

The **JET** **GAZETTE**



141st Air Refueling Wing

Volume 48 Issue 1 - Spring 2010

From frontline to family!



141st Air Refueling Wing Security Forces return from deployment



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**The Jet Gazette
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The *Jet Gazette* welcomes articles and ideas that will enhance the paper. If you have suggestions for features or specific articles, please contact the Public Affairs Office at 247-7345/7042 on UTA weekends.

MISSION

The mission of the *Jet Gazette* is to effectively communicate events and information of the 141st Air Refueling Wing to unit members, their families and retirees and to recognize personal and unit achievements within the wing.

Notes from the Top

WELCOME HOME SECURITY FORCES!! What a great day we had when our Security Force deployers returned from six months in Baghdad. The number of law enforcement agencies present to welcome home their members was truly awe inspiring, and I know the convoy of police cars traversing the base really made an impression with those who saw it. This was an outstanding example of citizen airmen returning from duty and being embraced by not only their families, but the community as a whole. Thanks to all our security force members who served so well and kudos to the folks who made their welcome home so memorable.



In the last installment of my notes I talked about the moves that were about to happen. Just a few weeks later, and most of the moves HAVE happened! We now operate out of 15 facilities we didn't have a presence in before, and the number will increase as we work to vacate old facilities and grow the association. Once the call was made and the moves OK'd, it was remarkable how quickly you all took charge and made them happen. We're already working to improve the new facilities as people compare the plan with how the spaces really work. You all have made an amazing difference in an incredibly short time, and I'm sure the facilities will just get better and better as we make improvements and corrections to improve everyone's work environment. Along those lines, I'm very pleased to announce all four bays in Hangar 2050 now have improved lighting, and what a difference it makes! If you haven't been in there lately, stop by – you'll be amazed.

We once again welcomed high level visitors to Fairchild, toured them through the facilities and explained the progress of our association. By all accounts, Lt. Gen. Findley, Lt. Gen. Reno and Lt. Gen. Wyatt were all very pleased with what they saw and heard. Lt. Gen. Reno actually set out on his own in Hangar 2050 to visit one on one with the airmen. I'm happy to report he coined two of our members and was very complimentary of the teamwork he witnessed. On March 10th I travelled to Camp Murray and was one of a number of Colonels who briefed Gen. McKinley (Chief NGB) on projects in Washington. He is well versed in our association and visited when he was the Director of the ANG, so this was an update for him. He let us know he was pleased with our progress and compared us very favorably with other associations.

Now for a little bragging about the Jet Gazette and our PA staff! Since you've read this far, it is apparent the Jet Gazette got your attention and is supplying valuable information. This fact wasn't lost on folks at the national level. The Public Affairs office was recognized in 6 different categories in this year's National Guard Media Contest! The actual awards are listed later in the Gazette. If you want to congratulate the PA staff, just stop by the second floor of the White House – you guessed it, they moved too!

Lastly, if you heard a rumor about my pending retirement, it's true, but I should have one more issue in which Paula and I can say our goodbyes. So for now, I'll just sign off by once again thanking you all for everything you do for this state and nation. You are truly remarkable.

Thanks for coming out

Col. B

The latest issue of the Jet Gazette can be found at: <http://www.141arw.ang.af.mil>

Welcome Home!

by Maj. Sandy Smock
141st Air Refueling Wing Public Affairs

The Washington Air National Guard welcomed home from Iraq 36 citizen airmen from the 141st Security Forces on Thursday, Feb. 25 at Fairchild Air Force Base.

141st ARW Security Forces have completed a six month mobilization serving in support of Operation Iraqi Freedom. Missions for the 141st Security Force members typically focused on base defense and resource protection.

This deployed group included 12 members who work in local enforcement. The unique Guardsmen role of serving in the community and providing national defense was evident with this welcome home because along with family and friends present at the ceremony were more than 35 local police department patrol cars and 50 local policemen representing five different local enforcement agencies.

Approximately 50 Patriot Guardsmen, comprising of veterans from all eras and services, joined the patrol car parade and escorted security forces and their families out of the hangar.



Photos by Staff Sgt. Chad Watkins
92nd Air Refueling Wing Public Affairs

Fit to Fight

by Maj. Sandy Smock
141st Air Refueling Wing Public Affairs

“It’s never too late to start” usually is true in most cases; however, with new Air Force Fitness Program requirements Guardsmen will be left with possible career affecting results if they don’t start preparing now for the revised fitness assessment program that takes affect beginning July 1, 2010. Last year’s announcement of new requirements motivated the majority of Guardsmen to start training more aggressively but for those that are still avoiding the topic here it is again.

Most Guardsmen have experienced a variety of PT tests in their career and everyone was able to find the program that fit for them. Now, one program needs to fit all. When looking at the last 10 years the latest modifications are the most significant. The highlight and focus of the new standards emphasizes the responsibility of the Airmen to make physical health a priority. It is no longer a “fit to pass” theory. It is now a “fit to fight...all the time” concept.

In order for Airmen to be successful under the new fitness

program, Airmen will need to maintain year-round physical fitness. Cramming a fitness schedule into your day a week before testing will no longer work. One of the biggest noted changes is that minimum component scores will be identified for each component (abdominal circumference, run, push-ups and sit ups) and if you do not meet the minimum component score for all of the components you will score unsatisfactory regardless of your overall score percentage. **The**

minimum satisfactory score to pass the new fitness assessment is 75%, plus meeting all minimum component scores. Airmen can no longer just emphasize their physical strength which they excel in and ignore their weaknesses. Now it is about an overall health assessment.

The components Airmen will be tested on include the following: aerobic fitness (1.5 mile timed run), body composition (abdominal circumference measurement) and muscular fitness (the number of push-ups and sit ups that can be accomplished within one minute).

No matter if you are burdened with regret for waiting to the last minute to prepare for the new fitness program coming online in July 2010 or if you are counting down the days to earn the fitness patch... it is time to get out there and PT.

To find more information involving the new Air Force Fitness Program go to the following web site:

<http://www.afpc.randolph.af.mil/affitnessprogram/index.asp>



If you have any health-related questions in preparation for the PT assessment, please contact the 141 Medical Group.

The advertisement has a vibrant background of red, yellow, and blue rays. At the top, the text "SKYFEST 2010" is written in a large, bold, white font with a black outline. Below it, "USAF THUNDERBIRDS" is written in a smaller, similar font. To the right, "FREE ADMISSION" is written in a bold, italicized font. In the center, two F-16 fighter jets are shown in flight, angled upwards. The jets are white with blue and red accents, and "UNITED STATES AIR FORCE" is written on their sides. At the bottom, a black silhouette of a city skyline is visible against a yellow background. On the right side, there is a small inset image of the American flag. The text "FAIRCHILD AFB SPOKANE WA" is written in a large, bold, white font with a black outline. Below that, "SATURDAY - SUNDAY JULY 24-25" is written in a similar font, and "GATES OPEN 9AM" is written in a smaller font at the bottom right.

141st ARW Public Affairs brings home awards

The 141st ARW Public Affairs office recently won top awards in the 2009 Air National Guard Media Contest. The Public Affairs office brought home 1st place, Series category for our "Celebration of 85 Years" campaign and 2nd Place, Web-Based Publication for our quarterly Jet Gazette publication. Most notably, Staff Sgt. Anthony Ennamorato won Air National Guard Photographer of the Year. Displayed on this page are some of his award-winning photographs.



ABOVE: VETERAN VICTORY
2ND PLACE, SPORTS PHOTO



LEFT: 81ST BRIGADE RETURNS
2ND PLACE, NEWS PHOTO

BELOW: VETERAN PRIDE
2ND PLACE, PORTRAIT/PERSONALITY PHOTO

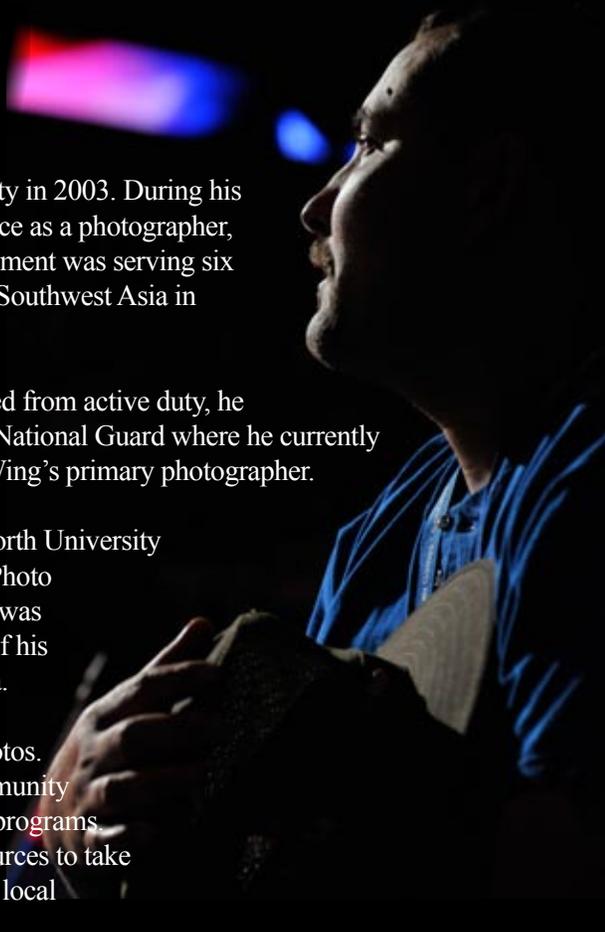
Air National Guard Photographer of the Year *Staff Sergeant Anthony Ennamorato*

Staff Sgt. Anthony Ennamorato entered the United States Air Force active duty in 2003. During his first four years at Fairchild Air Force Base he served in the Public Affairs office as a photographer, but was also an active augmentee for security forces. His greatest accomplishment was serving six months as the 40th Air Expeditionary Group photographer while deployed to Southwest Asia in support of Operation Enduring Freedom.



In 2007, upon honorable discharged from active duty, he transferred to the Washington Air National Guard where he currently serves as the 141st Air Refueling Wing's primary photographer.

He is a full-time student at Whitworth University while working at Huppin's Hi-Fi Photo and Video as a sales associate. He was born in Colorado and spent most of his time in Florida and North Carolina. Staff Sgt. Ennamorato has taken hundreds of highly recognized photos. He is involved with the local community and volunteers in veteran support programs. He donates his own time and resources to take photos for community leaders and local community events.



TOP CHEFS

cooking up success

by Master Sgt. Mindy Gagne
141st Air Refueling Wing Public Affairs

Force Support Squadron members from the 141st were recognized by the 2010 John L. Hennessy Travelers Association Award of Excellence Team. 141st FSS members, Tech. Sgt. Ryan Warner, Tech. Sgt. Cynthia LaForce, Staff Sgt. Timothy Jonckers and Airman 1st Class Mara Ewing, currently on active duty orders with the 92nd FSS, supported the Warrior and Survival Dining Facilities during the Team's inspection this past week.

The Hennessy Award is an annual award program which recognizes excellence in food service support within the Air Force. Fairchild had already been selected as best in the Air Mobility Command based on a package submitted by the 92nd ARW. The team conducted a two day assessment at Fairchild and awarded outstanding performance certificates to selected guard, active duty and civilian members.

141st FSS member, Tech. Sgt. Warner, was assigned as a 92nd FSS shift leader at the Warrior facility during the inspection.

"This inspection was a little more difficult because everyone on my shift was brand new, fresh out of tech. school. I had one day to prepare with the airmen and the next day they just shined," Tech. Sgt. Warner said. He believes he was recognized because of his positive attitude and the way he motivates and mentors the airmen.

The four 141st FSS members began a six month active duty tour

with the 92nd FSS on Feb. 1, the day prior to the inspection.

Airman 1st Class Ewing had recently returned from tech. school in December and when asked why she was recognized, she said, "I think it was because of my enthusiasm to learn and my confidence in my abilities."

Another shift leader, Tech. Sgt. LaForce, was on duty during the inspection.

"I know that I am very good at my job, I motivate the airmen and stay positive and get the job done all at the same time so I believe that they saw that," said Tech. Sgt. LaForce.

The Awards Team, which consists of both military and civilian judges, evaluates foodservice programs based on foodservice management, force readiness support, food quality, employee and customer relations, resource conservation, training, and safety.

"I spoke to all the inspectors a lot. I've been through a lot of these inspections so I'm not afraid to talk to them and I tend to be more personable with them," Staff Sgt. Jonckers said.

The Hennessy Awards Team will visit five more Air Force bases through the end of February. The final winner will be announced on May 22, 2010 at the National Restaurant Association Show in Chicago, Ill.



Staff Sgt. Timothy Jonckers



Tech. Sgt. Ryan Warner



Tech. Sgt. Cynthia LaForce



Airman 1st Class Mara Ewing



PILOT FOR A DAY

by Lt. Col. Nancy Reid Isaak

Two new honorary pilots earned their wings at the Pilot for a Day event on Dec. 16, 2009 with the 141st Air Refueling Wing, Fairchild Air Force Base. It also happened to be both boys' birthday week.

Jethro Gross, 13, and Andrew Garrard, 12, spent the day with the Washington Air National Guard as candidates to become "honorary pilots." The youth toured a KC-135R Strato Tanker, participated in life support demonstrations, and flew in the flight simulator.

The Pilot for a Day is a community outreach program that began at Randolph AFB, Texas, in 1994. The 141st ARW adopted the original program in 2004. The program is designed as a distraction for critically ill and disabled children to get away from hospital and doctor visits. It gives the children a positive and lasting military aviation experience.

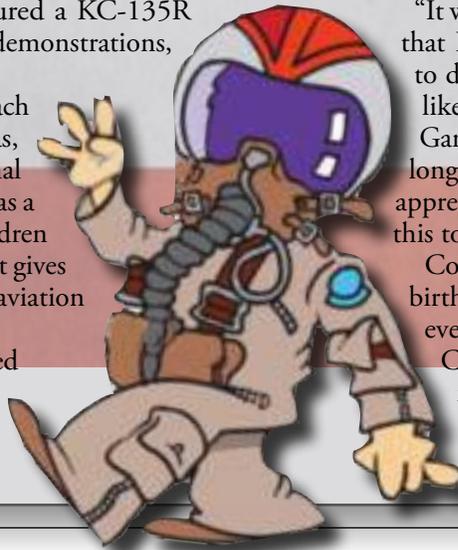
The Make-A-Wish Foundation sponsored Jethro Gross; he was diagnosed with Hodgkins Lymphoma in February 2009. He has since completed his radiation and che-

motherapy and works hard on catching up on the school he missed while going through treatments.

Andrew Garrard lives with Duchenne Muscular Dystrophy and he was sponsored by the Shriner's Hospital. He is the son of Tech. Sergeant Aaron Garrard, a Non Destructive Inspection Specialist at the 92nd Maintenance Group.

"It was great to be able to show him the plane that I work on, not to mention, he was able to do things that I've never been able to do; like fly the simulator," said Tech. Sergeant Garrard. Garrard leaves this month for a year-long remote assignment. "My wife and I truly appreciate the support from everyone that put this together," he said.

Coincidentally, both boys celebrated their birthdays within a day of the Pilot for a Day event. Not only did the day conclude with Col. Bulkley, 141ARW commander, pinning on their pilot's wings, the unit also sang happy birthday to the youngsters.



Stepping Up!



by Maj. Sandy Smock
141st Air Refueling Wing Public Affairs

Parker Brown will never know how he influenced more than 150 Washington Air National Guardsmen to participate in the DoD Marrow Donor Program because he passed away on December 20, 2009 from cancer. His cancer battle started at age two and ended tragically at age eight but his story was heard by a total stranger, Master Sgt. Scott Duchow, 242nd Combat Communication Squadron, Washington Air National Guard member, and continues to spread.

Master Sgt. Duchow had received information that Parker Brown wasn't able to receive marrow for unconfirmed reasons from a donor match. He knew right then and there that he would register to be a marrow donor.

He started making phone calls to various organizations to find out what the process was to register. Surprisingly, this task became more complicated because one of the questions asked is "Are you a DoD member?" DoD members are to go through a separate program than the National Donor Program.

Duchow received information about the DoD Marrow Program but was told that the closest location to register was six hours away.

"I realized I was burdened with this and

needed to pursue any way possible to get registered," said Duchow.

It turned out that this program plays an integral part of the national effort for matching unrelated marrow donors. The primary objectives of this program is the development and application of this distinctive life-saving technology toward the military medical application for rescue of casualties with marrow damage resulting from radiation or certain chemical warfare agents containing mustard.

The DoD established the C.W. Bill Young Marrow Donor Center in Washington DC to support DoD volunteer marrow donors. The C.W. Bill Young Marrow Donor Center coordinates all the medical and logistic support for DoD personnel who volunteer for the possibility of donating marrow.

Duchow started talking to his fellow Guardsmen about this opportunity and other military members were saying they would be interested in donating. Duchow discovered that donor registration drives can be organized locally and that kits are distributed during these drives. It didn't take long before Duchow had received Commanding Officer approval and a drive was scheduled for the next Unit Training Assembly (UTA) held on January 10.

Members were able to register with a quick process of filling out some paperwork and

swabbing their mouths. The entire process took less than 10 minutes for each individual.

"I was amazed how many people were thankful for the opportunity to register. Almost everyone thinks about it at some time, but few are able to follow through. The DoD program makes it easy for us," said Duchow.

Duchow was able to spread the word about marrow donation locally and he hopes that Marrow drives will continue to spread across the Guard family.

"I feel blessed to be a member of such a serving group of people. I asked, and they answered. Guard members stepped up to the plate to offer the potential gift of life. I could not have done this without the support of my fellow Guardsmen. This is a small and easy step that we took in Eastern Washington, but I know the news of this excellent program will spread across our Guard family," said Duchow.

The military is the nation's largest source of whole blood donations and military personnel due to the strict health and age requirements. For more information on the DoD Marrow Program or to organize a local registration drive visit www.dodmarrow.com or contact the Donor Recruiting Department by calling 1-800-MARROW-3, ext.223.



WSU million dollar training

by Tech. Sgt. Travis Methany
141st Air Refueling Wing Public Affairs

The 141st Medical Group is again at the forefront of training technology. The newly opened Washington State University (WSU) College of Nursing Riverpoint Campus located in Spokane, WA teamed with the 141st MDG to provide realistic medical training using \$1.5million dollars in medical education technology.

Lt. Col. Denise Smart, 141st MDG Public Health Officer and WSU Associate Professor, facilitated a cooperative agreement between the University and the 141st MDG to allow the use of the facility. Under this agreement, the 141st MDG will be allowed to obtain Readiness Skills Verification (RSV) credits

using state-of-the-art simulators to include a \$230,000 medical mannequin.

In addition to the cost savings offered by the agreement, the 141st MDG receives training that, until recently, was only available to service members at Wilford Hall, Lackland AFB, TX.

The facility provides a realistic environment where traditional Guard members can practice their skills using a simulation method of learning. The method involves conducting the simulation, debriefing the team's performance, and running the simulation a second time to evaluate improvement.

According to Tech. Sgt. Christian Best, 141st MDG, who is a new Emergency Medical

Technician, "The best part of the training here is that it's all hands on instead of textbook or on a slideshow. It's also the most realistic and allows you to see where your strengths and weaknesses are."

Mrs. Kevin Stevens, Simulation Program Director, WSU College of Nursing, describes the training as "Preparing them to work through situations that they may see when they get deployed. It allows them to interact with the patient that might come in with serious injuries that they may not encounter based on where they are working in their civilian life."

The agreement is a milestone in Guard and community cooperation.

Inappropriate relationships

by Senior Airman Johanna Brooks
141st Air Refueling Wing Public Affairs

Inappropriate relationships not only hamper the overall Air Force mission, but can ruin careers and negatively affect those involved. The repercussions are numerous for individuals who choose this behavior.

More than 30 percent of women and six percent of men reported sexual harassment, according to the 2006 Defense Manpower Data Center information compiled from 24,000 military members.

The necessity of appropriate relationships is clearly defined in Air Force Instruction 36-2902.

“Unprofessional relationships are those interpersonal relationships that erode good order, discipline, respect for authority, unit cohesion and, ultimately, mission accomplishment.”

Unprofessional relationships take a variety of forms.

“Relationships are unprofessional, whether pursued on or off-duty, when they detract from the authority of superiors or result in, or reasonably create the appearance of, favoritism, misuse of office or position, or the abandonment of organizational goals for personal interests.” (AFI 36-2909 para. 2.2.)

Professional behavior is necessary in the echelon structured military environment.

“The nature of the military mission requires absolute confidence in command and an unhesitating adherence to orders.” (AFI36-2909 para. 1)

Colonel Bulkley, Commander of the 141st ARW has sharp words regarding inappropriate behaviors.

“Sexual harassment is flat-out unacceptable. It creates a negative work environment and doesn’t foster team work and respect,” he said.

Another problem is fraternization, which is against Air Force regulations, and has been enforced for more than 200 years.

All military members are responsible to follow established protocol, but those in positions of power are held to even higher standards. Commanders and supervisors at any level can be held accountable for failure to act. (AFI36-2909 section 7)

The 141st MEO office said common actions against offenders include loss of stripes or forfeiture of pay. Those who fail to follow the rules can also find themselves subject to court martial, followed by a wide variety of penalties, as outlined in AFI 36-2909 section 8.

“Administrative actions include...counseling, reprimand, creation

of an unfavorable information file, removal from position, reassignment, demotion, delay of or removal from a promotion list, adverse or referral comments in performance reports and administrative separation.” (AFI36-2909 section 8).

Unwanted advances and sexually suggestive behavior are inexcusable and have no place in the military environment. The victim can feel helpless, and too intimidated by the notion of exposing harassment to seek help. This concern has led to increased Congressional scrutiny.

According to an Air Force Times article of July 15, 2008, Senator Bob Casey, D-Pa., appealed to Secretary of Defense Robert Gates.

“I am very troubled by a process that may dissuade many victims from ever coming forward with claims,” Senator Casey said.

The article said a 2008 report saw 2,688 claims of sexual misconduct. Of those, 600 punishments were issued; from criminal to administrative charges such as military discharge.

Colonel Bulkley said the 141st ARW strategically repositioned the Equal Opportunity (EO), Chaplain, and IG offices to be separate from the Wing Building in an effort to ensure private access. Military-wide efforts are underway to increase sexual harassment training and awareness to discourage inappropriate behaviors and to lessen intimidating reporting factors.



WHAT TO DO:

The 141st ARW EO office lists these steps:

- 1) Confront the individual—May not realize their actions were offensive or perceived as such.
- 2) Use Chain of Command—Unless involved in offense
- 3) If uncomfortable with above options, victim can anonymously contact (either in person or by telephone):

Family Programs	247-7009
EO office	247-7033
Chaplain	247-7044
Inspector General	247-7035

The 141st ARW and 92nd ARW prepare for AMC IG Unit Compliance Inspection

by Capt. Larry Kohlman
141st Air Refueling Wing Public Affairs

AMC Inspector General Unit Compliance inspectors will return to Fairchild AFB, starting Nov. 14, 2010. This year's inspection will also be combined with the Emergency Management Inspection (EMI), which tests units on how they manage installation emergencies ranging from national disasters to terrorist activities.

As a part of preparing for the upcoming inspections, the 141st Air Refueling Wing is reviewing compliance with all self-inspection checklists. Lt. Col. Kevin Littlemore, 141st ARW, Chief of Plans and Programs, highlighted the following as key information suggested by the Air Mobility Command Inspector General.

1. Perform a thorough self-inspection of all wing and unit programs. When performing the self-inspection, don't sit in the office and just ask yourself "Do I do this?" During an inspection, when you answer "yes" the inspectors will ask you to show the documentation to support the statement.
2. One of the hardest obstacles to overcome is a previously dormant program. You simply can't build solid programs a few months before an inspection, so prepare now!
3. Review applicable AFIs to ensure you have the most current versions on hand, and that your programs are compliant with the latest guidance.
4. Call other units that have gone through a UCI inspection.
5. Ensure your people know how to do the job and why they are doing each step.
6. Have program documentation readily available. Inspectors will request that you gather the documents to support any checklist items inspected, having the documentation available will facilitate a smoother inspection for all involved.
7. Highlight what you do well. If there are processes or things that your people have worked hard at, ensure you point them out.
8. Dazzle the IG. These are the four top attributes:
Competence — Know your job inside and out, and perform those duties to the best of your ability despite the inspection glare!
Attitude — Display a positive attitude, recognize that enthusiasm is contagious and that problems always arise in the "fog of war" and can be overcome!
Appearance — Look people in the eye, pop that sharp salute, and exceed those standards for uniform, boots and hair!
Pride — Visibly exude pride in yourself, your unit, your mission and your base: Looking good, feeling good, being a winner!



National Women's History Month

PRESIDENTIAL PROCLAMATION

Countless women have steered the course of our history, and their stories are ones of steadfast determination. From reaching for the ballot box to breaking barriers on athletic fields and battlefields, American women have stood resolute in the face of adversity and overcome obstacles to realize their full measure of success. Women's History Month is an opportunity for us to recognize the contributions women have made to our Nation, and to honor those who blazed trails for women's empowerment and equality.

Women from all walks of life have improved their communities and our Nation. Sylvia Mendez and her family stood up for her right to an education and catalyzed the desegregation of our schools. Starting as a caseworker in city government, Dr. Dorothy Height has dedicated her life to building a more just society. One of our young heroes, Caroline Moore, contributed to advances in astronomy by discovering a supernova at age 14.

When women like these reach their potential, our country as a whole prospers. That is the duty of our Government -- not to guarantee success, but to ensure all Americans can achieve it. My Administration is working to fulfill this promise with initiatives like the White House Council on Women and Girls, which promotes the importance of taking women and girls into account in Federal policies and programs. This council is committed to ensuring our Government does all it can to give our daughters the chance to achieve their dreams.

As we move forward, we must correct persisting inequalities. Women comprise over 50 percent of our population but hold fewer than 17 percent of our congressional seats. More than half our college students are female, yet when they graduate, their male classmates still receive higher pay on average for the same work. Women also hold disproportionately fewer science and engineering jobs. That is why my Administration launched our Educate to Innovate campaign, which will inspire young people from all backgrounds to drive America to the forefront of science, technology, engineering, and math. By increasing women's participation in these fields, we will foster a new generation of innovators to follow in the footsteps of the three American women selected as 2009 Nobel Laureates.

Our Nation's commitment to women's rights must not end at our own borders, and my Administration is making global women's empowerment a core pillar of our foreign policy. My Administration created the first Office for Global Women's Issues and appointed an Ambassador at Large to head it. We are working with the United Nations and other international institutions to support women's equality and to curtail violence against women and girls, especially in situations of war and conflict. We are partnering internationally to improve women's welfare through targeted investments in agriculture, nutrition, and health, as well as programs that empower women to contribute to economic and social progress in their communities. And we are following through on the commitments I made in Cairo to promote access to education, improve literacy, and expand employment opportunities for women and girls.

This month, let us carry forth the legacy of our mothers and grandmothers. As we honor the women who have shaped our Nation, we must remember that we are tasked with writing the next chapter of women's history. Only if we teach our daughters that no obstacle is too great for them, that no ceiling can block their ascent, will we inspire them to reach for their highest aspirations and achieve true equality.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim March 2010 as Women's History Month. I call upon all our citizens to observe this month with appropriate programs, ceremonies, and activities that honor the history, accomplishments, and contributions of American women.

IN WITNESS WHEREOF, I have hereunto set my hand this second day of March, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fourth.

Womens' Focus Group meeting
Saturday & Sunday, April 10 & 11, 2010
at Base Education and Training building
6 West Castle Street at 0900

Washington Air National Guard prepares for Guardian Challenge

by Maj. Sandy Smock
141st Air Refueling Wing Public Affairs

Washington Air National Guardsmen gathered from all over the state on March 26, 27 and 28 at Fairchild AFB to participate in their second to last training exercise before the Combat Communication competition, an event of Guardian Challenge, scheduled for April 17-19, at Tinker Air Force Base, Oklahoma.

Air Force Space Command hosts Guardian Challenge every two years and this year for the first time the Washington Air National Guard will be competing.

Guardian Challenge is a MAJCOM level competition in which Combat Communications Groups compete to create techniques, tactics, and procedures as well as evaluate units' capability to accomplish missions throughout the globe.

"Our team comprises of members throughout the 252nd Combat Communications Group. We have come together quickly while developing great teamwork and esprit de corps. We are excited and looking forward to the event. In the end no matter who wins or loses, we all belong to the same Air Force," said Capt. Derick Schmidt, 252nd CBCS and team leader.

The Washington National Guard Guardian Challenge team has spent four weekends encompassing 12 days practicing for the event which will challenge them both mentally and physically.

"It is not every day we get the opportunity to apply our military training, and compete against other Combat Communication Squadrons. We look forward to the event and hope to be one of the top competitors," said Tech. Sgt. Justin Morse, 256th CBCS.

Logistical challenges have been something to deal with since developing the team. Most of the team is comprised of traditional Guardsmen

who live throughout the state. Each member has made personal sacrifices to participate, whether it be taking time off from their civilian jobs or moving around their work schedules to fit the groups training needs. Some of the members are even new to the communications career field or unit.

"No matter what the background of each member everyone is giving it their all and taking this competition seriously. As a Guard team we do have some added challenges but never see them as reasons to give up," said Schmidt.

Constant communication between the team and Guardian Challenge officials has kept them informed on daily changes of requirements so they can train efficiently. The group will still be faced with some challenges that they have not had time to practice for or new tactics may be required at the actual competition due to modifications of certain exercises.

Some areas that will be tested in April will be communication site activation, marksmanship, PT challenge, tent city, team tactical challenge, Airman's Manual and SABC and a force on force capture the flag event.

No matter the outcome of the event, each participating

Guardsmen is excited to represent the Guard and show off their skills amongst their fellow active duty combat communication counter-parts.

This experience will serve as yet another example of Guard and active duty coming together and executing a successful mission. Just as combat communication success is seen on the frontlines this proves it can also be done on the home front...with a lot more competitive spirit involved.



Airmen from the 252nd Combat Communications Group Combat Challenge team participate in Small Aperture Antenna training at practice event March 26. The team is training to ensure they bring home top honors at Air Force Space Command's Guardian Challenge 2010 which will be held at Tinker AFB, OK April 16-19. Photos by Tech. Sgt. Mark Miller, 256th CBCS.



Airmen from the 252nd Combat Communications Group Combat Challenge team practice security forces defensive postures. Photos by Tech. Sgt. Mark Miller, 256th CBCS.

Student flight takes off

by Tech. Sgt. Travis Metheny
141st Air Refueling Wing Public Affairs

The 141st ARW is investing in its future by educating new recruits on military and guard life. Student Flight was brought to life in January 2010 to bridge the gap between enlistment in the Air Guard and the start of Basic Military Training School.

New enlistees to the Washington Air National Guard can look forward to spending their drill weekends learning about military customs and courtesies and familiarizing themselves with the military way of life. Students adhere to dress and appearance standards and attend mandatory physical training, classroom instruction, and awards ceremonies during drill weekend.

There are currently 28 students in student flight where the goal is to “get them academically, mentally, and physically ready for BMTS,” said Chief Master Sergeant Jane Corcoran, Operations Superintendent, 256th Combat Communications, and Superintendent of student flight.

Students attend student flight until they depart for Lackland AFB, Texas. The students rotate into and out of student flight, every one to two months.

A typical day for Catherine Thacker, who has participated in student flight since January and will begin BMTS on March 3, begins with physical training. “It mentally prepares you for BMTS and calms your nerves,” Thacker said.

The program also provides the students an opportunity to be a leader through group presentations, according to Chief Corcoran.

The duty day continues through presentations and classroom exercises and often culminates in a tour of a 141st unit. Today, student flight will be touring the alert hangar. Chief Corcoran hopes that student flight will be able to, one day, arrange an off base team building exercise and a tour of the survival school.

Student flights meets from 0800 to 1500 on drill weekends in the honor guard training room in building 399.



Air National Guard Director visits Fairchild

by Maj. Sandy Smock
141st Air Refueling Wing Public Affairs

The Director of the Air National Guard spent the day with Air Mobility Command and Washington Air National Guard leadership to observe the progress of the association between the 141st Air Refueling Wing and 92nd ARW.

As part of total force integration in Oct. 2007, the 141st ARW and 92nd ARW were the first Guard and active duty tanker units to stand up as a classic association. Both units now accomplish the KC-135 Stratotanker air refueling mission together.

Without an exact blueprint of this new joint mission; each day both the 141st ARW and 92nd have faced new challenges and have been tested in communication within the different groups. The 92nd ARW and 141st ARW have worked together to develop new and more efficient processes through total force integration while sharing

deployment requirements and successfully fulfilling daily operational missions.

“Integration at all levels facilitates the integration with this unit... as it would across all of the other associations,” said Lt. Gen. Harry Wyatt III.

The majority of time was spent in the maintenance hangars and presentations were given from commanders on the latest benefits from now collocated offices.

Even with all the building and personnel moves, working together is not a new concept for the 141st ARW and 92nd ARW. Both groups have deployed and completed missions together in the past, now they just do it under a new name of total force integration.

Helping Hands

by Senior Master Sgt. Michael Lewis
141st FSS, Sustainment Services Flight

The media coverage following the 7.0 earthquake that hit Haiti showed graphic images of the devastation that tore across the country. It was after watching that coverage that my kids Bethany and Kevin decided to do their part to help the Haitian people. They felt the best way to make an impact was to raise money for the Red Cross, so on the Saturday following the natural disaster my kids rallied up their cousins and grandparents to come over to the house and make signs asking for donations to help Haiti. Afterwards we left for the corner of Sprague and Sullivan in the Valley, where we paired up one kid with one adult and then each stood on a corner waving and smiling at the passing cars. With only 3 ½ hours of effort we raised \$515.00 in donations for the Red Cross Haiti relief effort. The kids were very excited and felt a sense of pride and accomplishment having done something to make a difference in someone else's life. It was heartwarming to see my kids take the initiative to help others and I felt immense pride in watching them lead their own humanitarian mission. In my eyes there was no better way to spend that Saturday.



Photo by Senior Master Sgt. Michael Lewis



The UPAR program is volunteer Unit Public Affairs Representatives who write and submit stories as they know of events happening. If you have questions or you would like to be a UPAR please contact Major Sandy Smock at sandy.smock@ang.af.mil



Photo by Steven Daines

Guard family members get pampered

by Mary Thomas
141st ARW, Family Programs Manager

Before the 141st ARW Security Forces came home in late February, their families were treated to some pampering from Paul Mitchell Training School, Spokane. The staff at PMTS was delighted to show their appreciation to our Guard members by offering free haircuts and manicures to family members.

"It was great to end this long deployment to an evening of pampering and getting together with the other spouses who know what it is like. Paul Mitchell was so inviting and amazing for us that it took some of the stress away. It was very giving and we appreciate it," said Master Sgt. Gladys Shirey, Eastern Washington Retention Office Manager



Chief Master Sgt. Todd Hunt, a 35th Expeditionary Airlift Squadron loadmaster, directs the loading of cargo by a forklift. The chief worked side-by-side with reservists, active-duty Airmen and other Guardsmen loading cargo on an Ohio Air National Guard C-130 Hercules in support of the earthquake victims in Haiti. Chief Hunt is assigned to the Ohio Air National Guard's 179th Airlift Wing at Mansfield, Ohio. (U.S. Air Force photo/Master Sgt. Stan Coleman)

Air Guard scales back Haiti relief efforts

by Master Sgt. Mike R. Smith
National Guard Bureau

The number of Air National Guard members supporting Operation Unified Response dropped to a little over 200 this week as Haitian authorities and nongovernmental organizations begin to accept a greater share of relief efforts in the ravaged country, Guard officials said today.

At the peak, about 500 Airmen from at least 15 states were involved in the earthquake-relief efforts.

"As we look at our military requirements in supporting (the U.S. Agency for International Development) and the government of Haiti, we're dialing it back where unnecessary as we right-size the force as requirements are needed on the ground, and we're dialing it up where it's necessary based upon needs on the ground," said Army Lt. Gen. P.K. "Ken" Keen, the top U.S. commander in Haiti, via video teleconference from Port-au-Prince Feb. 17.

Airlifters, air traffic control personnel and civil engineers from the Air Guard were the most requested specialties, Guard officials said.

Almost 20 Idaho Air Guard members from the 124th Civil Engineering Squadron were deployed to the devastated nation after the magnitude 7.0 quake hit Jan. 12.

Airmen from New Mexico, Texas, Florida, New York, Arkansas and Washington State were involved in reconnaissance and intelligence missions; and Kentucky combat controllers and Airmen from Florida, New Hampshire, Mississippi and South Carolina supported air traffic control and airfield operations.

Airlift of personnel and supplies as well as logistics and communications were also conducted by units from Florida, Illinois, Kentucky, New York, Ohio, Puerto Rico, Pennsylvania, West Virginia, Rhode Island and Mississippi.

Airmen from the 156th Airlift Wing of the Puerto Rico Air National Guard flew more than two dozen sorties since the immediate response efforts started carrying supplies and personnel into the coun-

try and injured Haitians to medical facilities outside the country.

The communications missions included the use of the Texas Air Guard's RC-26 manned Intelligence, Surveillance and Reconnaissance (ISR) aircraft as well as intelligence Airmen, who analyzed collected data of the disaster areas.

The 123rd Intelligence Squadron from the Arkansas Air Guard deployed seven Airmen to provide imagery analysis assets to the joint task force.

West Virginia's 167th Airlift Wing reported that 385,000 pounds of supplies were delivered to Haiti from a staging-area they established in Martinsburg, W.V. They loaded a C-17 Globemaster III from the Mississippi Air Guard with supplies as well as civilian Boeing 747, Boeing 767 and DC-8 aircraft.

The state's other Air Guard unit, the 130th Airlift Wing in Charleston, W.V., still has one C-130 flying airlift support from Pope Air Force Base, N.C., to Haiti.

The 40 members of the 123rd Contingency Readiness Group (CRG) of the Kentucky Air Guard is the largest entity still deployed in support of the operation. They established an airbase in the Dominican Republic to manage air traffic. Three C-130 Hercules transport aircraft from the unit continue to fly logistical support missions into Haiti as needed.

A Pennsylvania Guard "Commando Solo" C-130J with a crew of 14 continues to broadcast information through its radio and television systems to the Haitian people. The unit also airlifted humanitarian aid on the unit's other C-130s from Homestead Air Force Reserve Base, Fla., to Haiti at the beginning of the relief effort.

The U.S. military continues to work under USAID, the lead American component, and alongside partners, such as the United Nations.

Armed Forces Person of the Year



Congresswoman Cathy McMorris Rodgers congratulates Senior Airman Joseph Sparks upon receiving the 2010 Armed Forces Persons of the Year Award Reserve/Guard E-1 through E-5 Junior Enlisted category alongside Shawn Mayo, Chair, Armed Services Committee. Photos by Staff Sgt. Chad Watkins, 92nd Air Refueling Wing Public Affairs.

*by Tech. Sgt. Jeff Densley
141st Air Refueling Wing Public Affairs*

Senior Airman Joseph Sparks, Communications-Computer Systems Craftsman, 141st Communications Flight, won the Greater Spokane Incorporated Armed Forces Persons of the Year Award for the Air Force Reserve/Air National Guard Category grades E-1 through E-5. A recognition luncheon was held April 6, 2010 at the Double Tree Hotel in Spokane, WA.

SrA Sparks provided exceptional skills in collaborating on the development and implementation of a Virtual server environment for our SharePoint technical support team. Thus providing a functional test "Sand Box" for high end design testing that would not inconvenience the wing customers; while allowing our support team to develop improved functionality to SharePoint functions. His work saved the Communication Flight well over \$40,000 in additional server purchasing requirements. His work with SharePoint has maximized information access for customers by collaborating in development of site template designs for SharePoint sites and custom lists. This was also supported by assisting and training Client Support Administrators with site design and functionality improvements.

In his civilian career, Sparks works as the IT Network Administrator for Kelly/Brady Advertising. He has designed, installed and currently maintains a local area network (LAN) and wide area network (WAN) in their local Spokane Office as well as their Chicago office. He supports both offices running on Microsoft Windows Active Directory as well as their routing, switching and telephone hardware. Additionally he supports design computers based on Apple computer systems, integrated with the MS Windows network.

Major Brian Scott, Sparks commanding officer stated, "Senior Airman Sparks came to our unit with energy and willingness to learn. In a short period of time he was able to establish himself as a "go to" person. His aptitude seems limitless."

Scott continues on to state, "Sparks is one of those junior people that exhibit leadership qualities beyond their current position. We have great confidence he will develop into a key senior member of this unit in the years to come."

Cole selected as Grand Marshall for the Armed Forces Torchlight Parade



by Maj. Sandy Smock
141st Air Refueling Wing Public Affairs

Kim Cole is the Washington National Guard Family Programs assistant and a Gold Star Mother. She is one of over 200 Gold Star Mothers in the state of Washington and will serve as this year's Grand Marshall in the Lilac Parade.

Kim and her husband Mik are the proud parents of four girls and one boy.

They were both raised in military families and learned early of the meaning of patriotism and service to country. They encouraged all of their children to serve in the military.

Their son, Cpl. Darrel James Morris served in the United States Marine Corps. He was killed by an IED explosion while serving on his second tour as a gunner in a 7-ton outside of Baghdad on Jan. 21, 2007. He changed companies after his first tour so that he could return to Iraq sooner than later. He once said to his parents, "They just want the same things we do."

"We miss him, every minute of every day but I could never be more proud of his service and his sacrifice to this country," said Cole.

Some words from Kim Cole...

As members of the Gold Star Family, we know only too well that "FREEDOM is NOT NOW nor will it EVER be FREE. There is a price that will be paid.

As citizens of this community it is our duty to do everything in our power to support the men and women of our military community in every way possible.

We need to reach out and give just a little bit of ourselves in support of our military and the organizations that support them.

Being a member of the Gold Star Organization is a membership that no one wants to be a part of – one we were all sure we would never be a part of. We were sure that our sons and daughters would come home. We were wrong. It can and does happen to people like you and me every day. I have to say that I thank GOD for the families that belong to this group. They are an amazing group of people and show a strength I did not know was possible.

It is with the kind and generous support of the Veterans of Foreign Wars, especially the Ladies Auxiliary that the Fallen Hero Banner Project was started in September of 2007. It is my goal to have a 2 ½ by 3 ½ foot banner made for every Military member that we have lost from the state of Washington. The original thinking was that we would display them at Time of Remembrance in Richland every September until this war is over.

Time of Remembrance was conceived and organized by another Gold Star Mother, Shirley Schmunk. Shirley lost her only child, Jeremiah in 2004. She knew that there were other families here in the Northwest that could help each other to heal and move forward and that it should start with getting them together in one place. This year will be the 4th year for TOR and we count the months, anxious to see each other again and share the stories of where this journey of grief and healing has taken us.

I had to convince five of our GSMs to walk with me in the first Lilac Parade that we carried the banners in 2008. They were all very fearful of the reaction they might receive from the crowd. We swelled with pride and cried for our loss but at the end of the evening, we were all in awe of the support and honor that the crowd of people in this city showed to us that night. There are no words to tell you just what it meant to all of us.

If you would like to carry a banner of a fallen soldier for mothers who cannot participate in this year's parade please contact Kim Cole at:

mkc1220@msn.com