



Buckeye

ANG^{OHIO}
AIR NATIONAL GUARD
GUARDING AMERICA. DEFENDING FREEDOM.

Airlifter



THE 179TH AIRLIFT WING, OHIO AIR NATIONAL GUARD, MANSFIELD OH.

9/11 REMEMBERANCE

pg. 6



UNIT COMPLIANCE INSPECTION

PG. 2

IDENTIFYING
POST TRAUMATIC STRESS
SYNDROME pg. 4

Command Insight

By Colonel Mark L. Stephens, 179th Airlift Wing Commander



Tradition of Excellence

The 179th Airlift Wing has always enjoyed a tradition of excellence and I'm proud to say that, despite the daunting task of receiving five major inspections in one year, this tradition continues.

It started with Operations receiving an Aircrew Standardization and Evaluation (ASEV) inspection in May. This rigorous inspection insures that the training of our aircrew members meets or exceeds Air Force standards and that our evaluation process accurately reflects the status of this training and aircrew performance. This inspection went very well with 100% of the evaluations administered receiving Q1 passing marks and an overall "Mission Ready" rating; as well as many laudatory

comments about the great performers in Operations. Great job folks!

Next, we received an ESOHCAMP inspection, which insures we are complying with a myriad of environmental and safety requirements set forth in federal and state statutes as well as Air Force directives. Every time we have one of these inspections I think we have hit the wall but some how we always seem to set a new standard. This inspection was no exception and our program was recognized by being only the second ANG unit to receive the coveted Environmental Management System 2nd party certification. Furthermore, I just received notification that we have won the Thomas D. White Environmental Program of the Year Award for the ANG. Next, we compete for the best environmental program in the Air Force. Way to go folks!

Then came the triple threat of Health Services Inspection (HSI), Unit Compliance Inspection (UCI) and Logistics Standardization and Evaluation Program (LSEP). We had so many inspectors on base we weren't sure we would have enough room for our own members to park! Once again the Wing came through with flying colors.

The Medical Group was recognized for having an outstanding medical readiness

planning and deployment process. They also received an excellent in force fitness and medical management and received a satisfactory overall.

We also received an overall satisfactory in the UCI but I must mention that we were graded excellent or better in 11 out of the 18 major graded areas and received a 100% compliance rating. So it is clear that the inspectors have raised the bar in both the HSI and UCI, just as we experienced earlier with the ASEV inspection. As a matter of fact, the team chief told me that starting next month the UCI will become a two-tier grade of either In Compliance or Not in Compliance.

Last, but certainly not least, was the LSEP inspection. We knocked it out of the park on this one folks! Out of 4144 inspected areas, we were 99% compliant and past 97% of task evaluations, with the ANG average being only 75%. The team chief stated it was the best performance he had seen in the 17 inspections he had performed. Way to go team!

Bottom line, I'm very proud of everyone and make no mistake, results like this just can't happen without everyone's engagement and commitment. So, to the entire Wing, thanks for once again proving that the 179th is truly the home of **Citizen Airmen at Their Best** and continuing our **Tradition of Excellence!**





Chief's Corner

By Chief Master Sgt. Gregory L. Eyster

On September 4, 2008, the 179th Airlift Wing kicked off the second year of Satellite Non Commissioned Officer Academy (NCOA). Nine dedicated NCOs' were welcomed and reminded by Col. Stephens how his personal experience with Professional Military Education (PME) seminars increased his understanding of course material and helped develop personal relationships with other unit members. Of the three methods to complete PME, satellite distance learning uniquely allows our NCOs' to relate course material to unit situations, apply the knowledge immediately to their daily tasks, and forge relationships with peers they will work with throughout their careers.

Satellite NCOA works like an accelerated college course, combining exactly the same standards of academics, drill, fitness, and discipline taught in a full in-residence course, in two separate phases.

The first phase is home station with two nights of training for 12 weeks. Immediately following the home phase the students go to the Technical Education Center at McGhee Tyson ANGB, Tennessee for two weeks to finish the course. Students receive 10 semester credits towards the Community College of the Air Force upon completion.

More emphasis is being placed upon PME completion in an ever competitive workplace, so we welcome unit members to explore this opportunity. Distance learning will not work for every Airman, but for many it is exactly the best way to meet the requirement and improve your leadership skills. Our facilitator staff which is comprised of Chief Eyster, MSgt Bishop, MSgt Koehler, MSgt Stover, MSgt Managan and TSgt Hall all welcome your questions or comments.

~ Current Students ~

TSgt Amy Abshire - Mission Support
 TSgt Rebecca Amert - Services Flight
 TSgt Annett Foust - Services Flight
 TSgt Todd Grogg - Security Forces
 TSgt Bob Jones - Airlift Wing Headquarters
 TSgt Travis McBride - 200th Redhorse
 TSgt Jaclyn Newbert - Medical Group
 TSgt Vincent Schloemer - 200th Redhorse
 TSgt Curtis Wright - Services Flight



Photos by 1st. Lt. Nicole Ashcroft

179th Hosts Seminar on PTSD

By Tech. Sgt. Joe Stepp
179th Public Affairs Office

Recently, the 179th hosted a Post Traumatic Stress Disorder seminar, featuring guest speaker Army Major Cynthia Rasmussen, during the July UTA in the Utah room. The seminar's focus centered on service members who deployed and returned home suffering from Post Traumatic Stress Disorder (PTSD).

Rasmussen worked for 18 years as a psychiatric nurse at the VA and now runs the Army Reserve Combat Operational Stress Control Program at Minnesota's Fort Snelling Army Reserve Base in Minnesota.

She related many stories of veterans, male and female, who deployed to Iraq and Afghanistan and returned home to face mounting, psychological problems. These problems affected not only the service member, but their family, friends and co-workers.

When a service member leaves home, even for a period of three to six months, a lot of changes can occur. These changes can be very minor.

While the service member is away, they experience changes themselves, mentally and physically. So when the service member returns home, they have to re-adjust or "re-integrate" back into civilian life.

For some, this can be very difficult. Rasmussen explained that the typical service member makes approximately 3,000 decisions a day. When on deployment, the majority of the service member's decisions are already made for them; as is normal in military life. Yet the typical civilian makes 9,000 decisions a day.

So when the service member returns home, this can be a slight problem in re-adjusting because they begin to feel overwhelmed. This can lead to PTSD.

One of the most influential causes

of PTSD for the service member is experiencing trauma. This can lead to a survival condition the service member experiences called "anger response."

What happens is, if the person feels threatened, their body will automatically go into survival mode. The adrenaline causes the eyes to get sharper, their muscles get stronger and reactions are faster. When a person is subjected to this after a period of time, this condition becomes part of their life.

The problem therein lies when the service member goes home, they can't just shut the condition off. What happens then is the service member becomes agitated very easily, is very untrusting of others, has explosive outbursts or becomes very withdrawn. Either way, this leads to depression and even suicidal thoughts.

All of these are typical signs of PTSD. Family members, friends and co-workers get caught in the 'cross-fire' of the service member's attempt to re-enter into the civilian world.

Rasmussen said she has encountered many veterans suffering from PTSD, and feels there are many, many more out there that aren't getting treated. Recognizing these symptoms of PTSD is something family members, friends, co-workers or one needs to know and understand so that help can be attained.

This way, our service members can come home and lead a productive, happy life.



Photo derived from video footage
by Master Sgt. Rob Pasheilich

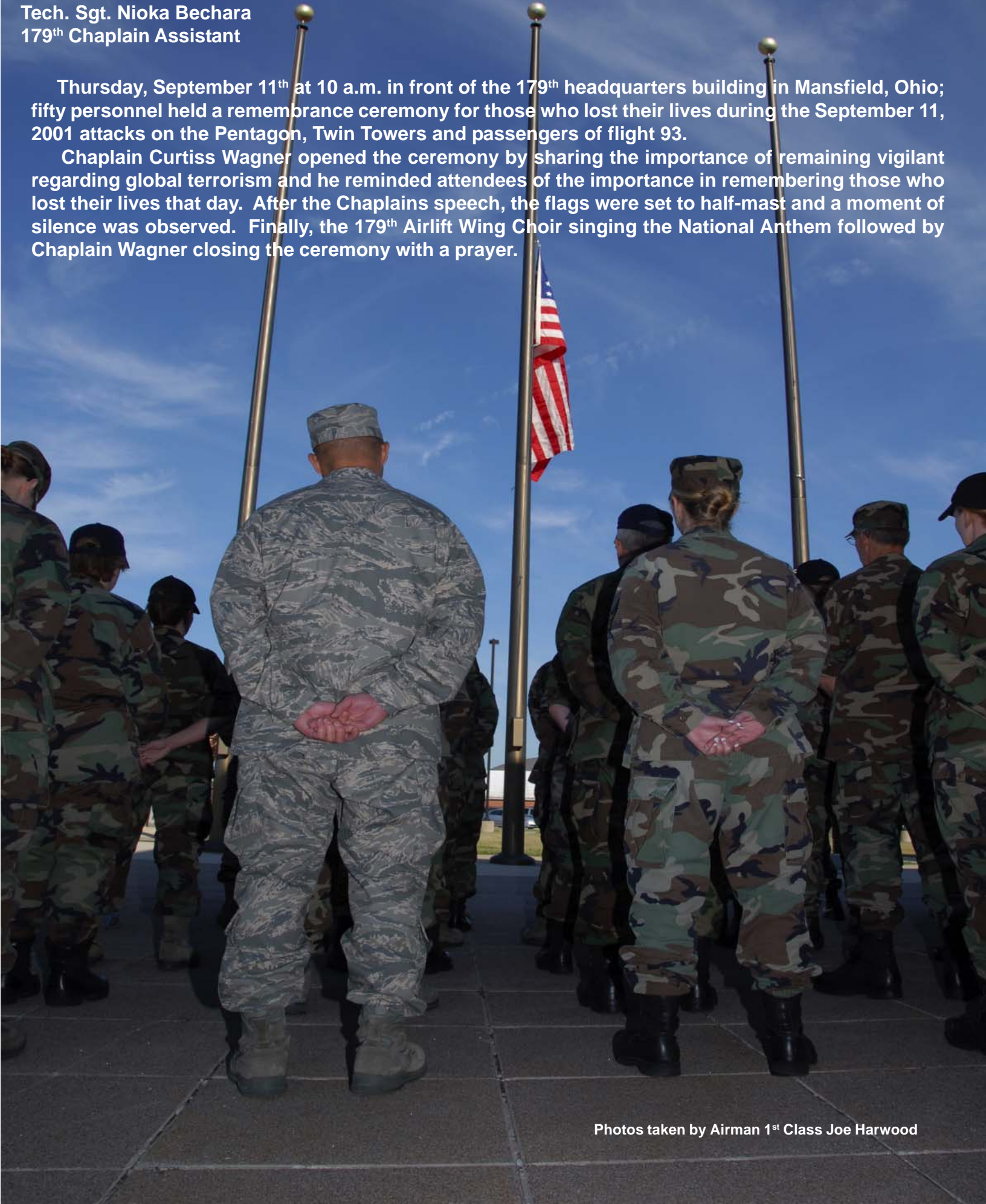


September 11th Remembrance

Tech. Sgt. Nioka Bechara
179th Chaplain Assistant

Thursday, September 11th at 10 a.m. in front of the 179th headquarters building in Mansfield, Ohio; fifty personnel held a remembrance ceremony for those who lost their lives during the September 11, 2001 attacks on the Pentagon, Twin Towers and passengers of flight 93.

Chaplain Curtiss Wagner opened the ceremony by sharing the importance of remaining vigilant regarding global terrorism and he reminded attendees of the importance in remembering those who lost their lives that day. After the Chaplains speech, the flags were set to half-mast and a moment of silence was observed. Finally, the 179th Airlift Wing Choir singing the National Anthem followed by Chaplain Wagner closing the ceremony with a prayer.



Photos taken by Airman 1st Class Joe Harwood

Wingman program at its finest... Saving lives

By Tech. Sgt. Nioka Bechara
179th Chaplain Assistant

On a balmy August afternoon, during the Saturday UTA, Staff Sgt. Tim Crammer and Staff Sgt. Jerry Lehman of supply were sitting across from each other enjoying lunch at the 179th Dining Facility. All of the sudden, Lehman began having trouble breathing. Wasting no time, Crammer quickly ran around the table to Lehman and started performing the Heimlich maneuver.

An eyewitness, Senior Airman Sarah Robertson of Supply, said "It was surreal!

Tim Crammer had moved so quickly that we didn't even realize what had happened!"

Fortunately Crammer, being the true wingman, successfully relieved his friend of a piece of country fried steak he was choking on.

Lehman, although a little embarrassed, is doing fine after the incident. Crammer received a Mission Support Group Commander's Coin from Colonel Michael

J. Howard for his quick thinking and heroic actions.

The Air Force established the Wingman program to encourage Airmen and their families to look out for each other and to intervene when signs of stress are observed. All 179th members are encouraged to keep the Wingman concept actively engaged at all times...even during times of leisure, like lunch, as was the case for Crammer and Lehman.



Photos taken by Airman 1st Class Joe Harwood

WELCOME TO THE 179th FAMILY!

REX ALSTON ASHCROFT



DATE OF BIRTH: 25 Sept 08
WEIGHT: 8lbs 6oz
LENGTH: 19.5 inches
PARENTS: Todd & Miranda Ashcroft

CAMBREE JEANELLE HOWE



DATE OF BIRTH: 6 Sep 08
WEIGHT: 7lbs 6oz
LENGTH: 20.5 inches
PARENTS: Nate & Heather Howe

JO'I BREYDEN WOODSON



DATE OF BIRTH: 30 Jul 08
WEIGHT: 7lbs 4oz
LENGTH: 19 inches
PARENTS: Sarah Tackett & Sean Woodson

Success in theater

By Staff Sgt. Jessica Cauvel
179th Public Affairs Journalist

Recently, Senior Airman Daniel Miller, a member of the 179th Command Post, deployed to Al Dhafra Air Force Base in support of Operations Enduring Freedom and Iraqi Freedom. Al Dhafra AFB, which is located in the United Arab Emirates an hour from the capital of Abu Dhabi, is home to the largest in-flight refueling operation outside of the United States.

While at his deployed location, Miller helped to ensure the safe transmission of approximately 125,000 encrypted messages. He accomplished this as part of his Communications Security position. His great work in the encryption processes at Al Dhafra AFB earned Miller a letter of recognition from his commander at the deployed location. In his letter to the 179th Airlift Wing, Brig. Gen. H. D. Polumbo Jr., Commander 380th Air Expeditionary Wing, praised Miller for his dedication.

In addition to recognizing Miller's contribution to the encryption process, Polumbo noted Miller as being a valuable subject matter expert in the area of Ballistic Missile Launch. According to Miller, the training he received while deployed was the first he had received regarding missile launches.

"It was a great experience," Miller noted. "I learned a lot. I understand my

job a whole lot more."

In addition to the contributions Miller made to Al Dhafra AFB, he also was able to bring home some great memories. While he was in theater, Miller met Lt. Gen. Gary North, Commander 9th Air Force and U.S. Air Forces Central, who is responsible for developing contingency plans and conducting air operations in a 27-nation area of responsibility covering Central and Southwest Asia and the Horn of Africa. He also had the opportunity to meet several NCAA Football coaches from colleges such as Notre Dame, Auburn, Georgia and Yale. These coaches were in the Middle East as part of a USO tour.

During his deployment, Miller had the opportunity to sample some of the local cuisine. His favorite item was Iranian Marinated Chicken, he said. The marinade is similar to a type of barbecue, he explained.

While he was in theatre, he was able to communicate with his 179th peers who were also deployed overseas at the same time. Miller said he is looking forward to the return of these peers over the next two weeks.

Airman of the Year Nominees...

Airman of the Year

Senior Airman Brittany Compton
Senior Airman Lyndsy Earley
Senior Airman Chris Ensman
Senior Airman Nathan Koontz
Senior Airman Breanna Oswald

Non Commissioned Officer of the Year

Master Sgt. Bill Bringman
Staff Sgt. Lisa Channing
Tech. Sgt. Nate Howe
Tech. Sgt. Bryan Reed
Tech. Sgt. Jodi Welch

Senior Non Commissioned Officer of the Year

Chief Master Sgt. Mark Carey
Master Sgt. Kevin Locke
Senior Master Sgt. Eric Picklesimer
Master Sgt. Marc Pumala
Master Sgt. John Willis
Chief Master Sgt. Gary Wright

First Sergeant of the Year

Senior Master Sgt. Daniel Peters

Company Grade Officer of the Year

Maj. Michael Reed
Capt. Amy Magnuson

179th Minuteman Award

Mrs. Faline Rowland
Senior Master Sgt. Thomas Musille

Attend the Saturday night Awards Banquet to meet the nominees and congratulate the winners.



Annual Fall Harvest Party

Come On Out and Join the Fun

Brought to you by the 179th Wing Family Programs

Friday October 17th

(note-this is not UTA weekend)

6:30 pm ~ 8 pm

Garden Gate (Lexington Ohio)

2405 S Lexington Springmill Rd ~ (419) 884-0226



Bring the entire family out for this fun filled evening with:

Hayrides ~~ Corn Crib ~~ Petting Zoo

Hay Bale Maze with Zip Line

Pumpkin Decorating ~~ Train Rides

3 Acre Corn Maze

Bon Fire ~~ Lots of Fun & More

sandwiches, drinks and desserts will be provided~

Please bring a covered dish to share

Questions? Please call 419-520-6600



AIRMAN



SPOTLIGHT

Airman 1st Class Nate Balogh has been a member of the 179th Airlift Wing for one year; where he is assigned to the 179th Maintenance Squadron and works primarily on the flight line. Balogh decided to join the unit, as a traditional guardsman, because of the impressive college benefits he could receive as a valued member at the 179th. In addition to working at the 179th, Balogh has worked at Lowes, located in Akron-Canton area, for two years. Balogh also balances a full college course-load at the University of Akron, where he is majoring in Robotics. He expects to graduate with his Bachelor degree in 2014. Balogh, being goal oriented, plans to become a pilot, in the near future.



Airman 1st Class Nate Balogh

When Balogh finds free time, he enjoys working on his car, fishing, and cruising around on his four-wheeler. An interesting story that Balogh shared, was about a four-wheeling accident he had when joy-riding with friends. They had come upon a hill, not realizing how fast the steep ditch-like incline was coming up, he hit the sloped ravine, and wrecked the four-wheeler; not only damaging it, but injuring himself as well. Balogh has plans of becoming a potential pilot, in the near future.

Senior Airman Nate Koontz is another member assigned to the 179th Maintenance Squadron. Koontz has been a traditional member for four and half years. Koontz joined the 179th Airlift Wing for the incredible benefits that are offered for college. Koontz also choose to be at the 179th Airlift Wing due to it being very close by to his home.



Senior Airman Nate Koontz

Outside of working at the Maintenance Squadron Koontz works at Grinders Restaurant as a cook. Koontz also attends Starks Community College, majoring in EMT, with plans to become a fighterfighter in the near future.

Koontz hobbies include spending time with his family and flying with his father.

This funded Air Force newspaper is an authorized publication for members of the U.S. Military Services. Contents of the Buckeye Airlifter are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Air Force. The editorial content is edited, prepared and provided by the Public Affairs Office of the 179th Airlift Wing, 1947 Harrington Memorial Road, Mansfield, OH 44903-0179.

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.ang.af.mil. The Buckeye Airlifter is a monthly publication.

NOVEMBER 08 DEADLINE: Saturday 4 Oct 08

Commander.....Col. Mark Stephens
 Chief of Public Affairs.....1st. Lt. Nicole Ashcroft
 Multimedia Manager.....Tech. Sgt. Lisa Haun
 Public Affairs Journalist.....Staff Sgt. Jessica Cauvel
 Public Affairs Photographer.....Staff Sgt. Rob Koehler
 Public Affairs Photographer.....Airman 1st Class Joe Harwood

Public Affairs Broadcaster.....Master Sgt. Rob Pasheilich
 Public Affairs Broadcaster.....Tech. Sgt. Bob Jones
 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