



610 SECURITY FORCES



UTA 4-5 October 03

We Stand Ready

FROM THE COMMANDER

By the time you all receive this, I'll be back home in El Paso. I hope that I was able to convey to each of you what an honor and privilege it was to serve with you. Although I knew I'd never be wealthy, I chose law enforcement as my vocation. In a way, I did get wealthy. I've measured my wealth by the number of great friends and co-workers I've had in the past 35 years. I could not have picked better friends or a better ending to my military career than to be with the 610th.

Keep up your good work. I leave you in the capable hands of many fine and experienced NCOs and Officers. Listen and give them the same hard work and trust you gave me and I know you'll advance beyond your expectations.

There are many challenges ahead. There will be many changes. I know you'll meet and overcome each task placed before you. Until we meet again, Good Luck and may God bless you and your loved ones.

To quote a great American and friend of our Armed Forces, Bob Hope... "Thanks for the memories".

NOTES FROM THE FIRST SERGEANT

By: MSgt Henderson

Preparing for the Fitness Test

As the summer months continue to have 100 degree days, many of us are preparing the Annual Fitness Test in October. However, during the summer's hot days please remember the following fitness safety tips:

- Try to workout in the Fitness Center or during the coolest part of the day.
- Warm-up by stretching before and after the workout.
- Drink plenty of water before, during and after your workout.
- Try to find a partner to workout with.

Know your limitations. If you are just starting, try to work up to the 3 mile goal by walking small distances and working up to 3 miles. Also, know what your time limit is for your 3 mile walk.

INFOSEC TIP

Seven Simple Computer Security Tips for Small Business and Home Computer Users

Consult www.nipc.gov for more information

- **Use strong passwords.** Choose passwords that are difficult or impossible to guess. Give different passwords to all accounts.
- **Make regular backups of critical data.** Backups must be made at least once each day. Larger organizations should perform a full backup weekly and incremental backups every day. At least once a month the backup media should be verified.

• **Use virus protection software.** That means three things: having it on your computer in the first place, checking daily for new virus signature updates, and then actually scanning all the files on your computer periodically.

• **Use a firewall as a gatekeeper between your computer and the Internet.** Firewalls are usually software products. They are essential for those who keep their computers online through the popular DSL and cable modem connections but they are also valuable for those who still dial in.

• **Do not keep computers online when not in use.** Either shut them off or physically disconnect them from Internet connection.

• **Do not open e-mail attachments from strangers,** regardless of how enticing the Subject Line or attachment may be. **Be suspicious of any unexpected e-mail attachment from someone you do know** because it may have been sent without that person's knowledge from an infected machine.

• **Regularly download security patches from your software vendors.**

RESERVATION

The Navy Lodging folks have advised us that they will no longer issue availability slips to members that did not report to Lodging Office before they go to a hotel downtown. Without a certificate of nonavailability slip from Navy Lodging we cannot reimburse members for their lodging while performing duty at NAS JRB Fort Worth.

UTA SCHEDULE**Saturday 4 October 2003**

0630-0700 Sign In
 0700-0730 Commanders Call
 0730-0800 S-1 Briefing
 0830-1500 Ancillary Makeup (See attached list)
 0830-1100 Use of Force (See attached list)
 1100-1230 Lunch
 1230-1530 NBC Refresher Bldg 1792 (See attached list)
 1300-1500 AF Forms/Guardmount (See attached list)
 0800-1400 Explosive Safety Briefing (See attached list)
 1500-1600 Supervisor Time/OJT Documentation
 1600 Sign Out

PHYSICAL EXAMINATIONS:

Sunday 5 October 2003

0930 SSgt Aviles

1. No Food after 2200 hrs, the night before, only water
2. If applicable bring eye glasses to appointment
3. Bring shot record to appointment
4. Schedule is subject to change. If you get scheduled for an appointment by the 301 MDS you will receive a notification in the mail.

DENTAL EXAMINATIONS

5 October 2003

0945 SSgt Escobar
 1015 MSgt Wright
 1015 TSgt Hoyt
 1015 SSgt Jennings
 1130 MSgt Garcia
 1130 SSgt Banks
 1145 SrA Salley
 1230 MSgt Vollmar
 1245 SSgt Garcia

RCPHA QUESTIONNAIRES (If your birth month is October or November your Questionnaire is due by the end of the Month) You can go on line, and get it accomplished, Now!!

Remember No Pay No Points if you don't get it done!

Go on line <https://www.wbits.afrc.af.mil/> and click on RCPHA.

Sunday 5 October 2003

063-0700 Sign In
 0730-1500 XP Training (See attached list)
 0730-1100 Weapons Familiarization M-240-M249 (See attached list)
 1100-1230 Lunch
 1230-1530 GPS Familiarization (See attached list)
 1530-1600 Supervisor Time/OJT Documentation
 1600 Sign Out

*****REMINDER*****

IF YOU RECEIVE SHOTS PLEASE ENSURE THAT YOU STOP BY 301 MED. SQ. FOR ANNOTATION !

**** THERE WILL BE A 623 TRAINING RECORDS REVIEW THE DAY FOLLOWING UTA. ENSURE YOUR 623 IS ANNOTATED CORRECTELY.****

CHEMICAL WARFARE TRAINING

1. The following personnel have Chemical Warfare refresher training 4 October 2003, 1230 hrs at building 1792:

TSgt Holland,	TSgt Don Lee
SSgt Dudley	MSgt Smith
SSgt Escobar	MSgt Ferguson
TSgt Graves	SSgt Nilberg
SSgt Blankenship	TSgt Crockett
SrA Daniel	TSgt Denny
MSgt Garcia	TSgt Hodges
MSgt Jenson	SSgt Hall
TSgt Deilman	

3. Pick up your chemical bags NLT 0900 on 04 October 2003, this is a mandatory appointment, if you are unable to attend contact SFTT or the warehouse.

Saturday 4 October 2003

<i>Ancillary</i>	<i>Forklift</i>	<i>NBC refresh</i>	<i>Use Of Force</i>	<i>AF Forms</i>	<i>Explosive Safety</i>
TSgt Deilman	MSgt Larue	TSgt Holland	TSgt French	TSgt French	SMSgt Hutto
MSgt Cherry	TSgt Holland	SSgt Dudley	SSgt Jennings	SSgt Jennings	MSgt Garrett
TSgt Lee, Carl	TSgt Crockett	SSgt Escobar	Capt Jewert	Capt Jewert	TSgt Molina
A1C Hettinger	Tsgt Graves	MSgt Ferguson	MSgt Jones	MSgt Jones	SSgt Smith,R
SSgt Lawson	Brewington	TSgt Graves	TSgt Salisbury	TSgt Salisbury	SSgt Davis
TSgt Pry	Hettinger	TSgt Lee, Don	MSgt Cochrane	MSgt Cochrane	SMSgt Martinez
Maj Rock	TSgt Hoyt	MSgt Smith	TSgt Cole	TSgt Cole	
SSgt Baker	TSgt Lee, Don	SSgt Nilberg	TSgt Craig	TSgt Craig	
SMSgt Carreon		SSgt Blankenship	SSgt Cummings	SSgt Cummings	
MSgt Garcia		TSgt Cole	SrA Daniel	SrA Daniel	
TSgt Denny		TSgt Crockett	SSgt Dudley	SSgt Dudley	
SMSgt Gill		SrA Daniel	SSgt Escobar	SSgt Escobar	
Maj Rothermel		TSgt Denny	MSgt Ferguson	MSgt Ferguson	
SrA Young		MSgt Garcia	SSgt Gayden	SSgt Gayden	
TSgt Sheehan		TSgt Hodges	SSgt Hall	SSgt Hall	
		MSgt Jenson	SSgt Hassler	SSgt Hassler	
		SSgt Hall	SSgt Jaballa	SSgt Jaballa	
		TSgt Deilman	MSgt Jenson	MSgt Jenson	
			MSgt Martinez-pere	MSgt Martinez-Perez	
			CMSgt Marvell	CMSgt Marvell	
			SrA Mcdaniel	SrA Mcdaniel	
			SrA Mestas	SrA Mestas	
			TSgt Mullen	TSgt Mullen	
			SrA Myer	SrA Myer	
			SrA Myers	SrA Myers	
			TSgt Nathan	TSgt Nathan	
			SrA Nickson	SrA Nickson	
			SrA Salley	SrA Salley	
			SSgt Sell	SSgt Sell	
			TSgt Sullivan	TSgt Sullivan	
			SSgt Vestal	SSgt Vestal	
			MSgt Vollmar	MSgt Vollmar	
			AB Weeks	AB Weeks	
			SrA Williams	SrA Williams	
			MSgt Wright	MSgt Wright	
Distance Learning	USE OF FORCE	AF FORMS	SSgt Aviles	SSgt Aviles	
			SSgt Baker	SSgt Baker	
SrA McCovery	TSgt Liebchen	TSgt Liebchen	SrA Blankenship	SrA Blankenship	
A1C Williams	TSgt Hodges	TSgt Hodges	SSgt Cox	SSgt Cox	
SSgt Banks	TSgt McKenzie	TSgt McKenzie	LT. Davis	LT. Davis	
	SrA Nilberg	SrA Nilberg	MSgt Fontenot	MSgt Fontenot	
	TSgt Rosario	TSgt Rosario	SSgt Garcia	SSgt Garcia	
	Capt Roth		SMSgt Givner	Capt Roth	

Sunday 5 October 2003

<i>XP Training</i>	<i>Weapons Fam</i>	<i>GPS Fam</i>	<i>Dental</i>
TSgt Crockett	TSgt French	TSgt French	
TSgt Holland	SSgt Jennings	SSgt Jennings	SSgt Escobar 0945
TSgt Graves	TSgt Liebchen	TSgt Liebchen	MSgt Wright 1015
MSgt Meredith	MSgt Jones	MSgt Jones	TSgt Hoyt 1015
TSgt Hoyt	TSgt Salisbury	TSgt Salisbury	SSgt Jennings 1015
	MSgt Cochrane	MSgt Cochrane	MSgt Garcia 1130
	TSgt Cole	TSgt Cole	SSgt Banks 1130
	TSgt Craig	TSgt Craig	SrA Salley 1145
	SSgt Cummings	SSgt Cummings	MSgt Vollmar 1230
	SrA Daniel	SrA Daniel	SSgt Garcia 1245
	SSgt Dudley	SSgt Dudley	
	SSgt Escobar	SSgt Escobar	MED EXAM
	MSgt Ferguson	MSgt Ferguson	SSgt Aviles 0930
	SSgt Gayden	SSgt Gayden	
	SSgt Hall	SSgt Hall	
	SSgt Hassler	SSgt Hassler	
	SSgt Jaballa	SSgt Jaballa	
	MSgt Jenson	MSgt Jenson	
	SSgt Martinez-Perez		
	TSgt Hodges		
	SrA Mcdaniel		
	SrA Mestas		
	TSgt Mullen		
	SrA Myer		
	TSgt Nathan		
	SrA Nickson		
	SrA Salley		
	SSgt Sell		
	TSgt Sullivan		
	SSgt Vestal		
	MSgt Vollmar		
	AB Weeks		
	SrA Williams		
	MSgt Wright		
	SSgt Aviles		
	SSgt Baker		
	SrA Blankenship		
	SSgt Cox		
	SSgt Garcia		
	MSgt Fontenot		

Officials release fitness-test details

by Staff Sgt. C. Todd Lopez
Air Force Print News

8/18/2003 - **WASHINGTON** -- Beginning next year, Air Force officials will implement a new fitness test completely different than what airmen today are familiar with.

The more functional test will include a 1.5-mile timed run, a muscular-fitness test of push-ups and crunches and a body composition test. It is designed to measure the general health of airmen, said Maj. Lisa Schmidt, chief of health promotions operations at the Air Force surgeon general's office.

"The goal is to have a healthy, fit force that can deploy at any time," Schmidt said. "Our goal is to prevent the onset of diseases such as heart attacks, stroke, high-blood pressure and high cholesterol. Basically, it is about keeping members healthy so they will perform optimally, in-garrison and deployed. Healthy members are more heat-, stress- and fatigue-tolerant, and less prone to illness and injury."

To measure airmen's overall fitness, Schmidt's office and a panel of health and fitness experts developed a three-component measurement system that looks at aerobic fitness, body composition and muscular fitness, she said.

An airman's performance in each of the three component areas will earn points. They can earn a maximum of 50 points on the aerobic portion of the test, 30 points on the body composition portion and 20 on the muscular fitness portion.

The total number of points earned on the fitness test will put the airman into one of four categories: 90 or greater is excellent, 75 to 89.9 is good, 70 to 74.9 is marginal, and less than 70 is poor, Schmidt said.

"Scores based on health provide an opportunity for earlier intervention," Schmidt said. "If somebody scores in the marginal or poor category, we know they are at higher risk for disease. Therefore, we intervene with education and more frequent testing to monitor their progress."

People scoring marginal on the test will attend a two-hour healthy-living workshop that focuses on lifestyle behavior, time management and fitness education, Schmidt said.

Intervention for people scoring in the poor category involves the healthy-living workshop, an individualized exercise program and a weight-loss program for those who exceed body fat standards. It also involves mandatory exercise five days a week, she said.

The test for body composition is still being finalized, but it will measure how much body fat a person has, Schmidt said.

Tests for other components of the fitness standard have already been determined. A 1.5-mile run will determine aerobic fitness. Airmen who are not medically cleared to run will take the cycle-ergometry test. Muscular fitness will be determined by both push-ups and crunches, which will be similar to those done in conjunction with the cycle-ergometry test.

Airmen's scores on the new fitness test will also determine how often they need to retest. People scoring "good" or "excellent" will retest after a year, while those scoring "marginal" will retest after six-months. Airmen scoring "poor" will retest after 90 days.

Just how many push-ups and crunches airmen will have to do, or how fast they will have to run, has yet to be finalized. Schmidt's office has developed draft charts for the composite score. The fitness standards on the draft charts are tailored to both age and gender.

While the charts are not available yet, airmen who are not already involved in some sort of exercise program should begin now, Schmidt said.

"If you are not doing anything now and have concerns, see your doctor first," she said. "Begin slowly with an aerobic-exercise program such as running, jogging, swimming or biking, working up to at least 30 minutes on most days of the week. Muscular fitness and flexibility also need to be part of a balanced fitness program. If you have questions about starting a fitness program, you can contact your local (health and wellness center). They can help develop a program that's right for you."

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**610 SFS is on the
web**

[Http://www.afrc.af.mil/610sfs/](http://www.afrc.af.mil/610sfs/)

NOTE FROM THE EDITOR

If there is a topic that you would like to be included in the newsletter please contact me at (817) 782-5101 ext 117.

REMEMBER FORCE PROTECTION

Be Alert

Keep a Low Profile

Be Unpredictable

Protect Yourself and Your Family EDUCATE THEM!!!