

147RW TEXAN

TEXAS AIR NATIONAL GUARD

AUGUST 2015



**Vice
Commander**

Commander

**Command
Chief**

A CHANGE IN LEADERSHIP

UNIT SPOTLIGHT

272 ENGINEERING INSTALLATION SQUADRON

WOMEN'S EQUALITY

CELEBRATING THE END OF SUFFRAGE

THE TEXAN

147TH RECONNAISSANCE WING

THE TEXAN is a funded Air Force publication that is produced for members of the 147th Reconnaissance Wing at Ellington Field Joint Reserve Base. Contents of The Texan are not necessarily the official views of the U.S. Government, the Department of Defense, the United States Air Force, the National Guard Bureau, or the Texas Air National Guard. The editorial content is edited, prepared and provided by the Public Affairs Office and members of the 147th Reconnaissance Wing.

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03 Unit Spotlight - 272 EIS

05 Chief's Corner

06 Heat Stroke

07 First Sergeant's Comments



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The icons to the left are interactive and will take you directly to the social media site of your choice.



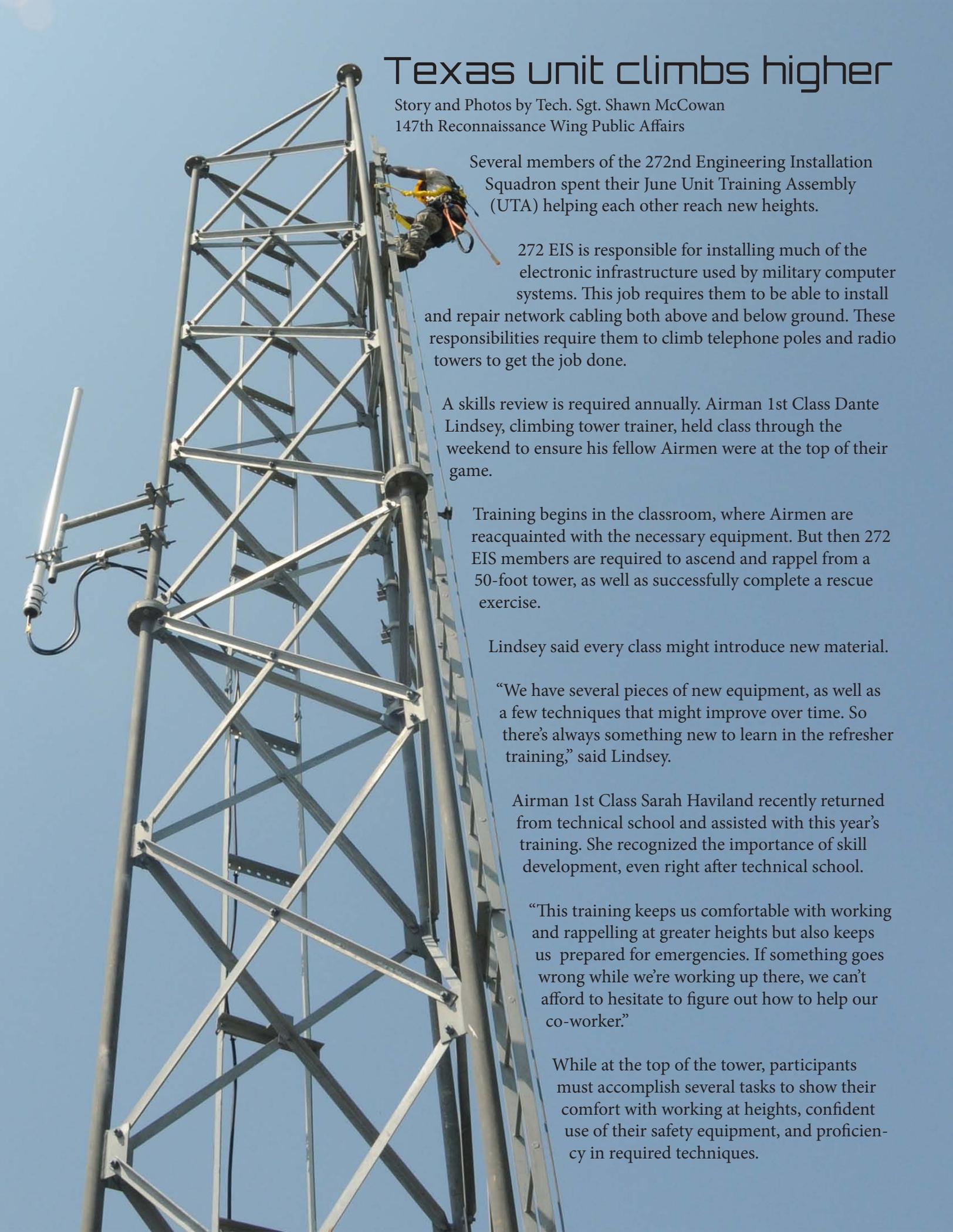
08 Women's Equality Day

09 Dining Facility Menu

10 School Zone Safety

COVER:

Col. Stan Jones (center), 147th Reconnaissance Wing Commander, stands with Lt. Col. Gary Jones, 147th Reconnaissance Wing Vice Commander, and Chief Master Sgt. Michael Cornitius, 147th Reconnaissance Wing Command Chief in the main hangar at Ellington Field Joint Reserve Base in Houston, TX.



Texas unit climbs higher

Story and Photos by Tech. Sgt. Shawn McCowan
147th Reconnaissance Wing Public Affairs

Several members of the 272nd Engineering Installation Squadron spent their June Unit Training Assembly (UTA) helping each other reach new heights.

272 EIS is responsible for installing much of the electronic infrastructure used by military computer systems. This job requires them to be able to install and repair network cabling both above and below ground. These responsibilities require them to climb telephone poles and radio towers to get the job done.

A skills review is required annually. Airman 1st Class Dante Lindsey, climbing tower trainer, held class through the weekend to ensure his fellow Airmen were at the top of their game.

Training begins in the classroom, where Airmen are reacquainted with the necessary equipment. But then 272 EIS members are required to ascend and rappel from a 50-foot tower, as well as successfully complete a rescue exercise.

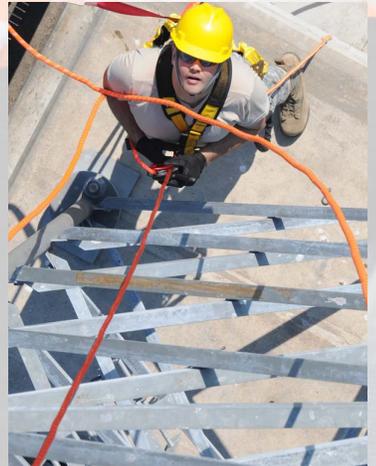
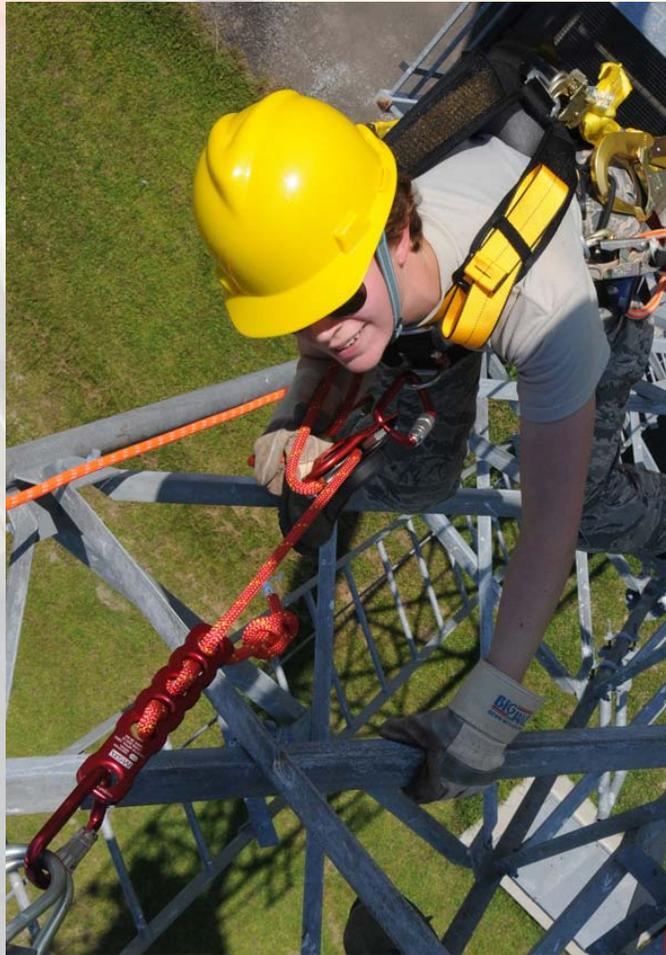
Lindsey said every class might introduce new material.

“We have several pieces of new equipment, as well as a few techniques that might improve over time. So there’s always something new to learn in the refresher training,” said Lindsey.

Airman 1st Class Sarah Haviland recently returned from technical school and assisted with this year’s training. She recognized the importance of skill development, even right after technical school.

“This training keeps us comfortable with working and rappelling at greater heights but also keeps us prepared for emergencies. If something goes wrong while we’re working up there, we can’t afford to hesitate to figure out how to help our co-worker.”

While at the top of the tower, participants must accomplish several tasks to show their comfort with working at heights, confident use of their safety equipment, and proficiency in required techniques.





CHIEF'S CORNER

MENTORSHIP

BY CHIEF MASTER SGT. JEFFREY C. JOHNSON

Do leaders really lead without mentoring?

No matter how intelligent or successful we have been in our positions, we can all benefit from either being a mentor or being mentored. Leaders are responsible for leading their areas of responsibility and directing their staff in a way to get the job done, but are leaders really doing all that is required of them if they are not mentoring their personnel along the way? The role of a mentor can vary in many ways dependent upon the needs of the individual; the assistance may be in the area of learning more about their current position and doing it to the best of their ability, career growth, or personal improvement to become better at their current job. Benefits of these relationships affect the individual, supervisor, and the organization.

Airman new to a position or career often have book knowledge of how to do a job, but don't have the experience necessary to know how best to handle situations or to avoid pitfalls along the way. There is no substitute for experience and time, or the knowledge, foresight and wisdom gained through trial and error or pain and mistakes. Having access to a mentor provides a less experienced Airman the ability to obtain a greater knowledge without the extra years of experience or having to learn things the hard way. They often feel less isolated at work and are encouraged to interact more with others. Personnel need to know what they are doing is important, that their work and what they do matters, and that they are accomplishing their mission. Mentees who receive frequent feedback and guidance are happier in their positions leading to better performance, productivity and retention.

Job descriptions do not usually require, nor are supervisors usually tasked with, mentoring fellow coworkers or subordinates as a part of their job. Because it is not required, many leaders fail to knowingly, regularly and thoughtfully mentor others. A successful mentor can assume many roles, such as a counselor, coach, advisor, navigator, developer, or communicator. Serving as a mentor is one of the easiest things a leader can do; all it takes is to demonstrate care and concern for the well-being and development of others. Helping the current and future generation of Airman is the best way to know your own efforts will not be in vain and that all your hard work and contributions to the profession can continue moving forward and do not get halted. The most beneficial outcome from being a mentor is the gratification of seeing another person grow personally and/or professionally, and knowing that your time and experience have helped to mold or shape that person into who they are today.

Mentoring in the workplace can have long-term benefits as our personnel become more self-directed and develop stronger communication and problem-solving skills. Mentors provide the additional schooling allowing the whole organization to focus on successfully completing the mission and less time on training. Mentored Airmen value collaboration and sharing of information, which can lead to a stronger organization. These relationships increase longevity in the organization and maintain qualified, trained staff, which ultimately increases efficiency.

We can all remember a caring teacher, coach, neighbor, coworker, or boss who has help to mold us either personally or professionally, which helped to make us who we are today. Mentors must make themselves available to their mentees and care enough to spend their most valuable resource with them — time. We as leaders and mentors cannot afford to neglect getting involved with the future of those who will follow us. Being a good mentor is the best way to guarantee all or our future success.

What is heat stroke?

Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Body temperature may rise to 106°F or higher within 10 to 15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

What are the warning signs of a heat stroke?

Warning signs of heat stroke vary but may include the following:

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

What should I do if I see someone with any of the warning signs of heat stroke?

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim. Do the following:

- Get the victim to a shady area.
- Cool the victim rapidly, using whatever methods you can. For example, immerse the victim in a tub of cool water; place the person in a cool shower; spray the victim with cool water from a garden hose; sponge the person with cool water; or if the humidity is low, wrap the victim in a cool, wet sheet and fan him or her vigorously.
- Monitor body temperature and continue cooling efforts until the body temperature drops to 101-102°F.
- If emergency medical personnel are delayed, call the hospital emergency room for further instructions.
- Do not give the victim alcohol to drink.
- Get medical assistance as soon as possible.

Heat Stroke continued on page 5

CLIMATE CHANGE & EXTREME HEAT

CAUSES MORE DEATHS each year than hurricanes, lightning, tornadoes, earthquakes, and floods **COMBINED!**

WHO'S AT RISK?

Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

WHAT CAN YOU DO?

STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

LEARN MORE!

Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at www.cdc.gov/ephtracking

DEPARTMENT OF HEALTH & HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION



1st. SERGEANT'S COMMENTS

WHAT IS A FIRST SERGEANT

By Senior Master Sgt. Malvin Baerga-Rivera
147th Reconnaissance Wing First Sergeant

Have you ever considered becoming a first sergeant for the 147th Reconnaissance Wing? A first sergeant is a leader, mentor, advisor, enforcer and counselor - these are just a few words that describe a first sergeant. Think you're ready to join the ranks of elite senior non-commissioned officers in a special duty career field?

What does a first sergeant do?

According to Air Force Instruction 36-2113, "The first sergeant is an expeditionary leader serving in a time-honored special duty position, rich in custom and tradition." Yet that does not even begin to describe what it means to be a first sergeant. First sergeants are a critical link between commanders and the enlisted members of their unit. It is the first sergeant's job to ensure commanders understand and address the issues their Airmen are experiencing and ensure their Airmen understand the commander's policies, goals and vision. First sergeants must be available throughout the days and nights to respond to the needs of their people. From award luncheons and promotion ceremonies to domestic disputes and family tragedies, the first sergeant must mix discipline, compassion and mentorship, often times switching gears between hard-nosed rule-monger to empathetic parental figure at a moment's notice. First sergeants are expected to be subject matter experts in limitless subjects including drill and ceremonies, pay and travel

allowances, financial and marital counseling, dress and appearance, career progression, on-and-off-duty education, performance reports and decorations, investigations and the law and personnel programs to name a few.

What are the qualifications?

First sergeants must be a jack-of-all-trades, able to leap from issuing an Article 15 to a squadron barbecue to grief counseling in a single bound. They must be patient enough to listen to stories about any particular weekend yet impatient enough to aggressively work the issues out as needed. They must be independent enough to work autonomously yet dependent enough to take direction from the commander and superintendent. They must be kind enough to work in the best interest of their people yet strict enough to straighten them out when they stray. They must be introspective enough to know their commander's and their own weaknesses yet confident enough to exploit the strengths of each. They must be out of their office enough to know what is going on in the lives of their people yet in their office enough to complete paperwork and answer emails. They must be extroverted enough to speak in front of large crowds yet introverted enough to keep in confidence situations that require discretion. They must be operational enough to know how their decisions affect the unit's mission yet managerial enough to stay out of making

operational decisions. They must balance their professional and personal life with being "on duty" 24 hours a day. They must be a person who knows how to take care of people. To qualify for first sergeant duty, a request for Special Duty Assignment application endorsed by the unit commander, must be submitted. Additionally, the package must contain a fitness score greater than 80, copies of your Enlisted Performance Feedback, a physical profile for special duty and a Records Review Rip. Furthermore, applicants must have a minimum General AQE of 62 or Administrative AQE of 41 and complete Senior NCO Academy by correspondence (Course 14) or in residence 36 months after graduating from the first sergeant's school.

An interview process with selection board and your command chief will be the final piece of the application process before submission for further approval to Major Command and the Career Field Managers at the Air Force Personnel Center.

Still not sure if you have what it takes?

Talk to your first sergeant about filling in while he or she takes leave or deploys. Step up and find out if you have what it takes to join the ranks of elite senior non-commissioned officers in a special duty career field of handpicked, high-speed professionals. The first time an Airman says, "Thanks for being there for me, Shirt," you'll be hooked.

Women's Equality Day

Celebrating the end of suffrage

By Tech. Sgt. Adrienne Russell-George
147th Equal Opportunity Office

Although they make up at least half the population, women and girls have endured discrimination in most societies for thousands of years. Significant changes to the norm have been made over the last century. August 26, 2015, marks the 95th anniversary of the Woman Suffrage Movement's great victory, the confirmation of the 19th Amendment to the U.S. Constitution, granting women the right to vote in 1920. This political campaign spanned 72 years and was carried out by tens of thousands of persistent men and women.

In the early 1900s, the general consensus was that men were more capable of dealing with the competitive workforce and women were unable to handle the pressure of life outside of the home. Women could not vote, were excluded from politics, and were discouraged from working. Today, women demonstrate not only competence, but also excellence in a working world that was thought by so many as only meant for men.

The significance of the woman suffrage or right to vote campaign and its political and social impact has been largely ignored in the telling of American history. It is the story of women creating one of the most remarkable and successful nonviolent civil rights efforts the

world has ever seen, and it is a story that should be told. The American Woman Suffrage Movement stands as a lasting affirmation of our country's fundamental democratic values: the right to vote, and the possibility of peaceful, revolutionary political change.

Women's Equality Day commemo-

fragists include: Lucy Stone, journalist and founder of the American Woman Suffrage Association, Susan B. Anthony, the driving force behind the National Woman Suffrage, and single minded champion of a federal amendment, Elizabeth Cady Stanton, women's rights leader, Sojourner Truth, born into slavery

became and abolitionist and women's rights activist, Alice Paul, Chief strategist of the militant wing and founder of the Congressional Union for Woman's Suffrage and the National Woman's Party. These women, along with many more have fought and continue to fight for gender equality.

In the 95 years since the 19th Amendment was ratified, women have made significant strides

in all facets of American life and have proven that our country succeeds when women succeed. As stated by President Obama, "With passion and courage, women have taught us that when we band together to advocate for our highest ideals, we can advance our common well-being and strengthen the fabric of our nation." Investing in gender equality and women's empowerment has been proven to unlock human potential on a transformational scale. Our country is better, stronger when we truly allow equal rights to all our citizens.



rates American women achieving full voting rights under the U.S. Constitution. The women's suffrage amendment was first introduced to the U.S. Congress in 1878. After decades of lobbying states to have the amendment ratified by the required two-thirds of the states, Harry T. Burn of Tennessee opposed the amendment, but was convinced by his mother to approve it. Burn cast the deciding vote on August 26, 1920. Through Presidential Proclamation, Women's History Day has been celebrated since 1971. Some of the more prominent suf-

Airman & Family READINESS PROGRAM

147TH RECONNAISSANCE WING - ELLINGTON FIELD JRB - HOUSTON, TEXAS



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Commanders Hotline Ideas | Comments | Suggestions

929-2000



Heat Stroke continued from page 3

What is heat exhaustion?

Heat exhaustion is a milder form of heat-related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacement of fluids. Those most prone to heat exhaustion are elderly people, those with high blood pressure, and those working or exercising in a hot environment.

What are the warning signs of heat exhaustion?

The warning signs of heat exhaustion include the following:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

The skin may be cool and moist. The pulse rate will be fast and weak, and breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke. See medical attention if symptoms worsen or last longer than one hour.

What steps can be taken to cool the body during heat exhaustion?

- Drink cool, nonalcoholic beverages.
- Rest.
- Take a cool shower, bath, or sponge bath.
- Seek an air-conditioned environment.
- Wear lightweight clothing.



What's for lunch?

8 August 2015

Pork Chops
Chicken Fried Steak
Mashed Potatoes
Winter-Blend Veggies
Green Beans
Baked Beans

9 August 2015

Chicken Alfredo
Salisbury Steak
Scalloped Potatoes
Rice
Cabbage
Carrots

SCHOOL ZONE SAFETY

Follow the Rules To Save a Life

Provided by the 147th Safety Office

Crosswalks, flashing lights, stop signs and crossing guards can only do so much when it comes to protecting school children. When it comes to school zone safety, motorists need to study up on these safe-driving tips from experts in school zone safety:

- Expect the unexpected: “Children run and play. They can come from anywhere,” says James Solomon of the National Safety Council.
- Stop properly at stop signs and crosswalks: It’s illegal to pass through either a stationary stop sign
- In all 50 states, when a stop sign is displayed, motorists must stop for it, Solomon says. Drivers should stop completely at the stop sign, before the crosswalk area. Blocking a crosswalk could force kids to go around your vehicle, putting them in danger. And wait a bit before driving through after the crossing guard clears the intersection, warns Solomon. “There are always one or two children lagging behind that are now going to run through the crosswalk to catch up with the rest of the group.”
- Obey the speed limit: “The faster you are going, the more likely you are to injure a pedestrian and to injure them more seriously,” says Nancy Pullen-Seufert of the National Center for Safe Routes to School.
- Most school zones have speed limits of 20 mph or less. Studies have found that 5 percent of pedestrians hit by a vehicle at 20 mph suffer a fatality. The fatality number increases to 45 percent when hit by a vehicle going 30 mph, and to 80 percent for a pedestrian hit by a vehicle traveling at 40 mph. And because of their smaller size, children fare even worse. Faster driving means longer stopping distances. At 20 mph, it takes an average vehicle 69 feet to come to a total stop, and nearly double that distance, to 123 feet, at just 30 mph, according to NHTSA.
- Put away electronic devices: A few states, including Illinois, have made it illegal to use a cell phone while driving in a school zone, and for good reason.
- Talking on your cell phone has been shown to reduce reaction time. Looking away for just 2 seconds doubles your chance of crashing. Texting while driving has been shown to be as dangerous as driving drunk.
- “The ability to multitask is a myth. If you are going to drive your child to school, drive your child to school. Leave the cell phone in a place where you aren’t going to be distracted,” says Kate Carr of Safe Kids Worldwide.
- Solomon agrees. “You want to navigate the school zone 100 percent prepared to handle a situation,” he says.
- Make eye contact with pedestrians: “If you haven’t made eye contact with them, assume that they haven’t seen you and that they are just going to keep on going,” says Carr.
- Wait your turn near school buses: It’s illegal in all 50 states to pass a bus on undivided roadways if the vehicle is stopped to load and unload children. State laws vary regarding passing a school bus on a divided roadway when the bus is traveling in the opposite direction, but all vehicles behind a bus must stop. Make sure you know the rules in your state, and regardless of whatever they are, never pass a school bus on the right. It’s a sure recipe for disaster.
- According to the National Safety Council, most children who die in bus-related crashes are pedestrians ages 4-7 who are hit by the bus or by motorists illegally passing the school bus.
- Pay attention to bus warning lights: A yellow flashing light means the bus is preparing to stop to let kids on or off. A red light means kids are getting on or off the bus.
- Give buses ample space to load and unload: Children are in the most danger of being hit by a vehicle within the 10 feet around a school bus. And just in case you’re tempted to violate any of the bus-related rules, many school buses are now equipped with rear cameras to catch motorists who illegally pass them.
- Follow the school’s drop-off rules: “Oftentimes parents get very tempted to drop their child off across the street from the school and tell their child to just run across the street. And we really, really don’t want drivers to do that,” says Pullen-Seufert. “Any time any pedestrian of any age is crossing the road, they are at a greater risk.”
- Choose a different route: If you are a daily commuter and not a parent picking up or dropping off their child, avoid a school zone if you can.
- Be more careful in the fall: More children are injured by cars in September than any other month. “Kids are going back to school and drivers have to adjust again after a summer season,” says Carr.
- What to do if there’s a near miss: Never reprimand or approach the child directly. The child is likely to be nervous or frightened when confronted by a stranger, Solomon says. Do let an adult know what happened, though. You might be alerting authorities to a potentially dangerous area within the school zone.
- You need to find whoever is in charge, if it’s a crossing guard, a law enforcement agent or school staff,” Solomon says. “You need to safely park the vehicle and explain what happened. Sooner or later, enough near-misses mean someone gets hit.”
- Treat every kid as your own: It’s not always some unwary motorist who is responsible for school zone traffic accidents. Whether they’re dropping off or picking up their children, parents also often break school zone road rules, say safety experts.

THERE IS STRENGTH IN NUMBERS.

JOIN FORCES WITH
NGAT SO WE CAN
CONTINUE TO FIGHT
FOR YOUR FUTURE



Photo by Staff Sgt. Jennifer Atkinson, 36th Inf. Div.

WHY JOIN NGAT?

As an American, you are encouraged to participate in the political institutions you protect. However, as a Soldier or Airman, you are also required to separate your political beliefs from the uniform you wear. Military personnel may not actively participate in partisan political activities¹, making it difficult to rally together and speak with one voice on important issues facing the Texas Military Forces. The National Guard Association of Texas (NGAT) appears before various state and national legislative committees to speak on behalf of the Soldiers and Airmen of the Texas Military Forces. This is why your membership is so important. The greater our membership numbers, the more influence NGAT can bring to the political decision-makers and continue the fight on top issues affecting you and your family. Join NGAT today and make a real difference in the fight for your benefits and your future as a member of the Texas Military Forces.

THESE ARE SOME OF THE ISSUES THAT NGAT IS CURRENTLY FIGHTING FOR YOU:

EDUCATIONAL BENEFITS: NGAT is fighting to protect your Hazelwood Act educational benefits through increased and expanded eligibility requirements.

FORCE STRUCTURE: The current threat to National Guard force structure remain serious. NGAT continues to support countering the Army's proposed cuts to Guard force structure and transfer of Guard combat aviation assets to the active force.

RETIREMENT: NGAT is backing the issues of establishing veteran status for the reserve component and lowering the 60 year old age restriction for the reserve component to collect retirement benefits.

E1 - E6 can join The National Guard Association of Texas (NGAT) for free.

Scan the QR code below or visit www.ngat.org to sign up.

Free membership is good through 31 March 2016.

After 31 March 2016, membership can be renewed at current annual member or life member rates.

¹DoD Directive 1344.10, "Political Activities by Members of the Armed Forces on Active Duty," February 19, 2008



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