A Fond Farewell

Also:
New Behavioral Health Officer makes history
‘Grizzlys’ team with civilians for ICS 400
Thanksgiving at the VFW
...and more!

Photo by Staff Sgt. Gregory Solman
An Airman descends the steps of a C-17 with a duffel bag slung over his shoulder and a thin layer of dust still coming off of his MultiCam uniform. When his feet hit the ground, it’s the first time in half a year that he’s set foot on American soil. His heart races with excitement as he approaches the terminal, knowing he is moments away from reuniting with his wife and young daughter.

When they finally embrace, it’s a moment he dreamed of many nights lining to the great sacrifices made by our brothers and sisters in arms, but the story we know is not complete.

Many of these people serve diligently in combat areas and then appear to return home safely, but the difficult truth is that beyond the physical realm they are often wounded mentally or spiritually. When the magic and novelty of a happy return fades away, what remains may be a person struggling to get back the peace of mind they held prior to the trauma of war. The ability to “bounce back” is what Doctor- and now 1st Lieutenant- Rachel Keener describes as the root of resilience, and it’s a process she hopes to shed light on for members of the CAANG.

Keener is the new Behavioral Health Officer for March Air Reserve Base’s 163rd Reconnaissance Wing, a first for the state’s air component. A new member of the California State Military Reserve (SMR), she brings years of experience and schooling to this historic endeavor in service, aiming to shape and influence a stronger Air Force resiliency program.

Keener spent time at the Jerry L. Pettis Memorial VA Medical Center in Loma Linda, where she worked two stress and speak with others who can relate to their issues.

Some are dealing with combat stress or a shift in identity, said Keener. Others communicate frustration with the way civilians around them behave, dealing with a sort of culture shock upon exiting an all-military environment. Her approach to troubleshooting these challenges utilizes the inherent comradeship among service members.

“I really like doing the group context because they can give feedback to each other; it means a lot more coming from someone else who has served, someone else who has been through what they’ve been through,” said Keener. “Someone who has been out longer can say, ‘I know what you’re talking about, and this is how I handle it.’ The group is a place where they can come and get support, give support, and feel a certain camaraderie you have in the military that they don’t necessarily feel with civilians.”

Keener currently serves as the Group and Wellness Workshop Coordinator for Cal State University San Bernardino’s Counseling and Psychological Services. She created a veterans group to give members, current and former alike, a forum with which to relieve stress and speak with others who can relate to their issues.

With 1st Lt. Keener having raised her right hand and sworn into the ranks of the California SMR, the future of resiliency for the California Air National Guard is bright. Through her influence, those veterans of war returning home can better equip themselves to remain spirited and strong in the face of the great challenges of our time.

“Although I came into the field of psychology with a strong interest in PTSD, over time, I’ve realized that I much prefer to focus on what makes people thrive,” said Keener. “Helping other people remove the barriers to reaching their fullest potential to living meaningful lives gives me a lot of joy and sense of meaning and purpose. We all need to figure out what makes us come alive to face each day, and for me it’s helping others reach that potential in their own lives.”
At a Glance: Doc Dang Edition
We recently had the opportunity to take the advanced ICS (Incident Command System) 400 course, taught by Texas A&M Engineering Extension Service, which focused on teaching responders at the command and general staff level the options and strategies for managing large scale incidents. This includes multi-agency representatives from local fire, medical, police, city staff and Air Force personnel, which included the vice commander, wing plans, as well as Airmen from the communications and emergency management flights.

As an incident increases in severity, more resources and staff will be required, eventually stressing and surpassing the optimal level of span of control. ICS 400 taught us the options available to efficiently recreate the command structure and elaborated the pros and cons of each possibility.

This is great quality training that I’m glad can be taught locally. It’s also a great chance to network with other responders from throughout the country. Taking advantage of opportunities to refine these skillsets and knowledge bases is our duty as responders. In the end, there is no such thing as being too prepared.
Grizzlys' from Civil Engineering conducted chemical weapons attack response training at March Air Reserve Base, Moreno Valley, Calif., November 2, 2014. (Air National Guard photo by Staff Sgt. Gregory Solman)

The wing bid a fond farewell to Master Sgt. Karl H. Childress (above) and Master Sgt. Tony Mitchell as they retired from service to the 163d Reconnaissance Wing in ceremonies at March Air Reserve Base, November 2, 2014. (Air National Guard photos by Staff Sgt. Gregory Solman and Airman First Class Cynthia Innocenti)

Lt. Col. Martin Louie assumed command of the 163 RW MDG in a ceremony at March Air Reserve Base, Calif., November 1, 2014. (Air National Guard photo by Cynthia Innocenti)
'Grizzlys' from the 163d Reconnaissance Wing partnered with civilian organizations for the 2014 'Radio Rodeo', an annual communications readiness exercise at the Ben Clark Training Center, Moreno Valley, Calif., November 18, 2014. (Air National Guard photo by Staff Sgt. Michael Quiboloy)

Leaders from the 163 RW serve the November UTA Thanksgiving meal, November 1, 2014. (Air National Guard photo by Tech. Sgt. Neil S. Ballecer)

(Above and below) 'Grizzlies' from the 163 RW picked up hundreds of turkey dinners donated by Albertsons to be given to service members at March Air Reserve Base, Calif., November 25, 2014. (Air National Guard photos by Staff Sgt. Michael Quiboloy)
Join the ‘Grizzlys’ and run the Los Angeles Marathon!

For the thirteenth consecutive year, wing members have the opportunity to be part of the human chain that kicks off the race and run a marathon on Sunday, March 15, 2015. The race will not fall on drill. With the race just 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 Capt. Michael Baird at (951) 655-3931 or email michael.baird@ang.af.mil

Tips for success:

1. Turn off geolocation, and leave it off.
2. Turn off Wi-Fi. Turn it on when you need it.
3. Log out when you have finished

Your 163RW OPSEC Representatives
163RW: Captain Jason Flowers (Pri) X2749 Jason.Flowers@ang.af.mil
163MDG: SMSgt Caryn Chipman (Pri) X7405 caryn.chipman@ang.af.mil
Maj Julian Manalo (Alt) X2323 Julian.Manalo@ang.af.mil
163MXG: TSgt Anthony Ruiz (Pri) X5464 Anthony.Ruiz@ang.af.mil
TSgt Shaun Johnson (Alt) X6722 shaun.johnson@ang.af.mil
163OG: Capt Kristy Houska (Pri) X6039 kristy.houska@ang.af.mil
Capt Matt Bradley (Alt) X4179 matthew.bradley@ang.af.mil
163CES: SMSgt Gilbert Nottz (Pri) X3246 gilbert.nottz@ang.af.mil
SMSgt Andre Kret (Alt) X3456 andre.kret@ang.af.mil
163FSS: MSGt Steve Formanek (Pri) X7681 steven.formanek@ang.af.mil
MSGt Jonathan Gaygay (Alt) X3871 jonathan.gaygay@ang.af.mil
163LRS: 2Lt Nathan Brown (Pri) X5492, TSgt Eileen Loya (Alt) X7800 nathan.brown.3@ang.af.mil
163SFS: TSgt Shannon Weathersbee (Pri) X2921 shannon.weathersbee@ang.af.mil
SSgt Mario Canedo X2921 Mario.Canedo@ang.af.mil
163CF: CMSgt Jerry Rogers (Pri) X6696 jerry.rogers@ang.af.mil
TSgt Esteban Pradd (Alt) X4107 esteban.pradd@ang.af.mil
Faith Focus: Catholicism
What Christmas means to an Airman

Story by Airman First Class Cynthia Innocenti

March Air Reserve Base, Calif. -- As another year comes to an end family and friends gather to share traditions, celebrate togetherness and reflect on memories made.

“Faith, hope and love are the three words that come to mind when I think about the holidays. Faith that there is a higher power who watches over us every day. Hope for the best days and love for family and friends,” said Airman Tailee Albizu, customer service for material management of the Logistics Readiness Squadron.

After eating tamales, turkey, ham and desserts Albizu plans to gather around a pine tree on Christmas Eve to sing Christmas carols and open presents with all of the people dear to her.

“My dad would then remove a tiny blanket from a figurine of the Christ child and we would all stand back to marvel at the meaning of it all, a child born unto the world to serve as our savior,” said Albizu.

This act of reverence is significant to her religious beliefs and something her family holds sacred. Decorating the tree, writing letters to Santa, baking cooking and attending midnight mass are just the some of the ways her family creates pleasant memories in order to honor this symbolic part of their Christmas tradition.

“Although unseen, I felt the presence of this greater being but at the time I could not fully appreciate the significance of this family observance,” said Albizu. “I am now mindful of what it meant and what Christmas truly means to me today.”

Did you know…Your Point Credit Summary should be reviewed yearly? To help with that, March 2014 we started a procedure to send an email reminder notice 90 days before the close out of your retention/retirement year. When you receive yours, take the opportunity within those 90 days to request any point corrections needed or complete any participation required for a good year. View your participation points in virtual Military Personnel Flight (vMPF). Request any corrections using vPC-GR.

To view your points:
1. Using your CAC, log on to myPers, mypers.af.mil
2. From the myPers homepage, go to the “I Would Like To…” section and select “Access AFPC Secure Apps (vMPF, PRDA) – CAC Only
3. Select Ok at the bottom of the DOD Notice and Consent Banner
4. Under “Available Applications” click “vMPF”
5. In vMPF, on the left side of the page under Navigation, select “Self Service Actions”
6. Select (“Personal Data”)
7. FOR POINT SUMMARY – Select “ANG/USAFR Point Credit Summary Inquire (PCARS)”
8. FOR RIPS - Select “View All”

To correct your points:
1. Log on to myPers
2. From the myPers homepage, go to the “I Would Like to…” section and select “View More” to locate the “Complete a Career Management Action” link
3. Select “Change/Correct My Retirement Points” from the list of transactional options
4. Fill out the request form, attach appropriate documentation, and choose “continue.” At the next screen, choose “Finish Submitting Question”

The myPers website is your Total Force source for personnel information and services. Check it out!
'Grizzlys' from the 163d Reconnaissance Wing Rising 6 and wing leadership partnered with cadets from the California Military Institute and VFW post 8547 to provide meals to veterans on Thanksgiving Day, November 27, 2014.

(Air National Guard photos by Staff Sgt. Michael Quilholty)
**Who do I contact if I need to take a PT test?**
Your Unit Fitness Program Manager (UFPM).

**Who is the Wing Fitness POC?**
Lt. Col. Hendricksen/ SMSgt Gaygay.

**When can I take my PT test?**
Fitness testing is scheduled Saturday and Sunday of UTA at 0700. Please contact SMSgt Gaygay at 655-3871 for additional testing times.

**What should I bring with me to PT Test?**
Member must provide their own fitness questionnaire and it is highly encouraged to bring their own water.

**Where/How do I get a Fitness Questionnaire?**
Fitness Questionnaires will be provided from your UFPM.

**Can I wear regular gym clothes to test?**
No. Member must be in AF PT gear.

**Can I be on technician status and PT Test?**
No. Member must be in a military pay status to test.

**How do I schedule a mass PT test?**
Mass PT testing should be scheduled 30 days in advance by contacting SMSgt Gaygay.

---

**Fitness Testing FAQ's (continued)**

**Lodging**
Members are responsible for up channeling their lodging requirements to their unit lodging POC for UTA’s and rescheduled UTA’s. Members are responsible for making their own lodging reservations while on AT/ST status. For additional information how on to make your own lodging reservation please contact your unit lodging POC. Members can and are encouraged to cancel their own UTA lodging reservations, if necessary, to avoid showing up on the no show roster but the member must keep their unit lodging POC informed at all times. Members MUST contact their hotel if they know they will be a late check-in; communication is key.

**UTA Meals**
Meals for Enlisted while on UTA status are available at Back Street Café, Hap Arnold Club, and at Toms Burgers located in Moreno Valley.

All members on AGR status must pay for their meals. Officers, regardless of rank/status, are required to pay for their meals.

Enlisted commuters, members who live within the commuting area, are authorized lunch only while on UTA status. Non-Commuters, members who live 50+ miles away, are authorized every meal EXCEPT breakfast on their initial travel day and only breakfast and lunch on their last work day.

Members on AT/ST status are required to pay for their own meals.

**Child Care**
The Base Child Care POC is Debra McCoy: she can be reached at 655-3507 and Debra.McCoy@us.af.mil.

Child Care forms are located at marchfss.com.
New Wingman App!

A new mobile app for iOS & Android that allows users to learn about the suicide intervention model ACE (ASK, CARE, ESCORT), connect with their local DPH, check in with their Wingman and contact the National Suicide Prevention Lifeline, among other things.

Check out http://www.hangar30.com/wingman.html for more info!

2014 Holiday Card Lane

Create a holiday card for your unit to be placed alongside the area parallel to the main gate! Cards will be displayed until January B UTA.

There is no limit as to how many cards each unit can make. This is a way to reflect your unit/organization pride and participate in the holiday season.

One side of the card must be decorated portrait style with lead-free waterproof paint. Any mounted items must be securely attached to the card.

The backside of the card should list organization, POC(s) and telephone number.

The deadline for card participation is Dec drill. Turn in completed cards to Bldg 2270 (163rd Public Affairs).

Authorized posterboards and stakes will be provided for a $5 donation. (Do not make your own posterboard/stakes).


Cards should be creative and non-offensive. Cards will be reviewed by 452/163 PA for appropriate content. Most importantly, have fun!
ATTENTION VETERANS

Ride For A Reduced Fare

Veterans take advantage of the reduced fares on RTA fixed routes. Pick up your RTA Veteran ID Card for $2.00 at the following locations.

Every second Tuesday of the month at
YWCA Riverside County, located at:
8173 Magnolia Ave. Riverside, CA 92504
From: 9:00 a.m. to 12:00 p.m.

Riverside Offices, located at
1823 Third St, Riverside, CA 92517
(picture will be taken and card will be mailed)

You will need to bring a copy of your DD-214 and a government issued photo ID. Veterans may also present a valid VA issued ID card or U.S. Uniformed Services ID card indicating a reduced status to receive the discounted fare. Active duty military must wear the appropriate uniform or present a valid U.S. Uniformed Services ID card indicating active status to ride for free.

For more information please call: RTA at (951) 393-5002 or Dial 2-1-1.

MILITARY VETERANS

Beaumont Pass Transit offers a reduced fare for all Military Veterans by presenting a valid V.A. Hospital Veteran ID or a City-issued Veteran ID Card, which can be obtained FREE at:
The Beaumont Civic Center
550 E. 6th St. Beaumont, CA 92223
(Please bring your DD-214 and a government issued photo ID with you.)

ACTIVE DUTY MILITARY

Active Duty Military ride FREE by presenting a valid U.S. Uniformed Services ID card indicating active status or by wearing the appropriate uniform.

For more information please call: Beaumont Pass Transit at (951) 769-8530, Dial 2-1-1 or ask a Beaumont bus driver.
This is the Wing Commander’s communication tool to stay in touch with the wing. There are two ways to voice your opinions or concerns:

1. Call the hotline above, or
2. Send a private message to the 163rd RW Facebook, which will be forwarded to the commander

If the commander has information to put out, you can find it on either the Wing Facebook (https://www.facebook.com/163RW) or the hotline.

Need legal assistance?

Save time on your next visit by filling out forms online before you arrive!

- Legal Topics Info
- Power of Attorney
- Advance Medical Directives
- Online Survey

https://aflegalassistance.law.af.mil
(951) 655 - 2308

See you soon- and don’t forget your ticket number!
ENLISTED VACANCY
Equal Opportunity

The 163rd Equal Opportunity Office is seeking applicants for an upcoming opening of an Enlisted Equal Opportunity Specialist.

Minimum qualifications include rank of SSgt and a current five level in any career field. Job duties include administering Climate Assessment surveys, providing classroom instruction, conducting visits to Wing organizations, facilitating alternative dispute resolution and complaints resolution.

Interested individuals may contact Capt. Kel Thede at extension 3863 or via email at kel.thede.1@ang.af.mil for more information.

Commissioning Opportunity
Equal Opportunity

The Wing has a commissioning opportunity in the 163d Equal Opportunity Office. The EO Officer is responsible for leading the EO team to include Climate Assessment surveys, providing classroom instruction, conducting visits to Wing organizations, facilitating alternative dispute resolution and complaints resolution.

This position will be commissioned as a 38P, personnel officer.

Interested applicants must submit a letter of intent, resume and records RIP (including degree and AFOQT scores) to Lt Col Colas by 1 Dec. A selection board will meet over the Dec UTA.

If you have any questions about the EEO mission you may speak with Maj Cramer, 951-655-2921. For questions about the application process please contact the undersigned.
WHAT COULD YOU DO WITH $4,000?

Education and training are important to you. The responsibilities of being a military spouse may leave little time for your studies. Reach your goals with a flexible, online education that fits with your life. Find out if you are eligible for up to $4,000 in education benefits through the Military Spouse Career Advancement Accounts (MyCAA) program.

CONTACT:
163 RW Public Affairs for more information.

800-542-5543 x8610 AlliedSchools.com

ABOUT MyCAA
* MyCAA provides education and training benefits to military spouses
* MyCAA is sponsored by the Department of Defense
* Eligible spouses can receive up to $4,000 of financial assistance
* MyCAA helps spouses pay for degree programs, licenses or credentials that lead to careers in high-growth, high-demand, portable career fields

CAREER TRAINING PROGRAMS
REAL ESTATE COURSES
Appraisal License
Broker License
California Contractor’s License
Home Inspection
Salesperson License
And More

CONTACT: 163 RW Public Affairs for more information.

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

Wing Commander
Col. Dana Hessheimer

Vice Wing Commander
Col. Douglas Weskamp

Public Affairs Office
Capt. Daniel Vargas
Master Sgt. Stanley Thompson
Master Sgt. Julie lavey
Tech. Sgt. Neil Ballecer
Tech. Sgt. Joseph Prouse
Tech. Sgt. Joseph McKee
Tech. Sgt. Jessica Huerta
Staff Sgt. Michael Quiroblo
Staff Sgt. Greg Solman
Senior Airman Brett Clashman
Senior Airman Anthony Valdespino
Airman First Class Rachael Weathers
Airman First Class Cynthia Innocenti

The ON GUARD is the official magazine 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.

Grizzlys from Civil Engineering conducted chemical weapons attack response training at March Air Reserve Base, Moreno Valley, Calif., November 2, 2014. (Air National Guard photo by Staff Sgt. Gregory Solman)