

Buckeye Airlifter

JULY 2009

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



Young Professionals Organization Flight p. 4-5

Command Insight

By Col. Jeffrey A. Lewis
179th Vice Commander

First, I wanted to say how great it is to be back at the 179th Airlift Wing and to be part of the best Wing in the Air National Guard. I have been at the National Guard Bureau for the last two years and have visited and worked with almost all of the Wings in the ANG. Some come close in comparison to our culture, attitude, capabilities, and accomplishments; but to be honest, none are as good as the 179 AW. Some of you might say – “I thought he was supposed to be gone for four years, why is he back so soon?” I came back early because I wanted to be part of history as we transform from the C-130 to our next mission – I want in on the ground floor because it is really going to be challenging and exciting for our Wing in the future.

In the book “Ten Commandments for Business Failure” by Donald R. Keough, he notes two commandments that I believe we should keep in our minds as we transform to our new mission. The first is his second commandment for business failure – “Be inflexible”. We need to be careful of

falling in the trap of being so set in our ways, so sure that we have “the” formula for success that we simply cannot see any other way of doing things. As mentioned in the book, think of it this way, “No matter how long you stand there, you never see the same river twice – it is in constant motion”. History is down-stream – the future is upstream, where opportunity and danger maybe in our way.” In other words, and when warranted, we need to quickly adapt to changing circumstances.

Mr. Keough’s other commandment for business failure, relevant to our situation, is his eleventh – yea he threw in another one for free – “Lose your passion for work for life”. The point here – if you really want to fail, lose that passion for whatever it is you’re doing; get that spring out of your step. As we know, work, real work, is often very hard and exhausting at times. We just need to remember – there is simply no greater motivation then giving a person a challenge that demands a deep, pas-

sionate involvement, requiring their best efforts.

So as we face the next couple of years and our transformation, be flexible and find the passion that has always existed at the 179 AW and we will come out on top. We are the best Wing in the ANG and we will continue to prove that to the rest of the military.

AIRMAN SPOTLIGHT - Airman 1st Class Kyleen Dennison

By Senior Airman Dustin Edgell
179th Public Affairs Knowledge Manager

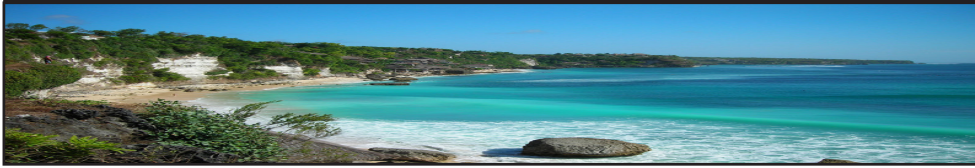
Airman 1st Class Kyleen (Kylie) Dennison is newcomer to the Medical Group of the 179th Airlift Wing. She recently returned from tech school and has only spent one year and two months with the Ohio Air National Guard. The many guard benefits enticed Dennison to join the unit; particularly the education benefits. She decided to become a member of the 179th Airlift Wing because of its proximity to her house.

Dennison is a traditional guardsman who has worked full time for two years at the Crawford County Auditor’s Office where she helps inspect land. She is also a sophomore at the Ohio State University, majoring in pre-nursing. Once she completes college, she plans to have a family and focus on her career.

When Dennison’s not busy at work or school, she enjoys camping, riding four wheelers, reading, paint-balling, shopping, and spending time with friends. If there is anything she would share with us here, it would be that since returning from basic training and schooling everyone has made her feel very welcome and at home. She is thankful for the warm welcome and looks forward to the rest of her time at the 179th Airlift Wing.



Reflection from the Chaplain Section



Guarding home base

By Chaplain, Capt. Troy A. Diersing
179th Chaplains Office

Once again its summer time and we have entered the 101 Critical Days of Summer. As humans we need constant reminders like this to help keep us alert. If you doubt this, just think of how many times a child needs to be reminded to clean their room or brush their teeth. It's a never ending job for a parent. So it stands to reason that we all need little reminders in our lives, even when it comes to spiritual matters. In the scriptures we are taught about the concept of being "Good Stewards." Often we equate this with our monetary resources, and that is true, but I believe we must also extend the thought of being Good Stewards to our time as well.

Two thoughts come to mind when I think about being Good Stewards of our time. First, is the importance of spending time

with our families. I realize that we only have so much time in a given day and that there are many demands upon our time, but it's vitally important that we make time to be with them. This includes taking the time to communicate with our spouses or significant other about what is going on in our lives or what the future holds; especially as we look forward to future deployments. This should not just be the sharing of information and the coordinating of ones calendars, but meaningful communication goes beyond the facts and speaks to the heart. For those who have children, they also need quality time with them as well. We need to be willing to push the pause button on our plans in order to show our children that they are important to us.

This is one of the ways we can guard home base.

Second, we need to be Good Stewards of our time when it comes to worship and prayer. It's so easy now that summer has arrived, with all our travel plans and yard work, that we put our spiritual lives on the back burner. But as a friendly reminder from one of your base chaplains, let me encourage you to not neglect this important part of your life. Summer can be a great opportunity for us to make time to sit under a shade tree and read a good book and to meditate on spiritual matters. This is yet another way of guarding home base.

AIRMAN SPOTLIGHT - Airman 1st Class Natasha Grau

By Senior Airman Dustin Edgell
179th Public Affairs Knowledge Manager

Airman 1st Class Natasha M. Grau is another fellow newcomer to the 179th Medical Group. She has been a member of the Ohio National Guard for just over a year. She mainly joined for the educational benefits but also because she wanted to meet some new people. Grau choose the 179th Airlift Wing because of the proximity to her house.

Beyond her military life, she works at the Bucyrus Kroger as an Assistant Customer Service Coordinator. During her three years of employment, she has dealt with customer problems and record keeping. Grau is a freshman at Columbus State College where she plans to graduate from in 2013. After graduating, she hopes to move to a bigger city and find a good marketing job with a major corporation.

Outside of school, Grau enjoys bowling, traveling, camping, going to the driving range, and spending time with her family and friends. Something people might not know is that she loves playing softball and watching sports.



Get involved

By Chief Master Sgt. Randy Dunham
179th Human Resources Advisor

It was a subtle change, but an all-so-important one. One word gave a sentence in AFI 36-2618, the Enlisted Force Structure directive, some punch and some teeth. Page 11, paragraph 4.1.12 now reads “Promote organizational esprit de corps and foster good community relations by **actively** participating in and supporting professional organizations...”

Last month, in this space, Chief Master Sgt. Richard A. Schuller wrote about that instruction and the importance of reading and living it. This month, we’ll build on one item in that instruction. That item is the obligation for our enlisted leaders to get involved in professional organizations. The word “actively” was added to the previous version of the AFI, dated December 2004. Before, it was merely suggested that we support our professional organizations.

No punch. No push. No strong encouragement.

The new, revamped AFI, approved in February 2009, puts emphasis on a critical element of our enlisted force leadership. It compels our NCOs to actively get out and do something for our organizations.

Why is this important? As uniformed members of the Armed Forces, we cannot directly lobby our legislators to provide quality of life benefits for our members. However, our professional organizations can. They can knock on the doors of Congressmen and Senators on Capitol Hill. They can stomp a path to the steps of the Statehouse in Columbus.

Those organizations have to pay for their staff lobbyists. They have to pay the salaries of the team who runs the organizations. More importantly, there is strength in numbers. Imagine the impact of the state-

ment by a lobbyist, “I represent 51,000 Airmen and Soldiers who wear the uniforms of the National Guard.” Now, consider “I represent 6,500 Airmen and Soldiers who wear the uniforms of the National Guard.”

Which has more impact? Obviously, the former. In Ohio, right now, only slightly more than seven percent of eligible Airmen and Soldiers are members of the Ohio National Guard Enlisted Association. Let’s turn the tables. What if the Statehouse chose to only fund seven percent of the people who applied for the 100 percent college scholarship?

Doesn’t feel so good, does it?

I’m not dictating which organization to which you should belong. There is the ONGEA, EANGUS, AFSA, AFA, NGAUS and several others. All I am saying is pick one and do what the AFI says – actively support it.

Cleveland YPO learns about PME

By Staff Sgt. Jessica Q. Cauvel
179th Public Affairs Journalist

On Thursday, June 4, 2009, 32 members of the Cleveland Young Presidents Organization gathered at the 179th Airlift Wing (AW) to learn about what the Air Force can offer to employees who take time away from work to attend Professional Military Education (PME).

The event was coordinated through both the 179th AW and McGhee Tyson AFB, Tenn. During the day-long event, the presidents were briefed by Major Gen. Harry “A.J.” Feucht, Jr., Ohio Assistant Adjutant General-Air, on statistics about how the Ohio National Guard helps sustain the active duty Air Force and Army.

According to Feucht, the event was arranged to allow the executives a chance to learn about the training, commitment and education their employees receive when they attend PME. He said that the values and education they receive are worth a great deal compared with the time they must spend away from their civilian jobs.

After they received the briefing YPO members, including Austin International Inc. President John Rathbun, were flown by C-130 down to McGhee Tyson ANGB. Upon arriving in Tennessee, the group, which included Joel E. Adelman who is President of Advance Payroll LLC, was taken to the base dining hall where a great meal of chicken cordon bleu was served. This was followed by a series of briefings at the I.G. Brown Air National Guard Training and Education Center.

One of the first briefers was Academy of Military Science Commandant Major Ron Daniels, who oversees the six-week pro-





gram designed to turn candidates into Air National Guard Officers. "Thank you for your support," Daniels said in his speech to the YPO members, including Seaway Bolt President Ray Gurnick. He said he often has people who come up to him and thank him for his service in the military. When this happens, he said he likes to thank those people for their support of the men and women who serve.

He said that employers, such the presidents on the trip, are especially crucial because without their support "citizen soldiers and airmen" could not take the time they needed away from work to complete their training requirements.

"I know it is hard to give up your employee to us for a few weeks or even months, but we do our best while they are away to ensure when they come back, they are trained with information that is useful both to the military and to you as their employers," Daniels said.

Others briefers such as Senior Master Sgt. Milton Tookes, who works in the Transformative Education Branch, spoke of how the Air National Guard is working to minimize the time members must spend at training sites, while still ensuring the members are receiving all the training and information they need to be successful in the Guard and beyond.

Tookes talked about how his group is constantly working to develop courses through the Advanced Distributed Learning System (ADLS) and other systems. He explained that through ADLS members can complete a large part of their ancillary and

other training from their computers at their home bases rather than attend a course at a different base or state.

During his brief, Senior Master Sgt. Kevin Thomas told the group how members who attend the Airman Leadership School and Non-Commissioned Officer Academy are taught to be leaders by learning to be a follower, good listener and learning to use their position power properly. At that point, many members of the YPO group indicated that they wished they could send some of their non-military employees to this education experience.

Following the briefings, members were taken on a tour of the TEC facility. They were shown classrooms and the TEC TV studios where satellite ALS and NCO classes are broadcast to bases across the country.

During a break in the schedule, due to unforeseen lightning watches which delayed the return trip to Mansfield by two hours, John Morikis, President of the Sherman Williams Group and others shared how their perceptions of the military and training within the military. Several members said that they had no idea the military gave its members such a great deal of knowledge and training in such short periods of time. They expressed how they were genuinely impressed by the leadership skills the facility at McGhee-Tyson gives to its attendees.

Many of the group, such as Steven Kerscher, President of Lexi-Comp, Inc., said they do not currently have any employees who are military members, but they all seemed to agree that they would be much more receptive to hiring military members to fill positions within their companies now that they know the kind of training those members receive.

At the end of the trip, YPO members presented a check for \$2,000 to be donated to the Friends of the 179th fund on behalf of the YPO Cleveland chapter. Chief Master Sgt. Gregory L. Eyster, who was one of the main organizers of the trip, accepted the check and assured that it would get routed to the proper fund.

Stephens, Eyster and members of TEC all agreed the event appeared to have been a success. The general consensus was that the YPO members asked many great questions and showed a positive interest in the training programs completed by ANG members. It is hoped that events of this nature can be scheduled in the future to raise further awareness to civilian employers of the importance of training requirements within the Air National Guard.



Substance Abuse Prevention

July 09

What is Alcoholism:

In Italy, he/she is called an “**alcoolisto.**” In France, he/she has the title of an “**alcoolique.**” 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>



AIR NATIONAL GUARD NONCOMMISSIONED OFFICERS ACADEMY

FY 2009 SP 10-2 Satellite NCOA

IS IT TIME TO TAKE YOUR CAREER TO THE NEXT LEVEL?

JOIN US IN SEPTEMBER 2009

TAP INTO THE KNOWLEDGE BASE THAT WILL HELP YOU HONE YOUR LEADERSHIP SKILLS AND ABILITIES.

***YOU CAN ENROLL IN-RESIDENCE EVEN IF YOU HAVE PREVIOUSLY COMPLETED THE COURSE BY CORRESPONDENCE**

THE CLASS IS FORMING NOW. SIGN UP WITH YOUR TRAINING MANAGER USING AN AW12, ACCOMPANIED WITH A CURRENT FITNESS ASSESSMENT FORM. (NEED 8 STUDENTS SIGNED UP NLT END OF JULY UTA)

EACH STUDENT WILL BE PAID A PT DAY (4 HOUR PERIOD) FOR EACH NIGHT OF CLASS AT HOME STATION.

REQUIREMENTS:

TSgt-NO MINIMUM T.I.S. & 7 LEVEL

(If Member is currently on a 422 Profile specific coordination is needed)

THE HOME STATION PHASE AT MANSFIELD: 8 SEPTEMBER TO 24 NOVEMBER 2009

TUESDAY & THURSDAY NIGHTS -TIME: 1800-2200 HOURS

(LAST WEEK OF CLASS WILL BE MON/TUE DUE TO THANKSGIVING HOLIDAY)

THE IN-RESIDENCE PHASE : 30 NOVEMBER – 15 DECEMBER 2009

MC GEE-TYSON ANGB TN

For More Information Contact:

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OR YOUR UNIT TRAINING MANAGER

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

AUGUST 09 DEADLINE: Sunday 12 July 09

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