



Buckeye Airlifter



179th AIRLIFT WING, OHIO AIR NATIONAL GUARD, HANSFIELD OH.

179th Recruiting at the Patriot Bowl



Supporting OHIO's
Special Olympics

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Command Insight

Of aging hippies and safety in stairwells

By Col Bill Waldron
Wing Vice Commander

On our Safety Office's partition for everyone to see is a poster entitled "SAFETY IS AS STUPID DOES." Check it out. It depicts any number of common, everyday acts that can quickly lead to injury, or worse.

About halfway down the poster, just to the left of center, you'll notice an airman carrying a computer monitor down a flight of stairs, about to step into thin air as he nears the bottom.

I've looked at that poster at least four times since it went up. But, I must have overindulged, since it didn't prevent me from being stupid in almost precisely the same way about three weeks ago. The only thing missing in my case was the computer monitor.

Hurrying down a stairwell in a local high school (I didn't want to be late to my next meeting) I missed TWO of the bottom stairs, logging some awesome hang time and coming down hard on the outside of my right foot. I knew I'd done something stupid because I lurched around in a kind of old man's chicken dance to stay upright *in case someone saw me*.

So, drawing myself up into what I hoped was an unruffled, poised stance, I did a second stupid thing: I walked away

as if nothing had happened. Limped away, actually.

Now, pause for a second, respected reader. You've done something like that, haven't you? At least once. You can be honest; it's just you and me here.

In any event, there was that next meeting to get to, a choir rehearsal; an hour-and-a-half of sitting and standing after limping (in a more pronounced way by now) from car to church auditorium. Despite the surprising discovery that "the fall" had added two notes to the high end of my range (explain *that*), I was disappointed that the burning pain in my foot didn't subside as the session proceeded. I'd rolled my ankles and feet before, in any number of ways, and generally ended up with no more than a bruise and some soreness. This was a new and altogether unpleasant feeling.

Four hours after limping into the emergency room (proving that stupidity knows no limits), the kind Physician's Assistant, in a consultation lasting all of five minutes (and costing my insurance carrier an astounding sum), said "You've done it this time; the foot is broken." Glancing into the corner where I'd placed my sandals, her eyes widened as she asked, "Were you wearing *those*?" Well,

yes. "Hippie shoes," she declared. "They don't provide much support, you know." Yes, I knew. But they were *so* fashionable.

The ER folks, wrapping my foot in a temporary splint, referred me to a podiatrist, who saw me the next day. In another "lengthy" consultation lasting about ten minutes, he explained that the surgery was already scheduled for one week later. Good to his word, he pinned and wired the bone back together, propped me up on crutches, told me to place no weight on the foot for at least six weeks and, with a beaming smile, wished me well. No driving, either, as that involves my right foot.

A word of gentle advice from this aging hippie chicken dancer to you, my dear wingmen. *Watch* the steps when descending a stairwell. Every one of them. It's not only safer; it beats the daylight out of fretting about all the *other* concerns in your life. At the moment and in the moment, do what you're doing, with your full attention. Use the handrails, too (yes, "my" staircase had handrails; I wasn't using them).

And lose those sandals.
Safe stepping.



ABU FITTING THIS WEEKEND!!!!

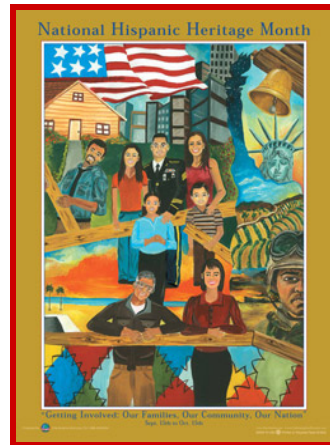
A reminder that Clothing Issue will be fitting members for ABU's in building 203. The August UTA Schedule is noted below. Be sure you arrive ON TIME for your scheduled briefing/fitting time. Call ext. 181 w/ additional questions.

September 13:

0900: Traditional guardsmen Pounds-Roeder
1000: Traditional guardsmen Roger-Sikora
1300: Traditional guardsmen Simonson-Sterner
1400: Traditional guardsmen Stichler-Testa

September 14:

0900: Traditional guardsmen Thomas-Walker
1000: Traditional guardsmen Walkuski-Wright
1400: Traditional guardsmen Yancer-Z & Everyone else not yet sized



SEPTEMBER IS HISPANIC HERITAGE MONTH

In honor of this Spanish ancestry, the U.S. has celebrated *Hispanic Heritage* month from 15 September to 15 October every year since 1988. This is the fastest growing population as the Census 2000 indicated that Hispanics have become the largest minority group in the United States including Puerto Rico. The word Hispanic comes from Espana, Spain, the country that led the conquest of the New World. Hispanic ancestry is rich and consists of anyone who descended from the mother country group, area of the country and period of immigration. The backgrounds of Hispanics are diverse with a focus on Mexican, Puerto Rican, Cuban, and other Hispanics such as Central/South America.

As the 2000 Census indicates, Mexican Americans comprise the largest number of Hispanic Americans in the United States. Most Mexican Americans or Chicanos are Mestizo, i.e., of mixed Native American and Caucasian descent. Puerto Ricans are descendents from the native Taino Amerindians and the Spanish who conquered the island. Puerto Ricans comprise the second largest group of Hispanics. The Puerto Ricans are also the most socially and economically disadvantaged Latino group.

When it comes to serving the United States, Hispanic Americans have risen to the occasion. As far back as the American Revolution, Spaniards and people of Hispanic descent provided significant military assistance. Hispanic Americans have served proudly in all U.S. wars and their presence in the ranks has increased since WWII. Interestingly, Hispanics, both women and men, tend to choose to enlist and receive commissions in the Marine Corps compared with the other services. The reasoning may be steeped in the deep tradition of Hispanic Americans serving with valor in the military in combat units in the Marines and the Army.

Those of Latino descent have and will continue to have an enduring impact on mainstream American culture. Americans should embrace this culture, for it is a part of our history and it will become a part of our future.

Seeking recruits at the Patriot Bowl

By 1st. Lt. Nicole Ashcroft
Chief of Public Affairs

Recruiters from the 179th Airlift Wing (AW) and 200th Red Horse (RH) Detachment took recruiting to a whole new level when they spiraled in a touch down on Saturday, August 30, 2008 by sponsoring the First Merit Patriot Bowl.

The Patriot Bowl is an annual college football game held at Cleveland Browns Stadium, located in Cleveland, Ohio. The Patriot Bowl strives to create a large, vibrant, annual civic event that celebrates patriotism, service to country and community, and sportsmanship. This game is held on Labor Day weekend and has been previously represented by all branches of the military...except the Air Force. On August 30, 2008, that all changed when the 179th Airlift Wing Recruitment Team took the initiative to become the lead sponsor of this years game between the Eagles of Boston College and the Golden Flashes of Kent State.

As the primary sponsor, 179AW/200RH recruiters were able to dominate the marketing opportunities with college students throughout the day by first beginning with the official tailgate party where they set up a booth that had a number of appealing items for potential recruits. These items of interest included a static display, a game to test football throwing capabilities, free tee-shirts, free footballs and much more...all of which pulled in quite a crowd. During the game, the 179AW/200RH had a multitude of Air National Guard (ANG) marketing materials situated throughout the stadium. These materials included ANG field goalposts at one end zone that was entirely dedicated to the ANG. In addition there were a

number of marketing spots on the big-screen and radio broadcasts spots being played throughout the game, which were recorded by the 179th AW Public Affairs Office. When college students weren't busy checking out the impressive ANG graphics, radio spots, flag posts and other recruitment materials, they were busy jumping up from their seats to catch tee-shirts that recruiters were tossing into the crowd.

The 179AW/200RH presence didn't stop there because the halftime show was also another key sponsorship. The halftime show paid special tribute to commemorate the 16 million veterans that served during World War II, and the more than 400,000 who gave their lives. It paid recognition to the sacrifice, spirit and commitment of the brave men and women who serve or have served in the US Armed Forces. During this special recognition ceremony, twenty-five military personnel escorted twenty-five World War II veterans onto the field



Photos by Airman 1st Class Joe Harwood

where Tech. Sgt. Joshua Blakley, 179th AW Recruiter, presented the Honor Flight with a check.

The Honor Flight is a non-profit organization established to honor our veterans for the sacrifices they made. They do this by flying our heroes to Washington, DC so they can visit the memorials and reflect. This is a dream of our veterans, which the Honor Flight is proud to provide, and the check donated by the ANG will help a number of veterans fulfill that dream.

The event was a success in every way imaginable. Our 179th AW and 200th RH recruitment team spent honoring our veterans and throughout this day of patriotism, service to country and community, and sportsmanship, they were able to meet some potential future recruits.



Airmen provide medical care in the Ohio State Special Olympics

By Senior Master Sgt. Stephen S. Powell
 Medical Group First Sergeant



In June 2008, fifty (50) Ohio National Guard Airmen joined their civilian counterpart's in encompassing the Ohio State Campus and other locations around Columbus. The joint efforts of the doctors, nurses, paramedics, emergency medical technicians, and first aid providers were focused on providing medical care to the Olympians during the Ohio State Special Olympics. Their combined goal was to assist the Special Olympians and their families in order for them to have successful, safe, and constructive athletic events.

The 179th Medical Group and 179th Airlift Wing, located in Mansfield, Ohio, lead this venture as they have for the past 35 years. They were joined for this special event by the 88th Medical Group (Dayton), 121st Air Refueling Wing (Columbus), 180th Fighter Wing (Toledo), 178th Airlift Wing (Springfield), 445th AMDS (Wright Patterson AFB), and numerous civilian agencies.

The 179th Medical Group personnel; Lt. Col. Kathy McGowan,

Capt. Amy Magnuson, Master Sgt. Tom Koehler, and Staff Sgt. Dane Francis, performed the four man Flag detail at the opening ceremonies. These Airmen provided an exemplary performance, honoring the Ohio Air National Guard and the Special Olympians.

The medical staff remained readily available to assist over 3000 Olympians and their families. When an individual became injured the staff communicated and provided all necessary assistance. Luckily, there was not a great need for treatment of serious injuries. The staff provided care to 62 injured Olympians and transported 4 patients to the Ohio State Hospital.

The Airmen that participate in the Special Olympics keep returning. This event allows them to give back to the community and show their pride in the uniform they wear. They continued to show the Core Values of Excellence, Integrity, and Service with every hug they gave and each injury that was mended.



Photos by Tech. Sgt. Lisa Haur

CCAF Changes...

By Senior Master Sgt. Steven B. Mock
Base Education & Training Manager

CCAF information has been available on the W:drive under MSG/Education; It is now on our Force Development CoP at <https://www.af.mil/afknprod/ASPs/docman/DOCMain.asp?Tab=0&FolderID=AN-DP-01-73-8&Filter=AN-DP-01-73>.

Members can view their Progress Reports on the Air Force Virtual Education Center website (AFVEC), send me a copy along with their AF 968, and I will forward this information to CCAF. In most cases they will get same day service from my office, and we will

have an answer form CCAF in a day or two.

The AF 968 is the form I use to coordinate degree changes, degree candidate requests, transcript or course reviews, or waivers with CCAF. It is a very simple form to complete, and a short instruction is in the CCAF folder along with the form. Students are asked to forward a electronic copy of their Progress Report and an electronic copy of their AF 968 to me. I will review it, make any needed changes, and forward to CCAF.

Progress Reports are just three clicks of the mouse away once you have logged

onto AF Portal. Click Home and the AFVEC link is on the upper left under Quick Links. The Progress Report link is on the far right. There is no option bar at the top of this form, but you can highlight and paste to a Word document and sent to me that way.

The process may be new and unfamiliar to many, but once a student begins reviewing their own Progress Report, or completing their own AF 968, I think they will find the process very simple. It is not uncommon for me to see a customer on Sunday of drill and have a Graduate Notification Letter in my inbox on Wednesday morning.

Are you ready for the general election?

By Maj. Ken Kmetz
Voting Assistance Officer

Have you registered to vote and requested your absentee ballot? Ensure you are registered to vote and if you are not going to here (deployed or somewhere else) make sure you request an absentee ballot. **Now**, is the time if you plan to vote in the General Election on 4 November. In order for you to exercise your right, you should ensure that you are ready. To register and request an absentee ballot, just fill out the Voter Registration/Ballot Request Form (Federal Post Card Application, FPCA SF 76) and send it to your local election office.

The 179th local Voting Assistance Team, in coordination with the Richland County Board of Elections Office, has provided the wing with a kiosk machine; it's located in the 422 lobby. This machine provides computer-based voting assistance to our members to include absentee voting, provisional ballots, voting poll hours, how to register, information on touch screen voting, and it highlights the new Ohio requirement for having an ID when you go to vote. There are also useful hand-outs available.

Airman 1st Class Jina Kyle of the Services Flight

Photo by Airman 1st Class Joe Harwood



To fill out the Voter Registration/Ballot Request Form, go to www.fvap.gov. The site has state-specific instructions for all 55 states and territories covered under the Uniformed Services Members tab. Simply click on what you want to do from there, register and request an absentee ballot or find out where to send it in your community – it couldn't be easier. The clock is ticking though, don't miss out on exercising the right you that you help provide:

Important Dates for Uniformed Service/family members Inside the U.S.

- General Election: 11/04/2008
- Register by: 10/06/2008
- Request ballot by: 11/01/2008
- Return ballot by: 11/04/2008

What is the “Lautenberg Amendment”?

By 1st. Lt. John M. Stephan
JAG Officer

Every year, Airmen are required to receive a briefing on the Lautenberg Amendment. Although you also receive this briefing from your Commander, this article serves to inform and brief you about the Amendment’s provisions and requirements.

In a nutshell and for purposes of the Ohio Air National Guard, the Lautenberg Amendment prohibits any Airman who has been convicted of a crime that constitutes domestic violence from possessing or receiving a firearm or ammunition. It is important to note that violating the Lautenberg Amendment is a federal felony.

So, what constitutes “domestic violence” and “conviction” for the Lautenberg Amendment? With domestic violence, an offense that has as its factual basis, the use or attempted use of physical force, or threatened use of a deadly weapon committed by: a current or former spouse to the victim; a parent or guardian of the victim; someone who has a child in common with the victim; someone who is cohabitating with the

victim or who has cohabitated with the victim as a spouse, parent or guardian; or someone similarly situated as a spouse, parent or guardian (such as a girlfriend/boyfriend relationship).

A conviction can be: any state or federal conviction for a crime of domestic violence (misdemeanor or felony) qualifying as a conviction prohibiting the possession of a firearm under the Lautenberg Amendment; charges that are reduced or negotiated to a crime not entitled “domestic violence” may still qualify if the factual basis fits within the DoD definition; or general or special court-martial conviction for a UCMJ offense meeting the DoD definition.

If you have a qualifying conviction or are unsure whether you have on, you should see your Commander.

It is in your best interest to know so you can avoid violating the Lautenberg Amendment. Also, if you know of someone with a qualifying conviction, report this fact to your Commander or First Sergeant because it is also a crime to issue or dispose of firearms or

ammunition to anyone with a qualifying condition if you know, or should know, about the conviction. An Airman with a qualifying conviction should not accept possession of firearms or ammunition, military or otherwise. If an Airman does, the Airman is violating the law and may face adverse administrative action by the military, as well as possible civilian prosecution.

Why is complying with the Lautenberg Amendment so important to the Ohio Air National Guard? Readiness and mobility. As you can imagine, an Airman with a qualifying domestic violence conviction is not going to be able to fill a deployment-ready slot. If an Airman with a qualifying conviction is retained in the Guard, the Airman must be reassigned to duties which do not include access to firearms or ammunition and may not deploy to areas for which arms training is required.

If you have any questions concerning the Lautenberg Amendment, you should consult with your Commander or your base JAG officer.

New GTC Reminder

Anyone with a government travel card through the current cardholder, Bank of America, has received or will soon be receiving a card through the new cardholder, Citibank.

Upon receiving this new card, please activate it, but do not use it until December 1, 2008. Until this date, please continue to use the current Bank of America card.

For any questions, please see your squadron APC or one of the three 5-level wing APCs: TSgt Natalie Love, MSgt Sheila Pryor, LtCol Ted Koehler.

179th unveils new webpage

Are you looking for the new edition of the Buckeye Airlifter? Would you like to know how to contact someone on base when you are at home? Are you interested to see what positions are open at the 179th?

If any of these questions apply to you, or if you just want to see what is new at the base between drills, head over to the new 179th Airlift Wing webpage at <http://www.179aw.ang.af.mil>. There, you can find:

- Buckeye Airlifter
- Job Opportunities
- Photos & Video's
- Space A Info
- Contact Info for Finance, Personnel, and more



The Enlisted Perspective

By CMSAF Rodney J. McKinley

7 July 2008

Blocking and Tackling

Many Airmen know that I enjoy college football. I have been a loyal Ohio State Buckeyes fan since the mid 1960s. Of course, I am also a fan of our own Air Force Academy Falcons. This has been a lot of fun throughout my Air Force career. Many Airmen have taken the opportunity to remind me when their favorite teams have defeated my Buckeyes. In particular, that team up North, the Michigan Wolverines, and recently the Florida Gators and LSU Tigers, who defeated us in the last two National Championship games. There is one thing that is common to all successful teams, they all practice and perform the basics very well; the blocking and tackling.


Our Air Force is no different. We recruit the very best Americans from across our country and sometimes around the world. We then send them to the finest Basic Military Training, OTS, and Air Force Academy we have ever had, and we continue to improve. We then send them to technical training to learn the basics of their Air Force Specialty. At BMT and technical training they learn the basics, or blocking and tackling. They learn how to properly wear our uniform, military bearing, standards and discipline, customs and courtesies, military justice, following technical data and Air Force Instructions, being followers, being good Wingmen and many more important details and attributes. These basics are embodied in our core values of Integrity First, Service before Self, and Excellence in All We Do.

As leaders, it is our responsibility to ensure those basics our Airmen learned are reinforced every day. We do that by not only living our Core Values, but exemplifying them in everything we do. We must hold our Airmen accountable. Leadership is not a popularity contest. It is difficult. Leaders get commitment from others by being totally committed themselves, by building an environment that encourages creativity, and by operating with honesty and fairness. Leaders never walk by a problem. If you do, you are now part of the problem. You must never miss the opportunity to provide feedback to our Airmen, positive or negative. When Airmen perform in an outstanding manner, recognize them for it. If an Airman is not following tech data, not properly wearing the uniform, or anything else you recognize as wrong, you must step in and correct it. We don't pick and choose what AFIs or policies we follow. We follow them all. That is Integrity.

For football teams, the season is only a few months long and at the end of the day, it's only a game. However, the Air Force performs its mission every second of every day at locations around the globe, in air, space and cyberspace. What we accomplish is no game – our actions matter for our children, our grandchildren, our Nation and the preservation of democracy.



Rodney J. McKinley
RODNEY J. MCKINLEY
Chief Master Sergeant
of the Air Force





HEALTHY HABITS COACHING

Improve your health - for life!

Changing habits is easier when you have the information, tools, and support that you need. Our programs, designed by health professionals, can help you reach your health goals - and stick with them for life.


Personal health coaching is what really makes our programs different from all the rest. You work one-on-one with a highly trained personal health coach who will support you throughout your program enrollment.





iCanChange

The iCanChange program uses a personalized, flexible, and supportive approach to help you reach your weight and health goals.



iCanRelax

iCanRelax is a personalized, flexible, and supportive program. It is designed to help you become aware of stress and how it affects you.



iCanThrive

iCanThrive is a step-by-step program. You will learn to fuel your body with healthy foods, begin a program of enjoyable physical movement, and relax more.

For More Information:
Call: 1-800-342-9647 or Visit: www.militaryonesource.com

You name it. We can help - 24/7!

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Stories or story ideas may be submitted to the Public Affairs Office for publication consideration in the Buckeye Airlifter. Information should be emailed to nicole.ashcroft@ohmans.af.mil. The Buckeye Airlifter is a monthly publication.

OCTOBER 08 DEADLINE: Saturday 13 Sept 08

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 Public Affairs Broadcaster.....Tech. Sgt. Joe Stepp
 Public Affairs KM.....Airman 1st Class Dustin Edgell
 Family Readiness Manager.....Ms. Faline Rowland
 Reporters.....Unit Public Affairs Representatives