



ON GUARD

163d RECONNAISSANCE WING (ANG) MARCH ARB, CALIFORNIA

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Photo by Master Sgt. Stan Thompson

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Members of the 196th Reconnaissance Squadron load up on an HH-60 to depart for a joint exercise with the Navy Seals in San Clemente for Operation Mystic Drift.

196th Trains With The Navy Seals

Master Sgt. Stan Thompson

163d Public Affairs Office

20 Wing members assigned to the 196 Reconnaissance Squadron which consisted of Pilots, Sensor Operators and Mission Intelligence coordinators participated in Operation Mystic Drift on November 7 and 8, 2012 in San Clemente Island, Calif. "We took advantage of a great opportunity to exercise with our joint partners and develop a greater understanding of Army and Marine/Navy ground tactics," said Col. Randall Ball, 163 Reconnaissance Wing Commander.

The members were transported to San Clemente via two HH-60 Black Hawk Helicopters from the 140th Aviation Battalion, Los Alamitos Army National Guard. "Being in the Blackhawk gave

me a better appreciation of what our troops do downrange and how vulnerable they could be as they fly into an operation," stated Lt. Col Kristin Williams, 196 Reconnaissance Squadron "B" Flight Commander.

Their mission was to observe and participate in one day of a 17-day Navy Seal training program and in turn would provide valuable information on how to best improve communications on the Remote

Piloted Aircraft (RPA) operations. "This makes great sense; we work with joint force soldiers every day in theater as we provide 24/7 intelligence support and top cover," said Ball.

"Talking to the Navy Seals, they were so appreciative of us being there," said Lt. Col Blake Lamar, 196 Reconnaissance Squadron Commander. "Our excitement about their mission made them remember just how important that what they do is for our country."



The crews were divided into different groups and were given the opportunity to role play as terrorists, armed with AK-47's and dressed in traditional clothing. While one group planned building assaults on mock villages another group was given elevated positions to fire upon friendly convoys. The Navy Seals would enter and clear buildings where hostile villagers would reside while other crews

drove through the village firing at the troops.

The Navy Seals use volunteers, such as those from the 163 Reconnaissance Wing, to deploy and train for possible hostilities under realistic conditions. "This was an outstanding Joint training opportunity that will translate directly to improved RPA support to warfighters overseas," said Lt. Col. Robert Patterson, 163 Reconnaissance Vice Wing Commander.

When the smoke cleared and before the 196 RS crews boarded the helicopter for their return home, they were given the opportunity to interact with the Navy Seals in a question and answer session. The goal was to better interpret how the 196 RS can be more effective for them overseas while flying the 163 Reconnaissance Wing missions. "They have interaction with the Predator in their missions and feel lucky to have us overhead," said Lamar. Williams goes on to say, "It helped me think about how I could better support an infil or exfil and what I would want from a Predator crew watching over me, if I were downrange."



Resiliency Training With Lt. Col. Grossman



Sgt. Gregory Solman

163d Public Affairs Office
State Military Reserve

Army veteran, prolific author and motivational speaker Lt. Col. (Ret.) Dave Grossman delivered a bracing briefing on remaining mentally fit for service in a society ambivalent about the necessities of killing to the 163d Reconnaissance Wing in November.

The former 82nd Airborne platoon leader and West Point lecturer fluidly linked an unvarnished assessment of terrorist threat based on their past behavior—representing the motivation to protect society and distinguish the American military's cause from the enemy's—with the psychology of killing without descent into guilt and self-destruction.

Grossman, co-author of "On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace" and "On Killing: The Psychological Cost of Learning to Kill in War and Society" told the assembled airmen that "believing in what you do" and "believing in what you are" are essential to navigating the path between a "pity party," wherein combat veterans think of themselves as victims forever destroyed by conflict, and a "macho man (or woman)" exaggerated self-image in the mode of John Wayne movies and other unreal depictions of war. By maintaining a professional attitude about the awful necessity of killing, airmen can emerge from combat with a "positive self-fulfilling prophecy" and even experience "post-traumatic growth," rather than a stunted future.

Grossman, who also co-wrote

"Stop Teaching Our Kids to Kill: A Call to Action Against TV, Movie and Video Game Violence," discovered in teaching three generations of military and law-enforcement personnel that younger warriors in particular suffer from an often unresolved psychological conflict: They've exposed themselves to an unprecedented level of simulated violence in video games and other media, yet at the same time were raised in politically correct "zero-tolerance" behavioral environments in which few ever experienced so much as a teenage fistfight or an adolescent spanking.

"The most prolific development is the inculcation of this virtual violence and the removal of any real-world violence," Grossman said before the first of two engagements. "It has made them an emotionally stunted generation. The best and brightest have moved to our military, and now they need to be given the tools to deal with violence."

Drawing upon the lessons of the past to predict the future acts of the terrorist, Col. Grossman predicted that following American withdrawal from Afghanistan and Iraq, terrorists may attack American children in their schools, as they did in the 2004 Beslan school takeover in Russia, in school-bus bombings of Israeli citizens, and such hostage crises as the Ma'alot massacre of 1974. Grossman theorizes that terrorists will choose violence as their weapon to produce fear and they will operate without regard to the innocence of the victims.

163d RW Commander Col. Randall Ball compared Grossman's approach favorably to those he's

witnessed throughout his military career which "focused on the disease, not just the symptoms."

"Some of us may have cringed at the talk of children being separated from their parents, tortured and killed by terrorists," said Ball, "but that was setting up the motivation for seeing what we do as right, and demonstrating that by adhering to correct principles and ethics, you can develop the necessary coping skills to deal with violent conflict." Grossman contrasted terrorist's motivation with American just-war principles, arguing that the mental health of warriors and averting such conditions as post-traumatic stress disorder often depends upon how combatants perceive the morality of their actions. Grossman said case studies show that 90 percent of American prisoners of war who suffered torture were able to fully recover and remain mentally fit by a common belief: Every evil act of the enemy renewed their faith that they were fighting on the right side. "Believe in what you do," he exhorted to the 163d. "Hunt the bastards down across the globe and kill them."

Col. Ball especially appreciated Grossman's likening of military service to brave sheepdogs that dutifully fight off predators at the risk of their lives without any claim on the sheep themselves. The analogy "made clear the tremendous responsibility we have" and aptly describes a society where so few military personnel are entrusted to protect so many citizens.

Air Force... is you're all going to do just fine. The boy I'm a chronic liar and you're in a heap of...

TEAM GRIZZLY - 2013 LA MARATHON INFO!



Join the Grizzlies and run the Los Angeles Marathon. For the eleventh consecutive year, wing members have the opportunity to be part of the human chain that kicks off the race and run a marathon on March 17, 2013. The race will not fall on drill. With the race just four months away, members still have time to train. Spouses are welcome on the team. All participants must attempt to run the entire 26.2 miles of the race for free registration. To sign-up and/or get a complete training program for the race, contact Lt. Col. Brenda Hendricksen at (951) 655-3931 or email brenda.hendricksen.1@ang.af.mil

Job Announcement

Weather Flight Officer Opportunity

The Operations Group is looking for a new Traditional Weather Flight Officer. Deadline for applications is January 6, 2013. A selection board will be held Saturday, February 9, 2013 for qualified applicants. Contents of application packages must include a letter of intent, resume, official college transcripts, letters of recommendations (max 3), AFOQT scores, vMPF RIP and current/passing Physical Fitness Test results. The packages are to be submitted to MSgt Norine Gittins, (951) 655-3079. If you have questions regarding qualifications, direct them to MSgt Laurice Souron or MSgt Norma Castaneda at (951) 655-3072. The point of contact for Operations Group is Lt Col Michael Lenahan at (951) 655-7999.

Watching Out For Your Wingman

Capt. Robert Mohr
163d Chaplains Corps

This time of year I'm always amazed at how much food I fill myself with. Between office holiday parties, friends and family, it seems like these days are filled with me taking small breaks between eating. I'm sure you can relate. It seems like no matter how much I try to watch the amount of sugar and fat that I ingest, I always seem to add a little padding around my mid section.

The holidays are a great time, we see family and friends, driving to see them or having them overwhelm our house. We laugh, tell

stories, yell at the dog for trying to steal food from the table, clean up something one of the kids just broke, and try to throw popcorn into grandpa's gaping mouth while he sleeps on the couch. Many of us feel this joy and happiness that seems to permeate the radio waves, TV shows, and even stores during this season.

While happy thoughts and joy are easy things to focus on during this season, it's important to note that for many this season is not so bright and cheery. We know that depression significantly jumps during this time of year and that many people focus on either what, or whom, they have lost or where

they have fallen short in their lives.

I know that this season is often quite busy and we rush from one party to the next. However, as we are running from place to place, let's actually stop and look into the faces of those around us. Is someone not smiling so much? Are they somewhat withdrawn? Do they not want to participate in parties/activities?

Instead of just rushing past them, let's take a moment, check our wingman and make sure this season is truly a Happy Holiday for all!



VETS4WARRIORS PEER SUPPORT LINE

The Vets4Warriors peer support line, 1-855-838-8255 (1-855-VET-TALK), and website: www.vets4warriors.com provides easy access to supportive, non-attribution conversations with trained veteran peers representing all branches of the military. This team of veteran peers has immediate access to behavioral health clinicians to respond to potentially emergent issues and can offer referrals to local community services, military veteran centers, and military healthcare providers based upon the needs of the service member. A variety of services will be provided to include non-clinical (legal, financial, etc.) and referrals for clinical services (substance abuse, behavioral health, etc.).

Air National Guard Legacy



In 1972, General Edward Lamar and the 196th Fighter Interceptor Squadron prepare to depart to San Clemente for water survival training and training with the Navy Seals.



In 2012, Lt. Col. Blake Lamar, General Lamars' son, and the members of the 196th Reconnaissance Squadron prepare to depart to San Clemente for a training exercise in San Clemente with the Navy Seals.

The Best and The Brightest

TECHNICAL SCHOOL HONORS

FSS

SrA Gabriel Roman was awarded the Distinguished Graduate Award while attending the Education and Training Apprentice Course at Keesler AFB, MS on November 20th, 2012.

CES

TSgt Anthony Villafranca was awarded the Top Graduate Award while attending the Operations Management Apprentice Course at Sheppard AFB, TX on November 1st, 2012.

"Grizzly" Promotions



Fabio Silveira
OSS

Cristian Galindo
SFS

Kenneth Wallace
SFS



Jessica Feeney
AMXS

Jessica Abrego
CES

Nicholas Starkey
CES

Tolisha Alston
OSS



Daniel Carrero
MDG



Troy Devo
SFS



Robert Mohr
RW



Kelly Anthony
196

Christopher Clarke
196

Herbert Holman
OSS

Mark Wilkerson
196

Lodging Procedures

To obtain lodging during a UTA, members will contact their unit POC for reservations. For any very last minute reservations (during the Friday evening, Saturday, or Sunday of UTA), members will report to the March Inn as a walk-in to seek lodging. If members need to cancel a reservation they should contact their unit POC up until the end of the duty day Friday prior to UTA. After end of duty day Friday, members will be responsible for calling the March Inn/designated Hotel to cancel their own reservation AND inform their unit POC thereafter. For any lodging emergencies, please contact the 163d Wing Lodging POC 24/7 @ (951) 208-5222.

March Inn: (951) 655-5241
 Ayres Hotel: (951) 571-4141
 Riverside Marriott: (951) 784-8000
 Courtyard Marriott: (951) 276-1200

“NO SHOWS ARE A NO NO!”

Winter Solstice

This is the day when the distance between the Tropic of Capricorn and the sun is the shortest. Because of the earth's tilt, the Northern Hemisphere is leaning farther away from the sun than at any other time during the year. This makes the Winter Solstice the shortest day in the Northern Hemisphere where it marks the beginning of winter.

Because ancient cultures were unaware of the changes in the Earth's position, they feared that the sunlight would never return. To bring it back, they engaged in many celebrations and ceremonies. In fact, there are more ceremonies and “rituals associated with the winter solstice than any other time of year”.

Hundreds of years ago, a Roman culture celebrated its major festival on the Winter Solstice. When Julius Caesar instituted a new calendar in Rome, the festival fell on December 25, a date that was retained for many years.

Many Christmas traditions, including the Yule log, evergreen, and mistletoe are rooted in ancient Yule tradition.

Worship Schedule Change For December

Protestant Service Christmas Celebration 0645-0715 in MXS Hangar Classroom w/Chaplain Hedberg

Catholic Mass Christmas Celebration 1100-1150 at Old Base Chapel w/Father McNally

Sexual Assault Response Coordinator (SARC) HOTLINE

Hurts one, affects all!
 951-318-0292

163d Chaplain Corps

The Chaplain Corps team is here to help you (any religion) through any challenge, and can be reached at (951) 655-5404, Monday- Friday, 7:30 a.m. to 4:30 p.m. or on the duty cell phone at (951) 236-0496.

Chapel Service Schedule
Protestant Service
 Sunday UTA, 6:45 a.m.

Catholic Mass
 Sunday UTA, 11 - 11:50 a.m. Father McNally in the Base Chapel.

Catholic Reconciliation
 Sunday UTA, 12 - 12:30 p.m. following Mass in the Base Chapel.



The ON GUARD is proudly published for the members of the 163d Reconnaissance Wing and their families.

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 Col. Randall Ball

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The ON GUARD is the official newsletter published by and for the members of the 163d Reconnaissance Wing, March ARB, Calif. The contents of the ON GUARD are not necessarily the official views of, or endorsed by, the U.S. government, DOD, Department of the Air Force or the 163 RW.

Commander's Straight talk



The Straight Talk hot line can be reached at (951) 655-4758, or feedback can be emailed to:

163rw.pa.straighttalk@ang.af.mil

UPCOMING UNIT TRAINING ASSEMBLIES



Dec	Jan	Feb	Mar
1-2	5-6	9-10	2-3



Contact your supervisor if you are unable to attend

Wing Tour For Grizzlies!

Starting January Drill 2013, the wing will be offering tours to our members. If you are interested in getting a more in depth look at what our training and flying mission entails then these tours are for you.

A few of the highlights of the tour include:

- Predator 101 Briefing
- Tour of the FTU to include the POC and simulators

We are limiting the tours to 20 people each drill so if you are interested and have clearance from your supervisor to attend please email the PA office to get your name on the list. Tours will take place on Saturdays at 0900 and will last approximately 2 hours. For now, tours will be limited to wing members only.

For reservations, please email:
 perry.covington@ang.af.mil

