

May / June 2008

The 179th Airlift Wing, Ohio Air National Guard, Mansfield, OH

Congratulations 179th Members!!



Col. Mark Stephens and 179th members in attendance accepting Tappan Award

Because of <u>YOUR</u> hard work, the 179th Airlift Wing brought home most of the awards presented during the Ohio ANG Awards dinner in Columbus on Thursday May 22nd...including the Tappan Award.



OHIO NCO OF YEAR TSgt Tonya Camarata



OHIO SNCO OF YEAR MSgt Mike Schaefer



OHIO CO GRADE OFFICER OF YEAR Maj David Shirley

My hat is off to you!

Col. Mark Stephens 179th Base Commander

"Citizen Airmen at Their Best" is our motto and for good reason. Despite all the turmoil of constantly changing manning documents, changes in unit structure and uncertainty about our future bridge mission you all continue to prove beyond any doubt that our motto is much more than words on paper.

On the 22nd of May, 29 Mansfield members and their spouses attended the Tappan Awards in Columbus. What an evening it turned out to be! The evening kicked off with the outstanding airmen categories which had been announced earlier but not formally recognized. MSgt Mike Schaefer, TSgt Tonya Camarata, and Maj David Shirley were formally recognized as Senior NCO of the Year, NCO of the Year, and Company Grade Officer of the Year, respectively for the entire Ohio Air National Guard. This of course is no small accomplishment and a great

honor to be selected as the best among all your contemporaries from the entire state. I couldn't be prouder of each of them.

Our Medical Group's excellence was recognized with the Hippocrates Trophy. The group

has been very active with some very unique Individual Readiness Training (IRT) deployments, supporting the state Chemical, Biological, Radiological, and Nuclear Enhanced Response Force Package (CERFP) and of course all the needs of the wing and its many deployments. This is a highly coveted award and speaks to the great support our medical professionals are providing to this wing and the Air National Guard.



Medical Group recieved the Hippocrates Trophy

The wing also took the Individual Readiness Award, which as the name implies is a measure of the readiness of each and every one of you to deploy if called upon. This is a very important award in today's environment where we are frequently called to active duty as individuals versus the classic cold war approach of deploying by unit. This award is composed of the many different medical and technical training requirements we all must meet to be mission ready as individuals. This award is a direct reflection on your personal readiness.

Then it was time for the most significant award of the evening, the Tappan Award. This award is named in honor of Mansfield industrialist Alan P. Tappan of the Tappan Stove Company who was very influential in the development of aviation and helping secure a Air Guard base here in Mansfield. The Tappan Award is given to the highest



scoring air wing from Ohio's four wings. There are no slackers in Ohio so the competition is keen. I think it came as no surprise to anyone with all the other categories we had already won that we garnered enough points to be the overall winner in this category as well. It is great to bring this award back to Mansfield!

So as we celebrate our 60th anniversary, my hat is off to all of you for everything you have done and continue to do building on the proud heritage we have here at the 179th. I know that right now many of you have questions as to what the future holds for us and specifically if this heritage will pay off. I believe that our fate is largely in our own hands and that this proud heritage is

extremely important to our future. History does not look favorably on



Company Grade Officer of Year



Individual Readiness Award

those who quit too soon or take the easy way out thinking that our actions don't make a difference. To do so leaves our fate resting in the actions of others. If we continue to hold our heads high as "Citizen Airmen at Their Best," I'm confident that we will look back on this time with great pride knowing that we weathered the perfect storm and came out stronger for it.

NCO of Year

Families of the 179th Airlift Wing

Staff Sgt. Jessica Cauvel Journalist

Most people consider the 179th Airlift Wing to be their second family. People have learned during the 60 years the base has been open, the friends you make will

support you through the hardships of life both on and off base. For some people though, their real life family members are part of the "guard

At

these re-

the 179th.

family."

lationships exist from the Base Commander down to the newly sworn in troop awaiting Basic Military Training. The relationships vary from siblings, to parents and their children, to married members. This can help to strengthen the bonds made at the base, or it can

One such group at the 179th is the mother/children relationship of Senior Master Sgt. Kathie Hursh

provide hurdles to overcome on the

road to leadership and success.

and her two children, 1st Lt. Nicole Ashcroft and Staff Sgt. Todd Ashcroft, Hursh has been a traditional member of the base since

Members who grew the 179th family with their personal family...their children. As we just celebrated Mothers Day and look to celebrate Fathers Day...these people deserve an extra thank you.



Col. Mark Stephens



Senior Master Sgt. Kathie Hursh

1984 and a fulltime employee for 21 years.

When it was time for her children to choose their career paths, Hursh encouraged 1st Lt. Ashcroft to consider the Air National Guard. As one of six kids, 1st Lt. Ashcroft knew her parents would not be able to send her to college without great

financial difficulty. Hursh showed her daughter the best way she could think to help pay the expenses; which was to join the 179th.

1st Lt. Ashcroft enlisted with the Chaplain's Office as she worked her way through college at Franklin University. After earning her Bachelor of Science degree in Business Administration, 1st Lt.

Ashcroft went on to pur-

sue

her

commission as an officer in the Public Affairs office.

When Hursh's second child was preparing for his life after high school, she pointed him in the direction of the military as well. Staff Sgt.

Ashcroft decided to join the Active Duty Air Force. After five years of the fast paced life in active duty, Staff Sgt. Ashcroft decided to come home and transfer into the 179th so he come be near his family.

Since joining the 179th, Staff Sgt. Ashcroft has been able to concentrate more heavily on his



Chief Master Sgt. Kenneth Wolf

college education. He has been pursing a Bachelor of Science degree from Mount Vernon Nazarene University and should be completed with the degree in 2009.

After setting her children on the path to their educations, Hursh decided it was time for her to lead by example and pursue her own degree. In early 2008, Hursh earned her Bachelor of Science in Business Administration from Mount Vernon Nazarene University.

Another family at the base started with Chief Master Sgt. Kenneth Wolf. Wolf served his country as part of the 179th for more than 35 years while inspiring his four children to find their place in the Air Force. The oldest son, Karl Wolf, joined the Active Duty Air Force. A second son, Tech. Sgt. Kristopher Wolf, has been employed as a federal technician in the Maintenance Squadron since 2003. Daughters, Tech. Sgt. Rachael Wolf and Tech. Sgt. Rebecca English are both traditional guardsmen with the Medical Squadron at the 179th.

As well as serving their country, the Wolf children have all either obtained or are pursuing their associate's degrees from the Community College of the Air Force. In addition to her associate's degree, Rachael will also earn her Nursing degree this spring from Medcentral College of Nursing. While she is working on her degree, Rachael is also working on enlarging the 179th Wolf family by marrying her fiancé, Staff Sgt. Michael Yetzer, who works in the Maintenance Squadron.

She said the thought of her fiancé deploying is much scarier than the thought of her family. With her

family, Rachael said "they signed on the dotted line" and she has to support their decision. However, when she marries the potential exists where both she and her husband could be deployed at the same time. She said this would pose hardships when they decide to have children.

When children entering the military decide to follow in their parents footsteps and join the same base, they sometimes have big footsteps to fill. Then you have the Stephens family. Their scope extends from Senior Airman Aaron Stephens in the Aerial Port Squadron to Staff Sgt. David Stephens in the Maintenance Squadron to Col. Mark Stephens, 179th Airlift Wing Base Commander.

Col. Stephens has been the base commander since December 13, 2003. In 2001, shortly before he assumed the command his son, Staff Sgt. Stephens, joined the unit. In 2004, his other son, Senior Airman Stephens, decided his place was alongside his family at the 179th AW.

Col. Stephens said he initially tried to encourage both of his boys to join the Rickenbacker unit in Columbus. He did not want them to

have any unnecessary hardships or roadblocks because they were the commander's sons. Col. Stephens said he wanted them to feel their accomplishments were because of their efforts and not due to who their father was. Both Senior Airman and Staff Sgt. Stephens said their supervisors and coworkers have been very careful to ensure they are treated fairly. They said their strengths and weaknesses are both focused on by their supervisors to the same degree they've seen with their coworkers.

Col. Stephens said one definite benefit to having his children at the base, is that it helps the credibility of his recruiting. "One thing I can tell you for sure is that when I talk to folks about the ANG being a great way to serve and that I would recommend it to anyone. I'm not always sure they really believe me; that is until I tell them both my boys have joined the Guard. Then they know I'm not just giving them a recruiting pitch." he said.

Col. Stephens summarized regarding his children joining the wing, "They made many sacrifices when they were young. I deployed a lot more then. So for them to want to join after that; it makes me proud."

This holds true for all families working together at the 179th. It is a proud moment to watch people you love join the military; particularly the same unit. It helps the current members know they are doing the right thing because those they love are swearing in to stand and fight beside them.



Staying power: standing the test of time

Lt. Col. Curtiss Wagner Chaplain

There have been many people who have started out careers with good intentions to be successful and to endure in that career for a long time. We often hear of people who seemed to be set for success who failed in some way that brought their career to an end. What will assure us that our career will last for a long time? What is important to enable us to endure without failing?

David was a king and had seen other leaders fall and he didn't want to be like one of them. He followed King Saul who was a terrible leader and ended up a great failure. David identified some important qualities that enabled him to be a successful leader that we would do well to learn from. These qualities are found in Psalm 101 in the Old Testament of the Bible.

First, David said that he decided to set no worthless thing before his eyes. In other words, he would not allow anything in his life that would distract him from his goal.

There are SO many things today, even good things, that can distract us from accomplishing our goals. A truly successful person knows their goals and is not distracted by other things that would draw them away from that goal.

Next, David said that he would not have people around him who were disloyal and unfaithful, people who couldn't be counted on. Why? Because those people would negatively reflect on him and he needed people that would support him. For him to be successful, he needed to have people around him he could count on.

Thirdly, he would not allow people around him who ignored the truth. H would not allow people around him who twisted the truth for their own means. There are people who believe that what is right and true does not apply to them and that the situation warrants whether they will follow the truth. Their compromise can often effect us in a negative way.

Finally, David did not want people around

him who were full of pride. He did not want people around him who think their way is always the right way and everyone else is wrong. He didn't want these people to influence him in a negative way.

The bottom line is to be successful, we need to be careful of the people we associate with. The Bible says there are some people who lack integrity that can influence us in a negative way, especially those who are prone to anger and those who are prone to gossip. We know from experience that it is easy to get caught up in some of these negative traits when these kinds of people surround us.

To be people who last for the long haul, we need to keep our focus on our goal and to be careful of those who influence us the most. The higher we get in leadership positions, the more vulnerable we are because there are more people trying to influence us. We can be successful as we are committed to integrity and surround ourselves with people of integrity.

Command Insight

By Lt. Col.. Eric Ostrem

As you will read in this edition of the Airlifter, the Medical Group deployed to Hawaii for our 2008 Annual Training exercise. What a "hard sell" it has been to my fellow service members and civilian peers, that we performed "mission-type" care, travelling in C-130s for two days each way, on Oahu, for two weeks... in April.

The truth of the matter is, it was an incredible opportunity to serve successfully as the pilot unit for a new Medical Innovative Readiness Training program. Plus, give us invaluable time to deploy, live and train together as an MDG.

These are your same fellow Airmen who tirelessly care about you and care your health on and off UTA. However, this time caring for the poor and homeless, adults and children in a remote location. It does not get any better for me, than to see med techs, nurses, dentists, physicians, medical admin, etc. performing their professions with a needful population in a real world scenario. Their level of compassion, knowledge and effort bring nothing but credit to the 179th and the ANG. I could see the trust and appreciation from the patients whom they touched.

Our primary purpose and the reason we exist as a Medical Group, is to ensure our fellow Airmen are medically ready to deploy. Feel free to let me know if we ever fall short of that charter for you.

Aloha, I mean, Regards,

Dr. O

2008 USAF Marathon approaches

CMSgt Chris Muncy State Command CMSgt - Ohio

The USAF Marathon will be run 18-20 September 2008 at Wright-Patterson AFB. This is a premiere event and a signature event for the USAF.

This year the ANG will have a mobile recruiting stations (flight simulator etc) from NGB and manned by Chief Wes Smith and Ohio recruiters.

The Marathon always needs volunteers to work booths, help with registration, set-up, etc.

June 8th 2008

The Ohio ANG is not asking for paid status ANG workers or volunteers for this event.

We would however like to encourage your organizations and groups (Chiefs Councils, CGO Councils, EFAC Councils, State SNCO Council, Amn/NCO Councils, NCOAGA chapters, AFSA chapter, ONGEA groups, Family Readiness groups, CAP units, etc.) to consider volunteering to support the event and getting recognition for the assistance.

Please, contact Mrs. Molly Louden, USAF Marathon Director, or Capt Patrick Solberg, Marathon Assistant 88 MSG/SVC USAF Marathon Office DSN: 787-1699 or COMM: (937) 656-5299 if one of your groups would like to

We have a lot of ANG members that run in this event and the 5K fun run on Friday. Here's a way to give back to one of the premiere sporting events in the nation, that's held right here at home.

30% were males between the

volunteer to help.

We are into the time of year when thunderstorms and tornados are part of the weather forecasts. In fact, Richland County and surrounding counties have already experienced a tornado warning this year. Now is the time to review where you need to go for shelter at home and at work when a tornado warning is broadcast. Each building on base has a designated area where unit members need to go during a tornado warning. Make sure everyone is aware of the location for their building.

In the United States, an average 62 people are killed each year by lightning. In 2007, 45 people were struck and killed by lighting in the U.S.; hundreds of others were injured. Of the victims who were killed by lightning:

98% were outside 25% were standing under a tree

ages of 20-25 25% occurred on or near the water

89% were male

If lightning is in the area, seek shelter in a building or vehicle. Lightning watches and warnings are issued on base. A lightning watch means there is the possibility that lightning will be moving within a five mile radius of the base. A lightning warning indicates that lightning is within five miles of the base and you need to take shelter. By 179th Safety Office

179th Airlift Wing 60th Anniversary Car Show Registration

NAME ADDRESS CITY/STATE/ZIP TELEPHONE MODEL MAKE OF CAR **YEAR** E-Mail Waiver of Liability: Neither I nor my Heirs will hold 179th Airlift Wing, Ohio Air National Guard liable for any injury, death or damages occurring while engaged in or traveling to or from this event. Signature_ _____ [Must be signed to enter the show]

Pre-Registration Guidelines: Pre-Registration must be received by 7 June, 2008.

All pre-registered cars will be placed in one class for judging. There will be 5 awards. The 5 awards will be for the best of the field. No trailers will be allowed on the show field. Display cars must be driven onto the show field under their own power.

This is a Popular Vote car show. Judging and balloting will be conducted by the registrants.

Please send Registrations to: MSgt Mark Manbevers, 179th AW CES/CEX, 1947

Harrington Memorial Road, Mansfield, Ohio 44903 Or

Email: mark.manbevers@ohmans.ang.af.mil

Schedule: 0700 Show field opens—0830 show field closes. 1330 Balloting Closes, awards handed out at 1400.

Directions: Enter show field by building 409, follow the signs. Trophies Sponsored by 179th AW Family Readiness Program



Chief's Corner

By CMSgt Wendy Hunt

Recently, our ID Card system (DEERS) went through a total system upgrade.

This new system has some new security features and now requires two forms of identification from anyone (servicemember, retirees or dependents) wishing to obtain an ID card.

These forms of ID must be scanned into the system in order to obtain a new card so it is important that when coming to Customer Service for a new ID, you have two forms of identification with you.

Your old ID that you are turning in due to expiration, wear, change in rank, etc., may be used as one form of identification in addition to any of the following listed forms of ID:

PLEASE NOTE: You must have at least one of the primary forms of ID as one of the two you are bringing in as verification (some of the primary and secondary forms of ID are duplicate).

Two forms of Identification required to obtain a military ID Card (At least one form must be from the Primary List).

Primary Forms of Identification

Sponsor DOD Identification Card Military Dependent Identification Card US Coast Guard, Merchant Mariner Card Photo ID Card issued by Federal, State,

Local Government

US Passport

Driver's License

Foreign National ID with photograph

Foreign Passport

Any of the following Immigration and Naturalization Service Forms:

- INS Form I-688B
- INS Form I-688
- INS Form I-688A
- INS Form I-151 or I-551

Secondary Forms of Identification

Social Security Card

US Coast Guard, Merchant Mariner Card Photo ID Card issued by Federal, State,

Local Government

US Passport

Voter Registration Card

Birth Certificate

Driver's License

Military Family Member ID

Any of the following Immigration and Naturalization Service Forms:

- INS Form I-688B
- INS Form I-688
- INS Form I-688A
- INS Form I-151 or I-551
- INS Form I-179
- INS Form I-197
- INS Form I-571
- INS Form I-327
- INS Form N-550 or N-561
- INS Form N-550 or N-570
- Employment Authorization Document issued by INS

Certificate of Birth Abroad issued by the Department of State

Form FS-545 or Form DS-1350

Daycare or Nursery School Record

Clinic, Doctor or Hospital Record

School Record or Report Card

School ID with Photo

Foreign National ID with Photo

Foreign Passport

Canadian Driver's License

Native American Tribal Document

If you have any questions regarding this message, please let me know.

During the April drill, members of the Emergency Management Flight implemented the new CWDE refresher class.

The new class consists of an online course done prior to the hands on section provided by the EM flight.





The new hands on portion of the class teaches airmen how to properly don and doff the CPO, set up PAR routes, use detection and decon materials, and how to properly clean and wear the chemical mask.

The hands on portion combined with

the online section replace the old PowerPoint presentation used for CWDE refresher.

The EM flight is excited to begin this new hands on course and provide you with more realistic training.





Week of April 23 - April 29, 2008

SERE 100 training is a requirement for all Airmen

As American Airmen, we are all warriors. As warriors, assigned and deployed to locations around the globe, we increasingly find ourselves fulfilling non-traditional roles in exceedingly dangerous environments. To ensure Airmen are equipped for the challenges we face on today's battlefield, Air Force leaders are broadening the focus of survival, evasion, resistance and escape training. This training, called SERE 100, is mandatory for all Airmen.

Currently, SERE training is conducted on three levels. All Airmen receive entrylevel, or A-level, training. B-level is provided to those with a moderate risk of capture, and C-level is reserved for those with a high risk of capture. B- and C-level training are provided primarily to aircrew members and those in traditionally high-risk duties.

SERE 100 is a computer-based training course that will satisfy the Air Force Chief of Staff's vision—and theater requirements—for minimum baseline SERE preparation for all Airmen. Here are a few facts Airmen should know about SERE 100:

- All active-duty Airmen are required to complete SERE 100 training by June 30. Guard and Reserve commanders may grant an extension until Oct. 30
- The training takes approximately four hours to complete
- Currency for SERE 100 CBT will be once every 20 months to ensure Airmen are aligned with individual Air Expeditionary Force cycles
- There are two SERE 100 messages; however, the message dated January 2008 reflects the most current, accurate guidance. The October 2007 message is obsolete.

The SERE 100 CBT is located on the Advanced Distributed Learning System Web site at https://golearn.csd.disa.mil. The course is organized within the mobility and readiness section of ADLS. Airmen can also access ADLS via the Air Force Portal. For more information about SERE 100, contact your unit deployment monitor or your local or Major Command SERE functional manager.

Find Airman's Roll Call Online Here: http://www.af.mil/library/viewpoints/

Airman's Roll Call is designed for supervisors at all levels to help keep Airmen informed on current issues, clear up confusion, dispel rumors, and provide additional face-to-face communication between supervisors and their teams.

ASIAN PACIFIC-AMERICAN HERITAGE MONTH



MAY 2008

The month of *May* is *Asian Pa*cific American Heritage Month - a celebration of Asian and Pacific Islanders and their contributions to the United States. The Asian Pacific-American celebration initially began when House Resolution 540 called for President Jimmy Carter to designate the first ten days of May as Asian Pacific American Heritage Week. The following month, Senators Daniel Inouye and Spark Matsunaga introduced a similar bill in the Senate, and both bills passed. As a result, on October 5, 1978, President Carter signed a Joint Resolution designating the first ten days of May as Asian Pacific American week in 1979. In 1992, President George Bush signed legislation declaring May as the annual Asian Pacific American Heritage Month.

There are an estimated 12.5 million Asian and Pacific Islanders in the United States. Asian or Pacific

Islanders may have origins in any of the original people of the Pacific Islands, Far East, Southeast Asia, Philippine Islands, or the Indian subcontinent. Other countries or areas include Laos, Thailand, Fiji, Solomon Islands, Indonesia, Cambodia, Samoa, Vietnam, Sri Lanka, Marquesa Islands, New Guinea, Tonga and Guam.

Asian Pacific Americans have made great contributions to American society. Dr. David Da-I Ho, is an AIDS research pioneer. Dr. Ho was named Time Magazine's "Man of the Year" in 1996 due to his leadership in the field of HIV/AIDS research for over a decade. Dr. Ho's work revealed that HIV is highly active from the moment of infection, replicating and mutating continuously. This discovery led to the replacement of single drug therapies with protease inhibitor and antiviral cocktail medicine combinations. Another notable contributor is Maya Lin, an artist. Maya Lin is best known for designing the most visited public artwork of the 20th century, the Vietnam Veterans Memorial in Washington, D.C. A popular sports icon today, Tiger Woods, golfer, refers to himself as "Cablinasian," a word he derived from his Caucasian, Black, Indian and Asian heritage. By the age of 20, he was the first golfer in history to win three consecutive U.S. Amateur titles, and was voted Sports Illustrated 1996 Sportsman of the Year.

Asian Pacific American's also came when called upon to defend the nation. The most notable unit was the 422nd Regimental Combat Team, made up of second generation Japanese Americans and is the most decorated unit in U.S. military history. http://library.thinkquest.org/CR0210341/442nd/

2008 MLMF GOLF TOURNAMENT

FRIDAY 8 August 2008

PEBBLE CREEK GOLF COURSE

4300 Algire Road Lexington, Ohio 44903 Phone 419-884-3434

4 Player Scramble: 10:00 am Shotgun Start Entrance Fee: \$65.00 per person

Includes: Practice Range (Opens @ 8:30 am) Golf Cart for Two

Lunch, Dinner & Two Free Beverages

HOLE-IN-ONE CONTEST WITH A CHANCE TO WIN A BRAND NEW CAR!!!

Deadline for Registration 15 July 2008

Limited to 144 players, so please register early

Payment Must Be Included to Confirm Your Registration

Questions? Call: Tim Korbas @ 419-520-6364 or Troy Cramer @ 419-520-6323

Participation is open to Employees and Friends of the Mansfield Lahm Military Families, 179th Airlift Wing, active and retired Ohio National Guard members, their families, and local businesses.

Proceeds will go to the scholarship fund and other activities

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Tournament Registration Form

All Shirts will be MENS unless designated Women's Shirts are 100%Polyester Moisture wicking

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Check payable to: MLMF Fund
Mail to: 179 AMXS (Lt Col Tim Korbas)
1947 Harrington Memorial Road
Mansfield, Ohio 44903

Scholarship Golf Tournament



2008 MIMF GOLF TOURWAMENT

On 8 August 2008 the Mansfield Lahm Military Families will host a golf tournament at Pebble Creek Golf Course in Lexington, Ohio. Proceeds will go to the scholarship fund and other activities benefiting military families.

We cordially invite you to participate in the tournament and to be a sponsor. Here are several different opportunities available:

- Individual Hole Sponsorship
 \$150.00 per sponsor
 Sign with business name & phone number on tee box of your choice.
- •Driving Range/Putting Green Sponsors \$150.00 per sponsor Sign with business name & phone number, your choice.
- Goodie Bag Items Items given to each participant at registration such as golf balls, tees, logo pens, key chains, etc.......
- Door Prizes
 These items will be given away at the dinner and awards presentation after the tournament.

We thank you in advance for your consideration towards tournament sponsorship, door prizes, and items for the golfers "goodie bags".

If you are able to contribute, the donation of your items will be acknowledged in our tournament program.

Make checks payable to "Mansfield Lahm Military Families" send to : 179 AMXS/CC Attn: Lt. Col Tim Korbas 1947 Harrington Memorial Road Mansfield, Ohio 44903

Note: Mansfield Lahm Military Families (MLMF) is a corporation exclusively for charitable purposes that qualify as exempt nonprofit corporation under section 501(c) (3) of the IRS.

The EIN for MLMF is: 01-0802002.

For further information contact: Tim Korbas, 419-520-6364 or Troy Cramer, 419-520-6323

2008 MLMF Sponsor Information Sheet

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Door Prize:

Coming Home . . .

What to Expect, How to Deal When You Return from Combat

This "graphic story" by comic-book masters Sid Jacobson and Ernie Colón sends service members a clear and memorable message about post-deployment reunion and reintegration issues — issues like marital stress, drug and alcohol abuse, aggressive driving, sleep problems, and combat stress symptoms that, left untreated, can grow more serious and harder to beat.

The story involves four returning service members and the challenges they meet with the help of service-specific and DoD resources. Three of them — Marine Sergeant Jason Fetterman, Army medic Mandy Clark, and Army Specialist Danny Moreno — are old high-school friends. First Sergeant Peter Douglas, Army National Guard, is their former basketball coach. All have recently returned to their hometown after combat duty.

The characters face and surmount challenges:

- **Jason Fetterman** must renew his relationship with his wife and build a new one with their infant son. He faces the common post-deployment responses of insomnia and quick anger, and receives guidance from his command and Military OneSource.
- **Mandy Clark,** a single mom of a 3-year-old, needs and gets support with child care and single-parent issues.
- Danny Moreno faces tougher times. His erratic driving and depressed mood are hurting his relationship with his girlfriend, and he makes an attempt at suicide. His buddies are concerned and supportive, and Moreno gets the help he needs.
- Douglas, who has already confronted an alcohol problem, feels a strong sense of responsibility to the
 other three, and works to guide them to the right resources.

Author and illustrator Sid Jacobson and Ernie Colón are highly regarded figures in the graphic-book business. Mr. Jacobson was managing editor and editor-in-chief at Harvey Comics, where the characters he created included Richie Rich, and was executive editor at Marvel Comics. Mr. Colon has worked at Harvey, Marvel, and DC Comics, where he oversaw production of Wonder Woman, Blackhawk, and the Flash. Mr. Colón served in the Army National Guard and in the Air National Guard as a gunner on a B-26 during the Korean Conflict. Together they created the *The 9/11 Report: A Graphic Adaptation*, the highly regarded book published in 2006 by Hill and Wang.

Subject matter experts from the Army and Marine Corps were closely involved with the book's development. They are COL Carl Castro and MAJ Dennis McGurck (Walter Reed Army Institute of Research), and CAPT William Nash and Dr. Thomas Gaskin (Combat/Operational Stress Control branch at HQMC). Dr. Julia Whealin (National Center for PTSD, VA Pacific Islands Health Care System) was involved in planning the book's scope.

Service members were also critical players in the project's development. Author Sid Jacobson met with service members at Bethesda Naval Hospital, Walter Reed Army Institute of Research, and Marine Corps Base Quantico to help make sure that the book is as accurate a portrayal of the service member's experience as it can be.

The booklet also contains a resource guide containing contact information for relevant service-specific, DoD, and other resources for returning service members.

TRICARE Covers Behavioral Health for National Guard and Reserve Before, During, and After the Call to Duty

Recent media reports suggest National Guard and Reserve deployments will continue into the future. TRICARE is fulfilling the behavioral health needs of these members and their families, even when they're not activated.

"TRICARE recognizes the tremendous sacrifices of the Reserve Component during the Global War on Terror and is continually improving services for the National Guard and Reserve," said Army Maj. Gen. Elder Granger, Deputy Director, TRICARE Management Activity. "Not only do they get the same benefits during activation that active duty service members receive, but TRICARE offers assistance during their transition before and after activation as well."

National Guard and Reserve members who receive delayed active duty orders for more than 30 consecutive days in support of a contingency operation (during a war or during a national emergency declared by the President or Congress) may be eligible for "early" TRICARE benefits prior to activation. The eligible Reserve Component member and their family can obtain behavioral health services for up to 90 days prior to deployment if needed. The timeline for access to care depends on when the service member's orders are issued.

During activation, National Guard and Reserve members have access to the same benefits, services, and programs as active duty service members and should seek behavioral health services from their operational health asset or at a Military Treatment Facility (MTF). However, if services are not available at the MTF, the service member can seek treatment from an authorized network provider with a referral from their Primary Care Manager (PCM).

The Behavioral Health Provider Locator and Appointment Assistance Service is

available for activated Guard and Reserve members and their TRICARE Prime enrolled family members who need help locating and making appointments with civilian behavioral health care providers in their area. The toll-free numbers are: West Region, 1-866-651-4970; North Region, 1-877-747-9579; and in the South Region the number is 1-877-298-3514. Hours vary by region.

Prime enrolled family members can receive the first eight outpatient behavioral health care visits per fiscal year (Oct. 1–Sept. 30) from a network provider without a referral from a PCM or prior authorization from their Managed Care Support Contractor. Upon deactivation, National Guard and Reserve members may qualify for Transitional Assistance Management Program (TAMP) coverage. The 180-day TAMP period begins on the Guard or Reserve member's separation date. Those covered under TAMP are eligible for TRICARE Standard/Extra or Prime (where available) and have access to TRICARE's behavioral health care benefits under that plan.

Deactivated Guard and Reserve members and their families losing TRICARE eligibility and transitioning to civilian care can purchase coverage under the Continued Health Care Benefits Program. This premium-based program allows members to purchase coverage for up to 18 months after loss of eligibility; certain family members have up to 36 months coverage. The benefits are similar to TRICARE Standard.

Members of the Selected Reserve who purchase TRICARE Reserve Select (TRS) coverage are eligible for similar behavioral health benefits to TRICARE Standard or Extra. TRS beneficiaries can seek outpatient behavioral health services from TRICARE authorized providers without a referral for the first eight visits. Authorization is required for the ninth outpatient visit to con-

tinue treatment.

"The Veterans Administration offers behavioral health services for up to two years for members who served in support of a contingency operation," said Granger. "This, coupled with TRICARE benefits before,

during, and after activation, creates a com-

prehensive system for continuity of care."

Resources and additional information on behavioral health benefits are on TRICARE's Mental Health and Behavior Web page. In the North region, go to https://members.mhn.com/eos/home/tricareentrypoint?companyCode=tricare and in the South region check "AchieveSolutions" at www.humana-military.com. The West region provides 24/7 telephone access and crisis intervention services. Guard and Reserve members and their families in this region can request crisis assistance and/or general information about behavioral health services by calling 1-866-284-3743.

Visit <u>www.militaryonesource.com</u> for additional behavioral health services.

About TRICARE Management Activity and the Military Health System TRICARE Management Activity, the Defense Department activity that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.1 million eligible beneficiaries worldwide in the Military Health System (MHS). The mission of the MHS is to enhance Department of Defense and national security by providing health support for the full range of military operations. The MHS provides quality medical care through a network of providers, military treatment facilities, medical clinics and dental clinics worldwide. For more about the MHS go to www.health.mil.

Taken from: http://www.tricare.mil/pressroom/news.aspx?fid=389

The CY 08 Meal Rates have increased to the following:

BREAKFAST - \$2.10 LUNCH - \$3.85 Exact change would be GREATLY appreciated!!



Want to participate in the 60th Anniversary Car Show? It is NOT TOO LATE!!!!



Have your registration forms submitted to MSgt Mark Manbevers by SUNDAY MORNING

179th Airlift Wing 60th Anniversary Car Show Registration June 8th 2008

Pre-Registration Guidelines: Pre-Registration must be received by Sunday MORNING 8 June, 2008. All pre-registered cars will be placed in one class for judging. There will be 5 awards. The 5 awards will be for the best of the field. No trailers will be allowed on the show field. Display cars must be driven onto the show field under their own power. This is a Popular Vote car show. Judging and balloting will be conducted by the registrants.

Schedule: 0700 Show field opens—0830 show field closes. 1330 Balloting Closes, awards handed out at 1400. **Directions**: Enter show field by building 409, follow the signs.

Trophies Sponsored by 179th AW Family Readiness Program

REGISTRATION FORM BELOW ~ Complete & Return to MSgt Mark Manbevers x111

NAME	MEADDRESS						
CITY/STATE/ZI	P	TELEPHON	VE				
MAKE OF CAR		MODEL	_YEAR				
E-Mail							
Waiver of Liability: Neither I nor my Heirs will hold 179th Airlift Wing, Ohio Air National Guard liable for any injury,							
death or damages occurring while engaged in or traveling to or from this event.							
Signature		[Must be signed to enter the show]					