCLIST

Danger

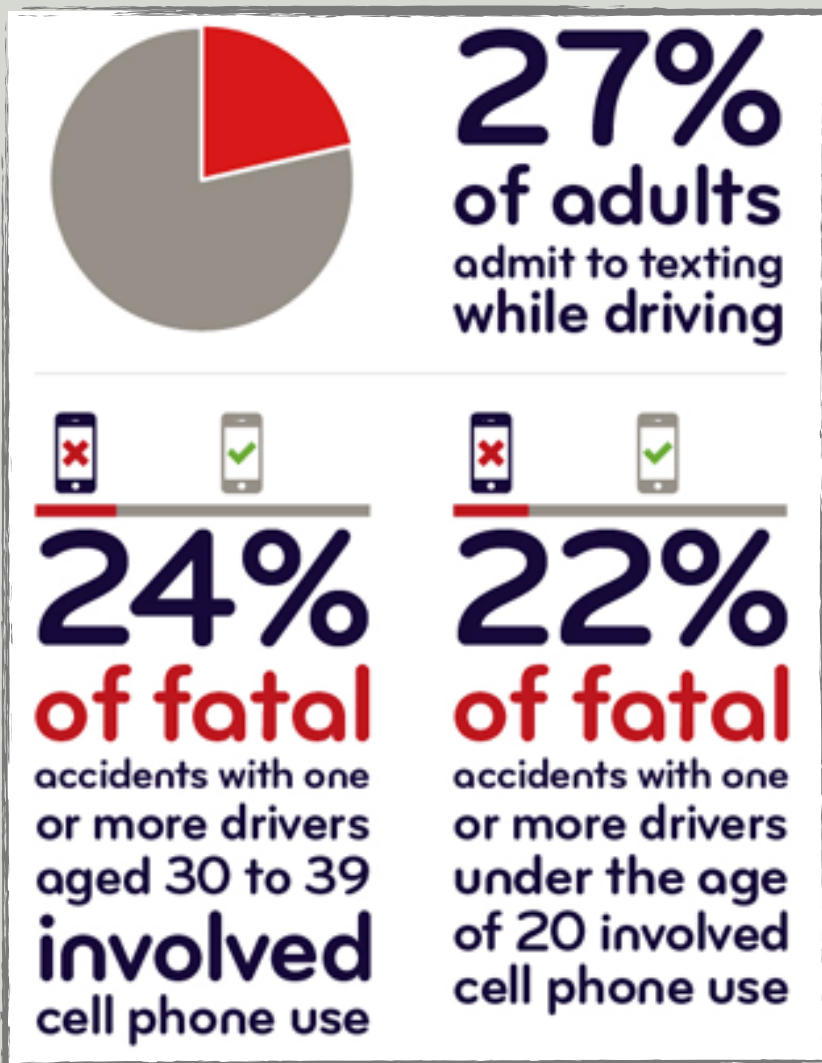
"Courtesy of The Mobility Forum"

By MSgt Humberto Marchese, HQ AMC/SEO

Danger is inherent in what we do. If you stop and think about it, there are many moving parts involved in USAF operations and supervisors really have their work cut out for themselves to achieve "safety." A basic understanding of the safety program goes a long way toward this endeavor. As a safety professional, I'd like to share a few helpful lessons I've learned along the way.

Years back, I remember my co-workers and I dropping our tools and scattering like roaches when someone shouted, "Safety is coming!" I did not know why. Now I am Safety, so here's the scoop. We (in Safety) ask a lot of questions because we likely came from a different career field background than yours. We are also provided with this awesome opportunity to help others and it starts with understanding the hazards of your job and the challenges you face in maintaining a safe workplace. We are not the boogiemanager, so please don't hide and create alibis for issues. Safety issues are best resolved before they materialize into something worse. Ask us how we can help!

Education matters. How can we eliminate hazards in the work place? Is our safety training program adequately preparing employees to work safely? How do I prevent Airmen from incurring sports-related injuries? These topics and more are covered in AFIs 91-202 and 91-203. Additionally, there are 14 safety courses that address these topics and are available FREE via the Air Force Portal's ADLS web page. They are self-paced, anyone with access to ADLS can take them, and they will inevitably boost your street cred and arsenal of capabilities. Can you think of anyone who would benefit from sharpening their safety skills?



Accidents happen, but they don't have to. The truth is that most mishaps are preventable. People typically do not show up to work hoping to break something or to leave in a casket. Unfortunately, it does occur.. Every level of an organization has a stake in safety, so it's important to become familiar with your role and responsibilities to create a safe work environment. The aforementioned AFIs contain an abundance of helpful information. Take a look at these and find out how you can prevent the next mishap. Be safety-smart or become a statistic, it's your choice.



First Class or not all:

Sister ANG A-10 unit passes recent C.U.I.

By Col. Chris Rood, Vice Commander, 124th Fighter Wing, Lt. Col. Odneal, Maj. Teeter and myself witnessed the mid-April Consolidated Unit Inspection of the 122nd Fighter Wing in Ft Wayne, Indiana.

The Apr 11-16 C.U.I. closely resembles how our own A-10 Air National Guard unit inspection will transpire.

The LCAP team (comprised of Air National Guard members) arrived on Thursday, April 11, briefed the wing leadership, and began their inspection on Friday, April 12. The ACC Inspector General team from Langley AFB arrived Friday, briefed, and began their inspection on Saturday April 13. During his short introductory briefing message to approxi-

mately 250 Ft Wayne members, team chief Col David Lujan said, "It's hard to grade your own homework and that's why we're here, to give you an objective view of your organization."

The IG awarded the 122nd an overall grade of Satisfactory.

The IG team will take our Wing's self-inspection program (MiCT), analyze it, and then make their own assessment of our unit's effectiveness. If we have a competent self-assessment of our unit, it will reflect positively on our final grade and hopefully future inspections.

The Ft Wayne IG team consisted of around 33 ACC IG team inspectors, 33 LCAP team members, and a host of remote inspectors. These "virtu-

al" inspectors remained at Langley and performed their inspection via video teleconference and other electronic media. Ft Wayne is one of the first units to get this partially long-distance inspection. I encourage you to review the 122nd Fighter Wing's results on the IG website or other sources and contact your functional experts at Ft Wayne to glean information from them. We have only two drills left (May and June) before we send our deliverable MiCT information to the IG, so get to it, prepare good comments to questions, and let's pass this open book test before the team arrives!

Col. Rood is Chief of the Wing Inspections Program

Management Internal Control Toolset, (MICT) deadlines:

- **15 Jan: Questions reviewed by all functions (complete)**
- ***15 Feb: WG/CC progress check (complete)**
- ***15 Mar: All questions answered (complete)**
- ***15 Apr: Progress check by WG/CC (compliance/discrepancy issues identified) (confirm with your unit's program mgr)**
- ***15 May: Discrepancies addressed**
- ***15 Jun: Final – Ready to send to IG**
- ***30 Jun: 30 Days out – Final answers – deliver to IG!**
- ***31 July – 7 Aug: CUI/LCAP/HSI/AFVA/Article 6/ASEV**

Wing MICT Program Administrator: Lt Scott Walker

-MXG: Senior Master Sgt. Robbie Nieskens

-MSG: Master Sgt. James Webb

-OG: Lt. Col. Ryan "Oatmeal" Odneal

-FW: Maj. Ralph Teeter

Wing Self Inspection Program Manager:

Lt. Col. Mike "Grassy" Knowles

-MXG Self Inspection Program Manager:

Senior Master Sgt. Robbie Nieskens

-MSG Self Inspection Program Manager:

Tech Sgt. Aaron Hassemer

-OG Self Inspection Program Manager:

Lt. Col. Ryan Odneal

-MDG Self inspection Program Manager:

Maj. Eric St Michell

Our Benchmarks:

Safety First

No repeat write-ups from 2009 UCI

Overall Grade: Outstanding

The Consolidated Unit Inspection (CUI) from 31 July- 7 Aug '13 will cover the following areas: 1) Logistics Compliance Assessment Program (LCAP). 2) Air Force Vulnerability Assessment (AFVA). 3) Article 6 Uniform Code of Military Justice Inspection (Article 6). 4) Aircrew Standardization Evaluation Visit (ASEV). 5) Airfield Operations Certification Inspection (AOCI). 6) Health Services Inspection (HSI).

May "Strong Bonds" openings:

124FW Chapel offers a "Strong Bonds" marriage enrichment seminar in McCall, May 17-19. To join or seek additional information, contact Chaplain Assistant SSgt Southwick scott.southwick@ang.af.mil or Chaplain Lt. Col. Phillips james.phillips.2@ang.af.mil, 208-841-9720.



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As more than 400 new radios arrived from National Guard Bureau in April, Tech. Sgt. Robert Kolenic, foreground, from the 124th Communications Flight (CF), prepares the final encrypting process by loading the encryption keys, adding each radio to the Over the Air Rekeying and placing Communication Security Stickers. Next to Kolenic, Staff Sgt. Mark Holladay, from the 124th CF, attaches clips, antennas and serial numbers to the encrypted radios. (U.S. Air Force photo by Tech. Sgt. Becky Vanshur) See Story Page 1

Wing Environmental Update:

Do you ever think twice when putting a plastic bottle in the garbage can? If not, you should...especially at Gowen Field.

Money from recycling benefits the environment, the military, and YOU. Have you taken advantage of the new base gym, or attended an Idaho Star motorcycle class at no cost? Maybe your shop got a new storage unit, or replaced broken equipment? Recycling funds have made these things possible.

The Gowen Field Recycle Center recently changed their program procedures. Building Managers now play a critical role in the success of the program – calling for waste removal pickup, requesting new bins – along with ALL employees generating the valuable resources for recycling.

Don't let recycling – a money-saving and money-making opportunity – go to “waste”. If you see a chance to participate, choose the blue bin; if you see an opportunity to increase recycling, speak to your Building Manager or the IDANG Environmental Office (422-5327/-5849).

Wondering what can/can't be recycled? Check bit.ly/124Beacon, or at
P:\General Information\Environmental\Recycling

**OPERATING ROOM NURSE
OFFICER DSG ANNOUNCEMENT**
closes: **Tuesday, 4 June 2013**
Provides professional nursing care within scope of practice, established standards of care and federal and state laws. Assesses, plans, implements, and evaluates perioperative nursing care. Plans, directs, and coordinates activities of the Operating Room Department. Meet requirements for professional licensure as defined in AFI 44-119, Medical Quality Operations, para 4.1.1. Currently working as an OR nurse.
Point of Contact:
Lt Col Shelva Gaudette at 422-5905 or shelva.gaudette@ang.af.mil if you have any questions.
See the full ad at bit.ly/124Beacon

IDANG Retiree Appreciation Day

Save the date September 8; in conjunction with Family Day.

Idaho Air National Guard retirees, spouses, surviving spouses, and current members within six months of retiring are invited to our Retiree Appreciation Day on September 8. It will be a half-day event in the Gowen Field Activity Center (Building 710), leading into annual Family Day activities.

If you know a retiree or surviving spouse, please help spread the word. Register for the RAD or add yourself to our retiree mailing list at www.nationalguard.idaho.gov/retirees. Registration deadline is August 23.

More details, including the agenda, will be emailed and announced to retirees as the date draws closer. Questions may be sent to Maj Candis Olmstead at c.olmstead.mil@gmail.com.