



*108th Wing
NJ Air National Guard*

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Commander's Column

The commander's policy on safety during NORE/ORI

By: Brig. Gen. Michael L. Cunniff, 108th Wing commander

Safety is an integral aspect of mission accomplishment, and successful missions can only be realized when risks to personnel and equipment are kept to a minimum.

I firmly believe the safety of our personnel and equipment can be assured through meaningful risk management and an energetic safety focus. With this in mind, unit members are reminded of the following safety responsibilities that apply to all activities at all times, at home or deployed:

a. Commanders, functional managers and supervisors are responsible for providing a safe and healthful work environment. They must ensure their personnel know and comply with established standards and that identified hazards are corrected. Supervisors must also monitor their personnel for signs of carelessness, fatigue or inattention and intervene when necessary.

b. All members will comply with AFOSH/OSHA standards and use prescribed personal protective equipment (PPE) including steel toe boots, hearing protection, leather gloves, etc. when appropriate. Personnel will also observe normal safety precautions including seat belt use, obeying driving rules, and using spotters and chalks.

c. Personnel are also expected to apply the four basic operational risk management (ORM) principles when established guidance does not address a particular situation – (1) Accept no unnecessary risks, (2) Make

risk decisions at the appropriate level, (3) Accept risk when benefits outweigh costs, and (4) Integrate ORM into planning and operations at all levels. This does not authorize anyone to bypass existing safety guidance.

The following additional guidance will apply during our June 2011 NORI/ORI activities:

a. **DUTY PERIODS and REST CYCLES.** Duty periods during the NORI will be a maximum of 16 hours. However, supervisors and commanders are encouraged to implement shorter work schedules commensurate with mission accomplishment. They should also ensure personnel are afforded an opportunity to obtain eight hours of rest/sleep before beginning the next duty period. (EXCEPTION: Aircrew will comply with AFI 11-2KC-135 Vol. 3 time limits.) Work/rest cycles will be in accordance with heat condition guidance provided by medical personnel and disseminated by command post via the GIANT VOICE and/or other means.

b. **HYDRATION.** The importance of maintaining hydration cannot be over-emphasized. All personnel must take steps to stay ahead of the need for water. This will be particularly important when operating in MOPP gear during the ATSO Rodeo activities on Saturday. Hydration reminders will be disseminated via GIANT VOICE and/or



other means.

c. **REFLECTIVE BELTS.** Reflective belt wear at home station will be in accordance with existing guidance. Individuals may elect to wear a reflective belt at other times to enhance visibility if they so desire.

I charge each member of this unit, from supervisor to new member, with the obligation of continual safety awareness. I encourage you to make recommendations, suggestions and identify unsafe conditions to your supervisor so they may be corrected. In peacetime our basic charters are training and readiness; few missions, including this exercise, justify the taking of unnecessary risks to accomplish these goals.





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From left to right, Master Sgt Raymond Miller, 141st Air Refueling Squadron; Staff Sgt. Frederick Fry, 108th Maintenance Squadron; Tech. Sgt. Damon Farms, 108th Logistic Readiness Squadron; and Senior Airman Joseph Cox, also from the 108th MXS, pose for a group photo with Col. Robert Meyers, 108th Wing vice commander, center, after signing their re-enlistment papers May 14 at the 108th Wing's conference room in Joint Base McGuire-Dix-Lakehurst, N.J. Below, Col. Meyers administers the oath of enlistment to the re-enlisting Airmen. (Photos by Staff Sgt. Armando Vasquez, 108th WG/PA)



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A Message From the Safety Office

Swimming pool safety is everyone's responsibility

Swimming pools... Owing one is terrific. But let's not forget, they are dangerous!

In fact, swimming pools are so dangerous that 300 children under the age of five die and 2,000 more in that age group visit hospital emergency rooms for submersion injuries every year!!!

As a public service the following alert has been issued by the U. S. Consumer Product Safety Commission.

In some of the nation's Sunbelt, drowning has been the leading cause of accidental death in the homes of children under five-years-old. The information below can help parents and caregivers provide young children with the protection they deserve.

Medical costs for submersion victims during the initial hospitalization alone can be quite high. Costs can range from an estimated \$2,000 for a victim who recovers fully to \$80,000 for a victim with severe brain damage. Some severely brain damaged victims have initial hospital stays in excess of 120 days and expenses in excess of \$150,000.

Many communities have enacted safety regulations governing residential swimming pools -- in ground and aboveground. It's up to parents to comply with these regulations. Apart from these laws, parents who own a pool can take their own precautions to reduce the chances of their youngsters accessing the family pool or spa without adult supervision.

*** FACTS AND FIGURES ***

Following are just a few facts uncovered by the U.S. Consumer Product Safety Commission (CPSC) in a comprehensive study of drowning and submersion incidents involving children under five in Arizona, California, and Florida.

- Seventy-five percent of the submersion victims studied by CPSC were between one and three years-old; 65 percent of this group were boys. Toddlers, in particular, often do something unexpected because their capabilities change daily.

- At the time of the incidents, most victims were being supervised by one or both parents. Forty-six percent of the victims were last seen in the house; 23 percent were last seen in the yard or on the porch or



patio; and 31 percent were in or around the pool before the accident. In all, 69 percent of the children were not expected to be at or in the pool, yet they were found in the water.

- Submersion incidents involving children usually happen in familiar surroundings. Sixty-five percent of the incidents happened in a pool owned by the child's family and 33 percent of the incidents happened in a pool owned by friends or relatives.

- Pool submersions involving children happen quickly. A child can drown in the time it takes to answer a phone. Seventy-seven percent of the victims had been missing from sight for five minutes or less.

- Survival depends on rescuing the child quickly and restarting the breathing process, even while the child is still in the water. Seconds count in preventing death or brain damage.

- Child drowning is a silent death. There's no splashing to alert anyone that the child is in trouble.

*** BARRIERS ***

- The following barrier recommendations are the result of identifying key parameters that typically contribute to child drowning in backyard pools. These recommendations are the minimum steps you can take to make your home a safe place for your child.

- Barriers are not childproof, but they provide layers of protection for a child

who strays from supervision. Barriers give parents additional time to locate a child before the unexpected becomes a reality.

- Barriers include a fence or wall, door alarms for the house, and a power safety cover over the pool. Barriers also may be used to protect children from accessing hot tubs and spas. Use the following recommendations as a guide:

*** FENCES & GATES ***

- Install a fence or other barrier, such as a wall, completely around the pool. If the house is part of the barrier, the doors leading from the house to the pool should be protected with an alarm or the pool should have a power safety cover. Alarm and cover details are below.

- The fence or other barrier should be at least four feet high. It should have no foot or handholds that could help a young child to climb it.

- Vertical fence slats should be less than four inches apart to prevent a child from squeezing through.

Use this as a guide when the release mechanism is located less than 54 inches from the bottom of the gate.

- If horizontal members are equal to or more than 45 inches apart, vertical spacing shall not exceed four inches.

- If the fence is chain link, then no

See POOLS, Page 7

Tips of the Month

Eagle Eyes program helps prevent hostile actions

By Special Agent Gerry Saria, Air Force Office of Special Investigations Det. 307

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. -- Eagle Eyes is an Air Force-wide program designed to deter nefarious activities by educating the public to recognize and report indicators of a pending attack or hostile act.

Eagle Eyes is similar to a "Neighborhood Watch," but it has more of a global reach due to the Air Force's unique mission. However, Eagle Eyes is not only intended to sensitize the installation populace but is geared to educate the local community as well.

The Eagle Eyes program was created following analysis of real-world events which showed every terrorist act was preceded by observable planning activities. In fact, it was found when people are aware of pre-attack indicators and have an avenue for reporting suspicious activities, terrorist attacks can be mitigated. There are seven categories highlighted in Eagle Eyes: surveillance, elicitation, test of security, acquiring supplies, suspicious persons who are out of place, dry run and deployment of assets.

This program has two components: promotional and operational. Under the promotional component, Air Force Office of Special Investigations units at all levels work to educate Airmen and local citizens on what constitutes a suspicious activity.

Additionally, OSI units work with local wing leadership to ensure they have support to reach as many people as possible. Finally, OSI and local public affairs offices serve as publicity advocates to the program, ensuring promotional materials are disseminated efficiently and effectively.

The operational component of Eagle Eyes involves a joint effort between OSI and local authorities to build processes to manage incoming reports. Information referred to OSI indicating a potential threat is turned into a suspicious activity report. The SAR is then forwarded to OSI Watch for analysis and posting to the Eagle Watch website.

The SAR is disseminated to installation law enforcement authorities as well as wing leadership once it is finalized. The report is also forwarded to local, state and federal agencies for their situational awareness.

The key to Eagle Eyes' success relies heavily on base-level support and participation. It is crucial for installation leadership to ensure the program has a platform to reach its intended recipient. Likewise, timely reporting, processing and dissemination of any threat information is as vital as any step in the reporting chain. More than 5,000 reports have been processed in support of the program since its inception.

The Federal Bureau of Investigation Baltimore Field Office implemented a similar program within the Joint Terrorism Task Force and credited OSI for the idea as a testament to its relevance and effectiveness. Additionally, law enforcement agencies in South Florida, California, Minnesota, North Da-



kota and New York have formulated their own program, using Eagle Eyes as their benchmark.

For more information about the Eagle Eyes program, please call 754-8830.

Diamond's Corner

Being heat savvy can save lives

By the 108th First Sergeant's Council

According to Air Force Manual 10-100, section 5: Survive; your ability to conduct an effective and sustained combat operation depends largely on your ability to avoid heat illness and cold injury.

A healthy body temperature is approximately 98.6 degrees Fahrenheit. As body temperature increases, the body tries to maintain its normal temperature by transferring heat through sweating. Heat-related illness occurs when our bodies can no longer transfer enough heat to keep us cool. High body temperature (hyperthermia) can develop rapidly in hot environments, such as when wearing Individual Protective Equipment (IPE) or in small spaces where the ventilation is poor, such as buildings or bunkers. People working in these environments should take precautions to minimize the risk of hyperthermia.

Heat-related illnesses include but are not limited to the following:

- Heat rash occurs when the sweat ducts to the skin become blocked, swell, and cause discomfort and itching.
- Heat cramps occurs in muscles after exercise because sweating causes the body to lose water and salt and minerals (electrolytes).
- Heat swelling occurs when you sit or stand for a long time in a hot environment.
- Heat stress occurs during short periods of stress in a hot environment.
- Heat fainting occurs from low blood pressure when heat causes the blood vessels to expand and body fluids

move into the legs because of gravity.

- Heat exhaustion occurs when a person is working or exercising in hot weather and does not drink enough liquids to replace lost fluids.
- Heat stroke occurs when the body fails to regulate its own temperature and body temperature continues to rise, often to 105 degrees Fahrenheit

or higher. Heatstroke is a medical emergency. Even with immediate treatment, it can be life-threatening or result in serious long-term complications.

To minimize heat related illnesses, follow your prescribed work/rest cycle periods and hydration guidelines issued by your unit control center (UCC). In addition to replenishing lost fluids from

excessive sweating, it's equally important to increase your food intake to replenish vitamins, minerals, sodium, and calories that are rapidly spent during combat operations and Operational Readiness Inspections (ORI).

Additional information is available in the Airman's Manual, AFMAN 10-100 pages 182,183,185 and 186.



WATER. REST. SHADE.

The work can't get done without them.

Odds & Ends

NJNG to celebrate Unity Day

The New Jersey National Guard will host its 13th Annual Unity Day Celebration on Thursday June 16 from 11:30 a.m. to 3:30 p.m. at Joint Force Headquarters in Joint Base McGuire-Dix-Lakehurst.

Come celebrate the ethnic, cultural, and organizational diversity of the New Jersey National Guard through food sampling, music, entertainment, educational displays, and dessert contest and giveaways.

Fun activities and community service projects will include a Zumba class; fun walk/run; and a blood drive and bone marrow registration.

Registration for these activities will be required:

Zumba – on site registration from 7:30 a.m. to 8:30 a.m.

Fun walk/run – on site registration from 8:30 a.m. to 10 a.m.

Blood drive and bone marrow registration – at the rear of JFHQ building from 10 a.m. to 3 p.m.

The point of contact for the event is Army Maj. Barbara Brown-Wilson, state equal employment manager. Brown-Wilson can be contact via phone at 609-562-0856 or via E-mail at Barbara.g.brown@us.army.mil.

The Joint Force Headquarters building is located at 3650 Saylors Pond Road in JB MDL.

Family and pet run/walk

The Waggin' Tails and Trails Family and Pet walk/run is set to start at 9 a.m. on June 18 at Smithville Park in Mount Holly, N.J.

This is a family-oriented pet run/walk that provides an opportunity for the community to exercise and get away from a busy schedule.

Contact the Health and Wellness Center by E-mail at 87amdshawc.education@us.af.mil for further information.

Smithville Park is located at 803 Smithville Road, Mount Holly.

Baseball game at Lakewood

Hope4Heroes invites you to the next Wounded Heroes Baseball Classic game at the Lakewood BlueClaws' stadium, First Energy Field, in Lakewood, N.J. on June 17 at 7 p.m.

For just \$10 you can watch MLB legends play service members from Joint Base McGuire-Dix-Lakehurst.

In addition, a free kids' clinic with MLB legends will be held there at 3 p.m., followed by free autographs at 5 p.m.

The Wounded Heroes Baseball Classic was created to give our wounded heroes from all generations an opportunity to play America's favorite past time with legends of Major League Baseball in cities across the country. The Classic pits military heroes against MLB legends in an All-Star game format. The game is an opportunity for the local community to show their support and watch the heroes and legends play their favorite sport in a fun family atmosphere while showcasing the talents of our nation's Heroes to employers and companies coast to coast.

Proceeds from the game will benefit enlisted programs at JB-MDL.

To get your tickets, please visit www.woundedheroesbaseball.com.

Learning tool for ANG, AFR

New for Air National Guard (ANG) and Air Force Reserve (AFR) members... **The "vPC-GR Basics" electronic Learning Tool (eLT).**

The first in a planned series of Web-based interactive courses being developed for transformed personnel processes, this course gives you an overview of the virtual Personnel Center – Guard & Reserve (vPC-GR).

In addition, it shows, through guided simulations, how to establish an account, use the dashboard, and manage action requests/work. vPC-GR provides the ANG and AFR online services for submitting personnel action requests, coordinating requests, and managing cases.

The eLT is available via the Advanced Distributed Learning Service (ADLS) Web site <https://golearn.csd.disa.mil>. View it by going to the "Course List" page, where it's found under the "Miscellaneous" category.

Any questions or comments on the course should be directed to NGB/A1XT, Mrs Alison Dougherty at alison.dougherty@ang.af.mil.

Get paid to improve your marriage

Come enjoy a free Army National Guard couples' enrichment retreat the weekend of July 15 – 17.

Soldiers can attend this retreat in a split unit training assembly (SUTA) status.

Couples will receive Strong Bonds (PREP) training from ANG chaplains. Strong Bonds/Marriage Enrichment is a practical application opportunity to learn what works in a marriage and what makes a marriage work.

This is not counseling nor group therapy session, but a weekend to "reconnect" with your significant other by receiving tools and information for better communication and relationship building.

In addition, hotel accommodations and meals are paid for by the Family Program during the retreat.

For more information or to sign up for this retreat, please contact Capt. David Leung-Kahler, 108th Wing chaplain, at 609-754-3301 or via e-mail at david.leungkahler@ang.af.mil.

The retreat is limited to the first 25 couples.

Guide to VA mental health services

The Department of Veterans Affairs South Central Mental Illness Research, Education, and Clinical Center (SC MIRECC) has produced a Guide to VA Mental Health Services for veterans and their families. The Guide describes the guiding principles of VA mental health care and different treatment settings and treatments that veterans can expect.

This guide is posted at www.mirecc.va.gov/VISN16 where it can be viewed or downloaded.

In addition, a limited supply of hard copies is available and to receive a complimentary hard copy of the Guide, please email Shane.Russell@va.gov and include your complete postal address.

POOLS

Continued from Page 5

part of the diamond-shaped opening should be larger than 1-3/4 inches.

- Fence gates should be self-closing and self-latching. The gate should be well maintained to close and latch easily. The latch should be out of a child's reach.

When the release mechanism of the self-latching device is less than 54 inches from the bottom of the gate, the release mechanism for the gate should be at least three inches below the top of the gate on the side facing the pool. Placing the release mechanism at this height prevents a young child from reaching over the top of a gate and releasing the latch. Also, the gate and barrier should have no opening greater than 1/2 inch within 18 inches of the latch release mechanism. This prevents a young child from reaching through the gate and releasing the latch.

There is a wide variety of fencing construction materials available to compliment your house and pool surroundings. Your local fence company or pool-enclosure company can provide you with information and assist you in making a selection.

The weak link in the strongest and highest fence is a gate that fails to close and latch completely. For a gate to close completely every time, it must be in proper working order.

*** DOOR ALARMS ***

- If the house forms one side of the barrier, then doors leading from the house to the pool should be protected with alarms that produce an audible sound when a door is unexpectedly opened.

- Install an alarm that can be temporarily turned off by an adult for a single opening of the door by using a keypad or switch that is out of a child's reach.

Battery and electrically powered alarms are available. The keypad switch can be used by adults who wish to pass through the door without setting off the alarm. It should be placed high on all doors leading from the house to the pool. Affordable and easily installed alarms are available. An alarm signal immediately tells a parent that a door has been opened.

*** POWER SAFETY COVERS ***

Power safety covers over the pool may be used as an alternative to door alarms. A power safety cover should meet the requirements of the ASTM pool cover standard which addresses labeling requirements and performance. ASTM requires that a cover withstand the weight of two adults and a child to allow a rescue should an individual fall onto the cover. The standard also requires quick removal of water from the cover. A young child can drown in just



inches of water.

A power safety cover is a motor powered barrier that can be placed over the water area. Motor-driven covers easily open and close over the pool. When the power safety cover is properly in place over the pool, it provides a high level of safety for children under five years-old by inhibiting their access to the water.

*** ABOVE-GROUND POOLS ***

- Steps and ladders leading from the ground to the pool should be secured and locked, or removed when the pool is not in use.

*** RULES FOR POOLS ***

- Instruct babysitters about potential pool hazards to young children and about the use of protective devices, such as door alarms and latches. Emphasize the need for constant supervision.

- Never leave a child unsupervised near a pool. During social gatherings at or near a pool, appoint a "designated watcher" to protect young children from pool accidents. Adults may take turns being the "watcher." When adults become preoccupied, children are at risk.

- If a child is missing, check the pool first. Seconds count in preventing death or disability. Go to the edge of the pool and scan the entire pool, bottom and surface, as well as the pool area.

- Do not allow a young child in the pool without an adult.

- Do not consider young children to be drowned proof because they have had swimming lessons. Children must be watched closely while swimming.

- Do not use flotation devices as a substitute for supervision.

- Learn CPR (cardiopulmonary resuscitation). Babysitters and other caretakers, such as grandparents and older siblings, should also know CPR.

- Keep rescue equipment by the pool. Be sure a telephone is poolside with emergency numbers posted nearby.

- Remove toys from in and around the pool when it is not in use. Toys can attract young children to the pool.

- Never prop open the gate to a pool barrier.

To obtain detailed barrier recommendations, please write to CPSC, Pool Barriers, Office of Information & Public Affairs, Washington DC 20207.



JBMDL implements higher security measures

By Airman 1st Class Dennis L. Sloan, JBMDL/PA

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. -- Joint Base McGuire-Dix-Lakehurst upgraded from Force Protection Condition Alpha to FPCON Bravo May 1 along with all continental U.S. military installations.

The rise in FPCON level was sent down by the U.S. Northern Command as a result of former al-Qaida leader Osama bin Laden's death.

All Air Force installations reported they were in compliance with the FPCON level upgrade May 3. FPCON Bravo is applied when an increased or more predictable terrorist threat exists.

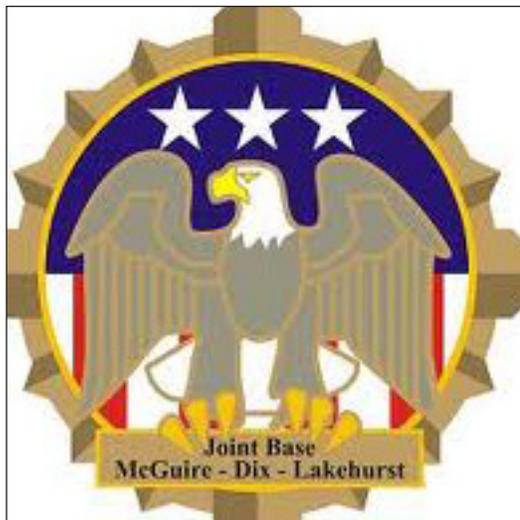
The JB MDL Crisis Action Team and the Threat Working Group convened on May 1. After reviewing all the FPCON Bravo measures the TWG gave recommendations to Brig. Gen. Gina Grosso, JB MDL commander, and the CAT. Grosso implemented the approved higher FPCON measures following the CAT's review.

One of the first steps when FPCON levels are raised is notifying the base community of the upgrade. Marquees, located at base entrances, display the new FPCON level and base media sources, such as the base newspaper, website, Facebook page and Twitter feed reflect this message as well.

"We want everyone to be aware of the situation," said Donna Smith, 87th Air Base Wing Antiterrorism officer. "By publishing articles on the upgraded FPCON, it helps to bring awareness to not only servicemembers and civilian personnel, but also to the family members on base."

Service members, as well as community members, should practice operational security at all times.

"When you're at lunch don't talk about things the public should not hear, because not everyone around here is associated with the military," said Smith. "Also, if you're staying in a hotel, make sure you conceal all military documents because maids will see them



if they aren't."

It is everyone's responsibility to be aware of his or her surroundings at all times not only during an upgraded FPCON level.

Mail screening is another measure that is taken when FPCON levels are raised.

Suspicious mail or packages are not taken lightly and are handed to authorities for inspection. Base entrances are on high alert to deter terrorist plans or attacks and random antiterrorism measures are being performed across the installation.

"This is the time to check the identification of the person you do not recognize in the hall, commissary or even those walking on the base sidewalks," said Joe Vasquez, 87th ABW Antiterrorism specialist. "If you see something, say something. This is not the time to be shy or complacent."

Contact JB MDL Security Forces Squadron at 609-562-6001 to report suspicious activity.



The 108th Wing Services Squadron has a very important, but often unnoticed, role in the Nuclear Operational Readiness Exercise training that took place April 25-27. They are responsible for the feeding of the air crews, as well as providing them with movies during their down time. Each morning at approximately 7:45 a.m., the members of the services squadron bring breakfast out to the air crews – the crew members get to choose their breakfast from the flight kitchen which is then delivered as a "boxed lunch". This is followed up by lunch consisting of MRE's around noon. A hot dinner is served at 6:00 p.m. and the routine continues daily until the end of the exercise. Left, Senior Armen Brittany Lovett and Esmeralda Ayala load "boxed lunches" that will be served to crew members. Photo right, Tech. Sgt. Bryant Sharpe hands a "boxed lunch" to Lt. Col. Timothy Baughman during the NORE exercise held here at JBMDL. (Photo by Staff Sgt. Brian Carson, 108th WG/PA)