

THE PRAIRIE GUARDIAN

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Newsletter of the 155th Air Refueling Wing

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2011 Guardians of Freedom Airshow Deemed a Success

By Airman 1st Class Mary Thach
Staff Writer

LINCOLN, Neb. -- The early morning sun glistened on the wings of the Blue Angels parked on the ramp. Upon entering the gate, spectators observed service members driving in golf carts with gear, setting up equipment, applying sunscreen and passing out water bottles, while vendors constructed their booths and exhibits, arranging merchandise to sell.

The crowds wandered through historic aircraft displays, to find the best shaded place to relax in their lawn chairs. The hum of the jet engines and the clouds of smoke

drifted into the sky and the aroma of barbecue hovered in the air.

The weekend of Sept. 9-11, the Nebraska Air National Guard and the Lincoln Chamber of Commerce hosted the Guardians of Freedom Airshow, bringing the world's best pilots and demonstration teams to Lincoln Air Park.

Col. James R. Stevenson, airshow director and commander of the 170th Group, Offutt AFB, Neb., began planning this event in Sept. 2009. He said his goal was to have a safe airshow, improved traffic flow, and staying within the budget. He was contacted by

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Photo by Senior Master Sgt. Lee Straube

The U.S. Navy Blue Angels with Col. Richard J. Evans III, commander of the 155th Air Refueling Wing riding in the number seven jet, perform the diamond formation during a practice flight on Sep. 8, 2011 at the Nebraska Air National Guard base.

Community Leaders Soar with Blue Angels

By Airman 1st Class Mary E. Thach
Staff Writer

LINCOLN, Neb. -- Anticipation increased with every passing minute. The ramp was filling in with people. With ear plugs in place, cameras on and eyes shielded, the spectators watched the horizon. An earsplitting noise pierced through the sky and within the blink of an eye, an F/A-18 Hornet came into view.

The jet spotted on the horizon was the first of seven U.S. Navy Blue Angels jets to arrive Sept. 7, at the Nebraska National Guard's air base in Lincoln, Neb., for the Guardian's of Freedom Air Show.

Two community leaders and one local media member were nominated and specifically chosen to ride with the Blue Angels. The nominees stood in matching Blue Angels flight suits next



Photo by Master Sgt. Vernon Moore

Tony Doremus (left) gives the thumbs up as Lt. Dave Tickle, Blue Angels pilot number seven taxis out to the runway for the orientation ride on Sep. 7, 2011 at the Nebraska Air National Guard base.

watched their seven-year old son, Tyler, demon-

to family and friends, all staring at the massive jet parked on the ramp.

The three nominees were selected due to their role as key influencers in their local communities and support of the U.S. military.

Tony Doremus, a native of Council Bluffs, IA, and a member of the Civil Air Patrol, Offutt Air Force Base, Neb., was first to ride on the two-passenger jet. Doremus applied to ride with the Blue Angels in 2009 and was selected as an alternate. He reapplied this year and was chosen.

Doremus' wife, Christine, stood by and

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Thoughts From The Commander

By Lt. Col. John Anderson
155 ARW Vice Wing Commander

Greetings and welcome to the October Unit Training Assembly.

Let me introduce myself and give you a little background on me.

I come to the 155th Air Refueling Wing via the 170th Group at Offutt Air Force Base, where I had the privilege of ending my tour there as the commander of the 238th Combat Training Squadron.



Prior to that I served as the 170th Group Executive Officer and was also a flight commander in the 170th Operation Support Squadron. As you know, the 170th is integrated with the 55th Wing.

In addition to my Air National Guard responsibilities, I also worked within the active duty wing plans and programs office managing the wing-level requirements processes, and as a supervisor in the wing weapons and tactics office.

I started my service with the Nebraska Air National Guard after 15 years on active duty.

I am an electronic warfare officer by training and started my career flying as "Raven" on the RC-135 Rivet Joint at Offutt in 1990.

I left Omaha in 1994 for a classified assignment, and from there was fortunate to be selected to attend the United States Air Force Test Pilot School at Edwards AFB.

I was admitted as a Joint AFIT/TPS student which meant that before going to Edwards, I was sent to Wright-Patterson AFB, OH to work on an Aeronautical Engineering Master for 18 months.

After completing those programs, I stayed another two years at Edwards working mostly with classified electronic

warfare related test programs.

In June 2000, I left Edwards to attend the Air Command and Staff College at Maxwell AFB, AL.

Following graduation in 2001, I was assigned to the Global Hawk Program Office at Wright-Patterson as the program's Operational Test and Evaluation Manager.

After a year, I moved to the Big Safari Program office which has responsibility for the RC-135 fleet amongst other programs. It was here I became aware of an ANG unit that had stood up at Offutt.

I very much enjoyed my first assignment at Offutt and the "Good Life" of Omaha and Nebraska, so was eager to get back and jumped at the opportunity to apply for a position in the NEANG at Offutt.

I interviewed and was hired by Col. Richard J. Evans III in August 2003 and the rest as they say, is history.

I am very honored and excited to be part of the 155th ARW.

This unit has a long and distinguished history of excellence.

I look forward to getting around and getting to know all of you and helping the leadership team take our organization to even greater heights. See you at drill!

Know Your Wingman

Lt. Col. John Anderson

Organization:	155th Air Refueling Wing
Job Title:	Vice Wing Commander
Main Responsibilities:	help direct wing staff, assist the commander manage the wing
Civilian Job:	Active Guard Reserve - Military
Education:	Glenville High School, Glenville, Minn. Illinois Institute of Technology, Chicago, Ill., Mechanical and Aerospace Engineering
Military History:	Active duty 1989-2003, Air National Guard 2003-present
Hobbies:	Golf, spending time with kids, helping two older sons with boy scouts, Knights of Columbus, church volunteer
Goals and Ambitions:	Initially, just to meet as many people as I can, to get to know people, learn the mission of the wing here, help contribute where I can and help make things better for the wing and for the members.

Prairie Guardian

2420 West Butler Avenue, Lincoln, Nebraska 68524-1888
DSN 279-1039, phone (402) 309-1039, and facsimile (402) 309-1456

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Editorial Staff:

Wing Commander	Col. Richard J. Evans III
Chief, Public Affairs	
Public Affairs Specialist	Airman 1st Class Mary Thach
Photographers	Senior Master Sgt Lee Straube Master Sgt Vernon Moore Staff Sgt. James Lieth
TV/Radio Broadcasters	Staff Sgt. Denise Knickerbocker Airman 1st Class Bristol Prai



Senior Master Sgt. Scott Tontegode

Safety News

Mission First - Safety Always



Lt. Col. Jeff Briere

Carbon Monoxide Safety

By Tech. Sgt. Megan Zuver
155 Air Rrefueling Wing Safety Office

Carbon Monoxide (CO) is known as the *Odorless Killer* because it is a poisonous gas that has no visible color, taste, or odor. Each year people die or are injured from accidental carbon monoxide poisoning.

On average, about 170 people in the United States die every year from CO produced by non-automotive consumer products. These products include malfunctioning fuel-burning appliances such as furnaces, ranges, water heaters and room heaters; engine-powered equipment such as portable generators; fireplaces; and charcoal that is burned in homes and other enclosed areas.

Exposure to carbon monoxide can produce flu-like symptoms such as headaches, nausea, dizziness, confusion, or fainting. At higher levels, CO exposure can cause unconsciousness or death.

How can you prevent CO poisoning?

- Never use gasoline-powered engines indoors or near doors or windows where fumes can be drawn inside

- Install carbon monoxide detectors on every level of your home
- Locate CO detectors near bedrooms so family members will awaken at night
- Keep detectors away from open windows or doors, excessively hot or cold areas, and “dead-air spaces” such as corners of rooms and peaks of ceilings
- Regularly test your CO detector and replace the batteries as required.

What to do if you suspect CO exposure?

- Get out of the house and get fresh air
- Call the fire department from a neighbor’s house
- If you show symptoms of CO exposure, seek medical help immediately

As we get into the heart of Autumn, you may be breaking out the gas appliances to stay warm. Gas appliances should not be something to be afraid of, but you should be aware of the hazards. With proper maintenance of gas-powered appliances and up-to-date CO detectors, you’ll be able to stay safe, stay warm and enjoy the cooler weather.

4th Fighter Wing Commander Returns To Nebraska Roots

By Airman 1st Class Mary E. Thach
Staff Writer

LINCOLN, Neb. -- With the sound of fighter jets over head, the colonel’s eyes followed the aircraft across the sky. Dressed in his Air Force green flight suit, Col. Pat Doherty, commander of the 4th Fighter Wing, Seymour Johnson Air Force Base, N.C., flashed a proud smile.

Doherty, a native of Bellevue, Neb., and graduate of Bellevue East High School, flew one of two F-15E Strike Eagles for a demonstration at the 2011 Guardians of Freedom airshow, Sept. 10, in Lincoln, Neb. The two-day show, which was co-sponsored by the Nebraska National Guard, the Lincoln Chamber of Commerce and the Lincoln Airport Authority, attracted more than 200,000 people, was

designed to recognize the contributions of America’s military while honoring those who were lost during the terrorist attacks of Sept. 11, 2001.

“This weekend was special for the entire country. What a way to showcase the importance of our military here on 9/11 weekend, and to be a part of it and bring Strike Eagles back in,” said Doherty, who brought two of his unit’s F-15E Strike Eagles to Lincoln to be part of the show’s static displays of current and historic military aircraft.

Doherty said the trip to Lincoln

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Photo by Staff Sgt. James Lieth

Col. Patrick Doherty arrives at the 2011 Guardians of Freedom Airshow at Lincoln Air Park in Lincoln, Neb., Sept. 9, 2011. Doherty, a native of Bellevue, Neb. and a graduate of Bellevue East High School, is Commander of the 4th Fighter Wing at Seymour Johnson Air Force Base, Goldsboro, N.C.

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strate his salute and facing movements while the Blue Angels ground crew prepared the aircraft for the first passenger flight of the day. She said her husband used to coach football at Thomas Jefferson High School in Council Bluffs, Iowa.

Being a leader in the high school realm, he helped direct young men and women toward enlisting with local Navy recruiters.

Once the crew signaled the jet was ready, Doremus climbed the ladder and boarded the jet. A crew member spoke briefly to him and fastened him tightly into his seat. After the crew conducted safety checks with the pilot, Doremus gave his family thumbs-up and waved good-bye. The jet pulled away and headed down the runway.

Once the first flight was over, he exited the plane, pale but beaming.

"Once I was strapped in and we took off, it was like a roller coaster times 100," said Doremus. "I could feel it in my chest."

After Doremus was off of the jet, there was little time for conversation. Immediately, the ground crew began inspecting the aircraft to prepare for the next flight.

The second rider, Sister Joan Lescinski, Sister of Saint Joseph of Carondelet and president of Saint Ambrose Univer-

sity of Davenport, Iowa, was selected to fly with the Blue Angels through the Key Influencer program. As university president, she and her school strive to work with active military members wanting to attend college or return to college. She said it is difficult for active duty military to attend college and complete a degree

with her ride.

"I'm thrilled to death. This is an example of pushing yourself beyond what you think you can do," said Lescinski.

The final passenger, Vanessa Brown, anchor for Channel 8 Eyewitness News. Brown said her supervisor was aware of her adventurous nature and presented

her with the opportunity to ride with the Blue Angels.

Being the last nominee to ride, she spent the entire day watching the flips and turns of the sleek jet, and noted the pale, but smiling faces of the riders ahead of her.

She smiled and said she felt nervous but excited about her upcoming ride. Once she climbed into her seat, the ground crew performed their strict procedures to prepare the pilot and aircraft for one final flight.

Brown was on camera inside the cockpit throughout the duration of her

hour-long flight. Clips of the flight were shown to the public on the local evening news the same evening and the following evening.

The three selected community leaders experienced a dream ride that most will never encounter.

Lescinski said, "The military goes beyond expectation to do more for the people, to serve. They don't ask why, they just do it."



Photo by Master Sgt. Vernon Moore

Lt. Dave Tickle (left), gives reassuring advice to Sister Joan Lescinski before her orientation ride on Sep. 7, 2011 at the Nebraska Air National Guard base.

due to mobilizations and transferring to new bases every few years.

Lescinski said she knew the jet was ready for her to board, but she needed some last minute advice from Doremus.

He said, "Just sit back and enjoy."

With the comforting advice given to her, she climbed aboard the jet with an uneasy smile, and was safely buckled in.

After her flight, she smiled and said the pilot was good to her and she was pleased

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was extra-special because of the fact that he had a chance to visit his mother who still lives in Bellevue, Neb., during his short weekend home. He said when he was a child he would attend air shows often. Coming from a military family, he said he caught the "flying bug" early in life.

His late father retired as a senior master sergeant based out of Offutt Air Force Base, Neb. Before retiring, he was a boom operator, radio operator and a tail gunner throughout his Air Force career.

Doherty said he had the opportunity to see all of the exciting and important missions his dad was involved in and decided he wanted to be a part of it. As a college student, he took private flying lessons and later he joined the Air Force.

Being the commander of a fighter wing, he said he keeps the upcoming generation of Airmen in mind.

"We are always thinking about serving our country, serving our communities, and engaging with the next generation that needs to pick up the torch and continue on," said Doherty. "That's a small part of this and we are very honored and privileged to play a small part."

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the U.S. Navy Blue Angels requesting to return to Lincoln, Neb., with two dates the team would be available.

Stevenson said, "Their offer to return was based upon the great experience they had at our 2006 show."

On Sept. 9, the Blue Angels and other show performers exhibited flying capabilities to families attending the special needs airshow. The unique set up of the tarmac and show catered to families with special needs children or adults. The disabled were able attend a major event without waiting in long lines and maneuvering through large crowds. The general public attended the official airshow Saturday and Sunday.

Lisa Lannin-Clarke, mother of Chayse, a special needs sophomore at Lincoln East High School, said she appreciated that the guard provided an event she and her family could easily attend.

"We would not have been able to come if there was a large crowd out here. Waiting in line is a big deal; we have so much extra stuff to carry. It's a lot of work," said Lannin-Clarke.

Lannin-Clarke said it is seldom that she gets to spend one-on-one time with her disabled daughter due to her other two children's school activities, so it was pleasant to spend an afternoon with her husband and daughter.

Gloria German, a mother of a Make-A-Wish child, said she watched the planes practicing from her backyard and decided it would be great for her children to watch the show the day before, so they were not exposed to the large crowds.

"It's going to be amazing, I am so thankful to have the show so close to our home" German said. "The coolest part is watching the kids and seeing the awe in their faces."

On Sept. 10, a crowd of nearly 100,000 demonstrated their national pride by attending the Guardians of Freedom Airshow. Two Pender High School freshman girls unveiled their artwork on the nose of a KC-135R Stratotanker, and the U.S. Air Force Academy's Wings of Blue opened the show with parachute jumpers

gliding to the ground after jumping from a C-130.

A jet-powered school bus zoomed across the runway, and Warbird Bombers flew over the crowd while pyrotechnics burst on the flight line. The Blue Angels showcased their talents mid-afternoon with clear, sunny skies.

On the morning of Sept. 11, a memorial ceremony was conducted on the tarmac, with speeches by Nebraska Governor Dave Heineman, Sen. Ben Nelson, Rep. Jeff Fortenberry, and Brig. Gen. Daryl L. Bohac. The ceremony gave tribute the 10-year anniversary of the 9/11 attacks on the World Trade Center. The audience offered a minute of silence for the fallen on 9/11, while Lincoln Fire and Rescue rang a bell 14 times for the 14 Nebraska



Photo by Airman 1st Class Mary Thach
Brig. Gen. Daryl Bohac, Assistant Adjutant General for Air - Nebraska addresses the crowd during the 9/11 ceremony of the 2011 Guardians of Freedom Airshow on Sep. 11, 2011 at Lincoln, Neb.

soldiers that have fallen since Sept. 11, 2001.

Throughout Sunday afternoon, a multitude of 150,000-200,000 wandered across the hot concrete, watching in awe of the amazing aircraft flying overhead. The audience enjoyed concessions from the surrounding stands while relaxing under umbrellas and lounging in lawn chairs.

"The 9/11 ceremony was the most rewarding event for me personally, because I wrote and coordinated it myself. However, the entire weekend was rewarding and I continue to be awed and humbled by how hard everyone on the team worked to pull this off," said Stevenson. "We were all tired by the week's end, but the results speak for themselves."

Performances by Jessy Panzer, flying a

Pitts Special, an A-10 and Heritage P-38 demonstration, and an E-4 and B-52 fly-over were only a few of the talented acts throughout the weekend.

Miss America 2011, Teresa Scanlan, a native of Gering, Neb., visited the grounds to greet her fellow Nebraskans and watch the jet stream sky.

Stevenson said he was asked on numerous occasions why the military provides the airshows, and if it is worth the cost.

He said, "The answer was in the faces of the people and particularly the kids."

He explained he was working on last minute details on Saturday during the Blue Angels performance. He looked at the crowd and explained what he saw.

"The jets passed overhead and every face of hundreds... was upturned and smiling; the taxpayers, marveling at the skill and professionalism of their military whom they pay to keep them safe," said Stevenson. "And the kids, some eyes sparkling with excitement and some scrunched against the jet noise, who knows what seeds we planted this weekend."

Col. Richard J Evans, commander of the 155th ARW, said the weekend was remarkable and the public complimented the improved organization of parking and traffic control compared to the 2006 airshow.

"We showed off for people from around the region and left them impressed and informed... We demonstrated

once again, we are Ready and Able for anything and we did it in a dignified manner that fit in perfectly with the 10th Anniversary of 9/11 and our Airshow theme 'Heroes Among Us,'" said Evans.

There were very few incidents over the weekend in a crowd probably exceeding 250,000 people, said Evans.

"When something bad happened, we were right there and got things taken care of," said Evans. "That's what makes the 155th ARW so great; we want to get better, even when we're doing really well."

Although it was a noisy weekend, there was fun for all ages.

Evans said, "The overall effort was superb and the results extraordinary."

Pender High School Artists Unveil Aircraft Nose Art During 2011 Airshow

By Airman 1st Class Mary E. Thach
Staff Writer

LINCOLN, Neb. -- The 155th Air Refueling Wing honored two Pender High School freshmen girls who unveiled their artwork on the nose of a KC-135R Stratotanker during the Guardians of Freedom Airshow Sept. 10, in Lincoln, Neb.

The unveiling ceremony is an annual event provided by the 155th Air Refueling Wing to the communities of airmen in the Nebraska Air National Guard.

Each community's high school is offered an opportunity for students to submit artwork to be selected and painted on a KC-135R Stratotanker for a minimum of one year. Pender is the seventh community selected to display student artwork on the wing's aircraft.

The 155th ARW commander, Col. Richard J. Evans, presented the crowd with a brief history of nose art during World War II. Nose art was designed to give troops a sense of identity, boost the unit's morale, and used as a good luck charm.

The two girls whose artwork was chosen, Brandy Buchholz and Martina Juhlan, age 14, were one out of 36 groups

to submit artwork. They put their artistic minds together and created a piece of art that will represent their community and Nebraska when the plane refuels other aircraft around the world.

Buchholz said it was fairly intimidating to submit her artwork and did not expect to win. She was surprised when she and Juhlan were notified that their artwork was the number one choice.

The drawing featured the head of a red, fire-breathing dragon in the center of a bold black circle, to signify the Pender Dragons.

"We feel honored that we were chosen to be a part of this... especially during 9/11," said Buchholz.

Family and community members from Pender, Neb., traveled to Lincoln to show support and pride for their town to have the honor of being recognized.

Juhlan thanked her parents and her art teacher for their support and help. She said she was really excited to have her artwork selected after dedicating so much time and effort to the drawing.

Buchholz said she is trying to pursue art for her future, while Juhlan would



Photo by Staff Sgt. James Lieth
Brandy Buchholz (left) and Martina Juhlan, freshmen at Pender High School unveil their winning nose art design on a Nebraska Air National Guard KC-135R Stratotanker at the 2011 Guardians of Freedom Airshow on Sep. 10, 2011 in Lincoln, Neb.

like to travel the world as a journalist or be an equine veterinarian.

The accomplishment of these two artists will be seen by the eyes of many around the world over the next year.

Only time will tell where these girl's talents will lead them.

Wing Commander Flies With Blue Angels

By Airman 1st Class Mary E. Thach
Staff Writer

LINCOLN, Neb. -- The Commander of the 155th Air Refueling Wing, Col Richard J. Evans III, flew with the U.S. Navy Blue Angels during their Guardians of Freedom Airshow practice, Sept. 8, in Lincoln, Neb.

While the Blue Angels routinely offer media and VIP flights in the F/A-18 Hornet in conjunction with their events, it is rare for them to allow someone to fly during a full profile demonstration with all six F/A-18 Hornets participating. Col. Evans flew in the two-seat Blue Angel #7 aircraft, flying in the slot position, with LT. Rob Kurrle piloting.

The colonel was afforded this unique opportunity to fly with the Blue Angels because of his current status as the host Wing Commander for the airshow and his previous experience flying tactical fighters as a Weapon Systems Officer in the RF-4C Phantom II aircraft. The 155th operated the RF-4C aircraft from 1971 until 1993 when it was known as the 155th Tactical Reconnaissance Group.

One of the unique things Evans noted about the flight was flying without a G-suit. G-suits are worn by pilots to prevent loss of consciousness when flying under high levels of accelera-

tion force, known as g's. The Blue Angel pilots are highly conditioned to perform difficult maneuvers

without wearing a G-suit while flying, so Evans followed suit. He said despite not pulling many g's since he stopped flying the RF-4C, he was able to handle up to 8.2 G's during the flight, noting it was fun doing so.

After his almost one hour flight was over, the colonel said he felt a little tired, but said it was amazing to see the entire Blue Angels performance from inside the cockpit. He noted the professionalism with which the Angels prepare and then execute a performance is simply amazing and the whole experience was "very impressive."

For his experience the colonel received a VIP Flight Certificate, Slot Ride Lithograph and got to log flying time in the F/A-18 Hornet aircraft. He said, however, that the memories will last a lifetime and he appreciated the Blue Angels allowing him this "once in a lifetime opportunity."



Photo by Staff Sgt. James Lieth

Col. Richard J. Evans III, 155th Air Refueling Wing commander, gets strapped into Blue Angel number seven in preparation for a flight with the U.S. Navy Blue Angels demonstration flight team.



A Chief Concern

State Command Chief

Barb Gossage



Adaptive Thinking

A few months ago I was sitting in Maj. Gen. Lyons office talking about some of the challenges we had in the Nebraska Air National Guard. Our particular topic that day was ops tempo and time management. I shared a comment from a fellow member about being too busy to figure out how to work smarter.

To my surprise he said something to the effect of “that’s ridiculous, its times like this when we need to incorporate adaptive thinking”. Of course I had to do some research on “Adaptive Thinking/Reasoning”. Below is what I found and why I think we should incorporate this in to our leadership style.

Adaptive reasoning refers to a problem solving strategy that adapts thinking to address a problem as it changes and evolves.

Adaptive thinking is defined as consisting of competencies such as negotiation and consensus building skills, the ability to communicate effectively, analyze ambiguous situations, be self-aware, and think innovatively and critically. There is no better time than the present to incorporate adaptive thinking in to our mindset.

The military is confronted with uncertain times and resources to operate in a perplexing geopolitical world. These uncertain times are characterized by vague and ambiguous situations across a broad spectrum of activities. Leaders at all levels and across different disciplines or agencies require specific competencies to succeed such as languages, regional and technical expertise, cross-cultural communications, interpersonal skills, and adaptive thinking. These competencies are an essential element of leader development.

The DOD seems to be under scrutiny by Congress at the moment. Vice Chief of Staff of the United States Air Force, General Breedlove anticipates large cuts in DOD funding over the next 10 years. Our (DOD) personnel and medical costs are growing faster than our budget. There is nothing untouchable with regards to missions, budgets, benefits, etc. We will once again be asked to do more with less.

My first challenge to you is to stay focused on our mission and leave the DC politics in Washington DC. I realize that 80% of our current ANG force has only seen “the times of plenty”.

But we have been through tough, challenging, changing times in the past and I have no doubt we will make it through this current fiscal environment.

The second challenge I have for you is to continue to look outside the box. This pertains to our mission, safety and professional development. Think about the definitions of adaptive reasoning/thinking. Incorporate them in to your daily work habits.

My research also mentioned that many times, our initial thought/solution to a problem is often the best. That being said, I caution you that the answer cannot always be “we’ve always done it this way”. My colleague at work often uses this phrase when he encounters someone who continues doing things the old way; “I’m too busy being busy to help myself”.

Every one of you has an important job to do in the NEANG. You are in the fight daily and your excellent professional work does not go unnoticed. I thank each and every one of you for your service to our great State and Nation.



Diamond Thoughts

1st Sergeant

Jodi Schmidt



Resiliency and Resources

Fifteen years ago I was sitting in a counselor’s office not once but many times to contemplate one of the most important decisions of my life. This decision was something my parents, family or friends couldn’t help me as it was too personal and something that depending on the decision made would impact them all. Most importantly, it was clearly a decision I needed to make and accept responsibility and/or consequences. Fast forward today my experience with the counselor set me up for success for a variety of reasons of which I want to relay to all of you. The first reason is having that non-bias third party to discuss, decipher and bring about the issue, concerns and define the actual problem. From that point the counselor gave me many resources and ideas of how to address the issues, fears, and concerns in which assisted me in making an informed decision and that was of whether to keep my son or give him up for adoption.

Those that know me do know that I’m a proud mother of one fourteen year old boy who has brightened my life in many ways. My fellow guardsmen that is not the point of me writing this detailed and personal story. I write this as there are many, many events going on in our lives whether it is personal, work, military or overall stress because of where we are at as an economy. We may think that our spouses, friends, family or coworkers help us through the situation but more often than not they may be hindering us and that is where someone such as a counselor, advisor, chaplain or mental health provider can clear the fog and lessen the stress that you may be experiencing. Yes this is a plug for the many and vast resources that WE as guardsmen have at our fingertips! Even those that live many miles away and those from other states can also utilize these resources.

Let me convey a brief overview of what those resources are and what they may do for you. The first one is new and at your fingertips each drill. Her name is Angela Meza who is full time on base and located in the medical clinic. Angela is a licensed mental health practitioner and her areas of expertise include: family, marital and relationship issues; domestic violence, depression, anxiety, ADHD, victims of assault/abuse, foster care and reunification/adoption, and parenting. Then we have the MFLC (Military Family Life Consultants) that are nationwide and able to meet with you whenever and wherever. Our wonderful chaplain offices are accessible and willing to assist you beyond the drill weekend. Military One Source offers 24 hour guidance and assistance and includes marriage counseling, financial, parenting, health and fitness all to a local provider and private.

In closing I want to relay that if you are worrying about the same thing each day or each month then it is a problem and it is time to reach out. If you are not sure where to go that is where your First Sergeant can help guide or steer you who to tap into and how. Every one of you is important and your overall well being is vital!

The Relevance of OPSEC

During the Vietnam War, a special team was established to address the alarming number of pilot casualties and aircraft lost from enemy attacks.

The team, known as “Purple Dragon,” was established to take a critical look at operational tactics and mission planning. What the team eventually discovered was a host of “open source” information that linked aircraft call signs to mission related activities or indicators.

Since the call signs were easily intercepted via radio transmissions and behaviors were neither random nor cleverly concealed, enemy insurgents were able to accurately predict what, where, when and how missions would unfold.

Operations security, or OPSEC, became the moniker and the program established processes to protect key assets and critical information. The goal is to prevent competitors or adversaries from accurately deducing or predicting critical or sensitive information. The process includes not only identifying critical information, but analyzing threats and vulnerabilities to determine associated risks, and develop effective countermeasures to negate viable risks. It focuses on information or activities that require protection and assists in understanding how someone might attempt to acquire that information.

OPSEC is an important part of any successful organization. Blending OPSEC into everyday activities is important to satisfying mission requirements and accomplishing organizational goals.

Service members and civilians alike must be mindful of any information that might violate OPSEC. What happens when OPSEC is violated? Omission of any OPSEC element results in a security program liable to provide inadequate protection or require unnecessary or expensive protection measures.

At the basic level, a combined definition of critical information can be summed up as “a collection of absolutely necessary facts

and data about a specific subject.” An indicator can be defined as “something observed or calculated that is used to show the presence of a condition or trend.”

The old World War II advertising campaign is simple, but true ... “Loose lips sink ships.” OPSEC is everyone’s responsibility; we must all do our part to manage our unit’s critical information and adhere to the countermeasures in place to protect information or capabilities. Each unit has a developed listing of critical information (also known as a Critical Information List) along with associated countermeasures to manage their indicators. CILs present unclassified categories of information and should be easily accessible in each unit.

Whether in times of war or peace, we must all be careful to recognize what a unique role we all play for this wing and the U.S. Air Force. Each member is an important brick in the foundation of our mission. As such, when one of those bricks has compromised its mass or integrity, the foundation is no longer secure. When we operate under the old premise of “loose lips sink ships,” we protect those men and women executing the tactical requirements at all levels, so they are free to operate in an uncompromised environment.

The next time you are sitting at your terminal, engaging in friendly conversation locally or over the telephone, or posting something on Facebook, think critically about the information you convey. If someone was listening or watching, are you perhaps compromising or inadvertently divulging critical information?

Disclosure by multiple areas or people can easily tear down the countless number of hours spent on managing information. Be careful, and most importantly, be aware.

Source: Usaf Aim Points, 22 Aug 2011 (Major Robert Sweeney, 65th Operations Support Squadron)

SNOW KIDDING!

It may seem a little early to utter “Snow” however the next drill is at the end of November, leaving a reasonable chance of seeing the white stuff between now and then. Here are a few reminders on inclement weather travel and work policy.

Snow Phone Line: If the weather is extremely bad and you are questioning if work hours are delayed please call 402.309.1100.

Civil Engineer Snow Plan: If it is snowing on the base, then heavy equipment is out on the streets, sidewalks, and aircraft ramp moving it. The sequence of snow removal is as follows: 1) Emergency and Security routes. 2) Main streets, parking lots and sidewalks. 3) Aircraft ramp and

POL. 4) Secondary streets, sidewalks and general area clean up.

Awareness of snow equipment: Please keep a safe distance between yourself and snow operations. The snow equipment blows snow, spreads ice melt and gravel, and chips ice. Visibility of the equipment operator can be incredibly limited during heavy snow and high wind. Please DO NOT tailgate equipment operators, park right in front or behind them, or assume that they can see you.

TDY Parking: If you are parking a vehicle on base for longer than a day, you should park in the NORTHEAST CORNER of the MAIN PARKING LOT. This makes snow removal of building parking lots and the main parking much more efficient.

Facility Snow Duties: Building users

are responsible for clearing the snow and applying ice melt/sand/salt a minimum of fifteen feet from the entrances to their buildings. This includes doorways that are not normal entry/exits, but are considered emergency exits. Please do not pile snow against doors, preventing them from being opened in an emergency situation. In addition, if you use a snow blower, do not store the machine or the fuel in the building vestibules, restroom or any other area where it may create a fire or explosion hazard.

Snow shovels, sand, and ice melt will be provided by CES and put at each entrance to the buildings. We will attempt to keep these supplies stocked on a regular basis. If you are in need of supplies or tools, please call the CE Work Control desk at 1511, to report your needs.

MEDICAL NEWS



MEDICAL READINESS IS YOUR RESPONSIBILITY

Immunization Clinic: (Capt Mikayla Carlson): mikayla.carlson@ang.af.mil- (TSgt Jordan): matthew.jordan@ang.af.mil

SATURDAY:

8 a.m. to 11:30 a.m. – Clinic--- all shots except smallpox (NO smallpox this UTA, please call if there are any questions)

10:30 a.m. to 11:30 a.m. - yellow fever available SUNDAY (once vial is open, it is only good for one hour)

** Flu shots will be coming to your section on base, have documentation or you will receive the immunization***

HA's/ Fly HA's and WEBHA+ - Medical Admin: ext 1485 (NCOIC: SMSgt Scott Boden)

SATURDAY:

8 a.m. to 11:30 a.m.- please stop at the admin counter with your appointment card to begin process. * Be sure to have your I.D. card, no I.D. means, no HA+/FLY physical.

NOTE: All unit members due RCPHA within one month (two months for fliers) or overdue, must complete the AFWEBHA. Please complete the AFWEBHA prior to your appointment. The MDG will have your print out available for your appointment. WEBHA how-to: 1. Go to Air Force Portal. 2. Click on the "Home" tab. 3. Scroll down to "Fitness and Health Links". 4. Select "AF Web Based Health Assessment". 5. Select "Patient Log In". 6. Register yourself in the database. 7. Complete questionnaire. 8. Provided registration is correct, info automatically flows to the 155th MDG; refer questions to ext 1485

Dental: ext 2770 (OIC: Dr. Shaddy) raymond.shaddy@ang.af.mil

SATURDAY:

8 a.m. to 11:30 a.m. - Please drop off yearly dental forms (DD Form 2813) in lock box in MDG lobby or scan and email to Dr. Shaddy. Note: new requirement: All unit members will receive military dental exam every 5 years in conjunction with HA+.

All Fly personnel (not AGR) may get credit for their annual dental exam from their civilian dentist by using the DD 2813 form. The requirement for a military dental exam is every 5 years.

Public Health: ext 1487 (NCOIC: MSgt Wharton) tracy.wharton@ang.af.mil - Occupational Health appointments made in advance, please call 1487. Pregnancy notifications must be made to Public Health as soon as member is notified of a positive pregnancy. Any questions call Public Health.

Fitness Questionnaires: ext 1485 OIC: Dr. (Lt-Col Amyot) and PA (Lt Russell): kathleen.amyot@ang.af.mil

SATURDAY: Fitness WALK- IN: 2 p.m. to 3 p.m. – to expedite, call ahead to have your record ready for Dr. Amyot.

--- Please stop at admin counter to get medical record and proceed to instructed area to see provider. PLEASE NOTE: if you are referred to the clinic to see a provider, Dr. Amyot or Lt Russell will review your record and recommend next course of action. The 155MDG will not clear anyone to complete the run without member's personal physician recommendation.

Profile Process: ext 1485 (MSgt Bovinet): kristin.bovient@ang.af.mil

Commanders/UHM/UDMs will see 469's (profile) or 422's (fitness restriction) in their MS Outlook inbox. Commanders - if you concur with 469: sign, issue to unit member, and scan return to MSgt Bovinet.

For non-concurrence, please call 1485 for appointment with medical provider. Commander or designated representative should issue 422 to unit member.

Lab: (NCOIC: TSgt Salmon): nathan.salmon@ang.af.mil -- please report to "Lab Check-In" window
SATURDAY: 8 a.m. to 11:30 a.m.

Gas mask fit testing (QNFT): ext 1499 (NCOIC MSgt Holsten)

SATURDAY: 8 a.m. to 9:30 a.m. - QNFT

SATURDAY: 1 p.m. to 2 p.m. Respirator Protection Training Class

Check out your individual medical readiness (with your CAC reader) at this website:

<https://asims.afms.mil/webapp/AppDir.aspx>
-- IMR is your responsibility!

News and Notes

Military One Source

Free personal services are available to service members and their families 24/7 at Military One Source. For online assistance related to military life and deployments, families and recreation, health and relationships, careers and education, financial and legal crises, go to <https://militaryonesource.com>.

VPC-GR basics

The vPC-GR Basics electronic learning tool is the first in a planned series of web-based interactive courses related to personnel processes. It shows how to establish accounts, use the dashboard and manage action requests/work. The eLT is available via the Advanced Distributed Learning Service website (<https://golearn.csd.disa.mil>). Go to "Course List," then "Miscellaneous."

Updating Personal Info

Air Guard members with a recent change in status such as promotion, reenlistment, marriage, divorce, moved into a new home/ apartment, have an addition or reduction to their household can review personnel military records and submit the required supporting documentation to correct or update personnel data. Use the virtual Military Personnel Flight or contact your servicing Commander's Support Staff or Military Personnel Section. Access this system from the AF Portal: www.my.af.mil, under the Top Portal Links section.

Not Receiving The Prairie Guardian

To ensure you receive the Prairie Guardian, make sure your email address is correct and current in VPC-gr. This is where we get email addresses. It will also be posted to www.155arw.ang.af.mil every month.

Upcoming Events

OCTOBER 2011 UTA: 1 AND 2

OCTOBER 10, 2011 - COLUMBUS DAY

OCTOBER 22, 2011 - USAF BAND AT NORTH STAR

NOVEMBER 11, 2011 - VETERANS DAY

NOVEMBER 2011 UTA: 19 AND 20

NOVEMBER 24, 2011 - THANKSGIVING

DECEMBER 2011 UTA: 3 AND 4 UNIT HOLIDAY PARTY

DECEMBER 25, 2011 - CHRISTMAS

DECEMBER 31, 2011 - NEW YEARS EVE

News and Notes

What's Cookin' ...

Special Serving Time
10 a.m. to 12 p.m.



SATURDAY MENU:

*Spinach Quiche, Bacon Quiche, Smoked Sliced Ham, Pancakes, Hard Boiled Eggs

Short Line Made to Order Omelets/Eggs, W/Tomatoes, Green Peppers, Diced Ham, Shredded Cheese, Mushrooms, Diced Onions, *Turkey Patty, French toast

Both Lines Bacon, Hash browns, BLT (Self Serve), Scrambled eggs, *Yogurt Parfait, Salad Bar, Fresh Fruit

SUNDAY SERVING TIME 11 a.m. to 1 p.m.

SUNDAY MENU: *Chinese Five Spice Chicken, Orange Pork loin, Mushroom Gravy, Parsley Buttered Potatoes, Steamed Rice, Steamed Carrots, Broccoli

Short Line Potato Bar, W/Bacon Bits, Diced Ham, Broccoli, Shredded Cheese, Sour Cream, Chili, Onions, Chives, Butter, BBQ Pork/Beef Sandwich, Nachos with cheese

Both Lines: Minestrone Soup, Salad Bar, Fruit Cocktail, Salad, Potato Salad, Brownie, White Cake, Fresh Fruit

The Dining Facility is open 11 a.m. to 1 p.m.
Everyone using the facility must present a valid ID card.

* Indicates Healthy Choice Item

Information on Basic Allowance for Housing

In order to ensure you receive the correct Basic Allowance for Housing (BAH) when performing active duty, please recertify immediately in the finance office whenever your dependency status changes, (marriage, divorce, new child). You will also be required to recertify your BAH status every three years. If you fail to recertify your BAH status within 30 days of your previous recertification month, your BAH will be stopped. If your BAH is stopped due to failure to recertify, it will not be retroactive when you eventually come and recertify. Any questions regarding this information may be directed to Ms. Lynda Hames, 402-309-1143.



SAT CALENDAR

6:15 A.M.	SPRINT CLASS
6:30 A.M.	JACK-O-LANTERN JOG
7:30 TO 8 A.M.	STAND-UP
8 A.M.	FITNESS TESTING (RUN ONLY) GYM
9 A.M. TO 3 P.M.	FSS ID CARD AND CUST SERVICE
8:30 A.M. TO 3 P.M.	AIRMAN PREP FSS CONF ROOM
10 A.M. TO 12 P.M.	DFAC SERVING LUNCH
1 TO 4 P.M.	TESTING BASE TRAINING
1 TO 2:30 P.M.	OFFICER'S CALL (MANDATORY)
1 TO 2 P.M.	JANELLE PRIEST RETIREMENT CES
3 TO 4 P.M.	CES ASSUMPTION OF COMMAND
3 TO 4 P.M.	ROBERT MAYER RETIREMENT MDG
6:30 p.m. to ??	F5 DINNER THEATRE WSI HALL

SUN CALENDAR

6:15 A.M.	SPRINT CLASS
9 A.M. TO 3 P.M.	FSS ID CARD AND CUST SERVICE
10 A.M.	FITNESS TESTING (RUN & WALK) GYM
11 A.M. TO 1 P.M.	DFAC SERVING LUNCH
1 TO 4 P.M.	TESTING BASE TRAINING
3 TO 4 P.M.	YRR 90 DAY POST
3 TO 4 P.M.	CF ASSUMPTION OF COMMAND
3:30 TO 5 P.M.	HONOR GUARD PRACTICE DL WEST
6:30 P.M. TO ??	F5 DINNER THEATRE WSI HALL

News and Notes

Uniform Updates and Changes



Lincoln ANGB will suspend mandatory "Blue Monday" effective Monday, November 14, 2011.

Any uniform combination is OK on Mondays

Caution: "Blue Monday" remains in effect at Offutt AFB and most TDY locations

Note Washington D.C. Area is going Blues Monday-Thursday

Uniform Notes:

BDU's and Black Boots not authorized after October 31, 2011.

Green Fleece must have name/USAF tape/rank to be worn as outergarment (Black Fleece no longer authorized for wear)

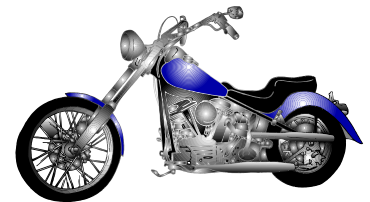
100% Wool Pullover Sweater no longer authorized for wear

Blue/Dark Gray earmuffs, scarves, gloves, mittens no longer authorized

Motorcycle Safety Foundation's Experienced Rider Course

155th ARW Now Offers Reimbursement For the Cost Of Attending the Motorcycle Safety Foundation's Experienced Rider Course

MOTORCYCLE RIDERS: The 155th ARW will now pay for you to attend the Motorcycle Safety Foundation's Experienced Rider Course. If you have completed the Basic Rider Course and want to hone your riding skills and fine-tune your mental skills needed for survival in traffic, this is the course for you. PRIOR APPROVAL FROM THE SAFETY OFFICE IS REQUIRED TO BE ELIGIBLE FOR REIMBURSEMENT. If you are interested, please contact the Safety Office at 309-1118 or email scott.tontegode@ang.af.mil



Air Force Concert Band and Singing Sergeants Fall Tour Coming to Nebraska

Wednesday, Oct 19, 7 p.m.
Sidney High School Performing Arts Center
1101 21st Ave.
Sidney, NE 69162

For FREE tickets, mail your request indicating the number of tickets you'd like (limit 4 tickets per request) and a self-addressed, stamped envelope to:

U.S. Air Force Band Tickets
Attn: Nathan Beutler
1101 21st Ave.
Sidney, NE 69162

Or pick up tickets at:
Sidney High School Office
1101 21st Ave.
Sidney, NE 69162

Thursday, Oct 20, 7 p.m.
Heartland Events Center
700 E. Stolley Park Rd.
Grand Island, NE 68801

For FREE tickets, mail your request indicating the number of tickets you'd like (limit 4 tick-

ets per request) and a self-addressed, stamped envelope to:

U.S. Air Force Band Tickets
Attn: Linda Hoegh
The Grand Island Independent
PO Box 1208
Grand Island, NE 68802

Friday, Oct 21, 7:30 p.m.
Tassel Performing Arts Center
1324 Tilden St.
Holdrege, NE 68949

For FREE tickets, mail your request indicating the number of tickets you'd like (limit 4 tickets per request) and a self-addressed, stamped envelope to:

Tassel Performing Arts Center
Box Office
1324 Tilden Street
Holdrege, Ne 68949
308-995-2717

Or you can pickup tickets at:
Bruning State Bank
1215 Burlington Street

Holdrege, Ne 68949
308-995-3880

First National Bank of Holdrege
401 East Avenue
Holdrege, Ne 68949
308-995-4411

Great Western Bank
424 West Avenue
Holdrege, Ne 68949
308-995-6531

Firstier Bank
229 West 4th
Holdrege, Ne 68949
308-995-9595

Bank of Bertrand
601 Minor Avenue
Bertrand, Ne 68927
308-472-3411

Security First Bank
501 C Street Box 287
Overton, Ne 68863
308-987-2461

Firstier Bank
222 Tyler Street
Elm Creek, Ne 68836

308-856-4661

Saturday, Oct 22, 7 p.m.
Lincoln North Star High School Auditorium
5801 North 33rd St.
Lincoln, NE 68504

For FREE tickets, mail your request indicating the number of tickets you'd like (limit 4 tickets per request) and a self-addressed, stamped envelope to:

Lincoln Journal Star--U.S. Air Force Band Tickets
Attn: Rebecca Sidles
926 P Street
Lincoln, NE 68508

For additional information, please visit the following link:
<http://www.usafband.af.mil/events/index.asp>

Pancake Feed

BREAKFAST IS ON THE CHIEFS

Sunday, October 2, 2011
Dining Facility 6 a.m. to 8 a.m.
"To go" boxes available
Bring your appetite

Presented by The Chiefs' Council



NEBRASKA AIR NATIONAL GUARD VACANCIES

Career Field	Description	ASVAB	Rank	Squadron	Available	Additional Requirements
1C3X1	Command Post	A-55 & G-67	SSgt	ARW	2	Multiple, check classification
2A553B	Avionics	E-70	SSgt	MXS	1	Normal CV
2A6X2	Aerospace Ground Equip	M-47 & E-28	SSgt	MXS	3	Normal CV
2A6X4	Aircraft Fuel Systems	M-47	SSgt	MXS	2	Normal CV
2F0X1	Fuels	M-47 & G-38	SSgt	LRS	1	Normal CV
3D1X4	Spectrum Operations	E-60	TSgt	CF	1	Must have a previous 3DO AFSC
3E8X1	EOD	M-60 & G-64	TSgt	CES	2	Normal CV & DP
3M051	Services	G-24	SSgt	FSS	1	

FOR MORE INFORMATION CALL 402-309-1172

Congratulations and Welcome

PROMOTIONS

Colonel James R. Stevenson 170 Group
Lt. Colonel AnnMarie Anthony 170 Group
Major Randall Douglas 173 ARS, Wendy Squarcia 238 CTS
Captain Patrick Matol 173 ARS
Technical Sergeant Amanda Meyers, 155 MDG
Staff Sergeant James Lieth 155 ARW, Aaron Karpisek, 155 Stu Flt, Bradley J. Metz, 155 MXS, Seth M. Harrell, 155 MXG, Paul J. Wood, 155 LRS, Victoria Pelan, 155 MDG
Senior Airman Zachary Bennett, 155 MXS, Matthew Krepel, 155 MXS

ENLISTMENTS

Staff Sgt.
Elizabeth Jackson MDG
Senior Airman
Jolie Farley-Wanberg FSS
Airman 1st Class
Jonathan Zgainer MDG
Daniel Ellis AMXS, Matthew Vondrasek 170th
Victor Habib MXS, John Owen FSS
Taiheem Pleasant FSS, Billilester King SFS
Megan Sojka MXS

RETIREMENTS

Master Sgt. Janelle Priest CES
Tech. Sgt. Robert Mayer MDG