

Sandy Hog Gazette

11th Fighter Wing Willow Grove Air Reserve Station Pa Air National Guard

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Patriot Exercise prepares Medical Group members for real life scenarios

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Photo by Tech. Sgt. Jonathan E. White



On the cover:

Lt. Col. Richard Lorraine, 111th Medical Group, and two Minnesota CERFP members practice proper gurney technique on a simulated patient Jul. 13 during a Blackhawk helicopter medical evacuation training mission during Patriot Exercise at Volk Field, Wis. The aircraft transports seriously injured personnel from an accident scene to nearby treatment facilities. See story on page 6.

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Meet our people

Photo by Tech. Sgt. Marie Harmon



Tech. Sgt. Melissa Neal, 111th Force Support Squadron Services Training Manager, prepares food for the UTA meal.

Sergeant Neal is from Laurinburg, North Carolina and has been a member of the 111th Fighter Wing for 3 years.

During the week, she works as a federal corrections officer at the Federal Correctional Institution in Bennettsville, S.C. She is looking to cross train into communications and is pursuing a degree in criminal justice. She would like to become a special agent with the Federal Bureau of Investigation (FBI).

In her spare time, she is an avid motorcycle rider, is involved in community service and enjoys reading.

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Deadlines for submissions to the October issue of the Sandy Hog Gazette is Sept. 15.

E-mail articles and photos for consideration to: pa.111fw@ang.af.mil.

Guard continues to be a great deal for everyone

By Lt. Col. Mike Kierod
270th Engineering Installation Squadron

Moments of opportunity rarely look that way to the people feeling the stress and pain of difficult times. Sometimes the greatest opportunities are hidden in uncertainty and confusion. However, this country has always had men and women able to see past the obvious challenges and danger to seize the occasion. Faced with the combined challenges of a rough economy and a time of transition, the Guard stands at the edge of considerable risk and incredible opportunity. Some of the risks are obvious; the opportunities are not.

During the years ahead, the Guard will likely be viewed as a good place to save money. Attempts to cover shortfalls will take the form of smaller budgets, less equipment, force-structure cuts and mission creep into what has traditionally been the Guard's domestic role. We must be on our best game in aggressively reminding our decision-makers of the inherent "bang for the buck" that the Guard provides the nation and the states. We provide tremendous value not just to the U.S. Armed Forces but to the overall national security. This is a very important point and an exclusive distinction from all other military organizations.

No other organization possesses the ability to operate in hostile foreign environments and in our own neighborhoods, to work with civil leaders and militaries of foreign nations and our own governors, doctors, first responders and emergency management officials, many of whom are found in our formations, like we do. The Guard can yield incredible military power and provide vital support and life-saving care for our citizens in times of disaster.

Given our wide range of recently proven military capabilities and historically close ties to domestic officials and responders, the Guard is the ultimate value, as well as value-added organization for the country.



Lt. Col. Mike Kierod

For the country to flourish and for the Guard to fulfill its expanding role in the nation's security, we will need risk-takers, doers and the makers of new things and methods. First, we must energize and encourage our folks to become active thinkers. Gone is the notion that good ideas only come from senior leaders. That's the thinking of outdated and long-dead organizations.

Second, take a risk on the good ideas. Actively pursue new ways that the Guard can partner with other organizations—local, state, federal and private—to best leverage our unique capabilities. Build new capabilities and find better and less expensive ways of doing things. Leverage the minds and best efforts of our people.

No other organization is as perfectly positioned to seize this great opportunity. Just as we have proven our skill and bravery, now is the time to make our case for more and to demonstrate our worth.

The State Command Chief's Perspective can be found on the 111th FW public website: www.111fw.af.mil/pastatecommandchief.asp and on the 111th FW Air Force Portal page under "Other Leader Messages."

This month's topic:

Professional Military Education---Senior Non-Commissioned Officer Academy (SNCOA)

Air Force physical fitness: a cultural change

By Master Sgt. Juan C. Gonzalez
111th Medical Group

Here we go again, new physical fitness standards; columns, rows, scores, sweat, pain, annual testing; waivers, RUTA's, procrastination, retention – promotion. Not to be forgotten: personal gear, Air Force PT gear, running shoes and stopwatches. The Air Force finds itself at a monumental crossroads of physical fitness and a cultural change. There is no question that the men and women who proudly serve in the U.S. Air Force will courageously confront the difficulties of setting and maintaining physical fitness standards that will greatly enhance the organization's ability to respond worldwide as a mentally and physically stronger military force.

Change is not always easy. Understandably so, the difficult task is convincing oneself that change is necessary for the betterment of the organization. Having healthy and fit individuals will result in a better overall mindset throughout the Air Force. However, it is also important to focus on the individual benefits of improving one's physical fitness. Despite the daily bombardment of infomercials pushing the latest fad in products and programs, a healthy lifestyle is something which should be taken seriously. As the Air Force begins a new trend towards a healthier organization, individuals should use it as inspiration to begin focusing on their own fitness standards.

Today's society has placed a great value on fitness where the activity is not a fad, but a way of life. Magazines, websites, talk shows, and alternative sports have enticed new athletes and satisfied the veterans tired of the same routine. Sponsored events such as Urbathons, Mud-Runs, and Hot Air Balloon cycling events are a few new innovative activities fashioned to add spice to common sports such as running or cycling. For those that have entertained the idea of improving their health and initiating a physical fitness

routine, now is the time. You're not alone in such endeavors. The most significant step is the first one. To borrow Nike's motivational slogan – Just do it! You have nothing to lose and everything to gain. Greater benefits are to be had if one changes their perspective associated with mandatory mili-

tary physical fitness standards and grasp the opportunity to improve oneself and serve as a role model. Mentorship, performance feedback, and leadership should incorporate the attributes of physical fitness as a means to improve oneself, peers, and the organization.

I'm thankful for all who serve our nation through military service. Your courage, patriotism, and dedication are commendable. As military service men and women, you do our country proud. The current high tempo Global War on Terrorism continues to stress individuals and families, both mentally and physically. Maintaining a physical fitness standard is not the golden answer to all problems but a valuable tool to sharpen our ability to respond to the demands placed upon us. Confront the mirror and sell yourself to a healthier individual as the doors to new adventures and friendships unlock. Let's work together as a proud organization to change our perspective on physical fitness and wear the Air Force PT gear with pride. Embrace the culture change of physical fitness – our nation's military forces need you to protect our freedoms.



**Master Sgt.
Juan C. Gonzalez**

“For those that have entertained the idea of improving their health and initiating a physical fitness routine, now is the time. You're not alone in such endeavors.”

Flight of Freedom Ceremony Sept. 12

The Flight of Freedom Honors Ceremony is an annual salute to the members of the Pennsylvania Air National Guard and their contributions to our nation's defense. Outstanding individuals will be recognized for significant and lifelong contributions to the Air National Guard. Attire is uniform of the day. The ceremony site has been designated a no hats, no salute area. During the ceremony, please silence your cell phones.

SCHEDULE OF EVENTS

- | | |
|-------|---|
| 9:30 | Troop formation in Dock 3 |
| 9:40 | VIPs and honored guests arrive at ceremony site |
| 9:50 | Official party arrives at ceremony site |
| 10:00 | Start of ceremony |
| 11:15 | Conclusion of ceremony — dismissal of troops |



Air Force Fitness Program revised

Courtesy of Air Force Personnel Center, Randolph AFB

Revisions to the Air Force fitness program took effect July 1, 2010. These modifications, improvements and upgrades brought about some of the most significant changes to fitness standards in the last five years and shift a greater level of responsibility for maintaining year-round physical fitness to all Airmen.

The Air Force Fitness Program goal is to motivate Airmen to participate in a year-round physical conditioning program that emphasizes total fitness, to include proper aerobic conditioning, strength and flexibility training, and healthy eating. Health benefits from an active lifestyle will increase productivity, optimize health, and decrease absenteeism while maintaining a higher level of readiness.

SCORING

Members will receive age and gender-specific composite scores based on the following maximum component scores: 60 points for aerobic, 20 points for body composition, 10 points for pushups and 10 points for sit-ups.

Those with duty limiting conditions prohibiting them from performing one or more components of the fitness assessment will have a composite score calculated on the assessed components; however, they will only receive an overall "Pass" or "Fail" rating. Members must achieve a minimum of 75 adjusted points, based on points available, and meet minimum component standards.

Scores required for passing and excelling in the test can be found at: www.afpc.randolph.af.mil/affitnessprogram/charts.asp.



FITNESS CATEGORIES

Members testing in all four components will receive a score in one of three categories:

- Excellent: Composite score equal to or greater than 90 with all minimum components met.
- Satisfactory: Composite score of 75 - 89.99 with all minimum components met.
- Unsatisfactory: Composite score less than 75 and/or one or more minimum components not met.

Those with exemptions testing in one to three components will be categorized as:

- Pass: Adjusted composite score equal to or greater than 75 with all tested component minimums met.
- Fail: Adjusted composite score less than 75 and/or one or more tested component minimums not met.
- Exempt: All four components exempted.

For more information on the Air Force Fitness Program, visit: www.afpc.randolph.af.mil/affitnessprogram/index.asp.

Upcoming Events for the Wing

Sun. Sept. 12, 2010 at 10:00
Sun. Oct. 3, 2010 8 a.m. - 2 p.m.
Sat. Nov. 6, 2010
Sat. Mar. 5, 2011
Sun. Apr. 3, 2011
Sun. Jun. 5, 2011

Flight of Freedom Awards Ceremony (Flightline Area)
Red Cross Blood Drive (Bldg. 335, Dock 3)
Dinner Dance (Location TBD)
Annual Retirement Ceremony (HQ Auditorium Bldg. 203)
Hometown Heroes Salute Awards Ceremony and Family Day (Location TBD)
Sports Day (various on base locations)



Lt. Col. Angel Burris, 111th Medical Group deputy chief nurse and member of the Pennsylvania CERFP, assesses the injuries of a patient from a mock bus train collision Jul. 15 during Patriot Exercise 2010 held at Volk Field, Wis.



Patriot Exercise prepares Medical Group members for real life scenarios

Story and photos by Tech. Sgt. Jonathan E. White
111th FW Public Affairs

Three members from the 111th Medical Group served on the Pennsylvania Chemical, Biological, Radiological, Nuclear, and Explosive (CBRNE) Enhanced Response Force Package, or CERFP, deployed to Volk Field, Wis. Jul. 12-16 in support of Patriot Exercise 2010.

Sponsored by the National Guard Bureau, Patriot Exercise is an annual international training event that serves to increase the domestic and combat readiness capabilities of Army and Air National Guard units.

As members of the Pennsylvania CERFP, Lt. Col. Angel Burris, deputy chief nurse, Lt. Col. Richard Lorraine, chief of clinical services, and Staff Sgt. Rosemarie Perry, medical technician joined members of the Minnesota CERFP in providing short term emergency medical treatment to locals in response to a mock bus train collision. As a result, more than 40 casualties were processed through the CERFP with medical needs that ranged from minor to serious injuries.

"CERFP is considered the second responder when our first responder becomes overwhelmed," said Maj.

Julie Carpenter, Pennsylvania CERFP medical operations officer.

The mission of the CERFP is to provide immediate response capability to the governor including: incident site search of damaged buildings, rescuing trapped casualties, providing decontamination, and performing medical triage and initial treatment to stabilize patients for transport to medical facilities.

"If a real life scenario occurs, we need to work together cohesively so we can treat as many patients as possible," said Sergeant Perry.

Perry worked with other CERFP members in reassessing patients, ensuring no changes occurred in their vital signs. They also prioritized the patients based on condition and prepared them for transport to other medical facilities.

One scenario featured Colonel Lorraine and his teammates working vigorously to resuscitate a casualty who suffered blunt force trauma to the chest. "We are dealing with probable scenarios where various accidents and casualties can occur. We're looking

Continued on next page

Patriot Exercise

Continued from previous page

at more common injuries that we may see in a real world situation," Colonel Lorraine said. "We have to make sure we have our procedures in place so when the real thing occurs everything runs smoothly."

Members of the CERF package participated in several preliminary activities which prepared them for the mass casualties bus train scenario. One of the activities involved performing on iStan, a wireless patient simulator from Medical Education Technology Incorporated (METI) which debuted approximately three years ago. Costing about \$70,000, this simulator can be used to recreate battlefield injuries and illnesses.

iStan is a wireless patient simulator so electronically advanced that it talks, breathes, spurts blood, and registers a pulse. Physical pressure can be applied to stop its bleeding injury. "The purpose of this training was to test how we treat and evaluate patients," said Colonel Burris. "CERF preparation is vital to homeland security, providing rapid response to disasters. Integration into a large scale exercise helped us use assets more efficiently. We developed methods of integration with other CERF teams and took back new information regarding the 'best practice' model," Colonel Lorraine explained.

Hometown Heroes Salute Awards Submission Form

**DEADLINE TO SUBMIT
SEPT. 30, 2010**

If you've deployed for more than 30 consecutive days in support of Operations ENDURING FREEDOM, IRAQI FREEDOM, NOBLE EAGLE and other peacekeeping operations across the globe since Sept. 11, 2001 and did not receive your award at the Jun. 6 ceremony, please complete the submission form found on the 111th FW public website as a Microsoft Word file at: www.111fw.af.mil/shared/media/document/AFD-100624-029.doc and on the Y drive at: Y:\111fw Shared\Hometown Heroes Salute Submission Form\.

The next Hometown Heroes Salute Ceremony will be held on Sun. Apr. 3, 2011. To be included in this ceremony, this submission form must be received no later than **Sept. 30, 2010.**

For more information, please call (215) 443-1359.



111th Fighter Wing Pa. Air National Guard Red Cross Blood Drive

Sunday, Oct. 3, 2010
8 a.m. until 2 p.m.
Building 335 (Dock 3)



To schedule an appointment, please contact your Chief, First Sergeant, or EFAC Representative
Or register online at: www.membersforlife.org/pennj/schedule/login.php?sponsorcode=12853

Photo by Tech. Sgt. Marie Harmon



Families of the Wing

**Tech. Sgt. Justin Shellhammer and
Staff Sgt. Jesse Shellhammer**

Identical twins walking different paths together

**Story by Staff Sgt. Gordon Beecroft
111th FW Public Affairs**

Despite their combined military service of over 18 years, brothers Tech. Sgt. Justin Shellhammer and Staff Sgt. Jesse Shellhammer are looking forward to the new experience of working together as members of the 201st RED HORSE Squadron (RHS), Det. 1. Their military careers have taken them to Oklahoma, Missouri, and even Afghanistan. Now, these twin brothers are enjoying their first year working together at the 201st.

"It's nice to have him here with me and I'm looking forward to working with him," said Tech. Sgt. Shellhammer, a structural journeyman with the 201st RHS, Det. 1.

"We work very well together as a team," said Staff Sgt. Shellhammer, a vehicle mechanic with the 201st RHS, Det. 1. "My brother has leadership qualities that will be effective for the squadron."

Justin and Jesse, 27, have led different lives

since they last played together on their high school hockey team. After high school, they both joined the active duty U.S. Air Force. Justin served four years as a structural journeyman at Altus Air Force Base, Okla. Jesse served six years working in munitions systems at Whiteman Air Force Base, Mo.

"We're identical but opposite; even in high school we had different interests," Staff Sgt. Shellhammer explained.

Tech. Sgt. Shellhammer joined the 111th Fighter Wing in November of 2005. He is a civilian locksmith and currently

attends Albright College where he is studying criminal justice. After graduation, he hopes to become a probation officer and continue his education at the graduate level. He plans to serve the remainder of his career with the 111th.

Staff Sgt. Shellhammer has been working on cars since his high school vocational training and currently works as a diesel mechanic. After serving two years in the 111th Maintenance Squadron, Munitions Section, he has found his way to do what he does best: a vehicle mechanic in the 201st RHS, Det. 1 Vehicle Maintenance shop. With hopes to one day of becoming a first sergeant, he's studying Organizational Leadership at Penn State University, Lehigh Valley campus.

Despite their different career paths, these brothers feel a closer bond having both served in the military. They are reassured and thankful that their wives have someone who understands the joys and struggles of being a military family.

"Being in the military has brought us closer together, plus, our wives have each other too," said Staff Sgt. Shellhammer.

Tech. Sgt. Shellhammer graduates from Albright College in February. Staff Sgt. Shellhammer plans to complete an associate degree from the Community College of the Air Force in the near future.

Photo by Tech. Sgt. Marie Harmon



Wing historian offers a lifetime of leadership lessons

Story by Staff Sgt. Julie Parker
111th FW Public Affairs

With his tickets in hand, he knew that the 6 p.m. train bound for upstate New York from Reading Station would be more than just a trip to Sampson Air Force Base for bootcamp; it would be the beginning of a journey.

Almost 60 years later, and after 39 years of dedicated military service and a career that took him all over the globe, Master Sgt. (Ret) James Waibel has had one amazing ride. After multiple assignments across the world, he retired from military service in 1991. From 1991 to 1996, he flew counterdrug missions and worked as the commandant of cadets with the Mercer County, NJ, Civil Air Patrol.

For the last four years, he has been working as the 111th Fighter Wing historian/archivist. Recently I was given the opportunity to sit down with Sergeant Waibel as he shared with me some of his personal insight and lessons he has learned through personal experience with me. He calls these lessons "Waibelisms."

Leadership

According to Sergeant Waibel, "A good leader leads, a bad leader pushes, and leaders should have faith in their people and trust in their abilities. Learning this and learning it quickly is very important because human nature is to resist. You can't force people to follow you; you have to encourage them. My golden rule of leadership is to never issue an order that you yourself wouldn't follow.

"I've learned a lot, and I've had my share of experience with both good and bad leaders. I attribute all my skills and insights on proper leadership to observing the quality points of those who had been appointed above me since I joined the service... from basic training on," he said. "I gleaned the qualities I felt were positive and disregarded those I felt were negative." He explained that he still remembers how those negative attributes made him feel and he makes it a point to never use them.

"Through this trust, people develop the confidence and motivation to work harder," said Sergeant Waibel. "Obstacles are more easily overcome."

Respect for rank and maintain military customs and courtesies

Along with his views on leadership, Sergeant Waibel believes maintaining structure and discipline are fundamental to preserving the integrity of a command. "I feel like I was born old," he said with a laugh. "While I'm sure that really wasn't the case, my values and ideologies are certainly old school."

He explained that he feels respecting the rank structure and remembering customs and courtesies are very important aspects for maintaining professionalism and structure. "The line between the officer and enlisted ranks should always be clearly defined, understood and respected or it will result in a breakdown of discipline." He continued by saying that it is the non-commissioned officer's job to guide and shape young officers into future leaders using their experience and knowledge.

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TOP ACHIEVERS

Distinguished Graduates

Airman First Class Clarence Walker
270th Engineering Installation Squadron
Airfield Systems Apprentice Course

Senior Airman Ronald Carter
111th Fighter Wing
Financial Management & Comptroller Apprentice Course

The distinguished graduate award is given in recognition of superior academic achievement and high standards of leadership, teamwork and character.



Intelligence Officer awarded Valley Forge Cross for Heroism

By Tech. Sgt. Elisabeth A. Matulewicz 111th FW Public Affairs

Second Lt. Bud Evans, an intelligence officer with the 111th Operations Support Flight, was awarded the Valley Forge Cross for Heroism at the 132nd National Guard Association of the United States (NGAUS) Conference last month in Austin, Texas, for his heroic actions at the scene of a car accident in 2008.

On July 27, 2008, Lieutenant Evans, a master sergeant at the time, was on his way home from Avalon, N.J. traveling on Rt. 47 through Dennisville when he saw a car veer off the road and strike a tree. The car was still running, its tires spinning and leaking fuel and other fluids. A tree was imbedded halfway into the vehicle. Both the driver and passenger were trapped in the vehicle. Even though it was possible that the car could explode, he entered the vehicle and took it out of gear. As emergency medical personnel arrived on the scene, he called upon his prior experience as a police officer and first responder instructor, and directed their efforts. After the passenger was removed, he remained with and stabilized the driver while other personnel removed the car's roof. The driver and passenger were airlifted to a regional trauma center for further medical treatment.

MOVING UP MOVING IN MOVING OUT

ENLISTMENTS

Senior Airman Stephen W. Riniker	111th CF
Staff Sgt. Peter Marinaccio	201st RHS, Det. 1

RE-ENLISTMENTS

Tech. Sgt. Annmarie Gebhard	111th FW
Tech. Sgt. Mario D. Hubbard	111th MDG
Tech. Sgt. Jason C. Robbins	201st RHS, Det. 1
Tech. Sgt. Earl Scott	111th LRS
Master Sgt. Carl J. Zipfel III	111th MSG

ASCESSIONS

Major Scott A. Coradi	111th MDG
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RETIREMENTS

Tech. Sgt Calvin T. Renfroe	111th MSG	20 Years
Master Sgt. Jay D. Epler	111th MXG	24 Years
Senior Master Sgt. Robert A. Walker Jr.	111th AMXS	20 Years

Wing historian

Continued from page 9

Be confident in yourself and your abilities

"A defining moment for me was when I was working the Operations Counter in Itazuke Air Base, Japan, and the Officer of the Day came in, sat down, and started to chat with me...like I was a person, and not a three striper," he explained. "Somewhere in the middle of our deep philosophical conversation, I realized he was listening intently to me and I was advising him. It was then when I became aware of my own internal knowledge and through that came a sense of self confidence. I think being confident in yourself and your abilities is a key factor to becoming a leader. True leaders live their beliefs and believe in how they live."

To the young Airmen...

"I say to look at every day as a new adventure and never think you have learned enough," said Sergeant Waibel. "There are going to be obstacles placed in front of you throughout your military career that you will have to adapt to and overcome. Through the guidance of those senior to you and through military training, you will gain the skills you need to do this, but it's important to take accountability for your own actions. Blaming others for your personal shortcomings will never assist you in growing as an individual or a leader. Perform your duties to the best of your ability and always respect yourself, but also respect the duties of your fellow Airmen because every job is somehow interconnected. Mission success is accomplished when individuals think as a cohesive unit and work as a team."

UTA WORSHIP SCHEDULE

Protestant Service will be held at 8:30 a.m. in Building 320, Room 228. The 10:00 Catholic Service and 10:30 Protestant Service have been cancelled. Catholic mass is available on Saturday at 5:30 p.m. and on Sunday at 7 a.m. or 8:30 a.m. at St. Joseph Roman Catholic Church (Rt. 611 & County Line Road).

The Chaplain's Office is located in Building 203, Room 204-205 on the second floor and can be reached at (215) 443-1534.

TRICARE FOR GRAY AREA RETIREES

TRICARE Retired Reserve, a new program being launched in the fall, will allow certain "gray area" retired National Guard and Reserve personnel, who are not yet age 60, the opportunity to purchase TRICARE health coverage.

Under TRICARE Retired Reserve, TRICARE Standard and Extra coverage will be available for purchase to "gray area" retirees. Other details involving specific eligibility rules, coverage and costs are still being coordinated and finalized. For more information, visit: www.tricare.mil/trr/.

Military.com surveys found that most servicemembers and their families are confused by TRICARE. Get the facts and latest news on TRICARE at: www.military.com/benefits/tricare/understanding-your-tricare-benefits.

For calendar year 2011, the monthly premium for TRICARE Retired Reserve member-only coverage will be \$408.01/month (annual premium \$4,896.12/year), and the monthly premium for member and family coverage will be \$1,020.05/month (annual premium \$12,240.60/year).

Photo by Master Sgt. Pat Cashin



Bronze statue of soldier unveiled at Veterans Memorial Park

By Tech. Sgt. Elisabeth A. Matulewicz
111th FW Public Affairs

A bronze sculpture of a modern soldier, created as a senior project by Upper Moreland High School graduate Matt Wilson with help from cousin and sculptor Tom Barr, was dedicated at the Veterans Memorial Park in Willow Grove July 26. Matt's inspiration came from another cousin, Ms. Lisa Verdon, who is in the military and serving in Iraq. In attendance were Kevin Spearing, Parks & Recreations Commissioner, and Brigadier General Jerry Beck, Deputy Adjutant General-Army Pennsylvania National Guard, who served as presiding officer for the ceremony. Members of the 111th Fighter Wing also attended the event.

At the end of World War II, the Willow Grove community purchased land to create Veterans Memorial Park as a way to honor those who answered the nation's call to serve in the armed forces. Today, the park is an integral part of the Upper Moreland Township's Park and Recreation system. It's located at York Road and Easton Road and it's used for community events, athletic competitions, play and recreation. It encompasses 24 acres, and has an open play field, several basketball/volleyball courts, shuttle board courts, a walking track, restrooms and picnic tables.

Statewide News:

View newsletters of our sister units:

193rd Special Operations Wing
"The Scope"

www.193sow.ang.af.mil

171st Air Refueling Wing
"Tanker Times"

www.171arw.ang.af.mil

Pa. Guardians Magazine

www.aqppublishing.com/pubs/national_guard/PAGuardians.pdf

National News:

On Guard Magazine

Published every Jan., April, July, Oct.

www.ngb.army.mil/news/theonguard

Airman Magazine

Published bi-monthly and now available online

www.airmanonline.af.mil

Digital Video & Imagery Distribution System (DVIDS), DOD News

www.dvidshub.net

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