

# POTOMAC AIR MONTHLY

June 2013



**GET YOUR GAME FACE ON!  
IT'S INSPECTION TIME!**

**CHECK OUT THE 113 WING'S  
OFFICIAL FACEBOOK PAGE!**

**[HTTP://WWW.FACEBOOK.COM/PAGES/113TH-WING-OFFICIAL](http://www.facebook.com/pages/113th-Wing-Official)**

**PROVEN · VIGILANT · READY**

# Professionalism is the key to success

By Brig. Gen. Marc Sasseville  
113th Wing Commander

We say that people are our number one resource, and I believe that. We also say that, among other things, we need to invest in our people by educating and training them--by developing Airmen of all ranks, which I also believe to be true.

Before we can be truly effective in our Force Development efforts, however, we need to understand and accept that as military professionals, we are different. I am not referring only to the uniforms we wear, where we work, the rules we follow, or the inspections we enjoy. Much more important are the oaths we take, the standards we maintain, the values we hold, and the fighting spirit we embody--those are what rightly set us apart from those we defend.

Scholars give caution about the dangers of a military force that becomes so different that it can no longer identify with the populace it serves. Taken to the extreme, it is easy to see how potential disasters could unfold in some scenarios. But it is also very easy to see how ineffective we could become if we didn't have a different value set to operate from, or if our boundaries of propriety shifted as easily and quickly as society's sometimes do.

Our growth as warriors can be stunted by the continual challenges we face in our private lives. Drugs are readily available, alcohol is still glamorized, and genuine respect for other genders, ethnic groups, and races is sometimes hard to find.

We must take time, individually and at the unit level, to

remind ourselves of the higher standards we are held to, and we must rededicate ourselves to our values. In order to be a Showcase Wing, we have to first respect ourselves (don't do drugs, be careful with alcohol), and we must respect our wingmen (treat each other with respect, don't harass or sexually assault your teammates). These are the minimum requirements that are demanded of us--by society and our leadership, including me. It all starts when we take the oath. These standards don't just apply when you are in uniform, or when you are on duty. They apply all the time, in our out of uniform, and it started when you voluntarily raised your hand to swear or affirm your intent to join one of the most elite military forces this world has ever known. Our traditional guardsmen, who exemplify these standards and who move freely in society, are our greatest examples. The co-workers, friends, neighbors, and family that know us need to know that Capital Guardians are a cut from a different cloth, and that we have higher standards and values.

This week we have the opportunity to demonstrate our fighting spirit in a Readiness Inspection. Because of the budgetary constraints the nation faces, it is reduced in scope and therefore will be graded as an incomplete because the employment part (flying, mostly) has been removed. Nonetheless, the Inspector General will present us scenarios that we will work our way through and demonstrate our fighting spirit until the end. Even though a little bit of luck never hurts, I know you won't need it to get an Excellent rating.

Thank you all for continuing to serve, and don't forget to Work Smart, Play Smart, and Be a Good Wingman!



**Brig. Gen.  
Marc Sasseville,  
113th Wing  
Commander**

## Commander's Action Line

The Commander's Action Line gives all Airmen a direct link to the 113th Wing commander for any questions or suggestions regarding the 113 WG.

The action line can be used to express constructive points of view on the policies and procedures of the wing, as well as discuss safety and security issues. The goal is to provide you with an accurate, timely response.

Airmen should use this tool after coordinating problems or concerns with supervisors, first sergeants or commanders. If you're not satisfied with the response or are unable to resolve the issue, e-mail the action line at [113W nG.CAGL@ang.af.mil](mailto:113W nG.CAGL@ang.af.mil).



**Chief Master Sgt.  
Jeffrey Coombs,  
113th Wing Command Chief  
Master Sergeant**



**Gooooood Morning Marrayllllandddd!!!**

Master Sgt. Sean Young and Command Chief Master Sgt. Ronald Anderson answer questions about the 113th Wing during a live broadcast on the "Boxer in the Morning Show", 98.7 WMZQ. The radio station interviewed multiple military members from Joint Base Andrews as part of Military Appreciation Day. (Photo by Tech. Sgt. Craig Clapper)

# ADVERSE ACTIONS REPORT

**There was one adverse action reported for May 2013:**

## INCIDENT

## ACTION TAKEN

**1 Unprofessional Senior NCO behavior**

**LOC**

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# INCOMPLETE READINESS INSPECTION BATTLE RHYTHM JUNE 2013

## Wednesday, 12 June (PREP DAY) NO FLY

**Uniform:** UOD      **Work Hours:** 0700-1630      **Parking:** normal except MSG/WG/MDG: 3252 East Lot

<b>Time</b>	<b>Event</b>	<b>Location</b>
0700 - 0900	Deployer PT Testing	East Gym
0730 - 1000	CC Call / Player's Brief (All Wing Mbrs)	Base Theater
1000 - 1600	Deployer WARP Line	LRS Warehouse
1000 - 1200	OG, MXG, MDG	" "
1200 - 1400	LRS, CES	" "
1400 - 1600	CF, SFS, FSS, WG	" "
1600 - 1700	WARP Hotwash (LRS CR, P1WG)	DCC

\* PRIMARY DEPLOYERS WILL WEAR THE FOLLOWING TO THE WARP: WEB BELT, CANTEEN, GAS MASK, REFLECTIVE BELT AND HELMET.

\* ALTERNATE DEPLOYERS WILL WEAR UOD.

\* ALL DEPLOYERS (PRIMARY AND ALTERNATE) WILL BRING THEIR SDF, AIRMANS MANUAL AND CAC

## Thursday, 13 June (PREP DAY) NO FLY

**Uniform:** UOD      **Work Hours:** 0700-1630      **Parking:** normal except MSG/WG/MDG: 3252 East Lot

<b>Time</b>	<b>Event</b>	<b>Location</b>
0730 - 0930	ICC System Checks	ICC
0800 - 1000	MRE Pickup	Bldg. 3213
0900 - 1000	Cargo Final Check	POC LRS
1500	IG Inbrief	Auditorium
1530	Observer Inbriefs	Auditorium
1530	Group Inbriefs	OG: Col Swanson's Office
	" "	MXG: JP Harris Classroom
	" "	MSG: LRS Conference Room

## Friday, 14 June (PHASE I)

**Uniform:** Andrews: UOD BASE-X: UOD+Reflective Belt (MSA:MOPP 0)

**Work Hours:** 0700-1900

**Parking:** normal except MSG/WG/MDG: 3252 East Lot

Time	Event	Location
0600	DCC Active	DCC
0615	CAT / CP Active	ICC
	Limited EOC Active	ICC
0630	All UCCs / UDCCs Manned	
0645	CAT Sitbrief	ICC
RST	DEPOD Drop (STARTEX)	ICC / DCC
0700	SCL Drop / MAC build up	MSA
0800	Aircraft Reliability Checks	Flightline
0800	CDDAR Ex	Flightline
0900	Signature Mangement Eval	Bldg. 3029
RST+2	Cargo Inspection begins	POC LRS
RST+3	Deployment Info Brief	Bldg. 3029 MBR
1400	PM Pilot SERE Q&A	Bldg. 3029
1600	SERE Field Eval	Bldg. 3029
1700	PM CAT Sitbrief	ICC

## Saturday, 15 June (Regeneration)

**Uniform:** ALL: UOD + Reflective Belt (MSA: MOPP 0) **Work Hours:** 0700-1900

**Parking:** normal except MSG/WG/MDG: 3252 East Lot

Time	Event	Location
0615	CAT / CP Active	ICC
	Limited EOC Active	ICC
0630	UCCs Active	
0630	ATO Drop	ICC
0645	CAT Sitbrief	ICC
0700	Aircraft Re-Generation	Flightline
0800 - 1000	Physicals	Navy Clinic
0900	ACCA Processing	Bldg. 3029
1000 - 1100	Clinic Walk-Ins	Navy Clinic
1600	SERE Field Eval (Wx Backup)	Bldg. 3029
1700	PM CAT Sitbrief	ICC
1900	Aircraft Re-Generation Ends	

## Sunday, 16 June (UTA)

**Uniform:** UOD **Work Hours:** 0700-1630 **Parking:** normal

Time	Event	Location
0700 - 1200	PT Testing	East Gym
0800 - 1000	Physicals	Navy Clinic
0900 - 1100	EO / HRE Training	201st Auditorium
0900 - 1100	DTS Assistance	Bldg. 3222
1000 - 1100	Clinic Walk-Ins	Navy Clinic
1500	MSG Change of Command	459th Auditorium

## WARP line (Wednesday only) - Deployers Only



### **Primary Deployers:**

MOPP O without chem/personal bag.  
Carry Standardized Deployment Folder in hand along with Airman's Manual and CAC.

### **Alternate Deployers:**

Uniform of the Day without chem/personal bag. Carry Standardized Deployment Folder, Airman's Manual and CAC.

## IRI Food Service Plan

12-17 Jun 13, for DSGs on AT orders, the following will apply:

- 11th Wing DFAC will be available
- Box lunches may be ordered and picked up directly by 1st Sgts from 11th Wing In-Flight Kitchen
- MRE's may be ordered and picked up directly by 1st Sgts from 113th Wing Services Flight
- Note: ALL members must pay at DFAC or for box lunches/MRE's
- Cost for Box Lunches/MRE's is \$4.60



# Parking Rules of Engagement

IN EFFECT WEDNESDAY THROUGH MONDAY

If you have a line badge; park inside pathfinder

All others, behind 3252 (see light blue figure below)

Near Vehicles MXS (using Pearl Harbor entrance only)

MSA – usual parking lot

## NO Parking:

- In front and long side (west and north) of 3252
- Between 3222-3212 (processing area)



## **Phase 1 Deployers → MOPP 0 with personal bag & SDF**

If you have been identified as a Phase 1 deployer, the following list are mandatory items needed in your personal bag.

Your personal bag will be a green A-3 bag (available through your UDM).

Worn: Helmet, web belt, canteen, reflective belt, gas mask in carrier, Airman's Manual

Carried: Personal bag, SDF (standardized deployment folder)

### Phase 1 Deployer's Clothing List - Mandatory

#### **Mandatory Items - Male**

- 1 – Belt w/Buckle
- 1 – Utility Cap
- 2 – Utility Uniforms
- 1 – Pr Combat Boots
- 1 – APECs Jacket
- 2 – Pr of Work Socks
- 2 – T-Shirts
- 2 - Undershorts
- 1 – Pr Work Gloves
- 2 - Towels
- 2 - Washcloths
- 2 – Glasses (As Req'd)
- 1 – Reflective Belt

#### **Mandatory Items - Female**

- 1 – Belt w/Buckle
- 1 – Utility Cap
- 2 – Utility Uniforms
- 1 – Pr Combat Boots
- 1 – APECs Jacket
- 2 – Pr of Work Socks
- 2 – T-Shirts
- 2 - Undershorts
- 1 – Pr Work Gloves
- 2 - Towels
- 2 - Washcloths
- 2 – Glasses (As Req'd)
- 1 – Reflective Belt
- 2 - Brassieres

#### **Simulated Items (simulated in A-3 personal bag with placard)**

All Toiletry Items

Blues Uniform

Additional Cold Weather Gear

Note:

1. Items listed above include items worn by the individual
2. All uniforms will have correct name tapes and rank insignia attached
3. Squadron baseball caps will not be worn for deployments
4. Commander may determine if additional items should be included in the list
5. Take an extra pair of glasses, as applicable

# 113th Wing Command Chief Change of Authority



Chief Master Sgt. Ronald Anderson is presented a Baltimore Ravens t-shirt by the 113th Wing first sergeants during the Change of Authority in the Wing auditorium. (Photo by Tech. Sgt. Craig Clapper)



Chief Master Sgt. Ronald Anderson speaks to the crowd one last time as 113th Wing Command Chief during the Change of Authority ceremony. (Photo by Tech. Sgt. Craig Clapper)



Brig. Gen. Marc Sasseville, 113th Wing Commander, shakes hands with newly appointed 113th Wing Command Chief Master Sgt. Jeffrey Coombs during the Change of Authority ceremony in the Wing auditorium. (Photo by Tech. Sgt. Craig Clapper)

# Protection of PII is essential



**By Master Sgt. Irma Tamayo**  
**113th Wing Communications Flight**

The Privacy Act (5 USC 552a) of 1974 applies to records on living U.S. citizens and permanent resident aliens that are retrieved by name or personal identifier. Privacy Act (PA) limits the collection or sharing of records "about a person" filed or retrieved by a personal identifier. Here at the 113th Wing, it is everyone's responsibility to protect records that are maintained on YOU and others. By law failure to comply can result in a personal liability, and can have serious implications on you and the WG.

One of the things that we've noticed here at the WG is people seem to be under the misunderstanding that the blue recycling bins are safe for PII to put into. Those bins are not to be used for putting any type of PII in because what is in the recycling bins doesn't go from their office to a shredder. Once it goes into a recycling bin, that information is no longer protected. Any type of information that is disposed of in the recycling bins has potential to be viewed by anyone with access to those bins. From the office, that information can travel to the recycling center where it is picked up by an organization outside the WG.

Be cognitive when cleaning your work areas. Members are cleaning out their files and not thinking about what could happen when putting that information into the recycle bin. Many members mistakenly believe that if the files

they are throwing out are old, then they have no pertinent information on them. Regardless of how old the files are, if the files or documents have any type of PII on them, they need to be destroyed properly by shredding. Members think that by recycling they are doing some good, which is fine, but if they are not disposing of PII properly, they could be jeopardizing other members here and the WG itself.

If we are throwing away things like manuals that are limited distribution or maps, any type of information like that can give information to our adversaries about what we're doing on Joint Base Andrews. That kind of information is commonly found in combination with PII, and when that happens, the security office has to get involved and assess the situation.

Other ways that people have violated and mishandle PII is by maintaining a system of records without public notice, requesting or obtaining records under false pretenses or disclosing PII to any person that isn't entitled to access it. Members that maintain records who have a valid NEED TO KNOW the information in performance of their duties Final determination of "need to know" is made by the person providing the information, not the person or rank or grade or urgency of the person that is asking for the information. Always, protect the information that you as a member collect on someone else.

Mishandling of PII is not only a problem when it comes to disposal of physical documents, but it also applies to electronic data. Members can easily forget mishandle PII electronically through emails that haven't been properly encrypted. Members have to be cognitive when emailing PII. When emailing PII information be sure to encrypt the email, add FOUO on the subject line, and add the PA email statement, "The information herein is For Official Use Only (FOUO) which must be protected under the Privacy Act of 1974, as amended. Unauthorized disclosure or misuse of this PERSONAL INFORMATION may result in criminal and/or civil penalties."

Most of the organizations and offices have shredding machines and the installation has a high-volume shredding, otherwise the 113 WG Functional Manager schedules a local company to Shred records on a regular monthly basis for the WG.

For additional questions on PII please call the 113 WG Knowledge Operations Functional Manager at 857-1161/7308.

# It's "All in the Family" for the DCANG

By Master Sgt. Sean Young  
113th Wing Recruiting Office Supervisor

Archie Bunker and George Jefferson may not have much household name recognition anymore; however, a strong family unit is still the bedrock in many of our lives. Many of us define family as more than our next of kin. We find family in our community of faith, friends, colleagues, and the unique camaraderie that the Profession of Arms yields. On Tuesday, April 23rd the DCANG welcomed SSgt Aleta Way, SSgt Andrew Zimmerman, and A1C Kelli Wilson as they became Capital Guardians. MAJ Tunstall Wilson Jr. (JFHQ-DC, Army) Administered the Oath of Enlistment for his daughter and kept the military tradition alive in his family. SSgt Aleta Way also had her father (USMC Veteran) by her side for the Oath, and SSgt Andrew Zimmerman was reunited with many of his former 192nd VAANG family now here at the 113th DCANG. The ANG is less than a third the



size of the Active USAF component (106K) spread over 140 ANG Wings. Tuesday's ceremony proved that while we are small, we are extremely diverse, unique and our traditions remain strong because it is in large part "All in the Family."

# Help us become Washington's Wingmen

By Master Sgt. Sean Young  
113th Wing Recruiting Office Supervisor

President George H. W. Bush once said, "We are a nation of communities... a brilliant diversity spread like stars, like a thousand points of light in a broad and peaceful sky. We have a new approach to the former DCANG Aviation Career Day. This new focus is on community. In an effort to put the "DC" back into the DCANG, we have stepped up our involvement in the District of Columbia. We have part-

nered with the DCARNG for 3 DCNG Joint Aviation Career Days at three different DC Schools. Our goal is to show the value of the DC Air and Army National Guard Aviation careers respectively. We believe this will showcase the extraordinary value of our organizations and how this can help Washingtonians become part of something bigger than themselves. If you would like to join us, please email us at: [113.WG.Recruiting@ang.af.mil](mailto:113.WG.Recruiting@ang.af.mil)

Help us truly become "Washington's Wingman."



# Warrior of the Month helps save life

By Tech. Sgt. Craig Clapper  
113th Wing Public Affairs

He saw the man laying on the ground bleeding and the man didn't appear to be breathing. Without hesitation, Airman First Class Rodney Clark performed CPR on the man until paramedics arrived, effectively helping to save the man's life. The 113th Civil Engineer Squadron Material Control specialist demonstrated the utmost professionalism that makes him the June Warrior of the Month.

The incident occurred in Virginia Beach on April 27, 2013. Airman Clark was visiting with friends for Beach Week when he heard gun shots and looked down at the ground to see the wounded man. He immediately began CPR until paramedics told him they would take over.

"When I saw him laying on the ground, bleeding, I ran over to him and began to perform CPR without hesitation. Yes I knew that me performing CPR could possibly save his life, I just wanted him to be okay," said Airman Clark.

Airman Clark is a relative newcomer to the D.C. National Guard, about a year and a half in, and he has prior military experience in the U.S. Navy. The father of a two-month old son is looking to make a career out of the National Guard and one day retire a chief master sergeant. His educational goals include majoring in Cyber Security,



Brig. Gen. Marc Sasseville, 113th Wing Commander, presents his commanders coin to Airman First Class Rodney Clark, 113th Civil Engineering Squadron, right after announcing Airman Clark as the 113th Wing Warrior of the Month for June, 2013. (Photo by SrA Jennifer Hotte)

a program he will be starting soon. He has a passion for football and enjoys spending time with his friends and family. He has a positive outlook on his military career and his recent actions in Virginia Beach demonstrate his bright future ahead.

# Air Force Critical Days of Summer

By Senior Master Sgt. Glenn Thompson  
113th Wing Safety

Memorial Day is a time for remembrance of our comrades who died in the defense of our country. It also traditionally marks the beginning of the "Air Force Critical Days of Summer Campaign." Many Airmen and Civilians will celebrate with barbecues, picnics, parades, and extended travel plans. As outdoor activities increase we must instill effective risk mitigation in our employees as they plan their holiday and summer activities.

Why the need for a summer safety campaign?

Since FY02 (9 years) the Air Force has experienced 252 fatalities During the Critical Days of Summer (235

off-duty, 17 on-duty). This year The CDS campaign inclusive dates will be: 1600 hrs, Friday, 24 May 2013 and ends at 0700 hrs, Tuesday, 3 Sept 2013. These dates are the Friday afternoon before Memorial Day thru the Tuesday morning after Labor Day.

Our vision this year has been developed to raise awareness of the hazards during the summer season. It is an effort to help all Airmen mitigate those hazards and to understand that safety has a role in everything we do, both on- and off-duty. While all Airmen have a commitment to the core values of Integrity, Service, and Excellence, Airmen must also have a



commitment to their family, friends, co-workers and country to value safety as well as the safety of others, with the same intensity that is held for our other core values.

# Hurricane and Tornado season is here

By Senior Master Sgt. Bill Liston  
113th Wing Emergency Management

Hurricanes happen. So do Tornadoes. No matter where you live or work, you should always be prepared in the event that a hurricane or tornado happen near you. The following information is essential for proper preparation:

## Hurricane Facts:

A hurricane is a type of tropical cyclone, the generic term for a low pressure system that generally forms in the tropics. A typical cyclone is accompanied by thunderstorms, and in the Northern Hemisphere, a counterclockwise circulation of winds near the earth's surface. The Atlantic hurricane season lasts from June to November, with the peak season from mid-August to late October.

•Hurricanes are classified into five categories based on their wind speed, central pressure, and damage potential. Category Three and higher hurricanes are considered major hurricanes, though Categories One and Two are still extremely dangerous and warrant your full attention.

•**Category One Hurricane** (Sustained winds 74-95 mph) *very dangerous winds will produce some damage*

•**Category Two Hurricane** (Sustained winds 96-110 mph) *dangerous winds will cause extensive damage*

•**Category Three Hurricane** (Sustained winds 111-130 mph) *devastating damage will occur*

•**Category Four Hurricane** (Sustained winds 131-155 mph) *catastrophic damage will occur*

•**Category Five Hurricane** (Sustained winds greater than 155 mph) *catastrophic damage will occur.*

## Hurricane Preparedness:

Hurricane season in the Atlantic begins June 1st and ends November 30th.

## Recommended Safety Tips

•**Build a portable kit-** Non-perishable foods, battery powered radio, extra flash lights/ w batteries, store drinking water, first aid kit, radio

•**Have a plan-** Make a Family Emergency Plan. Communications between family members is important. Know how to contact household members through a common contact. Know how the public is warned and the terms for disasters in your community.

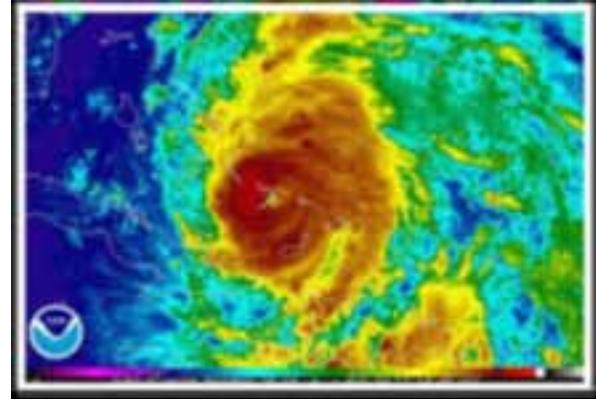
•**Windows-** Tape and/or board

•**Vehicles-** Park away from trees and objects that can move during high winds. Keep cars fueled and in good repair, with a winter emergency kit in each.

•**Be Informed-** Hurricane hazards come in many forms: lightning, tornadoes, flooding, storm surge, high winds, even landslides or mudslides can be triggered in mountainous regions.

**Thunderstorm Facts:** They may occur singly, in clusters, or in lines. Some of the most severe occur when a single thunderstorm affects one location for an extended time. Thunderstorms typically produce heavy rain for a brief period, anywhere from 30 minutes to an hour. Warm, humid conditions are highly favorable for thunderstorm development. About 10 percent of thunderstorms are classified as severe: one that produces hail at least three quarters of an inch in diameter, has winds of 58 miles per hour or higher, or produces a tornado.

**Facts about Lightning:** Lightning's unpredictability increases the risk to individuals and property. Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall. "Heat lightning" is actually lightning from a thunderstorm too far away for thunder to be heard. However, the storm may be moving in your direction! Most lightning deaths and injuries occur when people are caught outdoors in the summer months during the afternoon and evening. Your chances of being struck by lightning are estimated to be 1 in 600,000, but could be reduced even further by following safety precautions. Lightning strike victims carry no electrical charge and should be attended to immediately.



Saffir-Simpson Hurricane Scale

Category	Wind speed	Storm surge
	mph	ft
<b>Five</b>	≥156	>18
<b>Four</b>	131-155	13-18
<b>Three</b>	111-130	9-12
<b>Two</b>	96-110	6-8
<b>One</b>	74-95	4-5

### Additional classifications

<b>Tropical storm</b>	39-73	0-3
<b>Tropical depression</b>	0-38	0

## Tornadoes:

March through August Generally

- Strike quickly, little or no warning
- Seek protection immediately!
- Shelter in an interior hallway on the lowest floor
- Avoid exterior walls and windows
- 80% are between noon and midnight.
- Find a safe place & get out of your car
- Surrounding communities will sound their sirens when a tornado warning is issued by the National Weather Service

•Scale Wind Speed:

Potential Damage:

–EF0 65-85 mph

Minor

–EF1 86-110 mph

Moderate

–EF2 111-135 mph

Considerable

–EF3 136-165 mph

Severe

–EF4 166-200 mph

Devastating

–EF5 > 200 mph

Extreme

Before a Tornado:

•To begin preparing, you should build an emergency kit and make a family communications plan. Please go to <http://www.ready.gov/tornadoes> to view the kit and plan.

•Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.

•Be alert to changing weather conditions. Look for approaching storms. Look for the following danger signs:

•Dark, often greenish sky

•Large hail

•A large, dark, low-lying cloud (particularly if rotating)

•Loud roar, similar to a freight train.

•If you see approaching storms or any of the danger signs, be prepared to

•take shelter immediately.

Familiarize yourself with these terms to help identify a tornado hazard:

•Tornado Watch - Tornadoes are possible. Remain alert for approaching storms. Watch the sky and stay tuned to NOAA Weather Radio, commercial radio or television for information.

•Tornado Warning - A tornado has been sighted or indicated by weather radar. Take shelter immediately.

If you are in:

•A structure (e.g. residence, small building, school, nursing home, hospital, factory, shopping center, high-rise building):

–Go to a pre-designated shelter area such as a safe room, basement, storm cellar, or the lowest building level. If there is no basement, go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. Do not open windows.

•A vehicle, trailer, or mobile home:

–Get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.

•Those outside with no shelter:

–Lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of the potential for flooding

–Do not get under an overpass or bridge. You are safer in a low, flat location

–Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter

–Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

(Cont. next page)



•If on Joint Base Andrews during a natural disaster and you have time to safely relocate, the peacetime Disaster Shelters are:

- Community Activities Center (Bldg 1442)
- West Fitness Center (Bldg 1444)
- East Fitness Center (Bldg 3705)

### Tips on protection

- <http://www.floodsmart.gov> or call 1-800-427-2419
- <http://www.ready.gov>
- <http://www.beready.af.mil>

Do you need additional info? Here are some great Apps for disaster prep.

Earthquake Alert App for iPhone & Android:

<http://www.redcross.org/mobile-apps/earthquake-app>

Hurricane Tracker App for iPhone & Android:

<http://www.redcross.org/mobile-apps/hurricane-app>

Shelter Finder/Locator App:

<http://www.redcross.org/mobile-apps/shelter-finder-app>

Tornado Warning App for iPhone & Android:

<http://www.redcross.org/mobile-apps/tornado-app>

Wildfire Alerts App for iPhone & Android:

<http://www.redcross.org/mobile-apps/wildfire-app>

Safe & Well registration: <https://safeandwell.communityos.org/cms/index.php>



## Prince George's Veteran Center offers many benefits/assistance free of charge

By Staff Sgt. Eirik Blackwolf  
113th Wing Security Forces

Right outside the Virginia Gate of Joint Base Andrews and tucked away in a neat office complex is the Prince George's County Vet center, home to a staff dedicated to assisting veterans by providing readjustment counseling services. The Vet center provides a wide array of services and resources to those affected by service in a time of war. These services are provided free of charge to veterans who have served on active duty in combat operations where an expeditionary or campaign medal was awarded.

Among the many services offered by the Vet Center are individual and group counseling, marital / family counseling, bereavement counseling, medical referrals, VA benefit application assistance, Employment counseling, guidance and referral, alcohol / drug assessments, military sexual trauma counseling and referral; and community resource information and referrals. All in all, this center is a virtual treasure chest of information, resources and assistance to the veteran; one well worth the time to visit.

To reach the Prince George's County Vet center, either call at 301-856-7173 or drop by at 7905 Malcolm Road, Suite 101, Clinton MD 20735.

# ROBOTICS CAMP



FREE Robotics Technology Camp for  
Air National Guard youth ages 9-13

WHEN: 18-22 June 2013

WHERE: National 4-H Center,  
7100 Connecticut Ave, Chevy Chase, MD 20815

WHAT: Free residential camp offers hands on science activities,  
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WHY: Visit Washington DC, Meet other ANG youth, Learn & Have Fun!  
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**For more information, contact:**

**University of Maryland Extension:**

**Alisha Targonski**  
301-314-7319  
alishat@umd.edu

**HQ Air National Guard:**

**Barbara Lohr**  
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The 4-H Robotics Camp is a  
collaboration between  
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