

# The JET GAZETTE

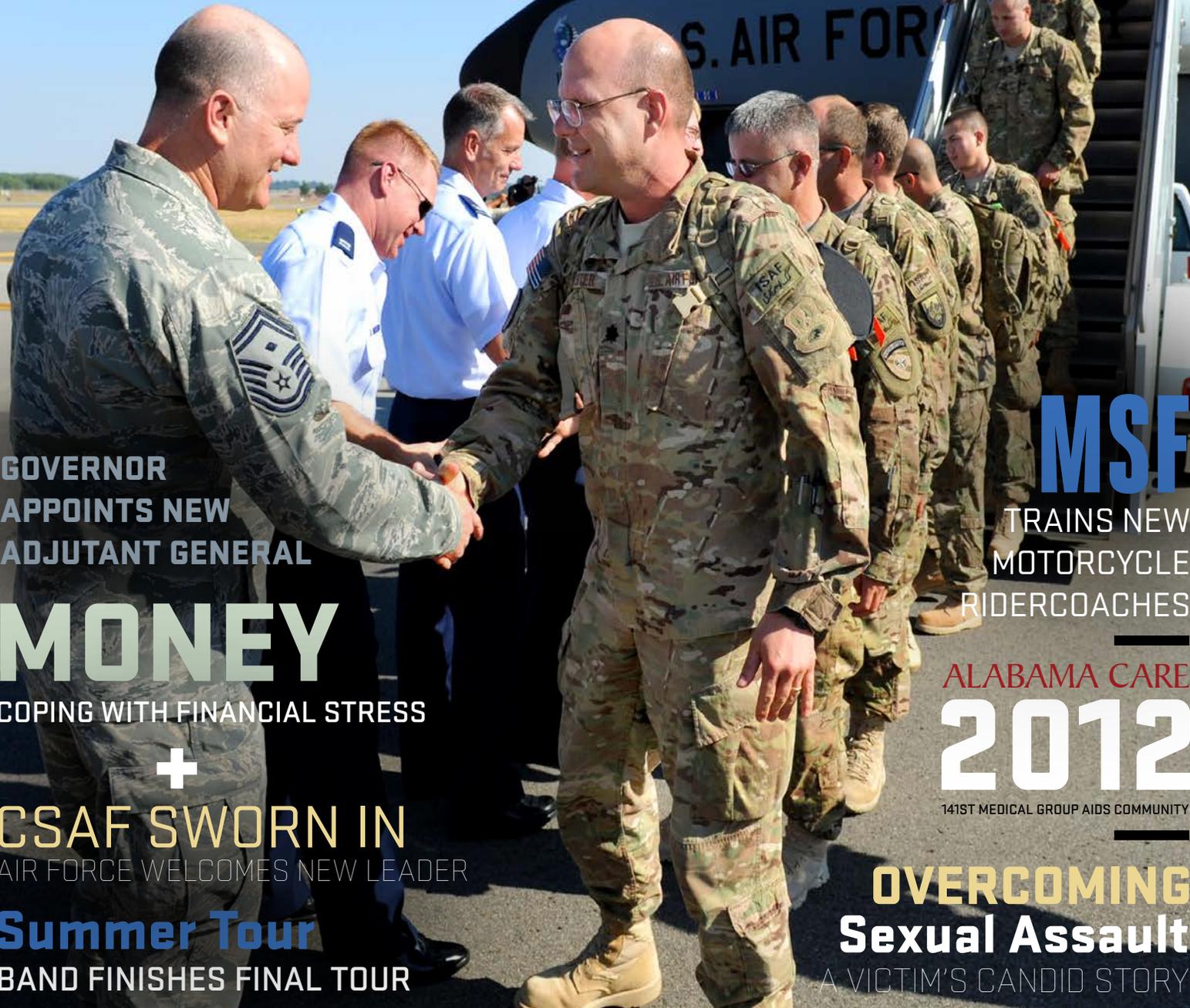


141st Air Refueling Wing

Volume 50 Issue 3 • Fall 2012

## WELCOME HOME!

141ST CIVIL ENGINEERS RETURN TO FAIRCHILD



GOVERNOR  
APPOINTS NEW  
ADJUTANT GENERAL

### MONEY

COPING WITH FINANCIAL STRESS



### CSAF SWORN IN

AIR FORCE WELCOMES NEW LEADER

### Summer Tour

BAND FINISHES FINAL TOUR

### MSF

TRAINS NEW  
MOTORCYCLE  
RIDERCOACHES

ALABAMA CARE

### 2012

141ST MEDICAL GROUP AIDS COMMUNITY

### OVERCOMING Sexual Assault

A VICTIM'S CANDID STORY



Commander, 141st ARW:  
Col. Richard W. Kelly  
Vice Commander, 141st ARW:  
Col. Michael C. Hirst  
The Jet Gazette  
Staff/Editorial Board  
Maj. Sandy Smock  
Maj. Larry Kohlman  
Master Sgt. Mindy Gagne  
Master Sgt. Michael Stewart  
Tech. Sgt. Wes Walton  
Staff Sgt. Anthony Ennamorato  
Staff Sgt. William Keele

Contents of the *Jet Gazette* are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense, the Department of the Air Force, or the Air National Guard.

The editorial content is edited, prepared, and provided by the Public Affairs Office of the 141st Air Refueling Wing, 1 East Bong Street, Fairchild AFB, WA., 99011-9417. All photos are Air Force or Air National Guard photos unless otherwise indicated.

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 or 247-7003 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

## Service Before Self

The United States Air Force published its Core Values on 1 Jan 1997 in "The Little Blue Book" to serve as a guide for all Air Force members, reminding us what it takes to accomplish the mission and inspiring us to always give our best effort. For over 15 years now, the Air Force Core Values (Integrity First, Service Before Self, Excellence in All We Do) have served as a common bond for members of the U.S. Air Force, the Air Force Reserve, and the Air National Guard. There are four stated reasons for the publication of the Core Values:

- Tell the price of admission to the Air Force itself
- Point to what is universal and unchanging in the profession of arms
- Help us get a fix on the ethical climate of the organization
- Serve as beacons vectoring us back to the path of professional conduct

The Core Values allow us to transform a climate of corrosion into a climate of ethical commitment. As General Fogleman stated, "Because of what we do our standards must be higher than those of society at large."

Intrinsically guided by the Core Values, and motivated by deep-rooted pride, the 141st Air Refueling Wing is one of history's greatest organizations. The sky is the limit for such an organization.

Lately, I have been reflecting on Service Before Self. In the past two years we have been asked to give more than previously thought possible. Over 500 people have deployed, supporting multiple operations across the globe, often in harm's way and often with little notice. You have supported the training and domestic missions with selfless commitment. You made the best of a year of runway closure



and you prepared for and excelled in numerous inspections. Your success was made possible because of your pride, commitment to each other, and dedication to the mission.

As I prepare for my own deployment, I reflect on my decision. Like you, I volunteered. I am proud of your accomplishments while deployed; you have made a difference and people worldwide have noticed. They know to expect excellence from members of the 141 ARW. Watching wing members frequently deploy for long periods, left me feeling like I was not doing my part. Fortunately, I was able to find a deployment.

When I first announced my deployment decision to my family, there was a range of emotions; pride from my wife and sons, and fear from my mother and grandmother. I explained to my mom and grandma that my grandfather was in World War II. Other family members also served in combat, some not making it back. Freedom is not free. If we are not willing to send our own, then whose kids will we send? I chose to raise my own hand, and I hope I make you proud just as you have done for me.

Proud to serve with you,

Col. K

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

# Wing History



by Tech. Sgt. Wes Walton  
141st Air Refueling Wing Public Affairs

There are so many great stories and adventures members of the 560th AF Band – The Band of the Northwest – both past and present, have undertaken in their 70 year history. It's difficult to choose just one, but I think the summer of 1994's trip to Jamaica is a great one to recount.

While on a goodwill mission in June of 1994 to the impoverished island country of Jamaica, the 560th brought donated musical instruments to orphans and played concert performances at orphanages and embassy functions around the island.

The plight of the beleaguered country struggling with poverty and the rising influence of powerful drug gangs became all

too real late one night to band members while traveling in their mini-van. While returning to their hotel after a performance, they suddenly found themselves literally in the middle of the road between a truck full of machine gun wielding men and the Jamaican police.

While the shooting was going on, the musicians piled on top of each other on the floor of their van. Their driver frantically struggled with the stalled out van to escape the gun battle. Complete with the sound of the machine gun fire and a truck catching ablaze, Master Sgt. Jason Kamp, a 27-year veteran with the band who was a Staff Sgt. at that time, said, "It was like being in an Arnold Schwarzenegger movie."

Having successfully escaped the scene and returned to their hotel, they finished the last of their performances and returned gratefully home.

# WELCOME HOME!

141ST CIVIL ENGINEERS RETURN HOME TO FAMILY AND FRIENDS



Story by Maj. Larry Kohlman Photos by MSgt. Michael Stewart  
141st Air Refueling Wing Public Affairs



**O**n any given day a KC-135 Refueler can be seen arriving at Fairchild Air Force Base without notice, but at 3:51 p.m. on 27 August 2012, one touched down with 33 Airmen on board; and taxied toward a crowd that was anxiously waiting to welcome them home after a 185 day deployment to Afghanistan.

Citizen-Airmen from the Washington Air National Guard's 141st Civil Engineer Squadron deployed in early February to join with some 110 Airmen, from around the world at Fort Bliss, Texas, to train and prepare for their tour to Southwest Asia.

The combined unit of more than 140 deployed together to fulfill the tasking of the Expeditionary Prime Base Engineer Emergency Force.

Expeditionary Prime BEEF is a team of rapidly deployable, specialized engineer units that provide a full range of support to establish, operate and maintain contingency airbases. Rebuilding runways, constructing living quarters, building water cisterns and improving temporary facilities for deployed forces on Forward Operating Bases throughout the country were a few of the many projects that the Airmen accomplished during their often

14 hour days. Some teams were also involved in projects within the local Afghan communities and many times worked directly with local Afghan leaders to help



**THERE IS A THREE PART SYSTEM IN THE AIR NATIONAL GUARD; THE MILITARY, THE AIRMAN'S FAMILY, AND THE CIVILIAN EMPLOYER. IT TAKES ALL THREE TO REALLY MAKE IT WORK.**



**—Col. Hal Westbrook, 141st Mission Support Group commander**

their communities build necessary infrastructure from rebuilding roads to constructing school houses.

“We worked at 60 to 70 different

locations throughout the country. From small FOBs in four to six man teams to much larger projects at military installations,” said Chief Master Sgt. Douglas Nielsen, 141st CE Superintendent.

Lt. Col. Michael Nester, 141st CE Commander, also deployed with his squadron. He took command of the 577th Expeditionary Prime BEEF Squadron, where he maintained command and control of multiple engineer teams across 32 of the 34 Afghan Providences.

“Our mission as the Prime BEEF squadron in Afghanistan was light construction and repairs to help improve the quality of life of our troops,” Nester said, “our overall mission in Afghanistan was a success.”

Currently, the 141st CE squadron employs more than 75 Guardsmen; where ninety percent are traditional Guardsmen. These men and woman have fulltime jobs throughout the community. Many go from war veteran to civilian with just a little time off and a change of clothes.

“I am proud of our Airmen and all the work that they do,” said Col. Hal Westbrook, 141 Support Group Commander. “There is a three part system in the Air National Guard; the military, the Airman's family, and the







civilian employer. It takes all three to really make it work.”

This is not the first time that 141 CE Airmen have deployed abroad to support a war effort. In 2007, 23 Citizen-Airmen deployed to Iraq; and in 2002, 45 deployed to Kuwait to fulfill the requirements of the Prime BEEF mission.

Generally Airmen return after a deployment in smaller groups or even individually through commercial airlines. The return of the CE squadron was different. They were able to return to their home station on

an Air Force aircraft, together, and to a crowd of family and friends that were able to embrace them as soon as they touched the tarmac. “This was a huge morale booster,” said Nester.

This reminiscent event also embodied the “grey tail” that brought the deployed Airman home. Tail number 1519 had once belonged to the 141st Air Refueling Wing prior to 2007 when the last of its airframes were reallocated to Sioux City, Iowa. “What a wonderful way to bring our Airman home,” said Westbrook.

**(pgs. 6 and 7)**

Family and friends welcome home members of the **141st Civil Engineers**. CE returned home from a 185 day deployment to Afghanistan.

# RIDERCOACH

STORY BY MASTER SGT. MICHAEL STEWART  
141ST AIR REFUELING WING PUBLIC AFFAIRS

**M**otorcycle crashes are not usually caused by one single mistake or decision; rather they are caused by an interaction of events, many of which can be minimized by a competent, motivated and properly trained motorcyclist.

With the number of mishaps climbing faster than previous years, the National Guard Bureau decided to offer funding to units for specialized training to better prepare Airman for the potential hazards of motorcycle riding.

“We jumped at the chance to bring the training here to Fairchild,” said Senior Master Sgt. Mark Hodge, the 141st Air Refueling Wing’s Safety NCO, “we worked closely with the 92d Air Refueling Wing safety office and the Motorcycle Safety Foundation to put this program together.”

Fairchild already had a concrete pad large enough to accommodate an MSF

certified range, but needed to find skilled military riders to complete the “RiderCoach” training necessary to be an instructor for the new course. After a thorough interview selection process by both Wing Safety offices, four members were selected, two Air Guard and two active duty.

\* NHTSA “Traffic Safety Facts”  
Motorcycle Helmet Use Laws  
April 2004 ([click for link](#))



reduces the risk of brain injury by 67%\*

riding with headlight on during the daytime increases visability

bright colored clothing enhances visability

sturdy over-the-ankle boots protect against foot/ankle injuries

STAFF SGT. ALVIN LLAMAS, 92D CIVIL ENGINEER  
SQUADRON WATER AND FUELS MAINTENANCE,  
RIDES HIS MOTORCYCLE ON BASE.

PHOTO BY SSGT. MICHAEL MEANS  
92D AIR REFUELING WING PUBLIC AFFAIRS

“These are experienced military riders training other military riders,” said Lt. Col. Paul Baker, the 92d Air Refueling Wing’s Chief of Safety, “if we didn’t have this program, these riders would have to go downtown to receive the same quality training, but it would be a lot different, they would have to pay out of pocket and they wouldn’t have a caring Air Force member that could continue to mentor them after they complete the course.”

Before becoming RiderCoaches, the students needed to complete five classroom units, 17 range exercises and two formal evaluations. One was a written end-of-classroom assessment that covered basic knowledge of riding procedures and traffic strategies.

The other evaluation was a riding assessment that measured the riding competencies of the participant. They were tested on their ability to maneuver in limited spaces, proper stopping techniques; controlled swerving and cornering.

At the completion of the course, the students were also required to

teach two rider courses, one basic and one advanced, in order to receive their RiderCoach certification. “This group of students really went the extra mile to dig deep into the course material,” said Mr. William Mace, MSF RiderCoach trainer, “they pulled together as a team and put in a lot of hours during the day and into the evening to prepare themselves for the final evaluation, they were a really good group to work with.”

Having four instructors available to teach the courses here on Fairchild provides many more opportunities for new motorcycle riders to get the mandatory Basic Rider Course necessary to ride on base.

New classes will be offered in March of 2013. Senior Master Sgt. Hodge at 247-7028 can provide additional information and schedule you to attend what could be the most important course you’ll ever take. 



STUDENTS FOR THE NEW BASIC RIDER COURSE AWAIT SIGNAL FROM THE RIDERCOACH BEFORE PROCEEDING THROUGH THE MOTORCYCLE RANGE.

PHOTO BY MASTER SGT. MICHAEL STEWART  
141ST AIR REFUELING WING PUBLIC AFFAIRS



(from left to right) **Master Sgt. Jason Kamp, Master Sgt. Paul Sety, Staff Sgt. William Hatch, and Senior Airman Andrew Fudge** perform during this year's Summer Tour. (Photo by Tech. Sgt. Wes Walton, 141st Air Refueling Wing Public Affairs)

# Band Completes Summer Tour

*Taps is that musical tune most of us in the military are all too familiar with, sounded at the end of each duty day and in mournful respect of those who had, as President Abraham Lincoln put it, "given their last full measure of devotion."*

STORY BY **TECH. SGT. WES WALTON**, 141ST AIR REFUELING WING PUBLIC AFFAIRS

It is not without a sense of irony then, that it should be sounded for our own musicians serving in the 560th Air Force Band—The Band of the Northwest. In November 2011, the 560th and the 141st Air Refueling Wing were notified of the Air Force budget cutbacks which would cause the unit to be deactivated from military service. The news was understandably disheartening for everyone in the wing who heard, but especially the 34 members of the band who would have to find new positions within the Washington Air National Guard or retire by the end of fiscal year 2013.

"It's unfortunate that many people in the wing and local community won't recognize the loss of the 560th until they're gone. It will leave a void, but we're retaining most of our band members who's degrees rival that of the Medical Group," said Col. Richard Kelly, 141 ARW Commander. "I'm looking forward to retaining these talented people."

Even though the eventual end of the unit looms in the distance and morning roll-calls are getting shorter and shorter, the band is still giving, "that last full measure of devotion," having marched and played at the head of this year's Spokane Lilac Festival Association's Armed Forces Torchlight Parade.

We've also played concerts for more than 15,000 Northwest citizens of Ellensburg, Sunnyside, Chelan, Colville, Blanchard, Chewelah, Sandpoint and Spokane during this

year's annual summer tour said Master Sgt. Mike Baker, Operations Manager for the 560th. Performing and entertaining for the northwest has been a tradition for the band since at least 1963.

The band's history of great performances goes back much farther than 1963; it was originally organized as the 60th Army Air Force Band for military duty during World War II on 11 July 1942 in Birmingham, Alabama. By 16 April 1945 it was manned, outfitted and fully practiced to entertain troops performing duty in the China-Burma-India Theater of the war. The band was deactivated on 14 March 1946 after the surrender of Japan.

New life was given to the unit when it was reactivated as the 560th Air Force Band on 18 April 1948 and put under the command of the newly formed 142d Air Defense Wing (predecessor of the 141st ARW) at Geiger Field. The new band made up of mostly music students and alumni from Eastern Washington University, quickly made a name for itself by performing in live radio shows and doing local broadcasts over the new mass media of television during the 1950s and 60s.

At the height of the Cold War in 1974, under the direction of Lt. Col. (ret.) William Maxson, the 560th deployed to West Germany and Luxembourg in support of the German American Friendship Days.

Performances and festivities in the various towns and villages were broadcast over German

“I couldn’t be more proud of the rich heritage, traditions and the phenomenal alumni this band has created.” —Maj. Jim Phillips

and Armed Forces Europe Television Networks. Two years later, Maxson was appointed as the first Chief of the ANG Bands for the United States.

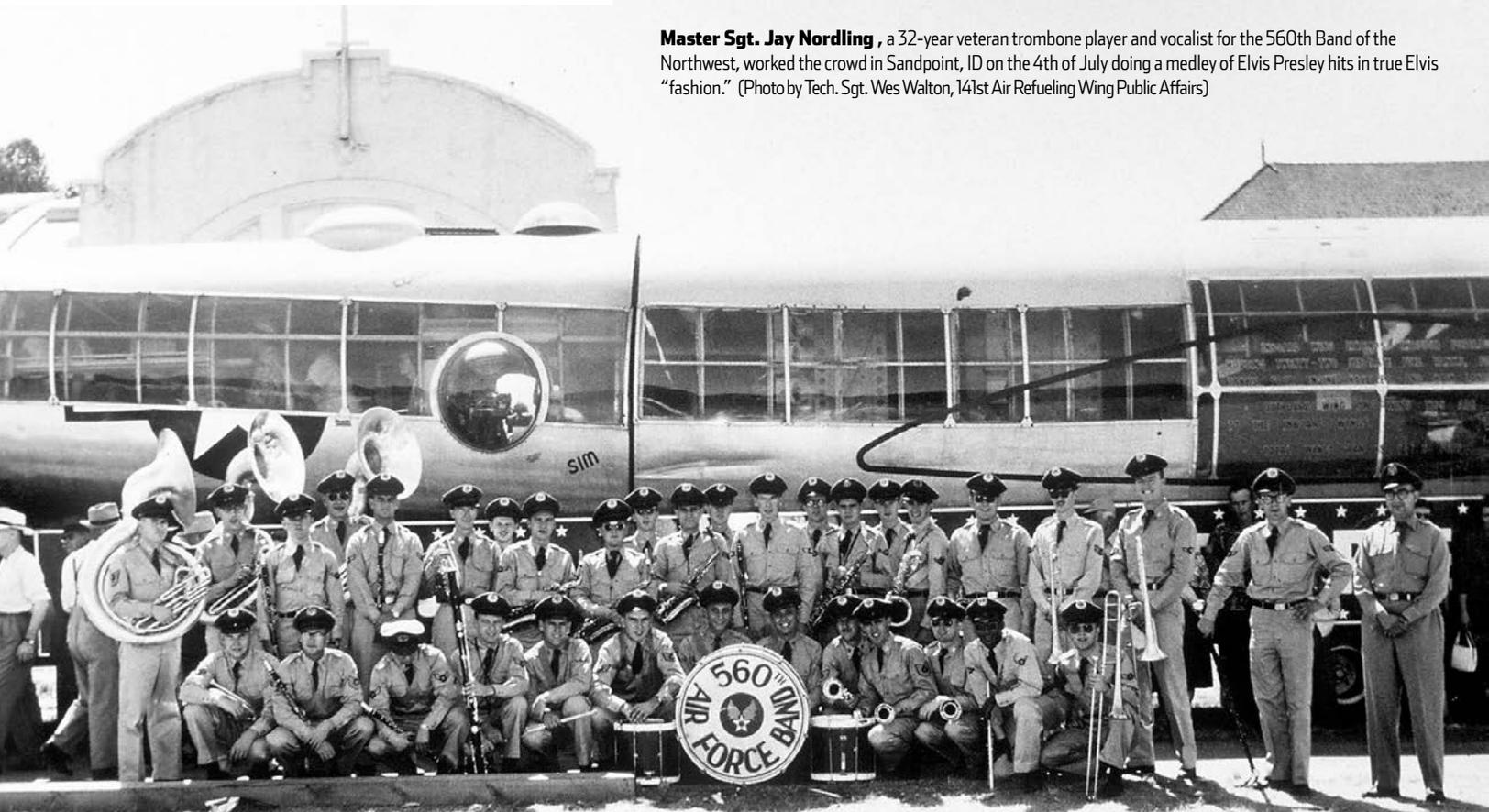
In the 1990s, overseas tours highlighted the 560th AF Band’s continued notoriety. One was to England to perform for the 100th birthday celebration of the late Five-Star General and two-term President, Dwight D. Eisenhower, and the 46th anniversary of the successful D-day landing invasions for which he played an instrumental part as the Supreme Allied Commander. In 1992, the National Guard Bureau selected the band to perform in Australia, in commemoration of the 50th anniversary of the WWII victory at the Battle of Coral Sea.

While the last chapter of the band’s long and colorful history appears to be coming to an end, there is still room left to be written by the unit. A concert this upcoming Veteran’s Day will be performed at the Spokane Arena, with the remaining band members being joined by band alumni from the local area.

“Speaking as the last one out the door and turning the key,” said Maj. Jim Phillips, Commander, 560th AF Band, since 1998, “Having been one of the longest serving commanders of this unit, I couldn’t be more proud of the rich heritage, traditions and the phenomenal alumni this band has created.”



**Master Sgt. Jay Nordling**, a 32-year veteran trombone player and vocalist for the 560th Band of the Northwest, worked the crowd in Sandpoint, ID on the 4th of July doing a medley of Elvis Presley hits in true Elvis “fashion.” (Photo by Tech. Sgt. Wes Walton, 141st Air Refueling Wing Public Affairs)



**18 April 1948**, the 560th AF Band is reactivated after World War II and given new life under the newly formed 142D Air Defense Wing (predecessor of the 141st ARW) of the Washington Air National Guard at Geiger Field. (Archive Photo)

# Overcoming sexual assault: a victim's candid story

By Master Sgt. Kevin Wallace  
100th Air Refueling Wing Public Affairs

(Editor's note: "Jane Smith is a fictional name. The actual name, TDY locations of the alleged rape victim are withheld. However, other facts are all actual accounts given by the alleged victim.")

**L**iving has always been a challenge for Senior Airman Jane Smith. Seemingly born into an uphill world, physically and emotionally tested at every step, spirituality had continually strengthened her and still propels her forward in life, she said. Smith was nearly driven to suicide after being sexually assaulted in 2010. Though raped and robbed of her dignity, 21-year-old Smith rebounded, vowing, "I'm going to make it."

To some, Smith's story may be all too familiar; to others, it's an unbelievably grim tale. For Smith, it's a tragic account of a life she's lived and matured from. She said she hopes that through the price she's already paid, others may grow stronger and wiser.

Smith's calamity started at birth. Born to a drug-addicted mother, Smith was abandoned before her second birthday, lived briefly in a foster home and was later adopted by the man she grew to know as, 'Dad.' The young Jane had trust issues and always felt she was living someone else's life. "Still, through dedication and persistence, I did well in school, and studied difficult subjects like Latin and (higher) maths," Smith said. The adolescent Smith continued to distrust. Her dad was physically abusive, which when compounded with her troubled past, led to constant headaches and despair. "I was a runaway by 17, lived briefly in a shelter, but continued to study on my own," she said. "I really liked school and wanted to be there."

Smith's future looked bleak and she found herself contemplating suicide, she said. Two things continued to propel her forward when life seemed to continue to crumble around her. Smith was a devoted Christian and felt strongly that suicide was

the ultimate betrayal to God and to the few who loved her, she said. Secondly, since the tender age of 7, the year her mother died, Smith always wanted to serve her country. She believed that serving in the Air Force made her a part of an organization that strengthened the frail, and provided a top-notch education for those who hadn't the means to attend college, she said. She still had a dilemma—to enlist, she first had to finish high school. Against her better judgment, Smith agreed to return home, with a promise from her dad that the abuse wouldn't continue. He kept his promise and Smith prevailed. She shipped off to Basic Military Training at Lackland Air Force Base, Texas, in July, after her high school graduation.

**E**ntering the Air Force meant a new life for Smith and after BMT, she was trained in her Air Force specialty, earned Senior Airman below the zone, earned an annual career field award in 2010, and was on her way toward her goal of making chief master sergeant. "For the first time in my life, I felt like nothing could stop me," said Smith. But just as she felt things were finally going good for her, a friend betrayed her in an unthinkable manner. During a temporary duty in at a stateside location, that 'friend' stripped her of her clothes, held her down and raped her, as she begged him and pleaded with "no, please stop, I don't want this!" the entire time, she said.

"(The alleged assailant) and I stayed on the same floor of our hotel," recalled Smith. "He came over to my room to watch a movie with me. I didn't see him as a threat and was friends with him at home station, so I didn't see a problem with watching

# “If telling my story can help other people, then that’s what I want to do” —Airman Smith

a movie together. “When he got to my room and started watching the movie, he started trying to touch me and asked if I wanted to (mess around sexually),” she said. “I told him, ‘no.’ He didn’t take no for an answer, pinned me to the bed and stripped off my clothes, then ...” Smith said she was then raped. Smith, a 5-foot-tall, 93-pound female was easily pinned down and couldn’t break free, she said. After being raped, the assailant then tried to hug her, in a manner as if they had just made love consensually. Feeling sick, scared, ashamed and used, Smith quickly got dressed, pretended nothing happened and left.

She continued to serve the final week of her TDY working nearly side-by-side with her assailant. When she returned home to her base on America’s East Coast, Smith’s coworkers noticed a drastic change in her. “I left for my TDY a smiley and friendly (Jane), and returned something else,” she said. In fact, Smith’s supervisor noticed she never smiled, was withdrawn, and would make frequent trips to the bathroom and return looking like she had just stopped crying.

A friend, who was also a rape survivor, confronted and confided in Smith, admitting that she had been raped and feared Smith was showing the same signs she did. Smith revealed the truth about what happened on her TDY, she said. Her supervisor and coworkers were very supportive of her, and she filed an unrestricted report with her base’s sexual assault

and response coordinator. Smith relocated to the 100th Logistics Readiness Squadron in early 2011 and is currently a victim advocate for Royal Air Force Mildenhall’s SARC, Kimberly Dickman.

Now engaged and set to marry in 2014, Smith is paving the path forward in life and in her career, she said. She continues to dedicate much of her time to her faith and now is also devoted to helping those who may have suffered the way she did, sexual assault victims. When asked by Dickman to speak out about her experience, Smith gladly volunteered.

“If telling my story can help other people, then that’s what I want to do,” said the energetic Smith, who hopes to deploy soon.

“I still want to serve my country,” she said. “I love the Air Force and volunteer for every deployment that my rank qualifies me for. Being raped partially defines who I am now, but will never define who I’m going to become. If ... no ... when I make (chief master sergeant) someday, I’m going to do everything I can to help foster a healthy team of Airmen.”

**141st Air Refueling Wing members can contact Maj. Sandy Smock, Sexual Assault Response Coordinator at 247-7003 or [sandy.smock@us.af.mil](mailto:sandy.smock@us.af.mil) SARC hotline: 509-389-8025.**

# CSAF

## WELSH HUMBLLED TO SERVE AS AIR FORCE CHIEF OF STAFF

STORY BY TECH. SGT. SHAWN J. JONES  
AIR FORCE PUBLIC AFFAIRS AGENCY

**T**HE AIR FORCE CHIEF OF STAFF FLAG passed to the service's 20th chief in a ceremony here Aug. 10. Gen. Mark A. Welsh III, a 36-year Airman, stepped into the position, taking over for Gen. Norton Schwartz, who also retired from the Air Force during the ceremony.

"Mark is respected throughout the Air Force for his exceptional leadership and ability to connect with Airmen," Secretary of the Air Force Michael Donley said.

Raised in an Air Force family, Welsh said he found a role model in his father, a decorated combat pilot.

"Today, I think he'd be proud of me," Welsh said. "And any day a kid can make his dad proud is a great day."

Welsh emphasized the need for Airmen to understand the importance of the other services in joint operations, but also said Airmen shouldn't underestimate the combat capabilities of their own service in winning today's fight.

"No one else can bring what we bring to the fight, and any real warfighter knows that," he said. "Don't ever doubt yourself or this service."

Welsh also addressed his stance on issues affecting the well-being of Airmen.



Gen. Mark A. Welsh III

"Today when I was sworn in as chief of staff of the Air Force, I felt humbled to be given the honor of leading its incredible Airmen."

"When it comes to Airman resiliency, suicide prevention, and sexual assault prevention and response, I believe you're either part of the solution or you're part of the problem," he said. "There is no middle ground."

Welsh also said the Air Force must shape the future and that will require innovative thinking and different approaches to problems, along with modernization.

Welsh was nominated by the president May 10 and confirmed by the Senate on Aug. 2. In his previous position as the commander of U. S. Air Forces in Europe, he was in charge of Air Force activities in

an area of operations covering nearly one-fifth of the globe.

Welsh, a 1976 graduate of the Air Force Academy, has served in numerous operational, command and staff positions, such as commandant of cadets at the U.S. Air Force Academy, vice commander of Air Education and Training Command and associate director for military affairs at the Central Intelligence Agency.

"When I became a squadron commander, I felt excited. When I became a wing commander, I felt proud. When I became a major command commander, I felt

privileged and a little bit old," he said. "Today when I was sworn in as chief of staff of the Air Force, I felt humbled to be given the honor of leading its incredible Airmen."

His experience includes nearly 3,300 flying hours, most of which came in the A-10 Thunderbolt II and F-16 Fighting Falcon. As the ceremony ushered in a new chapter in Air Force history, it also served as the final chapter for Schwartz's four years as the service's senior uniformed leader and his more than 39 years of military service.

Schwartz's career began in 1973 after graduating from the Air Force



Secretary of the Air Force **Michael Donley** swears in Gen. **Mark A. Welsh III** as the 20th Air Force chief of staff, assisted by Welsh's wife, Betty, during a ceremony at Joint Base Andrews, Md., Aug. 10, 2012. **[U.S. Air Force photo/Scott M. Ash]**



Academy. He has logged more than 4,400 flying hours and participated in military operations in Vietnam, Iraq and Cambodia.

"Anyone looking for an example of Air Force core values need look no further than Gen. Norty Schwartz," Donley said. "Thank you for your lasting contribution to our Air Force and the character and quality of your service."

Defense Secretary Leon Panetta presented Schwartz with the Defense Distinguished Service Medal, which is awarded to service members who perform exceptionally meritorious service in a position of

great responsibility.

The award citation highlighted his success in restoring excellence in the Air Force nuclear mission, his efforts to partner with joint and coalition teammates in support of operations worldwide, modernizing the Air Force's air and space inventories, and care for Airmen and families. Schwartz's wife Suzie was also recognized for her devotion to Airmen and family support programs.

"The Air Force has afforded us an honorable and rewarding journey for the entirety of our adult lives," Schwartz said.



# 2012

Story By Melissa Chapman, Air National Guard Readiness Center Public Affairs

## 141ST MEDICAL GROUP AIDS COMMUNITY

# ALABAMA CARE

**A**labama Care 2012 is an Air National Guard led IRT multiservice mission comprised of active duty, reserve, and National Guard members from Army, Navy and Air Force components focusing on deployment and readiness training in a joint-service environment while simultaneously providing free medical, dental, ophthalmology services to the community.

Alabama Care provided medical assistance to more than 30,000 Alabama residents in May, but the medical demands of the community were so great that the military returned to Selma. They are expected to assist more than 10,000 residents who are in need of medical services this week.

"We were not able to assist all the patients we would have liked in May, therefore, we made arrangements to come back to Selma to aid as many residents as possible," said Lt. Col. Michael Shiels, IRT program manager.

Military members perform in a multiservice environment conducting real-world readiness, medical training and preparing for wartime missions. Additionally, they support the needs of America's underserved communities like Selma.

"It has been a lot of fun, but very rewarding working with different branches," said Lt. Cmdr. Bryan Schmidt, Navy Reserve, Camp Lejeune, N.C. "You may not always recognize their uniform or rank, but it is apparent; this is one country with four different components of the military, working together for a common cause." Alabama Care 2012 is a health care initiative, which is a premier world-class field training event for all the service members who participate.

The mission provides significant, valuable and realistic training in a deployed environment helping to shape future leaders. "IRT is great training because you can become more proficient by learning from other branches," said Airman 1st Class Nicole Holland, 141st Medical Group, Washington Air National Guard, Fairchild Air Force Base, Wash. The IRT goal is for military members to focus on



Airman 1st Class Nicole Holland, 141st Medical Group, conducts a medical screening of a Selma resident.

training their junior enlisted, allowing them to gain knowledge and enhance their skills in a deployed environment. IRT missions provide an opportunity for members to train within their career field. Additionally, they work with real patients and special equipment to assist the community with free medical care.

"I've enjoyed working with the Air Force here. I like the motivation of the young enlisted Airman," Schmidt said. "It is empowering and motivating for our corpsmen. It's a great idea to merge the branches together for one mission." Incidental to military readiness training, Alabama Care 2012 provides medical, dental, and optometric care to assist local health and municipal authorities in addressing underserved residents in the community while increasing the quality of life.

"IRT is a win-win for everyone, not just the military, but the community benefits as well," said Shiels. "Since our visit in May, the clinic in Selma has undergone major renovations. There is now central air, bathrooms, better lighting and running water, which is a lot more comfortable for patients and military members can be more efficient, helping residents." 

# MONEY

## MANAGING YOUR STRESS IN TOUGH ECONOMIC TIMES

By the American Psychological Association

Money is on the minds of most Americans. In fact, according to the American Psychological Association's 2010 Stress in America survey, over three-quarters of Americans (76 percent) cite money as a significant cause of stress. And while the economy appears to be becoming healthier, personal financial problems still worry many Americans.

But, like most of our everyday stress, this extra tension can be managed. There are healthy strategies available for managing stress during any difficult financial time for you and your family.

The American Psychological Association offers these tips to help deal with your stress about money and the economy:

- Pause but don't panic. There are many negative stories in newspapers and on television about the state of the economy. Pay attention to what's happening around you, but refrain from getting caught up in doom-and-gloom hype, which can lead to high levels of anxiety and bad decision making. Avoid the tendency to overreact or to become passive. Remain calm and stay focused.

- Identify your financial stressors and make a plan. Take stock of your particular financial situation and what causes you stress. Write down specific ways you and your family can reduce expenses or manage your finances more efficiently. Then commit to a specific plan and review it regularly. Although this can be anxiety-provoking in the short term, putting things down on paper and committing to a plan can reduce stress. If you are having trouble paying bills or staying on top of debt, reach out for help by calling your bank, utilities or credit card company.

- Recognize how you deal with stress related to money. In tough economic times some people are more likely to relieve stress by turning to unhealthy activities like smoking, drinking, gambling or emotional eating. The strain can also lead to more conflict and arguments between partners. Be alert to these behaviors—if they are causing you trouble, consider seeking help from a psychologist or community mental health clinic before the problem gets worse.

- Turn these challenging times into opportunities for real growth and change. Times like this, while difficult, can offer opportunities to take stock of your current situation and make needed changes. Think of ways that these economic challenges can motivate you to find healthier ways to deal with stress. Try taking a walk—it's an inexpensive way to get good exercise. Having dinner at home with your family may not only save you money, but help bring you closer together. Consider learning a new skill. Take a course through your employer or look into low-cost resources in your community that can lead to a better job. The key is to use this time to think outside the box and try new ways of managing your life.

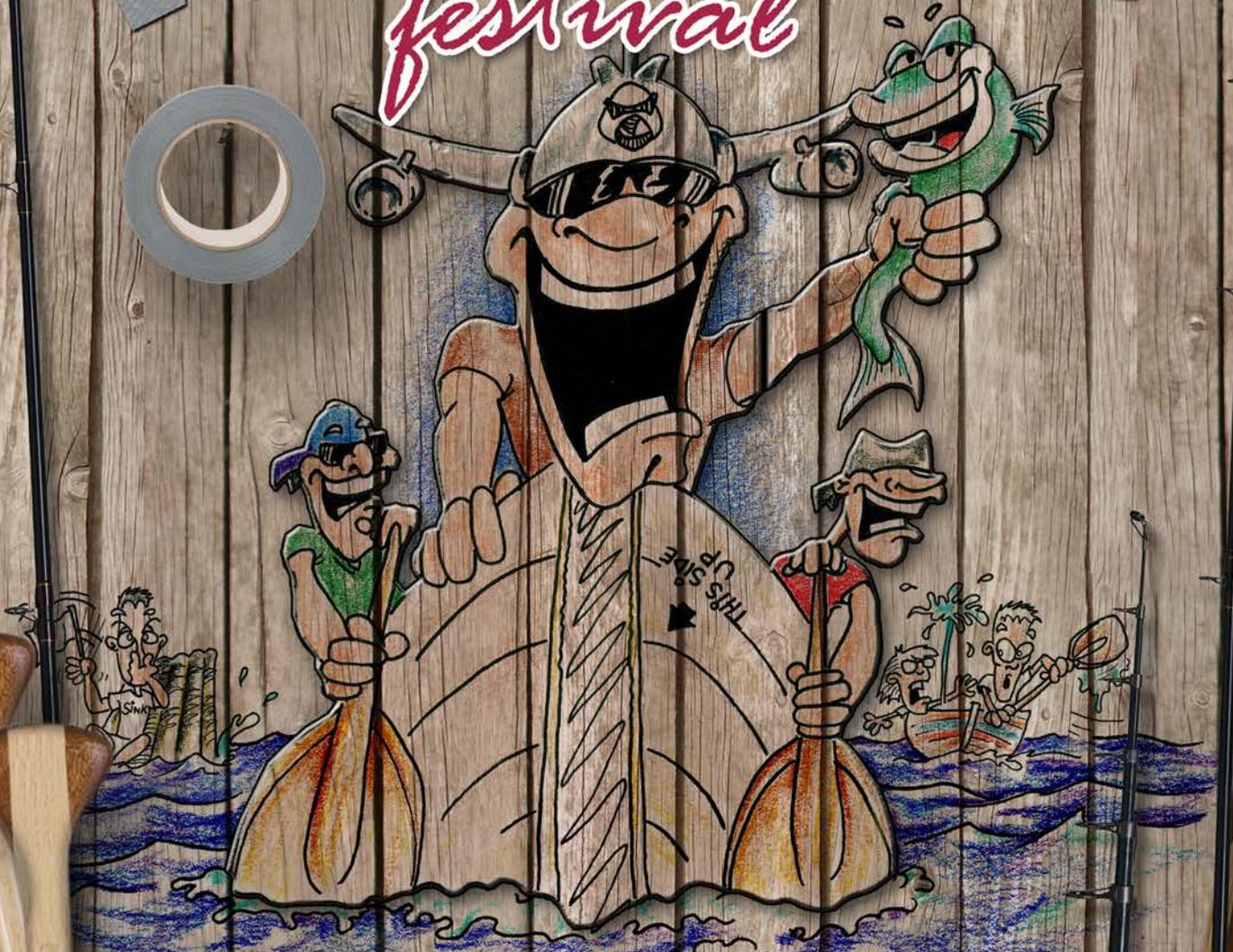
- Ask for professional support. Credit counseling services and financial planners are available to help you take control over your money situation. If you continue to be overwhelmed by the stress, you may want to talk with a psychologist who can help you address the emotions behind your financial worries, manage stress, and change unhealthy behaviors.

**MARCIA RICHARD,**  
LICSW, Wing Director  
of Psychological Health  
141st ARW and  
Associated Guard Units  
509-979-0051 (Cell)  
247-7087 (office)



2nd annual

# Waterfront festival



4 AUGUST 2012

Clear lake, Washington

"TWO PERSON"



141ST COMM  
"ACCESS DENIED"



"PEOPLE'S CHOICE"



FORCE SUPPORT SQ.



"UNLIMITED"



242 CBGS  
"TWO IN THE FRONT"



"TITANIC"



242 CBGS  
"COMM TIKI"



"UGLY DUCKLING"



242 CBGS  
"COMM TIKI"



# CAMP WANGY 2012



The 141st Air Refueling Wing, Family Programs, held a writing contest at this year's Washington State Air/Army National Guard Youth summer camp, 12-17 August at Camp Reid, Fan Lake, Wash. Military youth from eight to 18 years-old were encouraged to participate in the contest titled "What WANGY Means to Me". This was the ninth consecutive year at what has become a week-long camp that hosts more than 150 youth and some 45 volunteers.

"Camp WANGY has touched the lives of so many youth, we wanted give them a chance to tell their story," said Mary Thomas, 141st Family Programs, Manager. "The judging panel had their work cut out for them, choosing the winner was not an easy task."

# The True Meaning of Camp

By Shelby Ward

When I was nine years old, I went to my first year of Camp WANGY. It was the first overnight camp I had ever attended. While undertaking the long ride to the base, there were many things running through my head. I had never made friends easy and it was the first time away from my parents.

I was worried that I would be an outcast and have a miserable time all week while undergoing military-style discipline. Fortunately, none of my fears were present at camp. I arrived to the pick-up and quickly loaded my belongings on to the bus. I had packed various books and things to do on the bus, but I found I didn't need any of it. I immediately felt accepted when I sat on the bus.

I was seated with another girl my age and we became instant friends. We talked most of the way to camp and ended up as roommates. After that first day, nothing slowed down. We got placed in a big group and I had even more friends and one of the coolest councilors ever. In addition to group building activities, we got to sing songs around the camp fire, stay up late planning pranks (that we never did), making 'warm fuzzies' and eating 'world famous' bread pudding.

However, the true joy and meaning of camp was not in the games or the songs or bread pudding alone. It was being around other kids in the guard. Unlike my friends that I associated with



at home, they knew exactly what was going on. I didn't have to explain what I meant when I referred to 'going to the base' or my dad having a 'guard weekend'. They instantly knew what those things meant and it was surprising. More importantly, they understood what it was like being a guard kid.

The uncertainty of having a parent gone and the sadness and fear that goes along with it. Even if it was just having them gone a short time or having to move to attend basic training, every kid there had a friend who knew what these experiences felt like. Now as I prepare to attend my fourth year of camp as a Junior Counselor, I am excited to watch and help my little sister in her first year and other kids experience the same feelings at camp that I experienced so many years ago.

