

APRIL 2014



# the Minuteman

THE NEW ELECTRONIC NEWSLETTER FOR THE 146TH AIRLIFT WING



## MINUTEMAN FEATURE

146th Airlift Wing  
prepares for JRSOI  
inspection.

### SOCIAL MEDIA TIPS

Learn valuable tips to make sure not to put your military career at risk from the hazards of social media.

### CHILD ABUSE AWARENESS

DPH Andrea McGovern talks about child abuse and tips on better parenting.



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# INSIDE THIS ISSUE PREPARATION



The 146th Airlift Wing and members from the 340th Bravo Company prepare for future JRSOI inspection.



Social Media dangers could jeopardize your career and unit. Learn advice on how to protect yourself.



DPH Andrea McGovern talks about addiction and helpful parenting tips.



# COMMANDER'S

This winter has been especially tough on other parts of the country, and the National Guard has been present helping fellow Americans whose homes are flooded and where streets are covered with dangerous amounts of snow and ice. Every week we see nationwide news reports showing guardsmen working side by side with local officials providing relief and aid to people in crisis. The recent catastrophic mudslide in Washington state which has now claimed the lives of at least 30 people prompted our state to prepare a team, and at this moment 13 members of the 146th are preparing to assist with recovering the remains of those still unaccounted for.

I thank all of you who continue to train and prepare for these real-world missions which occur all the time and without notice. We continue to show the world that we are always ready to respond to the call.

Training is the main focus this month with MAFFS training starting Sunday and going

# VIEW

“We continue to show the world that we are always ready to respond to the call.”

-Col. David Bakos

through all of next week. Please help us welcome members of the USFS and local Ventura County firefighting agencies that you may see around the base. Train with purpose and be prepared for a busy fire season as the drought in California continues to parch our forests.

The mid-rotation for our latest large deployment from Ops and Maintenance is due to take off for the desert in just a few weeks at the end of the month, and all reports are that the performance of these Airmen has been exceptional. Please bid the deploying Airmen farewell as they prepare for their journey, and welcome the returning troops home.

Next month's drill will highlight a large scale, inter-agency exercise at Camarillo Airport that many of our squadrons are participating in, called Operation Medical Base. I encourage everyone to ask questions and get involved in all training that involves how we as the Air National Guard would respond in a real-world situation. Defense Support of Civil Authorities, known as DSCA, is a cornerstone of what we do. This exercise will provide us practice in how to come together with other civilian medical agencies and set up a medical base under field conditions.

Drill weekends will be shifting around slightly this year in order to accommodate a “super-drill” in September where we will accomplish most all of our ancillary training requirements. What this means is that June drill will be cancelled and rescheduled in September. Please ask your supervisors for more information and details.

Blue Skies,  
Colonel Bakos

# CHAPLAIN'S CORNER

## **Statement on the Fort Hood shooting**

The shooting incident at Ft. Hood reminds us once again that senseless violence in the military workplace is a real threat. While condemning those who, for any reason, might resort to harming fellow military members, we chaplains and chaplain assistants at the 146th AW are sustained in peace by knowing that the vast majority of soldiers, sailors, marines and airmen are men and women of honor and personal sacrifice, and that they will never forget their highest calling: to protect and defend the lives of the innocent. May God's mercy and love be showered down upon the soldiers of Ft. Hood and bless the families of the deceased this day.

Ch, Lt Col John W. Love  
146th AW Chaplain's Office

## **Chaplain Services**

Catholic Mass 1100 LRS Conference Room  
Prodestant Service 1230 LRS Conference Room

The Chaplain's Office is located in the Supply Building 119.

Office hours 0800-1600  
Saturday and Sunday





# 146th & 340TH BRAVO COMPANY PARTICIPATE IN JRSOI PRACTICE RUN

Story by: Senior Airman Ashley Moore  
Photos by: Airman 1st Class Madeline Richards

Members of the Bravo Company 340th Base Support Battalion out of Atascadero, Calif. traveled down the California coast to the 146th Airlift Wing in Port Hueneme as part of a joint readiness exercise training on March 1. The exercise titled Joint Reception Staging, Onward Movement and Integration (JRSOI) is practice for a larger exercise to be held in June that will assist with in-processing military members for joint missions and natural disasters.

Dozens of military vehicles that held more than 40 Soldiers arrived at the gates of the 146th and traveled through the base towards the flight line to rest and refuel. HMMWV'S and cargo trucks parked near the hangar, while Soldiers piled out

and stood professionally at parade rest awaiting further instructions, seemingly unaffected by the pouring rain. Airmen worked quickly to refuel their vehicles and sent the Soldiers down the line further to where they were briefed and fed. Major General Keith D. Jones, commander of the 40th Infantry Division in Los Alamitos, was present to observe the small scale test run.

Jones greeted the Soldiers in the downpour and thanked them all for their efforts before they made their way inside the air terminal to rest and get a reception brief by 146th staff. "The JRSOI will improve our state's readiness in the event of an actual disaster," said Col. Brian Kelly, 146th Airlift Wing Vice Com-



# 146TH & 340TH JRSOI PRACTICE RUN

mander. "It's important that we practice like this together with our Army Guard counterparts, as this is how we would respond in the event of an earthquake or any large-scale catastrophic event."

The intent of this exercise is to simulate the reception and in-processing of military members from other bases coming to one location for a joint operation. Soldiers arrived on base where they were 'in-processed' to the 146th, given lunch and briefed on the layout of the base and local areas. Soldiers would then work side by side with the Airmen of the 146th to accomplish any joint mission to include riot control or natural disaster relief assistance.

The exercise was a small scale practice run for a larger more thorough exercise to be held here in June. That exercise will have nearly 500 personnel with more than 50 vehicles included in the convoy. These personnel will then proceed to an even larger exercise at Camp Roberts involving more than 8000 Army Reserve and Army Guard personnel.



"The JRSOI will improve our state's readiness in the event of an actual disaster."  
- Col. Brian Kelly



The negative effects of posting your thoughts and photos in uniform

# DON'T RUIN YOUR CAREER ON SOCIAL MEDIA

Several recent incidents in the world of social media between military members and their behavior on personal accounts have brought to light the hard truth of the internet world. The negative effects of posting personal thoughts and photos while in uniform can have lasting effects on not only your career but your branch of service and the entire DoD.

Please remember that you represent the U.S. Air Force and the California National Guard when you post on social media sites, especially if you are in uniform. This gives you tremendous power to share the 146th Airlift Wing and Air National Guard story with your friends, family and general public. You can have a significant positive impact on

public opinion when you post appropriately. However, with great power comes great responsibility. Posts that reflect poorly on our professionalism and maturity do incredible damage to the public trust we rely on to function. Once you post something, you can't "get it back," no matter what your security settings are. If you share something with anyone, they are then free to share to redistribute at will, and you will lose control of the content. Below is guidance for navigating the social media landscape in a reasonable fashion. The members involved in these recent incidents are facing formal disciplinary action for their poor judgment. DON'T be like them: Think before you post.

**"A brief moment of stupidity can go viral in minutes, potentially ending your career."**



# THINK BEFORE YOU POST

**Abide by the Air Force Core Values**

Remember our Air Force core values before posting anything. Does your post reflect integrity first, service before self, and excellence in all we do?

**Once it's there, it's there forever**

What you share may have serious consequences. When you post something on social media, you can't "take it back." Even deleting the post doesn't mean it's truly gone, so think about this before you hit "enter."

**Think OPSEC**

Do not post classified or sensitive information (for example, troop movement, force size, weapons details, etc.). If in doubt, talk to your supervisor or security manager. Consider Interpretations

**How will your post be interpreted by the general public?**

There's a fine line between funny and distasteful, err on the side of caution if you're not sure. If the post concerns the Air Force, consult with your supervisor or public affairs office. Ultimately, you bear sole responsibility for what you post.



## What's geotagging?

Geotagging adds geographical identification data to photos, videos, websites and text messages through location-based applications. This technology helps people find images and information based on a location from a mobile device or desktop computer.

## How should Airmen use geotagging?

Airmen should be cautious when enabling the geotagging feature on mobile, location-based apps because they could potentially create personal and operational security risks. Disable geotagging at sensitive or deployed locations.



## Download the Air Force Social Media Guide online!



<http://1.usa.gov/Y79V9c>

### Replace error with fact

When you see misrepresentations made about the Air Force in social media, you may certainly identify and correct the error. Always do so with respect and with the facts. When you speak to someone who has an adversarial position, make sure what you say is factual and respectful. No arguments, just correct the record.

### Avoid the offensive

Don't post any defamatory, libelous, vulgar, obscene, abusive, profane, threatening, racially and ethnically hateful or otherwise offensive or illegal information or material.

### Obey applicable laws

Don't use any material that may infringe copyright, or misuse trademarks without the owner's permission.

### Don't violate privacy

Don't post any information that would infringe upon the proprietary, privacy or personal rights of others.

### No Endorsements

Don't use the Air Force name to endorse or promote products, political positions or religious ideologies.

### No impersonations

Don't manipulate identifiers in your post in an attempt to disguise, impersonate or otherwise misrepresent your identity or affiliation.

# THINK BEFORE YOU POST

### Stay in your lane

Discussing issues related to your career field or personal experiences are acceptable and encouraged, but you shouldn't discuss areas of expertise where you have no firsthand, direct experience or knowledge.

### Be cautious with the information you share

Be careful about the personal details you share on the Internet. Maintain privacy settings on your social media accounts, change your passwords regularly and don't give out personally identifiable information. Also, be mindful of who you allow to access your social media accounts.

### Don't promote yourself for personal or financial gain

Don't use your Air Force affiliation, official title or position to promote, endorse or benefit yourself or any profit-making group or agency. For details, refer to Code of Federal Regulations, Title 5, Volume 3, sec. 2635.702, Use of Public Office for Private Gain, in the Joint Ethics Regulation or Air Force Instruction 35-101, Public Affairs Responsibilities and Management.



# MUSTACHE MARCH



# MANAGING ADDICTIONS

Story and photos courtesy:  
Andrea McGovern DPH

Common wisdom holds that addiction requires professional intervention and participation in self-help groups like Alcoholic Anonymous (AA). AA has certainly been life changing for many individuals struggling with addiction. However, it is only a piece of the puzzle. Addiction requires addressing broader psychological, behavioral, social and practical issues. This includes reassessing one's life and discovering what brings the sense of meaning and purpose to life that may have been lacking, and fueling the addiction in the first place.

There are studies that support this line of thinking. In such studies, some primary sources of life meaning and purpose were identified: reclaiming one's life (a central theme in addiction is loss of self. One of the most fertile grounds for addiction to grow is when we disconnect from our own truth and lose sight of who we are or what we want to be), service to others, and connection to community. Part of self-reclamation is first identifying certain character flaws such as, self-centeredness, grandiosity, resentment, intolerance, and being willing to develop new values such as self-honesty, humility, patience, understanding and gratitude. Anyone can learn how to do this – but you may need to reach out and get some support.

The single most important factor in successfully managing addictions, is the ability to initiate,

develop and maintain healthy intimate relationships. In addiction, many people have difficulty maintaining healthy relationships. They are often strained. Addicts often replace relationships with people for objects (drugs, poker, porn, food, etc.), because the objects require little or no effort and don't demand any human interaction.

Service to others is the ability to develop a conscious orientation toward the needs of those around you – your family, community and in the work place. It is also a key element in treating addiction. Those who discover this, talk about the meaning they draw from learning to live their lives for other people and making amends to those they've hurt or ignored.

Following these guidelines can help you shift from feeling the curse of addiction to that of a gift that can open new experience, a new sense of self, and new and improved relationships with those you care about. Additionally, changing your thought processes in this way, can help eliminate the sense of boredom that is often a trigger for addictive behavior.

Looking outside of ourselves to fix what is painful inside ourselves works to promote and support addiction. As long as we continue to look outside as being the answer to our problems – whether it's in the form of a substance, power, another person or material things, we will always be vulnerable or at risk.



# POSITIVE PARENTING

Story courtesy:  
Andrea McGovern DPH

With April being Child Abuse Awareness Month, it's a good time to focus on being the positive parent you want to be. While parenting is one of the toughest jobs you'll ever have, it's also the most joyful. Parenting takes time, patience, attention and lots of love. Unfortunately, there are some parents who mistreat and/or neglect their children. What many of these parents have in common is:

**Lack of Maturity.** This is the parent who also lks parenting skills and is easily overwhelmed by everyday problems and takes their frustration out on their kids.

**Unrealistic Expectations.** This parent doesn't understand what a child can and cannot do. As a result, the parent may punish the child unfairly. For instance, if a young child is just learning how to fix a bowl of cereal and some spills onto the table, a parent with unrealistic expectations might yell or even hit their child for making a mess. The appropriate response would be handing the child a cloth to help him clean up and be encouraging by telling him, "I'm proud of you for trying. You'll get it right next time."

**Face Money Problems.** Some adults may blame children for their own money problems and take this frustration out on their kids. This is

unfair. Kids rely on their parents to care for their needs. Additionally, parents who mistreat their children often:

**Crave Power.** Some adults use anger or abuse as a way to gain control over their children – maybe because it is a learned behavior through witnessing it growing up or having suffered forms of abuse earlier in life.

**Abuse Alcohol or Other Drugs.** This is a common factor in abusive households.

**Have Low Self-Esteem.** Parents with low self-esteem may use various forms of abuse on their children in order to gain a false sense of elevation and importance.  
**Have Undiagnosed Mental Problems.** When people don't manage their own depression or anxiety they often micromanage or mistreat those around them.

## Keeping it Positive Managing Parental Stress

**Know When to Switch Gears From Work to Home.** For military parents in particular, it may be more challenging to not carry work into home life. However, it's essential that you do so. Children should not be expected to behave like recruits. This only creates a tense and stressful atmosphere at home. It's important to take the military

## TELL US YOUR STORY

We would love to hear about it. Did you know that the 146th Public Affairs office is always looking to highlight it's Airmen on the job. We want to hear from you the readers! If you know of a great story that you think should be published in our monthly newsletter, we'd like to hear it! Supervisors! Do you have an Airman that goes above and beyond the normal expectations? Let us help you bring recognition to your best and brightest.

or work hat off at the door, consciously shifting your focus to being a loving parent when you cross that threshold from work to home. Be thinking how you want to be while on your drive home. It helps to give your child 10 or 15 minutes right when you walk in the door – of undivided attention – then you can go about the business of getting dinner, cleaning up, homework, etc. Your child will feel he or she has had much needed positive attention from you. Additionally, do one fun activity before bed time – either read or tell a story, play a card game, etc.

**Practice Self-Care.** Listen to calming music; discover and practice relaxation exercises; practice positive affirmations such as: "I leave work behind me. I am a focused and loving parent." Take time out to exercise; recognize when you need to walk away and remove yourself from a stressful situation.



**Learn Positive Parenting skills.** Read a book on parenting to learn about natural and logical consequences versus punitive reactions or yelling; get some counseling or take a parenting class.

**Communicate Your Feelings to Someone.** A friend, chaplain, spouse or professional therapist.

**Praise.** Point out when your child does something good. Recognize positive behavior. Don't just praise for good grades. Let them know you like their personality, their sense of humor, their loyalty as a friend to others – whatever their special traits are – recognize them!

**Share an activity.** Time spent with you is what your child wants most. Make it fun for both of you. Tell, them, " I like hanging out with you."

THERE ARE MANY RESOURCES FOR TROUBLED FAMILIES OR IF YOU JUST WANT SOME PARENTING TIPS. WHERE TO GET ADDITIONAL HELP: Chaplains, school psychologists and counselors, mental health and social work services, pediatricians and family doctors, DPH, Family Readiness, books and magazines on parenting.





Mustache March is an annual event occurring in the month of March, where men in the United States Air Force grow mustaches to honor Air Force legend General Robin Olds, a “triple ace” fighter pilot with a combined total of 16 victories in World War II and the Vietnam War.

Gen. Olds was also known for his extravagantly waxed (and decidedly non-regulation) handlebar mustache he sported in Vietnam. It was a common superstition among Airmen to grow a “bulletproof mustache”, but Olds also used his as a gesture of defiance. The fellow Airmen on base loved it and most everybody grew a mustache.

Upon his return home, however, the flamboyance came to an end. He reported to the Air Force Chief of Staff who walked up to him, stuck a finger under his nose and said, “Take it off.” Olds replied, “Yes, sir.”

Reportedly, Olds was not upset with the order, and said, “To tell the truth, I wasn’t all that fond of the damned thing by then, but it had become a symbol for the men of the 8th Wing. I knew the Chief of Staff understood. During his visits to Ubon over the past year he had never referred to my breach of military standards, just seemed rather amused at the variety of ‘staches sported by many of the troops. (It) was the most direct order I had received in twenty-four years of service.”

Mustache March provides Airmen worldwide an opportunity to display their solidarity with a symbolic, albeit good-natured protest for one month against Air Force facial hair regulations.



## Saturday

- Vegetable garden soup
- Caribbean mango chicken
- Atlantic salmon w/garlic dill-butter sauce
- Rice pilaf
- Oven roasted potato medley
- Asparagus
- Baby carrots

## Sunday

- Vegetable garden soup
- Korean BBQ short ribs
- Mandarin chicken
- Chow mein noodles
- Steamed jasmine rice
- Edamame soy beans
- Mixed vegetables

## **Welcome new 146th Airmen!**

**Tech. Sgt. Christopher May**  
**Tech. Sgt. Amanda Adroin**  
**Staff Sgt. Abraham Avedikian**  
**Senior Airman Wendy Bell**  
**A1C Jacob Rodriguez**  
**A1C Jonathan Diaz**  
**A1C Alonzo Mojica**  
**A1C Nicholas Armann**

# AIRMAN OF THE MONTH



Congratulations to Technical Sergeant Quang Pham named April's featured Airman of the Month. The Resource & Equipment Manager for the 146 Logistics Readiness Squadron, Pham joined the Air National Guard in 2003 and has worked both as a supply technician and in the maintenance squadron.

Pham has deployed several times with his unit, first in 2008 to Bagram Air Force Base, Afghanistan and in multiple MAFFS missions at his home station and in Wyoming.

Taking advantage of the GI Bill, Pham furthered his education earning his Master's Degree in Business Administration from American Military University, graduating with honors, Magna Cum Laude. He is currently a 3rd year student at Ventura College of Law working towards completing a Juris Doctorate.

Pham is an active member on campus, participating in several student organizations and underclassman mentor programs.

When he is not hard at work in LRS or hitting the law books, Pham is an active member and participant at the St Mary Magdalen Vietnamese Catholic Community Church as well as a member of the Focus 5/6 group for NCO's to mentor and build leadership skills for up and coming junior NCO's. Pham assists with organizing events for the local Veterans of Foreign Wars, fundraising for needy veterans.

Tech. Sgt. Quang Pham is a shining example of an excellent leader and well-rounded member of the 146th. His participation and dedication to better himself both on and off base makes him a great candidate for this month's featured Airman. Congratulations Tech. Sgt. Quang Pham!

## PICTURE PICTURE SECTION

An entire page dedicated to more photos from this month's event's on base.



Say  
Some  
thing

"My boys love coming out here and climbing all over the airplane so it was nice to have this chance to bring them and the Navy day care providers out here for a tour and lunch. They all had a great time."

-Senior Master Sgt. Phil Poulsen



# MUSTACHE MARCH



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