

Rickenbacker Air National Guard Base, Columbus, Ohio

WING WATCH

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121st Air Refueling Wing

June 2012

Salute to Hometown Heroes!



Senior Master Sgt. Nolan Garrett Jr. is congratulated by Brig. Gen. Mark Stephens, commander of the 121st Air Refueling Wing, after being awarded the Meritorious Service Medal he earned for his latest deployment.



Maj. Kenneth Voris receives congratulations from Brig. Gen. Mark Stephens, commander of the 121st Air Refueling Wing, after being awarded the Joint Service Commendation Medal he earned for his latest deployment to Camp Arifjan, Kuwait.



Senior Airman Julienne Garrison receives her Tier 1 award for her latest deployment during the Hometown Heroes ceremony at Rickenbacker Air National Guard Base.

US Air Force Photos/ Staff Sgt. Zachary Wintgens



The Wing Watch moves to quarterly publication

The 121st ARW public affairs office has moved the Wing Watch into a quarterly publication. Rather than having six issues a year, as we did in 2010 and 2011, we will now have four issues a year. You can always find an electronic copy on our base homepage, under the link "Wing Watch."



This funded Air Force newspaper is an authorized publication for the personnel of the 121st Air Refueling Wing, Rickenbacker International Airport, Ohio. Contents of the Wing Watch are not necessarily the official view of, or endorsed by, the Department of the Air Force or the Ohio National Guard. The editorial content is prepared, edited and provided by the Public Affairs Office of the 121st ARW, Rickenbacker IAP, 7370 Minuteman Way, Columbus, OH 43217-5875. All photographs are property of the U.S. Air Force unless otherwise indicated.

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Wing Watch submissions

Articles, photos, announcements and other useful information should be submitted to the PA office by 12 p.m. Friday of UTA for print in the next issue. Material can be e-mailed to: 121ARW.WingWatch@ang.af.mil

AMVETS Career Center offers free online courses for veterans

*Master Sgt. Bill Pierce
121st Public Affairs*

Have you ever wanted to earn certifications, learn American sign language, or perhaps take a course that would help you in college? How about doing it all for free? The AMVETS Career Center is just the place for you.

The career center offers thousands of hours of online courses in the business, technical, and service enterprise categories. You have one year to complete the course of your choice and there are no prerequisites. Some courses (Windows, Cisco, etc.) include practical exams that may help you study for certifications. Depending on whether funds are available, the career center will pay for your certification test if you prove you have excelled in the online course. You may take the course as many times as you like during the year.

To sign up, you must visit the career center in person in order to be placed into their system. They will need to see your military ID card and it takes about 20 minutes to sign up. Once they input your information, you will not need to go back. Just give them a call and they will sign you up for the next available class.

Once you are signed up, go to www.amvetscarercenter.org. The counselor will show you where the courses are located that are available for you.

So, if you live in the Columbus area, take a moment and stop by the AMVETS Career Center located at 1395 East Dublin Granville Road, Suite #205, Columbus. You should call beforehand to ensure they are in the office. Their number is (614) 431-6990. If you're not in the Columbus area, don't worry. There are 67 locations throughout Ohio. If you click on the 'Locations' tab, you will find a list of their phone numbers and addresses. Contact your nearest career center and get started today!

If you have any questions, please feel free to contact me at bill.k.pierce@us.army.mil (my fulltime Beightler email). I am currently taking Windows 7 Configuration MCTS 70-680, and I will be taking my certification test for free because AMVETS will pay for it (a savings of approx. \$125)!

Making the best, better

Lt. Col. Ann Coghlin

MSG Deputy Commander, 121st ARW

Commander's Column

A goal of every member of an organization should be to improve the organization and to ensure that it will be a better place when they leave. One of the tools available to help accomplish this goal is mentoring.

Before you roll your eyes and say, "I've seen this come and go before," realize this is a culture change not only within the 121st Air Refueling Wing, but the Air National Guard as well. As our resources shrink and requirements/taskings seem to increase, it is everyone's interest to make our team as strong as possible.

Mentoring is a partnership between a mentor and a protégé that is based upon the needs, goals and objectives of the protégé. Near, mid- and long-term goals should all be considered. A mentor may assist a mentee in many different ways to help the mentee enhance their professional development. A mentor may assist a protégé in planning a career path, teach a new skill, offer experienced advice or input on work related projects. It is unique to each partnership and the term is defined when the protégé's needs, goals or objectives are met.

A mentor should usually not be the person's supervisor or rater. Responsibility to provide guidance and feedback already exists in this relationship.

Mentees are people seeking mentoring and help shaping their professional and personal development. They want to learn from someone else's experience.

Mentees benefit from another person's belief in their ability to succeed. Mentors can give advice, corrective feedback, formal and informal direction, provide networking opportunities and provide avenues for the protégé to demonstrate their skills.

Mentors are giving back to their organization. In addition, they often learn from their protégé as they work through the boundaries of their partnership. They may be re-energized and find new or creative approaches. The responsibility of being a mentor is serious, but the rewards are measureable and intrinsic.

A unique situation may occur due to our structure as the Guard. A junior ranking or younger member could mentor a senior ranking or older member because of the skills and experience they have from their civilian job. We won't see this often, but if the partnership meets the needs, goals or objectives of the protégé, that is the intent of mentoring.

Another effective relationship is group mentoring. In today's time crunch with numerous requirements, pulling all of us in multiple directions, a structured group mentoring format may work best. Examples of group mentoring opportunities are the Company Grade Office Council, a featured speaker, "how to interview" panel ... the ideas are only limited by time and ideas.

So, how do you get started in the mentoring process? Both officer and enlisted programs are web-based and available through the Air Force Portal. Enlisted members can use the "MyDP-My Development Plan" on the left side of the AF Portal under the Education/Training/Force Development section. The OPR for the Enlisted Mentoring Program is the Human Resource Advisor. This position is currently advertised, so more information is sure to follow.

Officers can access their program from the Air Force Portal home page on the left hand side of the page by clicking on vPC-GR – virtual Personnel Center-Guard Reserve". Select "Action Requests" from the tabs. Scroll to the bottom right and click on "Guard Officer Development Plan (ANG-ODP). Complete your ANG Officer Development Plan. Additional details can be found in the folder, M:\Un-Official Files\Shared\Officer Development - Mentoring Program.

The 121st ARW Officer Development/Mentoring Working Group members are Lt. Col. Ann Coghlin, Gregg Hesterman, Kathy Lowrey, Maj. Scott Bailey, Christine Anderson, and Capt. Glenn Davis.

Integrity is another attribute in short supply today. A young professional must learn to match his or her thoughts, feelings, and beliefs with actions and must learn to walk the talk. Again, you demonstrate this through your own behavior. Remember, the greater the integrity, the greater the power.

Mentoring is a lifelong process and a core part of our professional development. Do it right and you are never done. I urge each of you to become a protégé for your professional growth and a mentor to ensure our Wing develops all members to be the best of the best. As a bonus, the personal satisfaction you gain will remain with you forever.



Safety, preparation, and reflection

Maj. Michael Cassady

Chaplain, 121st ARW



I was recently listening to the Army's latest program on "100 days of summer." "100 days" is a program that encourages safety in water sports, motorcycling, and all those outdoor activities military and civilians will do in the months of summer. "100 days" says that preparation and safety reduce the risk of injury. Sort of a "you never know, but you can prepare" approach to life.

That is a wise way to do things, because you never know what's coming next. I have heard that before and it came home vividly on one Sunday - that is, the "you never know" part - came alive to me after what I thought to have been a particularly good sermon. As she was leaving, one dear saint who was getting on in years told me, "Preacher, ever since my husband lost his mind, your sermons mean so much to him."

Now who was expecting that?

I recognize that it is not just the next 100 days of summer, but all life and beyond that merits preparation and reflection. Still, I also know that life is made up of the "you never know" parts and quite honestly—there is just no way to be ready for everything. As a person of faith, I trust in the One who holds the future. As Airmen, we carry that spirituality within our daily lives and in our relationships with families, friends, community, and God.

Knowing God in prayer, worship and in each other puts us back into the loop of relationship with a God who is actively with us, guiding us, touching us, and leading us. Even, as the Bible says, when things fall apart. That is the good news for those who need support and need God during the "you never know" parts. It sustains Airmen in the mission, their families, and renews all.

The chaplains office at the 121st ARW is located in building 887, room 313, and is available on UTAs and on-call to help you with whatever happens, good and unexpectedly not so often good, during the "100 days of summer" and beyond.

I know that I will live to see the Lord's goodness in this present life.

Trust in the Lord.
Have faith, do not despair.
Trust in the Lord.
Psalm 27.14

It's your safety — make it personal!

*Lt. Col. Scott Buzzard
Chief of Safety, 121st ARW*

The Air Force's annual Critical Days of Summer campaign kicked off 25th of May, and will run through September 4th. Why the need for a summer safety campaign? Since fiscal year 2002, the Air Force has experienced 218 fatalities during the Critical Days of Summer (201 off-duty, 17 on-duty). Our goal again this year is to ensure all of our members have zero preventable fatal mishaps and an injury-free summer. We all have families, friends and co-workers who are important in our lives. When you commit to take care of them, it is personal – these are the people that mean the most to you.

This year's 10 week campaign will be similar to last year's, with a different topic of emphasis each week. Weekly themes will cover: the wingman concept, sober driving (duh!), ATV safety, motorcycle safety, trip planning, BBQ safety, fireworks safety, countering fatigue, sports and recreation safety, and water safety. All the briefing items will be posted on the 121st SharePoint site under the "safety" tab at the top of the page, then under the Critical Days of Summer Briefings, as they become available.

Some of these topics may seem pretty elementary and you wonder why we spend time addressing them. The answer is Simple. Some people do some of the most stupid, elementary things that end up killing or injuring themselves. You wouldn't think I would need to tell a professional Airman not to shoot off fireworks indoors, right? People have died recently or burned down homes doing just that. I shouldn't have to caution you on speeding in your car, but over 13,000 people die each year because of it. I don't need to remind any of you to be careful playing sports or being out on the water this summer, but last summer there were 354 mishaps across the Air Force, three of which were fatal.

I will say a little more on motorcycle safety since one member of the 121st had a very personal experience recently. One of our own was involved in an accident when his motorcycle struck a pallet that had fallen onto the highway and was hidden by the vehicle in front of him. I actually passed this accident scene within 30 minutes of the accident and, not knowing who was involved, figured someone was critically injured, if not dead. Fortunately, our rider was wearing all the appropriate personal protective equipment, to include his helmet, and he fortunately walked away with only a broken collarbone. I still see far too many riders, (i.e. more than zero), without helmets in the area. If any of you ride with the wind in your hair (to include you bald guys), give my office a call. The member involved in this accident will be happy to show you the damage his helmet absorbed so his skull didn't have to.

You are your own first and last line of defense to help us realize our goal of "every guardsman home safely, every night."

Safety- it's personal

Brig. Gen. Mark Stephens

Commander, 121st ARW

“Safety- It’s Personal” is the theme for this year’s Critical Days of Summer safety campaign, which runs from the 25th of May through September 3rd, 2012. This year’s theme is a reminder that safety is everyone’s responsibility and the decisions we make impact our friends, families and the entire Air Force community.

Summer is a great time to enjoy the outdoors and warm weather with your friends and family. I urge you to incorporate thoughtful planning in all your activities and get sufficient rest before strenuous events as well as extended road trips. Give some consideration to your personal limits and capabilities and exercise sound judgment. We want every member of the 121st to come home safely at the end of the day.

Every year we remind you about personal risk management during the Critical Days of Summer ... and for good reason. The majority of Air Force fatalities happen during the summer months and we need this to stop. Even one loss is too many! I encourage you to make safety a priority. Our ever-continuing goal is zero preventable mishaps and fatalities.

Please take an active role in keeping your fellow Airmen safe. Reckless behavior off-duty remains our greatest threat. Be a great wingman, an engaged supervisor and the one who sets the example for safety both on and off duty!

I thank you again for your service and I wish you all a safe and happy summer.

Special membership promotion for ONGEA benefits all

Tech. Sgt. Nelson Spittler

ONGEA Area 3 Regional Director - Air

From June 1st through August 30th, the Ohio National Guard Enlisted Association (ONGEA) will be offering a special membership promotion which will benefit our members, their spouses, and family programs.

E6 and above (new or renewals):

-For your \$30 membership fee you can sponsor an E5 and below for a free, one-year membership.

-In addition, your spouse may join the Auxiliary for free.

-Plus, \$5.00 from every paid application will go to the MSC/Wing Family Programs office to use in support of their soldiers and airmen.

-This offer extends to our retired, associate, and new life members also.

E5 and below (new or renewals):

-If you have not been sponsored by an E6 or above, for your \$15 membership fee you can either let your spouse become part of the Auxiliary or have \$5.00 donated to your MSC/Wing Family Programs office - It’s up to you!

We need your membership now more than at any recent time in the past decade. It is important that we have your voice when it comes to National Guard personnel during equipment and personnel cuts, both nationally and here in Ohio.

Through this Summer Surge, we would like to enable your spouse to have a legislative voice alongside you and also show our support to our outstanding unit family programs. If you supported this surge last summer, THANK YOU! That drive benefitted everything we were doing then. But that also means that your membership is about to expire. So please support it again and help advocate for the Ohio Air National Guard in our time of need.

Feel free to contact me at nelson.spittler@ang.af.mil to take advantage of this promotion and sign up today!

101 critical days of summer: protecting yourself from the sun's harmful rays

Senior Airman Joel Tilson

121st Public Affairs

The critical days of summer safety is upon us. With warmer weather comes more time spent outside with friends and family. It is important to remember one of the most essential things for protecting yourself against a painful experience: sunscreen. I was foolish enough to forget this important tool for protection this past week and am currently in extreme distress with 2nd degree burns on my arms and back. Michael Murphy, a former Army dermatologist and now a civilian skin cancer surgeon, offers these tips on sheathing your skin with sunscreen.

1. **The basics.** Avoid sun exposure from 10 a.m. to 4 p.m. Most experts agree you should grab a broad-spectrum sunscreen rated SPF 15 or better.
2. **When to apply.** Sunscreen needs 30 minutes to absorb into the skin. An ounce is usually good. "Most people under apply sunscreen," Murphy says.
3. **Reapply often.** You should reapply at least every two hours.
4. **The SPF truth.** SPF protects against only ultraviolet B rays. SPF 15 means unprotected skin would burn 15 times faster than slathered skin. It does not mean you can stay in the sun 15 times longer without suffering damage.
5. **The skinny on UVA.** Labels don't mention how well a product screens ultraviolet A rays, which contribute to skin aging and cancer. The FDA is considering new labeling rules.
6. **Key ingredients.** Look for avobenzene, oxybenzone, titanium dioxide, zinc oxide or ecamsule (or Mexoryl SX). An effective broad-spectrum sunscreen should contain one or more of those.
7. **Two misleading terms.** "Waterproof" (no such thing) and "sunblock" (products screen, but do not block), according to the Skin Cancer Foundation.
8. **Burning through.** A typical cotton shirt provides the equivalent to SPF 6-8. Baseball caps don't protect much. Murphy says to lather up and/or wear a wide-brimmed hat.
9. **Mixed protection.** A study found that mixing sunscreen and insect repellent lowers sunscreen effectiveness by 33 percent.
10. **If it fails.** If you're in pain, drink water or juice. Acetaminophen will help with headaches, slight fever or chills. Soothe the skin with a washcloth soaked in cold skim milk. It helps kill the fire and creates a protein film that eases the pain.

A significant sunburn can ruin a fun weekend in the sun with friends and family. More serious, excessive UV radiation to the skin can lead to malignant tumors. Home treatments that help manage the discomfort or facilitate the healing process include using cool and wet cloths on the sunburned areas, taking frequent cold showers or baths, and applying soothing lotions that contain aloe vera to the sunburn areas. Remember, in order to have a safe and fun summer spent outdoors, always remember to bring your sunscreen, and apply early and often.



Source: ArmyTimes.com

E5 - E6 Vacancy Listings

<u>Close</u>	<u>Duty AFSC</u>	<u>Unit</u>	<u>Duty Title</u>	<u>Rank</u>	<u>Special Instructions</u>
19 June	2A5x1	AMXS	Aerospace Maintenance	SSgt	
19 June	R2G0x1	LRS	Logistics Plans	TSgt	
19 June	2T34x1	LRS	Vehicle/Vehicle Equip. Maint	SSgt	
19 June	2S0x1	LRS	Supply	SSgt	3 Positions
19 June	3E0x2	CES	Electrical Power Production	SSgt	
19 June	3M0x1	FSS	Services	SSgt	2 Positions
19 June	3S0x1	FSS	Personnel	SSgt	
24 July	Any AFSC	ARW	Human Resource Advisor	SMSgt	Open to MSgt's who: - Currently have PME completed - Meet all other MSgt promotion requirements by 1 June 2013
10 July	1C3x1	ARW	Command and Control Craftsman	MSgt	Due to manning restrictions this limited to members currently as signed to the 121st Command Post
10 July	2A5x1	MXS	Aerospace Maintenance Craftsman	MSgt	Position is located in ISO
10 July	2A5x1	MXS	Aerospace Maintenance Craftsman	TSgt	
10 July	2A6x1	MXS	Aerospace Propulsion Craftsman	TSgt	2 Positions
10 July	2A6x6	MXS	Aircraft Electrical and Environmental Systems	TSgt	
10 July	2A7x3	MXS	Aircraft Structures Maintenance Craftsman	TSgt	
10 July	R2G0x1	MXS	Logistics Plan	TSgt	
10 July	2T2x1	LRS	Air Transportation	TSgt	
10 July	3E4x1	CES	Water and Fuel Systems Maintenance	TSgt	Must have 3E4x1 AFSC
10 July	3E6x1	CES	Operations Management	MSgt	Must have 3E6x1 AFSC, SORTS reportable position. Members must be promotable within the next year to the rank of MSgt
10 July	3P0x1	SFS	Security Forces	TSgt	
10 July	3S2x1	220 EIS	Education and Training Manager	MSgt	Amended: Nationwide Announcement
10 July	8F000	SFS	First Sergeant	MSgt	Position open to MSgt's and promotable TSgt's. Must pass ANG Fitness Test with 80 or higher. Agree to serve a minimum of three years.
24 July	3E0x2	CES	Power Production	TSgt	Must have 3E0x2, SORTS reportable

Motorcycle safety tasks for beginners

Master Sgt. Bill Pierce

121st Public Affairs

The National Highway Traffic Safety Administration (NHTSA) promotes motorcycle safety at its website, nhtsa.gov/Safety/Motorcycles. Many articles are available on this site. You can find anything from “Motorcycle safety guidelines,” to “How to choose the right helmet.” An article that is especially important for beginning motorcyclists is called, “The Model National Standards for Entry-Level Motorcycle Rider Training.”

The article focuses on specific, strong, and measurable education standards and the use of these tools to ensure students receive the level of information and experience necessary to properly prepare them for real-world riding situations.

Motorcycle Pre-Ride Tasks

- Vehicle Control Skills
- Street Strategies
- Roadway Management Skills
- Tasks Related to Carrying Passengers, Cargo, Group Riding, and Touring
- Factors Adversely Affecting Rider Performance

If you would like to learn more about the breakdown of motorcycle pre-ride tasks, all you have to do is visit www.nhtsa.gov/Safety/Motorcycles and click on the “latest news” link.

Remember that safety is paramount for the both motorcycle and vehicle driver.

Source: NHTSA.gov



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