


# ON GUARD

est. February 1980

A MAGAZINE BY THE 163d ATTACK WING

January 2019



 /163ATKW

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[www.163ATKW.ang.af.mil](http://www.163ATKW.ang.af.mil)



# COMMANDER'S PRIORITIES

GLOBAL MISSION READINESS

FLAWLESSLY PERFORM OUR STATE MISSION

RECRUIT, DEVELOP, AND RETAIN OUR AIRMEN

VISION

EXPERTLY TRAINED AIR NATIONAL GUARD PROFESSIONALS  
PROVIDING GLOBAL MISSION CAPABILITIES AND  
READINESS TO LOCAL, STATE AND NATIONAL LEADERS,  
NOW AND INTO THE FUTURE

MISSION

ONE TEAM PROVIDING DEDICATED, DISCIPLINED AND  
DIVERSE GUARDSMEN READY TO DEFEND OUR STATE,  
NATION AND LOCAL COMMUNITIES FROM ANY THREATS  
THAT COMPROMISE THE SAFETY, SECURITY AND  
WELL-BEING OF OUR CITIZENS AND ALLIES

**On Guard is proudly published for the members of the 163d Attack Wing and their families.**

## Public Affairs Office

2nd Lt. Jessica Huerta

Senior Master Sgt.

Stanley Thompson

Master Sgt. Neil Ballecer

Tech. Sgt. Joseph McKee

Tech Sgt. (CA) Greg Solman

Staff Sgt. Patrice Skyner

Staff Sgt. Cynthia Vega

Senior Airman Crystal Housman

Airman 1st Class Michelle Ulber

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The On GUARD is the official magazine of the 163d Attack Wing, March Air Reserve Base, California.

The contents of On GUARD are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Air Force or the 163d Attack Wing.

## OUR MISSION

To be one team providing dedicated, disciplined and diverse Guardsmen ready to defend our state, nation and local communities from any threats that compromise the safety, security and well-being of our citizens and allies.



**Wing Commander**  
Col. Sean Navin



**Vice Wing Commander**  
Col. Carrie Colas



**Command Chief**  
Chief Master Sgt.  
Gilbert Sanchez

## 163throwback



The 163d Attack Wing's MQ-1 Predator is flown out of Southern California Logistics Airport January 7, 2010 Victorville, California. The aircraft is used for training sorties, run by the Flying Training Unit at March Air Reserve Base.



# Vegan veteran; finding needed community within the Air Force



By Staff Sgt. Cynthia Vega

163d Attack Wing Public Affairs

That time of year has come once again for resolutions about fitness, finances, and so much more. An Air National Guard Airman made a change in years past that took dedication on her most recent deployment, but with the help of a small community of other members, Technical Sgt. Emerald Diehl, a services craftsman and the Airman and Family Readiness Program Manager for the 163d Attack Wing, persevered.

Technical Sgt. Diehl consumes a plant based, non-animal product diet to satisfy her beliefs and enrich her healthy lifestyle. This type of diet can prove problematic on some deployments. Members are provided most of their meals and have limited access to stores they may shop at stateside.

“I actually started out as a vegetarian while in technical training and was still vegetarian on my first deployment, then became vegan halfway through my military career” said Diehl. “My decision to become both vegetarian, then eventually vegan was based on ethical considerations and not health reasons at first.”

Diehl explained that she didn’t have issues eating a vegetarian diet while in technical training or on her first deployment, but she ran into symptoms of sluggishness and lack of energy.

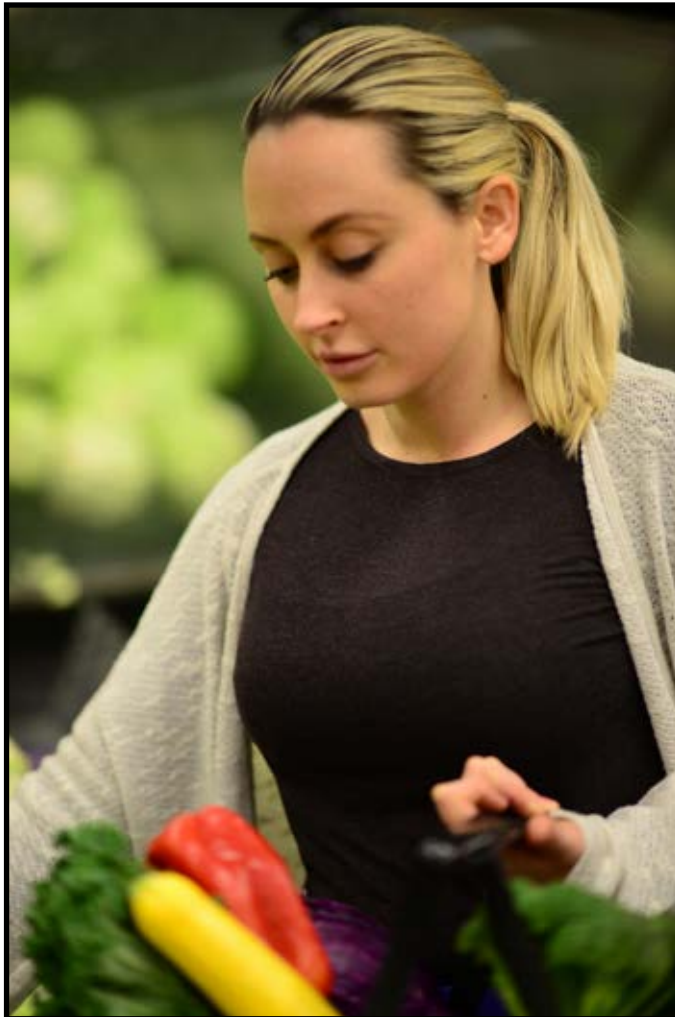
“I was eating more processed foods than I was used to.”

Diehl explained that she didn't have people in her social circle that had the same lifestyle or beliefs.

"I really started to question if what I was doing was optimal for my health, so I started to seek out professional advice," said Diehl. "It is so important to do your research when it comes to health and things that you are passionate about."

Diehl explained that once she started doing more research was around the time she became vegan and found a whole community of other military members on social media that were also vegan.

"Once I felt like I had more support, it became so much easier to eat well and find information."



She even started a vegan support group while on that deployment to help other members like her with their questions, and to feel like they were a part of a community of like-minded individuals.

"During my recent deployment, I found there is much more options to maintain a vegan diet," said Diehl "I still suggest planning and packing in advance, researching the amenities on the installation you will be attending training or deploying to, and find out if you can ship other dietary needs to that location."

Diehl explained that there are so many options out there and other vegan veterans than she had previously experienced.

"You can not only survive, but thrive, as a vegan in the military!"



**Remember! Celebrate! Act!**  
*A Day On, Not A Day Off!*

*Martin Luther King, Jr. Day*

January 21, 2019





# PILOT SELECTION BOARD

## Announcement



### PILOT SELECTION BOARD PACKAGES DUE JAN. 11

The 163d Attack Wing is scheduled to hold an Undergraduate Remotely-Piloted Aircraft Training pilot selection board on Saturday, 9 February 2019.

Personnel interested in RPA pilot training must turn in packages no later than 11 January, 2019.

#### Minimum application requirements include:

- Less than 33 years of age (unless already commissioned)
- Non-rated prior-commissioned officers must have less than 5 years of commissioned service
- Completed bachelor's degree by 1 April 2019
- Passed Air Force Officer Qualifying Test
- Completed solo towards a Private Pilot Certificate
- Must be able to pass a military flight physical
- Current military personnel must not possess a fitness waiver or duty-limiting code
- Must be eligible to obtain a top-secret security clearance. Employment as a pilot is conditional upon obtaining the security clearance

#### All packages should be submitted as a combined single PDF document including:

- Cover letter
- Resume
- Three letters of recommendation
- College transcripts showing completion of bachelor's degree
- Passing AFOQT and Pilot Candidate Selection Method (PCSM) scores. More information about the PCSM can be found online at [access.afpc.af.mil](http://access.afpc.af.mil)
- Indicate flying experience, including scans of your logbook, when applying
- Passing fitness score documentation-- must provide last two fitness tests (current service applicants)
- DD Form 2992 and include copies of all waivers (current rated service applicants)
- AF Form 422 (current service applicants)
- Any VA letters awarding a disability rating

For more information, or to submit a package, please email the hiring board at:

[usaf.ca.163-aw.mbx-og-pilot-hiring@mail.mil](mailto:usaf.ca.163-aw.mbx-og-pilot-hiring@mail.mil)



A U.S. Air Force Airman's child said hello to a retired state civil service member acting as Santa Claus at 210th Weather Flight, March ARB, California, Dec., 1, 2018. The flight decorates during Dec., Unit Training Assembly annually.

Col. Sean Navin, commander of the 163d Attack Wing and Col. Matthew Brancato, commander of the 163d Operations Group, break ground for the 163d Flying Training Unit's new building Jan. 10, 2019 March Air Reserve base, California. Many local dignitaries were invited to the celebration of the beginning of construction on the 12 million dollar project .





# STRAIGHT TALK



THIS IS THE WING COMMANDER'S COMMUNICATION TOOL TO STAY IN TOUCH WITH THE WING. THERE ARE TWO WAYS TO VOICE YOUR OPINIONS OR CONCERNS:

1. CALL THE HOTLINE ABOVE, OR
2. SEND A PRIVATE MESSAGE TO THE 163D ATKW FACEBOOK, WHICH WILL BE FORWARDED TO THE COMMANDER

IF THE COMMANDER HAS INFORMATION TO PUT OUT, YOU CAN FIND IT ON EITHER THE WING FACEBOOK ([WWW.163ATKW.ANG.AF.MIL](http://WWW.163ATKW.ANG.AF.MIL)) OR THE HOTLINE.

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## Multiple DSG Positions Available in 163 ATKW Command Post!

Ready for a change?

163d Headquarters has three part-time openings for up to SMSgt to become Command Post Controllers.

The Command Post is the Wing Commander's focal point for mission-essential communications to and from higher headquarters; such as orders, situational awareness, and critical readiness reporting. If you'd like to join the team, obtain a top-secret clearance, and be "in-the-know", send contact information for at least two unit-level character references, current fitness test results, current personnel RIP via vMPF, and your resume to

Maj Jason Flowers, 163 ATKW/XP,

[jason.m.flowers4.mil@mail.mil](mailto:jason.m.flowers4.mil@mail.mil) by 8 March 2019.



# *163d Attack Wing's*

# Q4Zero

*Quest for Zero Mishaps*

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## **Hoisting, Towing and Pulling Safety**

There is a hazard in attempting to tow, hoist, or pull heavy equipment and/or vehicles and other equipment. Heavy equipment, vehicles, and other equipment get stuck in the snow or mud. These events pose a very serious potential injury or fatality. This quest for zero is a brief discussion on unsafe practice vs safe practice in the retrieval of heavy equipment, vehicles, and other equipment.

### **Unsafe Practice**

- Using cable and hook that is damaged or missing hook-locks
- Anchoring to an unstable anchor point
- Not using the proper equipment such as tow straps vs chains, locking hoist ring vs a hook style



### **Safe Practice**

- Use of towing straps and locking hoist rings
- Use bow shackles' and kinetic rope to pull and tow

# Operation Wild Buck: U.S. Marines and the 163d Attack Wing work together during UAS proof of concept



By Cpl. Juan Bustos

Marine Corps Installation West- Marine Corps Base Camp Pendleton

MARINE CORPS BASE CAMP PENDLETON, California – On Dec. 18, 2018, U.S. Marines from Marine Corps Installations-West (MCI-W) - Marine Corps Base (MCB) Camp Pendleton, 1st Marine Division and Airmen from the 163d Attack Wing conducted Operation Wild Buck (OWB), to test the use of Unmanned Aircraft Systems (UAS) to monitor Camp Pendleton wildlife populations and develop tactics, techniques, and procedures for using UAS during emergency operations on the installation.

The operation involved two types of UAS. The first was a low-flying, hand launched, and battery operated RQ-20B Puma which was controlled on the ground at Camp Pendleton, and the second was a high-flying, MQ-9 Reaper, launched from Las Vegas and controlled via satellite link from March Air Reserve Base in Riverside, CA. Both UAS sent back video feeds to Camp Pendleton's Emergency Operations Center (EOC), where installation leadership observed and coordinated the operation.

During the operation, scouts on the ground from 2nd Battalion, 11th Marine Regiment passed information on wildlife back to Camp Pendleton's EOC, where it was relayed to Puma UAS operators from 2nd Battalion, 4th Marine Regiment and Reaper operators from the 163d Attack Wing.

The employment of multiple-integrated UAS was tested as a proof of concept during OWB. The success of the operation proved that the methodology used to track wildlife can also be used to locate lost or unauthorized personnel, coordinate the management of wildland fires and provide situational awareness during disaster response on Camp Pendleton. The tactics, techniques and procedures developed during the operation will provide the installation Commanding General with a better sense of awareness and a valuable framework to aid decision making during times of crisis on the installation and in its neighboring communities.

"What we've learned from this survey, is that everyone involved in OWB is learning from the other systems that are being employed. Whether it's command and control systems here [or] the capabilities of the other UAS" said Col. Jeffrey Holt, deputy commander, MCI-W, MCB Camp Pendleton, "we are able to display [the UAS's ] video feed on our screens and share that information [with] others."

In addition to OWB's ability to assist in crisis and contingency operations, the exercise was also conducted to be able to provide aid to the Game Warden Section (GWS) on Camp Pendleton as a cheaper, safer and more effective way to conduct the population counts instead of utilizing costly aviation assets for site surveys.



163d ATKW  
CHAPLAIN's  
OFFICE  
PRESENTS....



**PIZZA**

**SAT 12 JAN 19**  
**@ 1730**

**&**

**Bldg 2276**  
**163d ATKW**  
**CE Classroom**

**P r A i Z e**



**NiGhT**

POC: Ch Shannon Dong [shannon.y.dong.mil@mail.mil](mailto:shannon.y.dong.mil@mail.mil) / SSgt Brian Ellsworth [brian.c.ellsworth.mil@mail.mil](mailto:brian.c.ellsworth.mil@mail.mil)  
951-655-5404



**YESTERDAY. TODAY. TOMORROW.**

