

Buckeye AIRLIFTER



January / February 2007

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

Online store now available

by Faline Rowland

For the past year now, the 121ARW has been working with a company in Columbus to establish an Ohio ANG Kiosk store. And it is now open for business.

The other three Wing Family Readiness Program Coordinators in Ohio have been working with the 121st over the past few months to add in our individual unit information and we are currently working on adding in our unit logos.

The kiosk can be found at <http://stores.kioskvs.com/oang>.

The kiosk is an internet-based apparel and goods store designed and operated solely for the benefit of the Ohio Air National Guard. Members, family and friends may purchase items from the store and personalize them to their individual tastes.

Members visiting the site should be sure to register upon entering. The site will generate week/monthly specials as well as birthday gift coupons for all who participate and are registered.

The kiosk contains a wide selection of apparel for all ages, shapes and sizes; outerwear, sportswear, golf shirts and much more and, they can all be personalized. And, eventually, we will be loading "unit specific" items, like Christmas ornaments and other items.

All proceeds generated from the sales from the kiosk will be channeled back to each of the four Wing's Family Readiness program. Each wing will receive a base percentage of all sales, plus an additional percentage based on the volume of sales tracked to each Wing.

Once you go out to the site, you will notice the common identifier used on the site is the NEW Ohio ANG logo. So you'll be getting the best of the best and the newest of the new.



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To Love or not to Love?

by Chaplain Bob Jackson

C.S. Lewis wrote "To love at all is to be vulnerable. Love anything and your heart will certainly be wrung and possibly broken. If you want to make sure of keeping it intact, you must give your heart to no one, not even to an animal. Wrap it carefully around with hobbies and little luxuries; avoid all entanglements; lock it up safe in the casket or coffin of your selfishness. But in that casket – safe, dark, motionless, airless – it will change. It will not be broken; it will become unbreakable, impenetrable, irredeemable....The only place outside heaven where you can be safe from all the dangers of love...is hell".

In the twelfth chapter on John, Jesus makes the same point when he says "unless a grain of wheat falls to the earth and dies, it remains just a grain of wheat; but if it dies, it produces much fruit".

The point is that our heart, our ability to love, is like a seed of wheat full of potential for us and others but a potential that can only be realized through risk. It is in dying to our fears and selfishness that our potential is set free. As St. Francis said "it is in giving of ourselves that we find ourselves". Those who close up their hearts, protecting themselves from the hurts that are part of every relationship, will become a dry hardened empty husk, and lose the life they clung to so protectively. It is only as we allow ourselves to be vulnerable by opening our heart to love others with a godly, self-sacrificing love that we produce good fruit that nourishes lasting life in us and those we love. To love or not to love is the question of human life and each persons answer will determine their destiny.

Guard & Grill Café Re-Opens

by 1st Lt Carl D. Sofranko

Saturday of December UTA was the Grand Re-Opening of the remodeled Guard & Grill Cafe. Safety issues initially spurred the remodeling effort. The end product is a facility that the Services Flight and entire base can be very proud of. After a multi-month stint of catering-in, Services members proudly prepared and served up what many Guard & Grill Café customers claimed to be their finest feast on record.

Routine base support of the 179th's dining facility is not uncommon, but the show of patronage last UTA was enormous. Never before had so many lined up so fast. Some of Saturday's patrons endured a longer than normal wait time considering the circumstances. Sunday's wait time was considerably lessened as minor changes were implemented by Services to reduce wait time in line. Please bear with us as we settle into our new facility over the coming months.

Services Flight thanks each of our patrons for their support and looks forward to offering both breakfast and lunch over the January drill and beyond.

The new dining hall remodeling project would not have been possible without the time and efforts of the following groups: Contracting, Civil Engineering, Communications Flight, Air Wing, Metal Shop, Services & the many contractors.



Children's Christmas Party 2006

For children of members of the 179th Air-lift Wing December's drill was extra special.

The children and their parents were invited to a child oriented Christmas party hosted by the Family Readiness Program.

There was a visit from Santa & Mrs. Claus

which included a lovely photo opportunity with the children. Also there were carosuel rides, drinks, and refreshments to help keep everyone entertained.

Photos of the event are spread throughtout the publication courtesy of Family Readiness.



Command Insight

by Col. Mark L. Stephens, 179AW Commander

A look at changing times

2006 was an incredible year of accomplishments and change. I want to thank everyone for the part you played in making it the success it was. Coming off Operation Katrina and Rita and launching right into an IGX was no small endeavor.

None the less, you all pulled it off with class and a great score to boot. Of course, we found some time to relax and share fellowship with our peers and families at the best family day to date.

We also celebrated Veteran's Day with an outstanding patriotic concert with the Mansfield Symphony and Chorus.

What a great event! It was a great way to celebrate this very significant day of remembrance with the community.

To our members that have deployed or are currently deployed, my hat is off to you for the great support you have given to the Global War on Terror. Whether it was playing hard or working hard, we have accomplished everything we set out to do in 2006 in the excellent fashion the 179th is known for, and I thank you for that.

So what lies ahead? Certainly we will

face many new challenges and opportunities as we navigate 2007.

We had some great developments in our efforts to expand the base. The city has been successful in acquiring some grants from the state, totaling \$2.15 million.

This money will be used to put the infrastructure in place allowing us to expand the base by 60 acres and accommodate several new missions.

This expansion will almost double the base from its current 67 acres to 127 acres, and include more than \$45 million of new construction. I will have more information on these new missions in the near future.

The main point I want to make here is that we are undergoing great change right now. Frequently, this is viewed in a largely negative light. I must emphasize that there are many positives as well as opportunities that are coming with this change.

Your leadership team is engaged and is looking to exploit those opportunities, and I'm confident there will be a place for everyone to fulfill their goals in the ANG



at Mansfield or worst case, another unit in the Ohio ANG.

Change can be difficult, but once again your leadership team is working to minimize the negatives and can exploit the positives. We just completed a two day, off site training seminar on change management to sharpen our skills and learn some proven methods to do just that.

The bottom line is that the world is changing at an ever increasing rate, both inside and outside of the military. You can either get on board the train and make the most of it, or you can allow yourself to get run over — your choice.

For me, I plan to get on the train and make sure it takes us to a destination of our choice and I hope to see you on the train with me!

Your ETS is coming up, what are your options?

Every once in a while we are faced with the decision on whether or not to reenlist in this great organization called the Air National Guard.

There are many reasons people leave and there are many reasons people stay.

For FY 2007, the National Guard Bureau has provided us with the following incentives if you choose to stay:

If you have **under 18 years time-in-service** you would have the choice of any two of the following incentives if you **reenlist for SIX years**: \$15,000 bonus, student loan

repayment (SLRP), or Montgomery GI-Bill Kicker. You must be fully qualified in the incentive eligible AFSC and be a traditional guardsman.

If you have **under 18 years time-in-service** and you **reenlist for THREE years** you would be eligible for a \$7,500 bonus only. You must be fully qualified in the incentive eligible AFSC and be a traditional guardsman.

If you have **18-20 years time-in-service** you would be eligible for the \$7,500 bonus only with a three year enlistment. You must be fully

qualified in the incentive eligible AFSC and be a traditional guardsman. Members in the 18-20 year timeframe are only eligible for the \$7,500 bonus.

You must be within 90 days of your ETS to reenlist for an incentive. If you are currently receiving an incentive (Bonus or SLRP) you may reenlist within 30 days of your ETS.

If your ETS is within the next year and you are deploying, you **may** be eligible to reenlist early.

There are currently 78 AFSCs that are eligible for the

reenlistment bonus. Please contact your Unit Career Advisor, First Sergeant, or Commander to see if your AFSC is on the list. You can also visit the Mission Support Flight web-page and click on Retention on the base intranet.

This guidance is always subject to change, so if you have any questions or need clarification, please contact one of the individuals listed above. You may also contact MSgt Mike Schaefer, the Retention Office Manager, at (419) 520-6207.



179th Airlift Wing Family Readiness

Material contributed by Faline Row

ess and Support Group Newsletter

land, Family Readiness Coordinator



Out and About

By: SrA Laura Brown

A little drive for a lot of Snow!

If you enjoy the wind blowing through your hair and having snot frozen to your face you might want to check out Snow Trails during the winter UTAs. Snow Trails offers 13 different slopes for skiing and snow tubing.

There are varying degrees of slopes to accommodate beginners up through advanced snow bunnies and with seven lifts you are never far from another ride to the top!

After playing in the snow for awhile you might find yourself a little chilly. Step inside

the cozy lodge where you will find two restaurants with delightful hot chocolate and two full bars nestled inside.

The price to ski is \$32 if you bring your own equipment and \$60 if you need to rent. Price includes a lift pass, skis, ski poles, and ski boots. The price for snow

tubing is \$20.

They also offer a \$5 discount when you show a valid military ID. Snow Trails is conveniently located Possum Run Road only 2.2 miles from the Super 8 Motel.

Are you still feeling a little of the true Christmas Spirit? You might enjoy

taking a stroll through the Living Bible Museum. 70 life-sized dioramas bring the Bible to life as the different wax characters provide an auditory experience unlike any other.

All that walking may cause

you to work up an appetite in which case you can stop by Solomon's Snack Bar to munch on a Goliath Dog or sample some of Eve's Fruit Salad.

Guided tours are available until 6 PM for \$4.50. The Living Bible Museum is located at 500 Tingley Ave in Mansfield.



The dangers of facing cold temperatures

by SMSgt Thomas J. Musille
179AW Saftety Chief

Cold temperatures in winter can be dangerous if you aren't properly prepared to face them. The following is some information about the effects of extreme cold temperatures.

Frostbite is damage to body tissue caused by extreme cold. A wind chill of -20° Fahrenheit (F) will cause frostbite in just 30 minutes. Frostbite causes a loss of feeling and a white or pale appearance in extremities, such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, get medical help immediately! If you must wait for help, slowly rewarm affected areas.

However, if the person is also showing signs of hypothermia, warm the body core before the extremities.

Hypothermia is a condition brought on when the body temperature drops to less than 95°F. It can kill. For those who survive, there are likely to be lasting kidney, liver and pancreas problems. Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. Take the person's temperature. If below 95°F, seek medical care immediately.

If medical care is not available, warm the person slowly, starting with the body core.

Warming the arms and legs first drives cold blood toward the heart and can lead to heart failure. If necessary, use your body heat to help. Get the person into dry clothing and wrap in a warm blanket covering the head and neck.

Do not give the person alcohol, drugs, coffee or any hot beverage or food. Warm broth is the first food to offer.

Order of the Musket



**Ohio Order of the Musket Dinner
Presented by the Enlisted Members of
the Ohio Air National Guard to
Honorable David Hobson
U.S. Congressman – Ohio's 7th District
Saturday evening, 10 March 2007
Ohio Statehouse Atrium**

Cocktails in Crypt 1800 (6PM) - Dinner and ceremonies 1845

Cost: \$55.00 per person

Make Checks to: Hq Ohio ANG

Mail to: Hq Ohio ANG

AGOH-CCM/Order of Musket

Attn: CMSgt Chris Muncy

2825 W. Dublin-Granville Rd

Columbus, Ohio 43235-2789

Phone: 614.336.7185/

Fax 614.336.7078

Deadline: 1 March 2007

Military Dining Out

Formal Attire:

Military: Mess Dress or
Semi-Formal

Civilian: Formal/black tie

**Officers may attend by invitation of
Congressman Hobson.**

**For more information contact your
SNCO Council Rep or Command
CMSgt for tickets**

Mansfield Lahm Military Families Scholarship Program

Applications are now available for the Mansfield Lahm Military Families Scholarship(s). Applications must be completed with all documentation attached and returned to: Mansfield Lahm Military Families, C/O SMSgt Debra Robinson, 1947 Harrington Memorial Rd., Mansfield, OH 44903-0179. It must be **POST-MARKED NO LATER THAN APRIL 27, 2007**. It is important that you keep to the above mentioned deadline or your application will be returned without action.

The deadline will be observed in all instances. Applications must include all required information to be considered. Application forms may be obtained in the Lobby of Bldg. 422 and or in the orderly room of each squadron.

Scholarships will be announced through the mail and proceeds will be awarded when verification of the student's enrollment has been received by the Scholarship Chairperson. Verification can be in the form of a letter, invoice, or other proof of enrollment from the student's college / university registrar's office.

Mansfield Lahm Military Families Scholarship Program and Criteria

Mansfield Lahm Military Families will be awarding four (4) \$500 Scholarships for the 2007 - 2008 academic year. An impartial panel of judges will rank the scholarship applications.

Scholarship Requirements:

The following persons are eligible:

1. Children, grandchildren and spouses of active or retired 179th AW Air National Guardsman.
2. Unmarried dependent children of deceased 179th AW ANG members who were in good standing at the time of their death.

The following persons are ineligible:

1. Current members of the National Guard.

Academic criteria:

1. Applicants must be enrolled as either a high school senior (in good standing) or a full-time student at a college, university, trade or business school in order to receive funds.
2. Must have at least 2 semesters left for degree completion.

GRADUATE STUDENTS ARE NOT ELIGIBLE FOR SCHOLARSHIP AWARDS.

The Mansfield Lahm Military Families Scholarship Committee will award scholarship grants as approved by the MLMF Executive Board. Grants will be sent directly to the recipient with each check made payable to the recipient school of choice. To receive the grant, verification of enrollment is necessary.

Grants will be awarded on the basis of scholarship, character, leadership and need. All applications will be accompanied by:

1. Transcript of High School Credits (and college credits if applicable).
2. Letter from applicant with facts as to his/her desire to continue his/her education, comments about their individual future goals and objectives, and comments as to the value that this financial aid will afford.
3. Three (3) letters of recommendation verifying the application and giving personal traits. (High School principal, counselor, dean, professor, minister, employer, etc.)

Upon selection of recipients a photograph suitable for publication may be requested, but no photograph should be sent with the application.

If the student is granted a scholarship and fails to complete the school term for reasons other than illness, injury, or other extenuating circumstances, the student agrees to return any scholarship money to the Mansfield Lahm Military Families.

If you should have any questions please contact Major Troy Cramer at (419) 520-6323.

Scholarship Application Mansfield Lahm Military Families

NAME: _____ DATE: _____
Last First Middle

HOME ADDRESS: _____
Number Street P.O. Box or Apt. #

CITY: _____ STATE: _____ ZIP CODE: _____ PHONE: () _____

DATE OF BIRTH: _____

PARENT/SPONSOR _____
Rank Full name

ACTIVE OR RETIRED (A/R): _____ YEARS OF SERVICE (IF RETIRED): _____

HOME ADDRESS: _____ () _____
Home address/City/State/Zip Phone Number

Relationship to Sponsor Enlistment Expiration Date Unit/Squadron
(If active)

APPLICANT'S STATUS: (Check one) High School () Business/Trade School () College ()

School/College & Grade/Term _____

Have you received any other scholarships? (if so, please specify) _____

List Activities (School, Community, Church): _____

List offices to which you have been elected in Any Organization: _____

List Honors which you have been awarded: _____

List College/Trade/Business School you plan to attend or are currently attending: _____

What career are you planning to pursue and why? _____

If you need additional space to answer , please attach a separate sheet to this form.

I have answered the above questions to the best of my knowledge and belief.

Signature of Applicant/Date

Signature of Parent or Spouse/Date

If granted a scholarship and I fail to complete the school term for reasons other than illness and injury, I agree to return any scholarship money to the Mansfield Lahm Military Families.

Signature of Applicant/Date

(This application can be reproduced for applicant purposes.)

Marriage workshops announced for 2007

PREP stands for Prevention and Relationship Enhancement Program.

PREP offers a fresh approach. It is basic and straight-forward. The workshop and material teach couples the skills they need to nurture a lasting love. Key topics include expectations, commitment, forgiveness, feeling understood, and sensuality.

PREP is **NOT** therapy and is probably unlike anything to which you have been exposed. No "encounter" group or sharing of personal concerns, no dry psycho-babble.... Simply thrilling insights into a more loving, growth-filled relationship!

PREP begins with teaching effective communication skills, addresses problem resolution strategies that work, reveals how to discover the hidden issues in every relationship, and then moves into caring, fun, and friendship.

PREP has proven so effective that it has been featured on "20/20," "48 Hours," "Oprah," and in the printed media.

PREP IS FOR YOU IF

- You are a married couple or non-married committed couple
- You and your spouse/significant other want things to be even better in your relationship

Questions many couples have about the Marriage Enrichment Workshop

We're doing pretty well. Why should we consider attending a Marriage Enrichment Workshop?

All of us can improve our skills when it comes to loving the most important person in our life. Every couple starts off their relationship committed to make it work. Unfortunately, many of us simply do not know HOW to accomplish a healthy and fulfilling marriage. **PREP** can provide concrete strategies and tools to build a rewarding marriage.

Will we be expected to tell a bunch of strangers what our problems are?

No. This is not group therapy. It is an educational and practical application opportunity to learn what works in marriage (and what makes marriage work). It's not necessary to share short-falls with the group. Your confidentiality is important and will be protected.

Is this a religious program?

No. No particular denominational teachings are included in "Marriage Enrichment: the **PREP** Approach."

What does the workshop cost?

It's free! People ordinarily pay \$150 for the workshop and materials and the total cost of the retreat, including hotel and food can easily exceed \$300. Thanks to special funding, however, this workshop is provided at no cost. Military members are not required to be on orders; however **Spouses or significant others** of military members will be required to be put on Invitational Orders so they can be reimbursed by the government for travel to and from the event if residing outside the commutable area. Hotel accommodations will be **reserved & paid** by the program. We **do not** pay for incidentals such as room service, movies and babysitting fees. Some Army and Air National Guard units may elect to allow the service member to attend in lieu of drill. Check with your unit to coordinate this arrangement.

Why would Major Commands give people a day's pay to attend a Marriage Enrichment Workshop?

The Ohio National Guard cares about your family relationships. It's a huge boost to family readiness. Plus, if you become more effective at open communication while knowing how to keep discussions from escalating into arguments, it will benefit you at work as well as your home.

What You'll Learn

Enjoying the good times: More than "Don't Worry, Be happy," learn the secrets of keeping busy lifestyles from crowding-out the fun in your relationship.

Viva La Difference! Gain fresh insight into why men and women see life so differently. You'll leave with a whole new appreciation for who you are and whom you love.

Danger Signs: Learn the danger signs that can lead to marital discord and can eventually breakdown relationships. Discover how to express your concerns constructively and how to examine hidden issues and expectations that can build quickly in a marriage.

To register for a PREP Workshops go to <http://ohiofamilies.org/prep.asp>

Through a grant funded by the Governor's Office of Faith-Based & Community Initiatives we are able to provide this workshop to any service member regardless of their branch, duty status or marital status. **PREP** is open to any of the following:

- National Guard or Reserve- regardless of deployment history
- Air Force, Army, Coast Guard, Marine Corps, Navy
- Traditional (part-time), Retired, Veteran
- Married, Committed Couple

Friday's events begin at 6:00 p.m. followed by a social hour and hors d'oeuvres. We will start promptly at 8 pm. and end at 10:00 p.m. Saturday session will run from 9 am to 5 pm.

* Please note; if you as a spouse or significant other have never received travel pay from the National Guard before **you must bring** a voided check to the workshop to facilitate travel reimbursement. Travel reimbursement is for those individuals who live outside the commutable area (commutable areas are those who reside in the county of the event or any of the adjoining counties).

For more information, or if you are unable to register on-line please contact **Cyndi Caron, Family Assistance Coordinator, at 1-866-278-5755**. A member of the Family Programs staff will call and confirm all registration within 2 weeks of receipt.



