

Buckeye AIRLIFTER



May / June 2007

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

It gives me great pleasure to announce that TSgt Mike Keller has been selected as the NCO of the Year for the ANG and will now go on to compete at the Air Force level.

Yes you heard me right the entire Air National Guard to include all 50 states and 4 territories.

Way to go TSgt Keller, we are all proud of you and wish you the best as you compete to be NCO of the Year for the entire Air Force!

Col. Mark L. Stephens
Wing Commander



Photo courtesy of Visual Information
ANG NCO of the Year TSgt Mike Keller

A On Sunday of April's UTA, fans from
P all over the 179th showed up to sup-
S port the two teams competing for the
1 2007 Basketball Championship.

In the end, APS2 defeated CES1 with a score of 32 to 22.

2 The lead scorer for APS1 was Nick
0 Hummell who scored 12 points. The
0 CES1 team was led by Charles Kellogg,
7 who scored 8 points.

B The Sports Representatives who are
- responsible for organizing the games
B would like to thank all the players and
A staff who participated in games
L throughout the year. Their sportsman-
L ship and winning spirit was greatly
L appreciated. They would also like to
L add a special thanks to Wing
L Comander, Col. Mark Stephens for his
L support.

C The championship game marked the
H end of the 2006-2007 basketball sea-
A son. The next sesaon is slated to be-
M gin in September.

P Until then, look for other events from
S the Sports Reps, including the annual
golf outing, bowling, volleyball, canoeing,
and much more.



May Promotions

TSgt Jason M. Ault	SVC
SSgt William P. Harvey	MXS
SSgt Darren N. Moore	CES
SSgt Joshua A. White	MDG
SrA Delmas E. Smarr III	AW

179th members get new perspective

During Community Awareness Day at Richland Newhope, the Mansfield area's largest facility for the mentally and physically handicapped, two members of the 179th learned the struggles handicapped people must go through on a daily basis. They learned important lessons in not taking a healthy life for granted and overcoming what life throws your way.

They have shared their stories for us below.

This years Community Awareness Day at Richland Newhope Industries opened my eyes to a world many would love to ignore, and many more do ignore.

I think fearing the unknown, fearing what is different is what people get caught up in. I am no longer one of those people, I walked away with a whole new respect for anybody who could live everyday being stared at, being mocked, ridiculed or ignored.

For me, the experience was a chance to step away from my comfort zone and into a life where I needed to depend on others for the simplest of tasks. I was required to perform a workout at the Mansfield YMCA while battling severe mental retardation, body limitations, and absolutely no way to communicate except to grunt or blink eyes for approval/disapproval.

I found that as the day went on, I became more comfortable with the scenario,

but I attribute those feelings to knowing I could get up and walk away at any time. I found people would rather stare, make comments, or snicker behind my back than come to me and ask questions or seek answers to their curiosity.

At some point I became more interested in asking the staff questions. I don't know if I could do what they do! It takes a calling, a love for people, and a great amount of patience.

They spend their day tending to every need I take for granted. They pride themselves on the fact that they are, time after time, the only care facility of that nature, in this area to keep individuals clean enough to result in zero bed sores. To gauge success on such measures is foreign to me.

Taking the time to not just help someone shoot a basketball, but help them experience and explore what makes a basketball unique; things I, again, take

for granted... I know a basketball is round, I know a basketball is orange, and I know a basketball is different than any other ball. But I had never stopped to experience the texture of, inhale the smell of, and run my fingers over and thru the grooves of, a basketball.

I take for granted the fact that I can dribble and shoot the ball. Individuals who need help from Newhope Industries and their Care Home Facilities can only express their content when a staff member asks if it is okay to shoot the ball from a certain spot for them.

And yet they are happy with life, they know nothing different from the everyday reality of loving, caring, individuals surrounding them, helping and enabling them to enjoy life.

And to the staff, I Salute You! God Bless You!

TSgt Ian Ball

Focus On What You CAN Do, that was the theme of this years Community Awareness Day at Richland Newhope Industries. I had the pleasure of attending this year's event, to which I will forever be grateful.

Our instructions were simple, come in comfortable clothing, and have a good time!

There was a pairing up so to speak when we first arrived, during which we met our guide and a member of the Newhope staff. We were all given a bag of goodies which were filled with various materials to help us simulate our guide's disability.

My bag consisted of goggles, not just plain, ordinary goggles they were completely blacked out in the left eye and only had twenty percent visibility in the right.

My job, was packaging ropes for lawnmowers, a job that seemed simple enough at first. I can't even begin to describe the feeling of helplessness that overcame when I put the goggles on.

It was almost as if I forgot I had four other senses that I could still use, without my sight I felt lost. I spent an hour with my guide, he walked me around the facility, I found myself holding on to him for support, and constantly asking what things were, or where we were.

Afterwards, all of the volunteers, our guides and the Newhope

staff met in the cafeteria for lunch and a recap of our day. One by one all the volunteers had to stand up and tell the group what they learned and what they were going to take away from this experience.

As I sat and listened to everyone, I couldn't help but to become overwhelmed by what everyone was saying, and how grateful everyone was to take part in the event. When I stood up to speak I was at a loss for words. For me I left there feeling more grateful for every part of my life.

I left there knowing that as humans we do have the strength to overcome challenges we never thought we could. Mostly though I think I took away the realization at how much I take for granted in life.

I don't mean friends and family and the comforts of my everyday life, I mean the simple things like, my eye sight, the ability to speak and have everyone understand me, to hear, to be mobile with out anyone's help, and the biggest for me, the ability to be a mom.

I think that at least once in their life everyone should have the chance to experience an event as humbling and rewarding as this one!

SrA Lyndsy Earley



Photo by Cadet Zachary Fehrman, 196th Mobile Public Affairs Detachment, Ohio Army National Guard

Please join me in congratulating Mrs Faline Rowland (Family Readiness Program Coordinator), Mrs Donna Baki (Lead Volunteer) and the entire Family Readiness Team on winning the Adjutant General's Family Readiness Group of the Year for 2006.

This is no small accomplishment and a great honor to be chosen from among the many outstanding family programs within the Ohio Air National Guard. So next time you see them or any of our many volunteers please take a moment to congratulate them on this award and thank them for the great support they provide to us and our families.

Col. Mark L. Stephens
Wing Commander

Team Building

By SrA Laura Brown

Working in Wing Headquarters one never seems connected to the other people working in the area. Everyone hides in their tiny office with other people from the same office. They all go to lunch together, they all workout as an office, and they all leave as an office.

It was not until a recent deployment to Camp Perry in Port Clinton, Ohio that I realized just how connected we really are as a unit. We could have went anywhere for our team building experience, but I believe that small town Port Clinton gave us no choice but to "hang out" with each other and really get to know one another. Who would have guessed that recently retired, Father Jackson was a pyromaniac as a child, or that Col. Mark Stephens has published photography. Exactly, no one would have ever known unless they had invested time into building a stronger team and worked on getting to one another on a personal level.

I learned so much about everyone that works around me, but the most important aspect I learned on our short three day trip is that we are and have been connected as a team. Whether your wingman says anything directly to you or not, they are there supporting you and making sure you succeed at anything you try.

New chaplain with history of care and service

by Lt. Col. Curt Wagner

Greetings from the newest member of your 179th chaplain team! While I am new to the unit, there are many people that I know from combined exercises as well as living in the community of Mansfield for almost 13 years.

I am transferring from the 121st Air Refueling Wing in Columbus where I have served for the past 11 years as part of the chaplain team there. It was hard to leave after all those years, but I am excited about the new opportunities at the 179th. Everyone keeps telling me it is the best unit in Ohio!

Before the 121st, believe it or not, I was a chaplain in the Army National Guard and Army Reserves, serving in New York, Connecticut, and Pennsylvania for almost 13 years. I was originally commissioned in

the Chaplain Candidate program while I attended Dallas Theological Seminary in Texas.

Being a traditional guard member, I keep very busy between drills as the senior pastor of Hilltop Community Church in Mansfield.

My church is located in southern Mansfield just off Possum Run Rd. past the new Wal-Mart. I have been the pastor there for almost 13 years and you are welcome to come and visit us anytime!

My family is another very important part of my life. My wife, Becka, and I have been married for almost 29 years and she currently teaches nursing at North Central State College, which keeps her very busy. I have three sons, all of whom are in the Air National Guard and members of the 121st

ARW and currently going to college. My oldest son is in Services, my middle son is in Security Forces, and my youngest son is in Life Support and currently in basic training. My youngest son, Kyle, is majoring in aviation at OU and hopes to be a pilot one day in the Air Force. In addition, we have one granddaughter and another on the way. If you want to see pictures, just ask anytime!

While the chaplain section is going through some big changes this year, it is my hope to provide continuous support and service to the 179th that has always been present.

Your support of the chaplain team is obvious and I look forward to working with you and sharing our lives as we face the future together.

Personnel Services Delivery Transformation (PSD)

Attention members of the 179th,

As you know, the Air Force has had many changes over the last few years with on-line web-based services designed to provide better and faster support to service members. To maximize the use of customer self-service capabilities through Web, telephone systems, integrated databases and electronic forms is the future and you will see many more capabilities being put into place as we continue to work through the **Personnel Services Delivery Transformation (PSD)**.

What is PSD? The Personnel Services Delivery Transformation (PSD) is an initiative that will use technology to place the capability for conducting routine personnel and pay transactions into the hands of Airmen via web-based applications and contact centers.

Over the last several months, many self-service applications have been added to the Virtual MPF and Guard-Reserve Portal. These accessible and easy to use applications will minimize the need for face-to-face assistance with your personnel transactions and will put you more in control of managing your career information. If you have not accessed the VMPF or the Guard-Reserve Portal recently, I urge you to visit these sites and take a look at the many self-serve applications available to you as this is the future for conducting business in the Air Force.

As part of the first stage of transformation for the ANG, the following self-service applications are currently on line via the Virtual MPF (vMPF) or Virtual Personnel Center for the Guard and Reserve (vPC-GR): Visit the following links and become familiar with the tools currently available.



<https://my.af.mil> Also known as the Air Force Portal.

- *Select Life and Career from Top Menu, select Career, select vMPF.*

vMPF Self-Service Applications Available:

Personal Data:

- PCARS - AF Form 526
- Awards and Decorations
- Data Verification Brief
- Duty History
- Records Review/Update
- Reenlistment Eligibility
- RCSBP
- Record of Emergency Data

Promotions:

- Promotion Counseling

Retirements:

- DD Form 214 Worksheet

Separations:

- Conditional Release of ANG
- DD Form 214 Worksheet

Mark your calendars. Chaplain and Linda Bohley are inviting the members of the 179th Airlift Wing and their families to a picnic at their home in Chatham, OH. The picnic is scheduled for Saturday, June 21st from 2 p.m. until whenever. There will be fishing, games, swimming, and other outdoor activities. Further details will be made available during the June UTA.

Virtual Personnel Center
Guard Reserve



<https://arpc.afrc.af.mil/vPC-GR>

vPC-GR Self-Service Applications Available:

- 20 Year Letter Copy
- ANG Duty History Changes/Correction
- Board for Correction of Military Records (BCMRs)
- Correct Retirement Points History
- Current Awards & Decorations
- DD Form 214 – Records Copy
- EPR/OPR Request
- Mortgage Letter
- NGB Forms 22/22a - Records Copy
- RC BSP Election
- Retired Pay Assistance
- ROPMA Board Counseling - Officers Only
- ROPMA Promotion Board Letter - Officers Only
- Duty History Corrections
- Federal Awards & Decorations
- Retirement Application
- Service Date Corrections

Additional Support May Be Obtained By Calling One of the Following Contact Centers:

Air Force Personnel Center: 800-616-3775

Air Reserve Personnel Center: 800-525-0102

What Does This Mean To You? As these and future personnel transactions become available online, these services will no longer be conducted at the Military Personnel Flight (MPF). Members will have world-wide, self-service access 24/7 by web or additional assistance by phoning the AFPC or ARPC Contact Center. You will have more direct control over career-affecting matters and less need for travel and waiting for assistance which can be difficult at times due to long deployments. The MPF will remain available for other services not conducted online, or for questions and complex issues requiring face-to-face contact.

So What's Next? The Military Personnel Flight will be promoting future online applications through base wide emails, literature, and the Buckeye Airlifter. Additionally, we will be available for questions and to offer training and support as you become familiar with the online applications.

Start Now - Become familiar with the vMPF and vPC-GR links and the many available services offered. Obtain a logon and password for each site and take some time to navigate through the different applications. More and more applications are being finalized and will soon be available. As new applications become available, we will send out updates.

You May Learn More About The Personnel Services Delivery Transformation By Visiting The Following Website:

<http://ask.afpc.randolph.af.mil/psd/>

EANGUS WE CARE FOR AMERICA FOUNDATION, INC.

“National Guard Soldier and Airmen Emergency Relief Fund”

For Members of the National Guard

Standard Operating Procedures (SOP) for Administering the National Guard Soldier and Airmen Emergency Relief Fund

The EANGUS We Care for America Foundation, Inc. (WCFAF) will offer an emergency grant (referred to hereafter as the “National Guard Soldier and Airmen Emergency Relief Fund”) to any member of the Army or Air National Guard (referred to as “eligible member”) **who has experienced a catastrophic financial hardship and/or personal property loss.** The assistance will continue to be made based on availability of funds. In the absence of available funds, requests will be returned to the initiator.

The emergency grant will be disbursed on a first come, first served basis based on funds availability. Only one grant will be awarded to an eligible member or dual-service family household annually (12 month period). A grant will not exceed \$500 per award.

A committee will be chaired by the EANGUS WCFA Foundation Treasurer and four other members. This committee will have oversight of the operation of the fund and will vote on grant applications. At least one member of the committee will be from the business community or from the National Guard Association of the United States (NGAUS), the remaining members will be members of the EANGUS WCFA Foundation Board.

The National Guard Soldier and Airmen Emergency Relief Fund will be administered by the National Office of

the Enlisted Association of the National Guard of the United States (EANGUS) under the direction of the Executive Director.

The EANGUS Executive Director is responsible for ensuring the marketing of the emergency relief fund to each State, territory, the District of Columbia and NGB to include: The Adjutant General, State Command Sergeant Major, State Command Chief Master Sergeant, State and Wing Family Programs Managers.

Eligible members will initiate the National Guard Soldier and Airmen Emergency Relief Fund application dated March 8, 2007. The application must be reviewed, approved and signed by the Wing or State Family Programs Manager, State CSM, State CCM or Adjutant General. Applications that do not an endorsement letter from one of the above will be returned with no action. Requests for grants may be processed via regular mail, email or facsimile.

Upon receipt of the grant request and supporting documentation, the EANGUS Executive Director will transmit the request via electronic means to the committee members for voting. All voting will be electronically returned to the EANGUS National Office. Three (3) affirmative responses are required for approval. Upon receipt of the three affirmative responses, the EANGUS Executive Director will issue and mail the check to the applicant at the address provided.

Any denied application will be returned to the applicant with an attached explanation.

EXAMPLES OF APPROPRIATE HARDSHIPS:

Grants may be used for financial hardships related to events such as mobilization, natural disasters, fires and other catastrophic losses. The grants are intended for expenses due to these events and include medical bills, utility bills, rent or mortgage payments, groceries, relocation, shelter due to loss of residence and funeral expenses. Other expenses, not listed here, may be deemed appropriate and approved by the committee.

The goal of the National Guard Soldier and Airmen Emergency Relief Fund Committee is to respond to each request within five (5) working days. No commitment should be made to eligible members pending processing by the EANGUS Executive Director.

For further information about this program and the Enlisted Association of the National Guard of the United States, go to www.eangus.org or call 1-800-234-EANG (3264).

The EANGUS We Care for America Foundation, Inc. is a not-for-profit corporation and is an IRS 501(c) 3 charitable organization. The EANGUS WCFA Foundation is a separate entity of the Enlisted Association of the National Guard of the United States (EANGUS), a not-for-profit IRS 501(c) 19 military and veteran organization.

2007 Ohio - Operation: Military Kids



Camp



When: August 14-18, 2007

**Where: Kelleys Island 4-H Camp
Kelleys Island, OH (Lake Erie)**

Who: 140 Youth ages 9-14



First priority will go to youth with a deployed parent(s). All remaining slots will be prioritized based on the date registration is received. OMK Camp is for youth ages 9-14 years and is \$35 per camper.

ACT QUICKLY!

(We expect to fill all 140 slots)

This camp is for Ohio's military youth, offering time together w/peers who have varying experiences of a parent/sibling in the Ohio National Guard or Reserve Component.

Registration Forms Due By July 6, 2007

**Registration Packets can
be downloaded from:**

<http://www.ong.ohio.gov/family/>
Please see ONG website (above) for testimonials and pictures from last years OMK Camp.
or

<http://operationmilitarykids.ohio4h.org>

Submit completed applications to:

AGOH-J1-FR
ATTN: Sue Ann Carroll
2825 West Dublin Granville Road
COLUMBUS, OH 43235-2789

Sessions Offered

- Making New Friends!
- Swimming
- Boating
- Team Building
- Nature Hikes
- Camp Fire
- Ferry Rides
- Crafts
- MUCH MORE!!!

*For Information Please Contact:
Faline Rowland - Family Readiness Coordinator
419-520-6600*



88th Representative
Jennifer Spurgin
Chief Family Member Programs
e-mail: jennifer.spurgin@wpafb.af.mil

445th Representative
TSgt Angie Burritt
e-mail: angeia.burritt@wpafb.af.mil

178th Representative
Jane Esprit
e-mail: jane.esprit@OHSPRI.ANG.AF.MIL

4-H Youth Development, Ohio State University
Extension Representative
Theresa Ferrari, PhD
e-mail: ferrari.8@osu.edu

4-H Camp Graham Representative
Elizabeth Wingerter
e-mail: bwingerter@osu.edu



Operation Purple Camp Wright-Patt

Operation Purple Camp Wright-Patt is a residential camping opportunity for youth of military personnel to interact with and learn from each other in an effort to help deal with deployment-related stress.

Youth 10-15 years old (140 camper spaces available). Operation Purple Camp Wright-Patt is available to youth of military personnel from all branches of the services including guard and reserve and all are encouraged to apply. 1st Priority is given to youth with parent deployed within a period from May 06 - Sept. 08.

Operation Purple Camp Wright-Patt will be held at 4-H Camp Graham in Clarksville Ohio. Campers will stay in cabins. Cabin counselors will be 4-H Camp Graham staff. Military volunteers will be in charge of 'flights' of 2-3 cabin groups of campers.

The camp is free. In the registration package, there will be a list of required items and schedule of activities.



This camp is funded by:
**National Military
Family Association**

Project Information

This camp is sponsored by:

- Family Member Program Flight
Wright-Patterson AFB, Ohio
Flight Chief: Jennifer Spurgin

Partnering Organizations:

- 445th AW (AF Reserves)
- 178th FW (Ohio Air National Guard)
- 4-H Youth Development Division of the Ohio State University
- 4-H Camp Graham

This camp is hosted by Wright-Patterson AFB at 4-H Camp Graham in Clarksville, Ohio



Purpose

Through NMFA's partnership with generous sponsors, NMFA has created a camp program that allows children from all branches to interact with and learn from each other in an effort to help deal with deployment-related stress.

Schedule and Activities

Registration will be held Sunday, 8 July from 1300-1600. A short orientation will be provided for camper and parent. Registration for camp will be in the form of a deployment line at Camp Graham.

Graduation will be held at 4-H Camp Graham on Saturday, 14 July at 1300 hrs followed by family time with camp facilities open for use and a hot dog cook-out. Camp will officially close at 1800 hrs.

Campers will be divided into flights to facilitate competitions and other activities. Activities provided during camp are designed to help the youth better understand the many aspects of military life, from friendships with youth experiencing some type of stress.

Physical training, tours through base facilities, military protocol, teamwork and citizenship are just some of the experiences. Youth should expect outdoor activities and projects involving working in groups. Other activities include rockeet, swimming, hiking, canoeing, and ropes course.

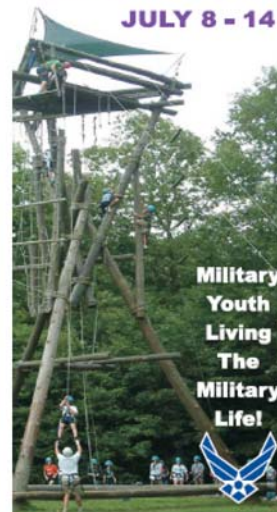


Lodging and Meals

Lodging and meals will be provided at 4-H Camp Graham.



OPERATION PURPLE CAMP WRIGHT-PATT JULY 8 - 14



Military
Youth
Living
The
Military
Life!



How To Apply

1. All registrations must be completed on line this year.
2. Starting 15 March, visit the National Military Family Association website at:

www.operationpurple.org

Complete the online registration and then print the completed registration forms for signatures and submission.

3. Fax, scan/e-mail or mail all completed forms to:

Gary Gray, Youth Director
156 Spinning Road
Wright-Patt AFB, Ohio 45433
e-mail: gary.gray@wpafb.af.mil
phone: (937)255-5053
fax: (937)656-9577

4. You will be contacted by the end of May.
5. Selection is based on order of application receipt with priority given to youth with a parent deployed within a period from May 06-Sept. 08. If needed a wait list will be maintained.



Ohio Air National Guard
 Headquarters, 178th Fighter Wing
 Office of the Family Readiness Program
 Springfield-Beckley Municipal Airport
 Springfield, Ohio 45502-8784



Operation: Air Guard Youth 4-H Camp Held at 4-H Camp Clifton

Springfield, Ohio
 August 3 - 5, 2007



For more information or to register for the camp contact:

Jane Esprit

Family Readiness Program Manager

937-525-2583 (office)

937-605-4402 (cell)

e-mail: jane.esprit@ohspri.ang.af.mil

Teaching youth protocol and leadership in a 4-H setting

eKnowledge and group of NFL players pledge up to \$10M in SAT/ACT Test Prep Programs

Last year, eKnowledge Corporation, a leading supplier of interactive test preparation products for college entrance exams, along with a group of patriotic NFL players, donated \$6.9 million worth of \$200 multimedia SAT/ACT test preparation products to military service members and their families.

During 2006, more than 48,000 free SAT/ACT multimedia CD & DVD test preparation programs were donated to service members and their families worldwide. Over the past several months, eKnowledge and the NFL players have received tens of thousands of letters and emails from service members expressing appreciation for these valuable SAT/ACT test preparation products.

Based on the tremendous response from service members and their families, eKnowledge and the participating NFL players announced today that they will extend the free SAT/ACT donation program through 2007, with a

total financial commitment of \$10 million. Following today's press release, Charles P. Beall, CEO of eKnowledge and a Marine Corps veteran, made the following statement:

"We owe our military service members and their families a heartfelt 'thank you' for their sacrifice and honorable service to our country. The donation of these eKnowledge products hopefully will demonstrate our deep appreciation and financial commitment to their futures.

With these highly effective SAT and ACT Test Preparation products, America's military service members and dependents who dream of pursuing a college education will now have the tools they need to compete on a level playing field."

eKnowledge has pledged to donate up to \$10 million in free SAT/ACT programs through the end of this year.

Some of the patriotic NFL players who have pledged to support the eKnowledge donation program for 2007 include: Mark Anderson (Chicago Bears), Jon Bradley

(Tampa Bay Buccaneers), Scott Young (Philadelphia Eagles), Garrick Jones (Atlanta Falcons), Corey Williams (Green Bay Packers), Jason Radar (Miami Dolphins), and Ahmaad Galloway (San Diego Chargers).

How to Request the donated \$200.00 eKnowledge SAT/ACT prep programs:

Active duty, reserve or retired military service members should visit <http://www.militaryhomefront.dod.mil> to confirm their military status through the secure DoD DEERS main database. The website will forward them to the eKnowledge/NFL sponsorship order page where they can request the SAT/ACT programs. The eKnowledge/NFL sponsorship donation covers the complete \$200.00 standard price for the program. Eligible military service members will pay only for the actual cost of packaging, processing and shipping the donated products anywhere in the world.



American Red Cross
Celebrating 125 Years of Service



American Red Cross

BLOOD DRIVE DONORS NEEDED!

(GOAL: 15 donors)



GROUP NAME: OHIO NATIONAL GUARD

DATE 3 JUNE 2007

MOBILE HOURS: 9:00 AM- 2:00 PM

PLACE: AERIAL PORT CLASSROOM

SPREAD YOUR WINGS

AND EARN \$2,000 FOR EACH ENLISTMENT



The Guard Recruiting Assistant Program, otherwise known as G-RAP, is a great way to earn extra cash by providing potential Airmen to your Unit Recruiter. In fact, the Wing G-RAP members have been paid out over \$77,000 already! The program has now been expanded to include ANG retirees. There are limitations to who is eligible for this program. For example, if you are an AGR or a Technician you are not eligible, the list of qualifications is available on the web site.

Go online to WWW.GUARDRECRUITINGASSISTANT.COM, to become a Recruiting Assistant. There you will take a short course and will eventually receive a packet of information, a polo shirt, and business cards. Then you are free to go to your friends, family, and out into the community to spread the word about the advantages of the Air National Guard. Once you find someone interested in joining, simply have them make an appointment with a recruiter. Make sure that the appointment fits your schedule as well, because you will be needed during the initial appointment.

The recruiter will do a prescreen qualification, send them for a physical, and ASVAB testing at MEPS in Columbus. Once they pass all of these requirements they may enlist into the Air National Guard. Upon their enlistment, you as the Recruiting Assistant will be mailed \$1,000 on a debit credit card. Once they attend Basic Military Training you will receive another \$1,000.

As you can see, joining the G-RAP not only benefits the Ohio ANG, but it also pays to join!

179th Airlift Wing Recruiters
Toll Free 1-800-762-2590
MSgt Dana Togliatti – Recruiting Supervisor

Hats off to 2006 / 2007 graduates

Ross Altenburger	CES	Associate of Applied Science Mechanical & Electrical Technology
Robert Brill	OG	Associate of Applied Science Aviation Operations
Brian Hamm	MXS	Associate of Applied Science Aviation Maintenance Technology
Robert Harriger	MDG	Associate of Applied Science Logistics
Travis Lockney	SFS	Associate of Applied Science Criminal Justice
Deanna Mack	CES	Associate of Applied Science Ecological Controls
Mark Manbevers	CES	Associate of Applied Science Emergency Management
Doug Noblet	SFS	Associate of Applied Science Criminal Justice
Rebecca Ratliff	LRS	Associate of Applied Science Transportation
Mark Robertson	CES	Associate of Applied Science Education & Training Management
Errol Smith	MSG	Associate of Applied Science Education & Training Management
David Spernoga	CF	Associate of Applied Science Information Systems Technology
Trent Tackett	CF	Associate of Applied Science Communications Applications Technology
Robert Yonley	CF	Associate of Applied Science Electronic Systems Technology
Carissa Perry	CF	Associate of Applied Business in Culinary Arts Technology
Sophie Kohler	AW	Associate of Applied Science Information Systems Technology
Rebecca Amert	SVC	Bachelors of Arts in English
Ryan S. Cooke	MXS	Bachelors of Science in Engineering
Kathleen Hursh	LRS	Bachelors of Arts Business Administration
Jamie Stover	AW	Bachelors of Science in Human Resources / Business Management

New 'Grab & Go' take out line

Starting on the June UTA, the Services Flight will be offering a new feature called the Grab & Go take out line.

This product will feature a Gourmet Sub sandwich, chips, fruit, dessert, and a drink.

All you have to do is sign your name, Grab your lunch and Go.

No waiting in line!

You can take your lunch back to eat at your desk or wherever you like.

This new service will be located at the back entrance to the Guard & Grill Café in building 420.

For more information please call Services at ext 213.



The new "Grab & Go" meal.

Changes to the retirement process

by TSgt Ian Ball

The retirement process has undergone significant changes.

Retirement applications are due no earlier than one year from anticipated retirement date and no later than six months from an individuals requested date of retirement.

Rather than meeting with our Force Sustainment Branch in the Mission Support Flight (MSF) and doing the application in conjunction with a personnel specialist, this process will be completed on-line with assistance from your unit trained orderly room personnel.

The MSF does remain the office of responsibility in processing separation documents and final base out processing.

When accessing the vPC-GR website (<https://arpc.afrc.af.mil/>

[vPC-GR](#)), for the purpose of applying for retirement, you must establish a new account and follow the provided instructions.

When the retirement applicant is working with their unit POC, the information you provide must be 100% accurate. A lack in accuracy will delay retirement processing and ultimately your retirement effective date.

For more information concerning this process, a link to the vPC-GR website and PowerPoint training guide can be located on the Wing web page by following this trail of links: MSG/ Personnel & Training/ Retirements and Separations.

For those of you interested in perusing the site from home, you may do so at the web address referenced above.

Mansfield Lahm Military Families

FRIDAY, 7 SEPTEMBER 2007

Scholarship Golf Tournament

PEBBLE CREEK GOLF COURSE

4300 Algire Road Lexington, Ohio 44903

Phone 419-884-3434

4 Player Scramble: 12 noon Shotgun Start

Entrance Fee: \$60.00 per person

Includes: Practice Range (Opens @ 11:00 a.m.)

Golf Cart for Two

Lunch, Dinner & Two Free Beverages

Door Prizes

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

Deadline for Registration 27 Aug 07

Limited to 144 players, so please register early

Payment Must Be Included to Confirm Your Registration

Questions? Call: Tim Korbas @ 419-520-6364

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 benefiting military families.

Tournament Registration Form

Foursome/Individuals

1 _____

2 _____

3 _____

4 _____

Foursome POC _____ Phone _____

Foursome POC Address _____

Check payable to: MLMF Fund

Mail to: 179th AMXS (Major Tim Korbas)
1947 Harrington Memorial Road
Mansfield, Ohio 44903

Asian Pacific American Heritage Month

May 2007

In May 1990, President George Bush signed a proclamation expanding what once was a week long observance of Asian Pacific American Heritage Month, to a month long celebration for the month of May. The Department of Defense identifies Asian or Pacific Islander as a person having origins in any of the original peoples of the Far East, Southeast Asia, the Indian subcontinent, or the Pacific Islands. This area includes China, India, Japan, Korea, the Philippine Islands, and Samoa.

Asian Pacific Americans have been here for over 150 years; however little is known about their history. “Pushed” out of their country by economic depression and “pulled” by hopes and dreams of fortune, emigration to America by Asians and Pacific Islanders was seen as an opportunity for a better life.

A review of past contributions provides clear evidence of Asian Pacific Americans’ abilities and willingness to serve DOD honorably. Despite early laws that denied various Asian American groups the freedoms and privileges of other Americans, this group’s desire for a better life for themselves and future generations propelled them to overcome extreme prejudice upon their arrival in the

United States. They began to immerse themselves in all aspects of American life including fighting in America’s wars since the Spanish American War of 1898. As of February 2002, Asian Pacific Islanders made up a large percentage of the American fighting force: Active duty Army 15,266, Navy 23,623, Marines 4,404 and the Air Force 9,657. Asian Pacific Americans contributions to the Armed Forces have greatly benefited America as a nation.

The words written at the base of the Statue of Liberty reinforces the beliefs that all Americans hold true. “Give me you’re tired, you’re poor, your huddled masses yearning to breathe free, and the wretched refuse of your teeming shore. Send these, the homeless, tempest-tost to me; I lift my lamp beside the golden door.” – Emma Lazarus



June is Substance Abuse Prevention Month

What is Alcoholism:

In Italy, he/she is called an “alcolisto.” In France, he/she has the title of an “alcolique.” In Germany, he/she is labeled as an “alkoholiker.” But for the rest of the world, he/she is more popularly known as an alcoholic, or to be more precise, a person suffering from alcoholism.

Alcoholism is defined as the excessive and repeated use of alcoholic beverages, usually considered to be compulsive and thus an addiction and a disease. Alcoholism has plagued society since ancient times. But it was only in 1849 when Swedish physician Magnus Huss was able to integrate chronic alcoholism in modern day medical studies. Huss was also the first to name the disease in his essay entitled “Alcoholismus Chronicus.”

Today, there are around 5,400,000 people in the United States alone who are suffering from alcoholism. 4,500,000 of them are males while 900,000 are females.

Roots of Alcoholism:

Theories vary as to whether alcoholism is a physiological or a psychosomatic disease. Some experts claim that the electrical brain waves in people suffering from alcoholism are different from those who are non-alcoholics, thus proving that alcoholism is more of a disease that is physical in origin. According to them, alcoholism has a negative effect on our neurotransmitters, which are the cells that carry emotions to our different senses.

There are other experts however who claim that alcoholism is a psychological illness, as overdependence is more of a mental defect.

A few, on the other hand, are of the belief that alcoholism is hereditary in nature. Their studies show that people whose parent or parents are alcoholics, have a greater danger of falling victim to the ills of alcoholism. They are conducting constant research to pinpoint the genes that increase risks of acquiring alcoholism.

Despite the seeming uncertainty about the exact origin of alcoholism, one fact remains clear. Alcoholism is a real disease the poses real dangers to real people in the real world.

Problems Caused by Alcoholism:

Inveterate (habitual) drunkenness consists of recurrent intake of alcoholic beverages to the point that the drinker becomes dependent. This dependence makes him ignore the mental and physical dangers caused by alcoholism. Among these dangers of alcoholism are:

- damages on the brain, heart, liver and intestines
- delirium tremens, which is an extreme delusional state characterized by repeated hallucinations
- susceptibility to accidents, as alcoholism impairs alertness and judgment
- problems at work caused by diminished productivity and efficiency
- problems at home caused by the aforementioned impairment of judgment that often leads to low tolerance levels and irrational conduct

How to Treat Alcoholism

Throughout the years, experts have developed effective forms of medication and behavioral treatment methods to combat alcoholism and empower alcoholics to stop drinking and remain sober. Medication may come in the form of multivitamin supplements or hormones that would strengthen the endocrine system, which has been long believed to be directly related to the development of alcoholism.

Behavioral treatments include one-on-one counseling and group therapies that would allow the patient to accept that he is indeed suffering from alcoholism. From his acceptance, goals are formulated and a program is devised to achieve them, either with the patient as an individual, or with the patient as a member of a support group.

<http://bnccpa.com/alcohol-and-alcoholism.htm?gclid=COqxhdy6vIUCFR7JIgodjTMPjw>



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Official Business

To the family of:

Anthrax...No Reason to Worry

By SrA Laura Brown

If you will be deploying to CENTCOM or Korea in the near future you may have heard that you will be required to receive the anthrax vaccination. Don't start worrying just yet. This vaccination has undergone rigorous testing by three major regulatory institutions and has been proven to be safe and effective, according to those agencies.

Following 34 years of use, the six-shot anthrax series was taken off the vaccination list in 2004, after a few lawsuits claimed the shot was doing more harm than good to US troops.

For the past three years the Center for Disease Control, the Federal Drug Administration, and the Institute of Medicine have conducted

more extensive studies on short-term and long-term effects. All three organizations found no major short-term effects and no long-term health problems related to the anthrax vaccine.

TSgt Bill Bringman of the 179th Medical Squadron Public Health Office said the shot is safe and effective. Bringman also said that those who have begun the shot series will pick up from the point where he or she left off.

The pamphlet one receives when given the anthrax vaccination indicates that, as with any vaccination, there is a possibility of side effects. Those could include burning sensation, redness, or itching at the injection site. It is impossible to "catch" the anthrax disease from the

vaccination its self.

Anthrax, caused by the bacteria bacillus anthracis, is still a very real threat in certain areas in the world, Bringman. You can help protect yourself by completing the full six shot series.

In the past Suicide Prevention briefing was annual training.

Changes have been made in 2007 concerning the Suicide Prevention briefing.

Starting this year briefings will be required every **15 months**.

So, **starting this year (2007)** if you have had your suicide prevention briefing you will not have to attend another briefing for 15 months.