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COMMANDER

By Colonel Ronald Wilson, 110Th Attack Wing Commander



Members of the 110th Attack Wing, welcome to April drill.

We have a busy weekend ahead, so I hope everyone is well rested and refreshed. This UTA is packed full of activities, expectations, and opportunities, beginning with the ACC IG Inspection team that is here

for our mid-point visit to help us to identify and dig into any potential snags six months before the UEI, and ending Sunday afternoon with our annual Wingman and Safety Down Day. In between will be a chance to help clean up our adopted portion of the highway, take care of some required trainings and get over to the Medical Group to square away any issues that could impact your readiness. I trust that you all have brought you're A-game (unlike a few college teams that I will not mention), because we've got a lot of ground to cover in a very short time.

I want to start by talking about Wingman Day—that time of year when we set aside a portion of our drill weekend to gather in observation of our most valuable asset: You! As you know, Wingman Day is a time for all airmen of the 110th Attack Wing to collectively address several critical human issues that if ignored can weaken and even break our entire system. I don't have to remind you that we are in the midst of sustaining one of the best AOG's in the world while standing up an RPA mission that is going to significantly transform the nature of operations here in Battle Creek. And with the

scarcity of resources these days, it is likely that we will progressively have to do more with less. To remain effective we have to equip ourselves with the best weapons, the strongest armor, and make sure that we are covering each other's backs. This is exactly why we take this time to discuss topics like suicide prevention, airman resiliency, sexual assault, safety, and spirituality. Wingman Day is not about checking a box. It is about reflecting on what it takes to be a resilient airman while encouraging the development of a help-seeking culture that promotes wellness instead of looking at personal struggles as weaknesses. Whether it is an aircraft a computer system or an airman, ignoring problems and hoping things will simply work themselves out is never good practice. Every airman is an indispensable asset, so take some time this weekend to reflect and repair.

Speaking of taking care of yourself, an area where I have seen some failures recently has been in the reporting of medical issues and medication use to the Med Group. We have experienced a steep increase in urine drug screens that are testing positive for prescriptions drugs, which is in direct violation of regulations. As a member of the Air National Guard, you are required to report any medication that you are being prescribed, not because the MDG is looking for problems, but because we need an accurate accounting of those airmen who may or may not be deployable due to medical conditions. I believe that a large part of the issue with people not reporting their medications is fear of reprisal based on misunderstanding or misinformation. The vast majority of medications are perfectly acceptable to take and should be adhered to if prescribed by your primary care provider. Frankly, it makes no sense at all for us to expect every single person to operate at 100% all of the time and never have to seek help from the health care provider. The only stipulation is that during those times when you do need medication, you need to take that prescription to the Medical Group to they can add it to your records. I can tell you first hand that the MDG personnel are more than happy to walk

you through this process, either before you get a prescription or after. They can provide written guidance that you can take to your provider to help bridge the communication gap between civilian and military providers and work through waiver process if needed. Taking care of this beforehand will prevent the less friendly experience of a positive drug screen, reducing the potential for unnecessary stress or frustrations because you failed to follow the AFI.

I also want to address the increased presence of Security Forces personnel after hours at both Fort Custer and here on the Wing. In hopes of avoiding misperceptions, I need to explain that this is in no way being done as a responsive measure to some kind of threat or to interfere with activities during or after hours. They are not going to walk around and issue tickets or monitor your behavior. The decision to increase SFS patrols is simply our way of providing an accessible presence for any airman who may need help while on base or when lodging at Fort Custer; similar to what you'd experience if you were on a college campus. We are very fortunate to have the full cooperation of Fort Custer to make this happen, as well as the resources needed to provide assistance to any airman at any time.

And finally, we are about 18 months out from going operational with our RPA's. Construction will soon begin in and around building 6914 followed by the accreditation and testing phases, before finally bringing our crews home to operate right here in Battle Creek. Now is the time to start thinking and behaving differently; shifting our mindset to the operation of a 24/7/365 mission. There is no doubt that we are in for a cultural shift like nothing we've experienced before. Leaning forward now will help us ease into our new role within the total force and hopefully avoid the pitfalls of taking on too much too fast.

Be safe and have a great weekend.

BULLETIN

DFAC MENU

Saturday

Boxed Lunch-Pick up at DFAC

Sunday

Wingman Down Day Lunch served at the Club

HOGZILLA at the 110th

For the past few months a food truck parked across from the dining facility has been providing another lunch time option to base members. The business is owned and operated by Shane Farlin, husband of Senior Airman Kristen Farlin, 110th Force Support Squadron, and an Army retiree who lost an eye in Iraq.

Hogzilla serves pulled pork and chicken along with side dishes and will be here every UTA. Shane also plans to come out to the base one to two days per week this summer. He had to go through AAFES to get his truck on base and serve military members.

Shane stated that his goal is to serve 30 airmen per day. So far, however, business has been slow.



MICHIGAN NATIONAL GUARD WEBSITE

www.minationalguard.com

Have you visited the Michigan National Guard's homepage yet? This in the MINGs public page and has links to useful information about federal and state jobs, family programs, and other resources such as the MING military organization structure and much more. The electronic Wolverine Guard magazine is also there, and soon you will be able to input your information in a form-fill template to create a hometown news release to tell your community that you were promoted, received an award, or other accomplishments. Visit www.minationalguard.com and check it out.

FITNESS ON BASE

Wing Fitness Center

Hours 0500-1900

(SFS can open outside these hours if you ask)

New /Updated Strength and Cardio Equipment 2014!!!

BASE BOX

(affiliate name TBD)

Building 6900 (Large Hangar) WOD Day/Times
(Workout of the Day)

Sun of UTA 0630-0730

Tues-Fri 0630-0730

Tues-Fri 1600-1700

All Skill /Fitness Levels welcome and encouraged!!!!

FOR MORE INFORMATION talk to avid WOD

Killers: Maj. Aaron Pertner, Maj. Daniel Fawcett, Chief Master Sgt. Robert Shankleton, Master Sgt.'s Chad Thompson (AOG), Brian Leonard (AOG), Robert Richards (FM), Sonia Pawloski (PAO), Chris Jenney (FSS), Tech. Sgt.'s Nicky Gilbert (FM), Matthew Pawloski (AOG), Dave Jacobs (Comm), Denae Mongeon (FSS), Senior Airman Lateia Kelley (FM), Lauren Stadler (Comm), Kaleb Willson (AOG), Braelyn Sneider, Senior Master Sgt.'s Erik Morse, Garza (CE), Joel Wilson, Lt. Stein (MDG) Col. Wilson, Maj. Brian Martin, Capt. Bristow, Maj. Wendy Burris

WHAT WE DO AT THE BOX?

<https://www.youtube.com/user/CrossFitHQ>

2017 Formal Dining Out Committee Forming Now!

If interested in helping with the organization of this event, meet in the DFAC at 1615 hrs; or contact Capt. Jennifer Bechtel at Jennifer.Bechtels@ang.af.mil, ph: 269-969-3246.

All Battle Creek ANG CGOCs invited to attend!

Company Grade Officers Council Meeting 1130 hrs at the All Ranks Open Mess area of building 6909
POC: Capt Jennifer Bechtel, Jennifer.Bechtels@ang.af.mil, ph: 269-969-3246

PROMOTIONS

1 April 2015

Master Sgt. Nathan Tichenor (AOG)
Tech. Sgt. Jamie Ballard-Miller (OG)
Staff Sgt. Megan Sweitzer (AOG)
Staff Sgt. Michael Van Volkinberg (LRS)
Senior Airman Javonte Lofton (LRS)
Senior Airman Anthony Woodruff (AOG)

WINGMAN DAY 2015

Sunday, April 12, 2015

UOD- AF PT Gear, Events: Video briefing, Dodgeball, Muai Thai and Crossfit Demonstration

6. Fitness



RPA PILOT OPPORTUNITY

The 172nd Attack Squadron, a Michigan Air National Guard unit out of Battle Creek, Michigan, will be accepting applications for the 2015 Undergraduate Remote Pilot Training (URT) Board. This board will select applicants to enter training to become pilots of the MQ-9 "Reaper" RPA (Remotely Piloted Aircraft). These are for part-time/traditional positions.

- Applications are due by April 30th, 2015.
- The interviews will be held Jun 5-7, 2015.
- You must be no older than 28 years old at the time of interview.
- You must enter into URT prior to turning 30.

If interested please contact Capt. Lucas Freudenburg or Maj. Andre Sprauve at. DSN 580-3281/ COMM 269-969-3281, or lucas.freudenburg@ang.af.mil andre.sprauve@ang.af.mil for an application packet.

EARTH DAY

Get a head start on Earth Day

Volunteers needed for the

110th Attack Wing

Annual ADOPT-A-HIGHWAY Clean Up Day

Saturday April 11 2015, 1530

POC: SrA Pesce

DSN 580-3343

email: mary.pesce@ang.af.mil

Volunteers need supervisor approval to attend Clean up is the stretch of road in front of the base, Hill Brady Rd to 20th St. Vests, Bags, Gloves, Water and Bug Spray will be provided

Colleges here April UTA

DFAC 1100

Saturday April 11th

University of Phoenix

Central Michigan University

Siena Heights University

Davenport University

Sunday April 12th

Western Michigan University

Miller College

Use your GI BILL, Scholarships, State Tuition Assistance, Federal Tuition Assistance, FASFA... you can do it!

Watch for a survey - we will be asking what classes you want next

CMU: Algebra (Matching CCAF) Math 105, Tuesday after Work 8-weeks next class start around 16 June

Masters Degree Program Thursday After Work 1730-2000

In the fall w/CMU - Cyber-Security Graduate Certificate (*depending on interest*)

-Cost is within what the Michigan State Tuition Assistance program provides

KCC: Speech (Matching CCAF) COMM 207 Laura Culver, Instructor (*same instructor as last time*)
Tuesday, 6:00-9:30pm 5/19 - 8/4/15

English (Matching CCAF) ENGL 151 Daniel Toronto, Instructor, Thursday, 6:00-9:30pm, 5/21 - 8/6/15

In the fall w/KCC - Micro Economics or Macro Economics or Political Science

Protecting Your Online Identity

Have you had your online identity stolen? Had your Twitter or Facebook account compromised? Do you use the same username and password across multiple sites on the Internet? Every day, hackers are exposing weak security practices of not only company websites, but also attacking online identities, putting you at risk.

Having to remember multiple usernames, passwords and the websites used for those credentials is a problem for everyone. Some people write them on a piece of paper, store them in a text file or spreadsheet on their computer, or use the same credentials across all websites. These poor password management practices greatly increase the risk to your identity. There are a number of ways to simplify the problem by utilizing multifactor authentication or using a password management application.

Multifactor authentication is best described as something you know, something you have, or something you are. When authenticating to an Application, you need to use two of the three before the application allows access. This is not a new concept. If you use a debit card, you use this type of authentication all the time without realizing it. When you make a purchase or withdraw money out of an ATM, you first insert your card (something you have) and then type in your PIN (something you know).

The difference between your debit card and using multifactor authentication online is the PIN changes at a particular interval, usually 60 seconds. Once that PIN has been used, and authentication is successful, that PIN cannot be reused. This prevents someone who may have seen your username, password, and PIN, from using it themselves.

Banks, social media, cloud storage companies, Apple, Microsoft and Google have integrated multifactor authentication into their applications, as they understand how important it is. Some send out text messages to a registered cellular phone, while others provide the second factor through a smartphone app. There are other companies which will consolidate all the applications into one, saving you from having multiple smart apps which all do the same thing.

In the event a particular service does not provide multifactor authentication, there are password management applications that can help. These tools not only remember the username and password for a service, they will also generate secure passwords for you. These applications are independent of password managers which are part of a particular web browser and are encrypted. Some password management services sync passwords to the cloud so they are available on any device. There are password management services which provide “zero knowledge” to your information, so only you have access to your credentials and allow multifactor authentication when accessing your passwords from an untrusted device.

To begin, use your favorite search engine and look for both “password managers” and “multifactor authentication smartphone app.” These

services are generally free or have a low monthly cost for personal use. Integrating these services with your online identity will not only streamline the authentication process, it will greatly increase the protections to that identity.

Author: Jason Brown is an Enterprise Security Architect for the State of Michigan.



Have you heard of AFSA?

By Senior Master Sgt. Jeffrey Cummings, 110th Attack Wing Command Post

The Air Force Sergeant's Association (AFSA) is a non-profit, veteran's organization with a Congressional charter. The association advocates for pay and benefits of all Air Force enlisted and is currently made up of over 110,000 members around the globe. While many believe AFSA is mainly associated with the Active Duty, it also includes Air Force Reserve, Air National Guard, Veterans, and Retirees in its ranks, as well as their family members over the age of 18. AFSA addresses issues like pay and quality of life for Air Force members as well as educational and medical benefits. Two issues for which AFSA is specifically advocating are Guard and Reserve members receiving full Veteran Status for members who serve 20 years or more and rolling back the retirement age from 60 to 55.

AFSA membership has long remained a low \$25 per year, and includes the monthly magazine in the mail. Right now though, in an effort to boost membership, AFSA is offering a special deal. Opt for the “Cyber Membership” to receive the magazine electronically, and the cost for membership is \$25 for FIVE YEARS. That's right, five years for the price of one!

So why pay another \$25 for one more membership card, when other organizations are already lobbying for the same issues? Your voice becomes not only one more heard but it becomes exponential the more professional organizations with which you are affiliated. In fact, AFSA is part of the “The Military Coalition,” a collection of 32 associations representing over 5.5 million current and former military and their family members. If you ask me, that is one VERY LOUD voice!

Members from the Wright-Patterson AFB “Kittyhawk” Chapter 751 will be on base during May UTA for a membership drive. We will visit the enlisted councils and have a table in the Dining Facility during lunch to answer questions and sign up new members.

So there you have it. Get 80% off on an AFSA membership and save a tree in the process. Better yet, make your voice as a Total Force Airman heard in Congress and by other key decision makers across the country. See you at the DFAC in May!

Back to School

By Senior Master Sgt. Kenneth Glidden, First Sergeant, 110th Operations Support Squadron

How many of you that have been around awhile like me keep putting off finishing that Community College of the Air Force (CCAF) Associates Degree because you simply don't want to go back to school? I bet many of you are thinking the same thing I thought for many years; “Why do I need school? My kids go to school, I go to work and I have the skills I need”! Yep, that's what I kept telling myself!

Well, I finally made the decision to give it a try. I am currently enrolled in the Kellogg Community College Public Speaking class being held right here on base. Fortunately for me, I don't live too far from the base and with KCC and other colleges offering classes on the base now it was an easy step to take.

On day one of the class, I was pleasantly surprised to see some fellow airman in the class that I have known for many years, as well as some that I've never met. There were also a couple younger civilian students fresh out of high school that had enrolled not knowing the class was on the base. I was glad to see a good mix of military and civilians at different ages and with different backgrounds.

At the time of writing this, we are about 9 weeks into the class and so far it has been a great experience. I have really enjoyed the topics that my fellow airman and the younger civilians have given speeches on. Not only am I learning the tools and skills of public speaking, I'm also learning a great deal about other people's interests and the wide variety of topics that they have had to share so far. To me, all of the different speech topics have been fascinating and just as educational as the course topic itself.

There are still quite a few weeks to go in this class; but they will go by fast just as the first 9 weeks have. This going back to school is not that bad or hard after all. What has also been interesting is how often I have been able to relate my going back to school experience on many occasions outside of the class in my normal day to day life.

Deciding to go back to school has been more than just getting the additional education. It has also been a positive and entertaining experience. I am glad I finally did it. No more excuse like thinking that going to school is something that only my kids or others do. It's something any of us can do, no matter what age or level in our career.

Senator Peters meets the troops at the 110th Attack Wing

By Maj. Kelly Black, 110th Attack Wing Executive Officer

BATTLE CREEK, Mich. – Sen. Gary Peters met the troops April 1 at the 110th Attack Wing, Battle Creek Air National Guard Base. The \$3.4 billion opportunity for increased economic impact to the region from ballistic missile defense was of specific interest. He received briefings from the 110th Attack Wing commander Col. Ronald Wilson and the Fort Custer Training Center Post commander Lt. Col. Mark Gorzynski.



Numerous community leaders accompanied the senator during his tour of the base and overview of Fort Custer. He was shown developing capabilities for Remote Piloted Aircraft, Ballistic Missile Defense, and Domestic Disaster Response operational planning. Former U.S. Congressman Joe Schwartz, former U.S. Rep. Mark Schauer, Mayor Debbie Owens, Battle Creek Unlimited's Jan Franz, Battle Creek's assistant city manager Ted Dearing and the Roosevelt Group's Chris Goode were prominent with their active support during the discussions.

Col. Kier Knapp outlined the excellent opportunities for Remote Piloted Aircraft to support Michigan's interests in addition to U.S. missions. "This aircraft is a little larger than an A-10, with a 66ft wingspan making it very stable; its ability to stay in the air for extended periods and excellent cameras are well suited to wildfire spotting, search & rescue for lost children or stranded hunters, and support of natural disasters."

He noted that such support is challenging due to current FAA regulations since the base does not have authorization for a "launch and recovery element" of personnel or any aircraft assigned to Battle Creek.

The 217th Air Operations Group commander Col. Sean Southworth explained that his command has the only forces within the Air Force assigned to U.S. Air Forces Africa. He

indicated how his Air Operations Center and Contingency planners have steadily provided troops to support Europe and Africa; most recently in response to the Ebola threat. His command includes experts in over 90 different jobs, including logistics, infrastructure, communications, fire-protection, security, medical and air-traffic managers in addition to senior-pilot positions. His expansive command & control centers have been noted for their potential to support FEMA, in addition to their other missions. He noted that the pending cut of 50 personnel, eliminating the mobility squadron that is basic to controlling movement of people and equipment in such a vast area as Africa, is a significant challenge.

Wing commander Col. Ronald Wilson anticipated Peters' questions regarding manpower cuts and the lack of a full-time flight surgeon (a doctor specific to pilots). He showed that 37 percent of all Air Force cuts within the Air National Guard since fiscal year 2012 were from Michigan. He noted that there were 631 job cuts from Michigan, compared to 1,069 for all other states combined. He also elaborated on the challenges associated with being in 50th place for DoD employees, DoD payrolls and DoD dollars, with having lost all four of its active-duty Air Force bases and currently being in 47th place for Army and Air Force bases. Peters showed clear interest and resolve in correcting this situation. The senator was also provided an overview of work between the Merit Group, Battle Creek's 110th Attack Wing and Gov. Rick Snyder that established a pilot-program defending Michigan Business, Utilities and infrastructure from malicious cyber-attacks. Further, the program matches with Snyder's education incentives that resulted in the 110th partnering with WMU, CMU, KCC and Siena Heights. The Cyber-Defense mission, which started over a year ago, has already successfully defended Michigan interests.

Gorzynski provided Peters with an update regarding the Ballistic Missile Defense System and answered his associated questions. The system provides a way to intercept Missiles launched at the continental U.S. while they are still in space over the north-pole and without using an explosive war-head. The missile defense from Rogue nations shows clear advantages over the residual "Mutually Assured Destruction" method. Most notably, Battle Creek offers several noted advantages over the remaining contending sites, such as least overall cost (due to existing infrastructure) and thus least time to operational capability. Peters was interested in this Defense system and how Michigan is in position to best meet this Defense needs and return DoD jobs to Michigan.



"With its strategic location between Detroit and Chicago, accessibility to freeways, and Michigan's tradition of supporting our military and veterans, Fort Custer and its existing facilities would be an ideal location for the proposed missile defense system," said Senator Peters. "A missile defense system at Fort Custer would benefit both our national security and Michigan's economy, and I'm proud to support efforts to bring the defense system to this facility. I look forward to continue working with the Michigan Congressional delegation, state officials, and the Department of Defense to ensure the military sees the benefits Fort Custer would bring."

Gorzynski "stole the show" with his explanation of how the system provided a little under 300 full time high-tech military jobs, 500 to 700 construction jobs, and 1800 supporting civilian jobs within commuting distance of Battle Creek and an incredible \$3.4 billion in economic impact.

"The 110th Attack Wing was encouraged by the support shown during Sen. Peters visit to Battle Creek's Air National Guard Base and Fort Custer" said Wilson. "He sees the challenges Michigan has in bringing DoD jobs back to Michigan in general and to Michigan Air and Army National Guards as part of our Michigan community. He clearly recognizes the value of Cyber-defense and Ballistic Missile Defense for Michigan citizens. Sen. Peters is very supportive for us gaining an RPA launch and recovery element, a cyber-defense squadron and the region's ballistic missile defense system."

Keep Your Eye on the Ball

By Tech. Sgt. Kenneth Blakely, 110th Safety Office

It's a clear and crisp evening at Comerica Park on September 17th, 2013. During the home half of the sixth inning, Mariners pitcher Brandon Maurer threw a fastball to Tiger's slugger Miguel Cabrera who hit the ball 365 feet over the fence for his 44th home run of his Triple Crown winning season. Let's consider some facts about how Cabrera made the decision to swing away. Home plate is 66'6" from the pitching rubber. Brandon Maurer is 6'5" so the release point of the ball is about 55 feet from home plate. His fastball travels about 90 MPH or 132 feet per second, so it reached Cabrera in about 0.4 seconds. Baseball "physicists" believe that the batter sees the ball for the first time about 12 feet from the pitchers hand, or about 40 feet from Cabrera's bat. So Cabrera only had about 0.3 seconds to decide if and when to swing at the pitch.

During that brief moment in time, Cabrera's brain made the split second decision to swing away by comparing what he saw that night to what he had stored in his memory from thousands of other trips to the batter's box. This is what an expert brain has inside – the experiences of thousands of hours of practice. From his experience, he knew what a 'ball' and a 'strike' looks like as the ball leaves the pitchers hand. His brain then decided to swing at the pitch. It initiated nerve signals to his spine and told his arms and legs where and when they needed to be in three dimensions to swing the bat and finally follow the bat to the ball with his eyes for feedback and last moment adjustments. The result of this complex process was home run number 44.

That's great for Cabrera and the Tigers, but what does it have to do with safety you say. Most of us have hit a baseball, but likely not at a major league level. Perhaps we should consider an example that hits a little closer to home.

An Air Force pilot is flying an F-16 on an air support mission a few thousand feet off the ground when a surface-to-air missile is fired at him from 1000 yards away. Assume the F-16 is traveling at around 575 mph and the average missile travels at 2400 meters per second, the closing rate of the aircraft and the SAM is about 1½ miles per second. The SAM will take about 0.2 seconds to reach the F-16 – one third less time than Miguel Cabrera had to hit the home run. During that brief time the pilot's brain must carry out the same process that Cabrera did and compare what he sees to what he has stored in his brain about the threat from all his thousands of flight hours and training. His brain then had come up with the best way to avoid the missile and push his arms and legs on the flight controls away from the incoming threat based on comparing what he has practiced and stored in his memory to what he sees in front of him. The decisions needed to avoid the missile must be made with a combination of motor and cognitive skills that are layered on top of the added stress of a potentially life ending threat that the pilot knows is coming his way. Cabrera had it easy; at least he didn't have his life on the line when he made his decisions to swing at the incoming fastball.

That's slightly more about safety, but still doesn't really apply to most of us. The majority of readers will never be in the cockpit of an aircraft under enemy fire. So how about an example of something that most of us do every day?

5 seconds. That is the estimated minimal amount of time your attention is taken away from the road when you're texting and driving. If you're traveling at 55 mph, this equals driving the length of a football field without looking at the road. To unlock your phone, glance at one text message and look back at the road takes one football field. How many vehicles, people or buildings do you think you might pass in that distance? In the two examples above, elite individuals required thousands of hours of practice, extreme focus and split second decision making to perform the necessary tasks. What would your reaction be like if a car crossed into your lane while you were focused on a text? What would happen if a child ran into the street for a ball? How can you expect to react the way you should with your attention focused on something other than driving?

Distracted driving is just one example of an unsafe situation that most people encounter every day without a second thought. However, it can be corrected; leave your phone alone or off while driving and pay attention to the task at hand. Regardless of what is going on in life, when it comes to the safety of you and those around you, you should always keep your eye on the ball.

New ID Scanning System Moves BCANGB toward Improved Security, Efficiency

By Staff Sgt. Chad Fires, 110th Security Forces

As you travel in and out of Battle Creek ANG base, you will notice a new scanning device used by gate guards to verify an ID card. The scanners are part of the Defense Biometrics Identification System (DBIDS), an enhanced security system used to monitor entry control points throughout the Department of Defense. Because the system is DOD-wide, DBIDS can instantly let the gate guard know if a person has a suspended license or is barred from our installation or any other installation that is using DBIDS. If a person commits a crime at one base and then attempts to enter BCANGB, their credentials will be flagged and that person will be denied base access until they are cleared through the installation commander. DBIDS will also check for any active warrants issued and recorded with the National Crime Information Center.

If Security Forces officials find someone with an outstanding warrant, they will deny the person installation access. If the person is an active duty military member, they will be apprehended. Civilian personnel will be detained until outside authorities arrive. In short, we are simply scanning ID cards to verify an individual's suitability to access the base in accordance with the DOD, Air Force and local guidelines.

DBIDS will be used to scan 100% of all individuals entering the installation. If a card is being scanned for the first time, it could take ten seconds for DBIDS to obtain the information needed to validate. Every scan thereafter should take one to two seconds. Therefore, next time there is a traffic holdup to get in the gate, just be mindful that Security Forces is working to ensure a safe community and workplace here at BCANGB.

Benefits of Fort Custer Patrols Aid Unit Members, Joint Goodwill

By Staff Sgt. Andrew Layton, 110th Security Forces

If you're one of the many 110th members billeted at Fort Custer Army Training Center on UTA weekends, you've probably noticed some familiar faces on duty around the multi-purpose "Pentagon" facility, the club, and other public locations on the Army post. That's because members of the 110th Security Forces Squadron have recently added patrols of Fort Custer Army Training Center to their catalogue of drill weekend responsibilities.

Officially, this new detail – hashed out on March 26th in a working group collaborative – is intended to enrich a joint operations mentality between the two installations. It also alleviates parallel burdens as operating budgets for both organizations tighten. "This really is an exceptional program," says Lieutenant Colonel Mark Gorzynski, Fort Custer Garrison Commander, "because it provides a service to airman that we cannot provide ourselves."

Under the surface value of such cooperation, the benefits of these patrols reach far beyond an abstract mutual-aid doctrine. Basically, a Security Forces presence provides a known entity for airman to turn to in an environment where communication channels would otherwise be vague or non-existent. "Our Security Forces are not there to watch how much somebody is drinking or to write tickets," says Colonel Ronald Wilson, 110th Attack Wing Commander. "They're there to help out unit members."

So the next time you see a Security Forces patrol vehicle cruising around the Fort Custer Pentagon, rest assured that they're there to help. They're there for you.

Balance Your Thinking

By Chief Master Sgt. Jeff Trabold

On a recent trip I noticed a flight attendant walking up and down the aisle asking people if they wouldn't mind moving to different seats. At each row she would tell a confused passenger that since the flight was only about half-full they were trying to distribute the weight evenly to keep the aircraft balanced. She would say, "Aircraft don't fly very well when they are out of balance," as she strategically moved people throughout the cabin. As I watched this process play out, I was reminded of a routine very similar to the balance needed to fly an airplane; the balance of thinking.

One thing that our brains have become very good at is taking shortcuts to protect us from accidental harm. For instance, if you unintentionally place your hand on a hot pan, I guarantee that you are going to immediately jerk away without thinking; your instincts automatically taking over to make sure you are safe. These kinds of shortcuts are great for immediate protection of the body, but frankly do no good when considering the critical decision making that goes into most of our daily interactions. Higher levels of thinking are absolutely necessary when working through the complex process of human interactions, which as we all know are wrought with potential for falling into what I like to think of as cognitive traps. Cognitive traps are the driving force in those people who prefer to jump to conclusions without all the evidence, infer without accuracy, or react first and asking questions later. And the fact is, every once in a while we all get stuck in them! There are times when each of us falls victim to cognitive traps, distorting our perception of the world, and throwing our thinking out of balance.

Here are a few cognitive traps:

Personalization is attributing personal responsibility—including the resulting praise or blame—for events of which a person has no control. Example: A parent of a teenaged son involved in an auto accident blames themselves entirely for being a bad parent, because they believe that their deficient parenting is responsible for their child's behaviors when in fact, the real cause may be something entirely beyond their son's control.

Filtering is focusing entirely on negative elements of a situation, to the exclusion of the positive. This is because it is the brain's tendency to filter out information which does not conform to already held beliefs. Example: After receiving feedback about a briefing, a person focuses on a single critical comment and ignores everything else that went well.

Blaming Others is focusing only on other people as the cause of negative events, and not seeing your own contribution. Example: You had a disagreement with an NCO in another office and without questioning your own role you say, "it was all their fault."

Always Being Right. We are continually trying to prove that our opinions and actions are correct. For many, being wrong is unthinkable and they will go to any length to demonstrate their rightness. For the person who falls into this cognitive trap, being right is more important than the feelings of others, even loved ones. Example: "I don't care how badly arguing with me makes you feel, I'm going to win this argument no matter what because I'm right."

Mind reading is inferring a person's possible or probable (usually negative) thoughts from their behavior and nonverbal communication; taking precautions against the worst reasonably suspected case or some other preliminary conclusion. There are two different forms of mind reading. A) Assuming you know what the other person is thinking and B) expecting another person to know what you are thinking. Example: An Airmen assumes the readers of a report have already made up their mind concerning its topic, and therefore writing the report is a pointless exercise.

Like an aircraft that needs to be in balance to fly properly, our thinking needs to be in balance as well. Balancing your thinking is a skill that will help you take action, ensure you perceive situations

accurately, and react in ways that are productive instead of destructive. Here's a simple three step process that I believe will help get your thinking back in balance:

Step 1: Select a belief or thought that interferes with your ability to accurately assess a situation.

Step 2: Check for Balanced Thinking:

1. Examine the evidence: Is there any evidence to support or disprove the thought?
2. Attend to double-standards: Would you judge other people harshly for doing the same thing that you are doing?
3. Phone-a-friend or Ask: Does someone else agree? What does the individual involved say?

Step 3: Ask yourself if you need to revise your thoughts based on the new evidence?

Expanding your insight into these cognitive traps while adopting this three step process will give you the ability to formulate reactions based on facts not emotions; bests serving your goals, values, expectations, emotional performance and the quality of your relationships. I guarantee that this kind of balanced thinking will lead to improved decision-making and the reduction of anxiety, not only making you a better airman, but it will improve your life and relationships all around.

Battle Creek Airman Honored by Air Force, Air National Guard

By Master Sgt. Alec Lloyd, 217th Air Component Operations Squadron Public Affairs

The 110th Attack Wing's Senior Master Sgt. Steven Brown recently received multiple honors in recognition of his service in the Air National Guard. He was selected as the 2014 ANG Outstanding Command and Control Battle Management Operator of the Year as well as the Missile Defense Advocacy Alliance (MDAA) European Missile Defender of the Year. "The awards are a great honor and surprise, but it takes a large dedicated team to make this come together" remarked Sergeant Brown.

Sergeant Brown is a member of the 217th Air Operations Group, based at Battle Creek Air National Guard Base in Michigan. He served with the 603rd Air Operations Center, 3rd Air Force, located at Ramstein Air Base in Germany. During his deployment he helped integrate the efforts of 10 agencies across the globe to successfully execute 213 ballistic missile exercises while providing valuable training to six United States Navy Aegis ships, 38 United States Army missile defense operators and an Air Operations Center.

He is also the first member of an ANG Air Operations Group to receive the MDAA European Missile Defender award, which is typically conferred on active-duty Airmen, civilian employees and contractors.

While deployed in 2014, Sergeant Brown served as the ballistic missile defense advocate for the Area Air Defense Commander in both the European theater and the Levant. He was an integral part of a highly skilled team that shaped and evaluated the execution of ballistic missile defense across two distinct theaters of operations. He validated NATO and coalition early warning operations Tactics, Techniques, and Procedures while training integrated partner nation agencies in ballistic missile defense.

The 217th Air Operations Group is part of the 110th Attack Wing and provides direct, integrated planning and command and control support to U.S. Air Forces in Europe well as assisting the State of Michigan with emergency response at a moment's notice.

Congress of the United States
Washington, DC 20515

April 8, 2015

The Honorable Ashton Carter
Secretary of Defense
1000 Defense Pentagon
Washington, DC 20301

Dear Secretary Carter:

Cybersecurity threats are one of the greatest national security challenges we face today. Our future as a nation depends upon a reliable cyberspace for infrastructure, commerce, communications, and government at every level. To counter those determined to cause harm, it is crucial that America has a Cyber Mission Force that can strengthen and rigorously protect this critical infrastructure. As the Department of Defense makes determinations on the final Cyber Operations Squadrons (COS) for Air National Guard Cyber Force Laydown, we would like to express our strong support for the 110th Attack Wing of the Michigan Air National Guard in Battle Creek, MI to host a Cyber Squadron.

The Battle Creek Air National Guard Base's (BCANGB) unique location and capabilities would enable USCYBERCOM to fulfill its mission at a significant cost savings compared to bases without the same existing infrastructure.

For the past six years, the BCANGB team has demonstrated its technical and logistical capabilities as part of the AG Cyber Pilot unit. The 110th Cyber Force has provided support for INOSC East and First Air Force, and security for the 2012 Presidential Inauguration. The team has participated in force-on-force exercises including Cyber Flag, Cyber Shield, and Cyber Guard.

BCANGB's existing Cyber missions mean that much of the infrastructure required for this new mission is already in place. Projections show that a Cyber Operations Squadron at Battle Creek would save \$2.2 million compared to a location without the same capabilities. Important and costly equipment such as a dual diverse/redundant infrastructure path, state of the art Defense Information Systems Agency (DISA) Points of Presence (POPs) and specialized facility generator that meets the power requirements will cut down on the lead time to stand up the mission. The base is ideally located adjacent to Fort Custer National Guard Training Center that will be able to offer additional support.

In addition, Michigan's current workforce and universities provide a strong foundation for current and future recruiting efforts. Michigan has a network of highly skilled IT professionals, qualified DoD personnel, as well as public and private cyber security specialists. We also have 22 colleges and universities that offer degrees in cyber security, including 5 colleges that have earned NSA Centers of Excellence designations.

Finally, a COS in Battle Creek would provide much needed regional support structure for FEMA Region 5 where there are no existing Air National Guard cyber security mission forces.

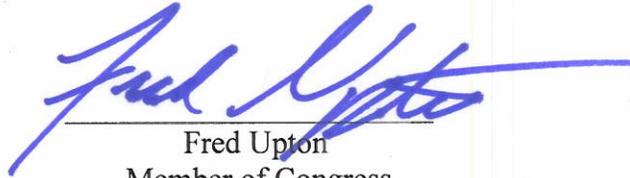
With emerging threats and growing concerns on the cyber battlefield, we recognize the difficult choices you must make in securing a Cyber Force structure that meets our nation's security needs. Locating a Cyber Operations Squadron at BCANGB will utilize existing infrastructure to keep costs low, and provide significant capabilities in meeting America's cyber security needs.

Thank you for your consideration and we look forward to working with you on this matter.

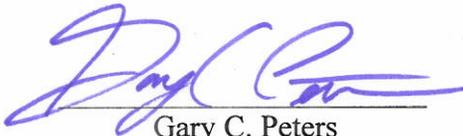
Sincerely,



Debbie Stabenow
U.S. Senator



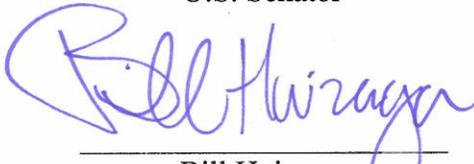
Fred Upton
Member of Congress



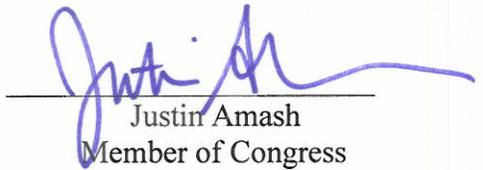
Gary C. Peters
U.S. Senator



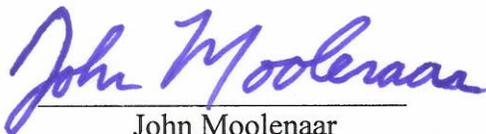
Dan Benishek
Member of Congress



Bill Huizenga
Member of Congress



Justin Amash
Member of Congress



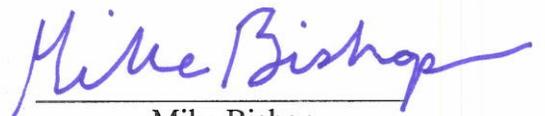
John Moolenaar
Member of Congress



Daniel Kildee
Member of Congress



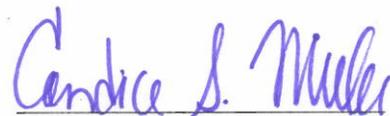
Tim Walberg
Member of Congress



Mike Bishop
Member of Congress



Sander Levin
Member of Congress



Candice Miller
Member of Congress

Dave Trott
Member of Congress

Debbie Dingell
Member of Congress

John Conyers, Jr.
Member of Congress

Brenda Lawrence
Member of Congress

CC:

- Deborah Lee James – Secretary of the Air Force
- General Mark A. Welsh III – Chief of Staff, U.S. Air Force
- General Frank J. Grass – Chief, National Guard Bureau
- Lieutenant General Stanley E. Clarke III – Director, Air National Guard