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(LOCAL BUSINESS)

11 July 2010

Change of Command

Congratulations Colonel Gary McCue



CANCELLED CANCELLED CANCELLED

**The July 14, 2010
AMVETS - Veterans
Career Fair at the
ONG North Canton
Armory has been cancelled.**

**Plans are underway
for a Northeast Ohio
event to be held later
this year.**

OHIO VETS CAN
Veterans **CAREER FAIR**
Wednesday, July 14, 2010, 10am-2pm
Ohio National Guard Armory
5999 Airport Drive NW, North Canton

Free to veterans, active duty troops and members of the National Guard and Reserves

Join AMVETS and the Ohio National Guard in welcoming 40-50 of the Akron-Canton area's top employers.

In addition to opportunities to meet employers, you will be able to attend workshops on:

- Resume writing
- Interviewing
- Social networking for employment

Bring several copies of your resume to share with employers

Come "dressed for success" in business attire or uniform.

ohiovetscan.com
For more info email: info@ohiovetscan.com

CANCELLED CANCELLED CANCELLED

JULY PROMOTIONS

NEW MASTER SERGEANT:

Teresa A. Porter – 179 MSG

Jeremy I. Reynoso – 200 RH

Beau B. Weidinger – 179 SFS

NEW TECHNICAL SERGEANTS:

Christopher E. Trempe – 179 MXS

NEW SENIOR AIRMAN:

Shane A. Dusz – 200 RH Det 1

Laura V. Gifford – 200 RH

NEW STAFF SERGEANTS:

Bryan S. Adams – 200 RH Det 1

Raymond E. Bibb – 179 LRS

Alisa M. Brake – 179 AW

Jordan N. Curry – 179 LRS

Justin J. Flores – 179 MXS

Amanda L. Grubbs – 179 AMXS

Joseph S. Karam – 200 RHS

Spencer S. Hartings – 200 RH Det 1

Brandon M. Hedrick – 200 RH Det 1

Ronald B. Nelson – 179 SFS

Dereck J. Pollock – 200 RH

Sean A. Pruitt – 200 RH Det 1

Andrew D. Sinchok – 200 RH Det 1

Derrick A. Ream – 200 RH Det 1

Whitney E. Walp – 200 RH Det 1

Reflection from the Chaplain Section

By Chaplain Curtiss A. Wagner, Lt. Col.
179th Airlift Wing Chaplain



People are encouraged in our culture to be independent and to excel by their own hard work and effort. Often, depending on other relationships is viewed as being weak. For those who have taken the risk of having friends and depending on other people, only to find friends untrustworthy or even worse, jealous and vindictive, they may think twice about the value of supportive relationships. If you have been betrayed by a friend, you may be very cautious about exposing yourself like that to someone else.

For many of the counseling situations we are involved in as chaplains, strong supportive relationships are an important factor in coping with difficult situations. Whether it is Post Traumatic Stress, depression, marriage problems, health problems, or suicidal thinking; a good support group can be a huge factor in not only coping, but living life to the fullest. We need other people in our life who love us unconditionally and will support us no matter what.

As a chaplain and pastor, I encourage people to realize that God designed us to need other people and not be alone. When God created Adam, He said that it was “not good” for man to be alone and so God created a woman to be his wife. Think of it: everything that God created was pronounced to be good, but in the midst of all this, it was not good that man was alone. God even demonstrated to Adam a need for a mate by giving Adam the responsibility to name all the animals. As they came by in pairs, he realized there was no partner for him.

Solomon, the wisest man who ever lived, put it this way concerning the value of not going through life alone. “Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up. Furthermore, if two lie down together they keep warm, but how can one be warm alone? And if one can overpower him who is alone, two can resist him.” (Eccl 4:9-12)

Many people I have talked to say that they have no support group. Some are at odds with their family members or face other situations that prevents the support from family. I have talked to many people who are lonely and hate having to go to an empty apartment or house every night. So the issue often becomes, if someone doesn't have any friends, how do they find a support group? Where do you find friends? You can't just put an ad in the paper or online!

I have heard all through my life that to find a friend, you have to be a friend and there is a lot of truth in that. You have to be willing to take some initiative to develop a friendship. But where do you find people like this? How about groups that have similar interests to you? Maybe a hobby that you have or a group associated with your career. Attending a church is a great way to find people with the same interests and same values you have. Maybe getting involved in a volunteer group is another way to meet people with similar values.

Regardless of where you go and who it is, we all need these relationships for support, to talk out the frustrations and sorrows of life, and even to share the joys of life with someone else. Part of rejoicing in some event in your life is being able to share it with someone else.

So, I encourage you to think about who is your support group? Who are the people that you can call at any time just to talk? Who will be there for you when you face a difficult time? If you don't have a good support group around you, I encourage you to start looking for people you can develop a friendship. And be careful, because friends can also lead you into wrong areas if their integrity and character are lacking. A strong support group can be a huge positive factor as you face the difficult bumps of life.

Familiar face will assume command of the 179th Airlift Wing

By Capt. Nicole L. Ashcroft
179th Chief of Public Affairs

Ohio National Guard Assistant Adjutant General for Air, Maj. Gen. Harry "A.J." Feucht, Jr., announced recently that Col. Gary A. McCue will be the new 179th Airlift Wing Commander.

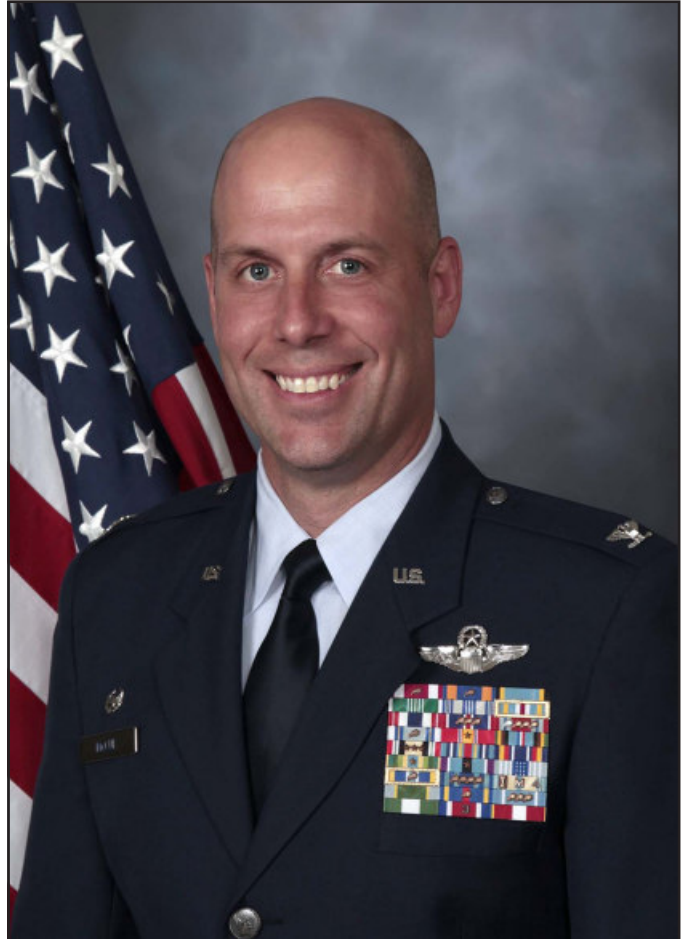
Maj. Gen. Feucht invites you to join him on **Sunday, July 11, 2010** as Col. Gregory N. Schnulo relinquishes command of the 179th Airlift Wing to Col. Gary A. McCue at 3:00 p.m. in Hanger 409.

Col. McCue serves as the 179th Airlift Wing Operations Group Commander. He joined the 179th Airlift Wing in 1983, where he was assigned to the Consolidated Aircraft Maintenance Squadron as a C-130B Crew Chief. He graduated from Kent State University in 1988 with a Bachelor of Arts degree in History and English. He was selected for, and attended, Undergraduate Pilot Training at Columbus Air Force Base, MS from 1989-1990. Upon completion of C-130 flight training, he returned to Mansfield where he began flying the C-130B and C-130H2 as a traditional guardsman.

In 1995, he became a full-time technician where he initially supported the Wing as the Operations Plans Officer. He then continued to serve the Wing in several positions throughout the Operations Group to include Standardization/Evaluation, Squadron Operations Officer, and eventually Airlift Squadron Commander.

He has participated in Operations Southern Watch, Joint Forge (Enterprise), Coronet Oak, Noble Eagle, Enduring Freedom and Iraqi Freedom; serving as aircrew member, staff officer and commander at the squadron level.

Col McCue is a Command Pilot with over 5,000 hours of flight time in the T-37, T-38 and C-130 aircraft.



July UTA menu

SATURDAY

Penne Pasta with Meatballs
Hamburgers and Hotdogs
Mashed Potatoes and Gravy
Carrots
Green Beans
Brownies, Jello, Asst pies
Ice Cream – Mint Chocolate Chunk/Vanilla
Salad

SUNDAY

Stir Fry Chicken
Hamburgers and Hotdogs
Rice
Cauliflower
Asst Pies
Ice Cream
Salad
OR Grab –N- Go box lunches



Mansfield Lahm Military Family Scholarship Program Recipients

By Chief Master Sgt. (Ret.) William H. Kohler
MLMF Scholarship Chairperson

The following individuals were the 2010-2011 recipients of the Mansfield Lahm Military Families (MLMF) academic scholarships. This year MLMF was able to award six scholarships of \$500.00 to the following individuals:

Ms. Audra Carpenter, the daughter of Senior Master Sgt. Ron Carpenter, will be a senior at Ashland University studying Early Childhood Education and aspires to become an Early Childhood Intervention Specialist. In addition to her studies, she volunteers at local hospitals.

Ms. Samantha Harvey, daughter of Lt. Col. Jodie Harvey of the 179th MDG, currently a senior at Lucas High School, will be attending The Ohio State University pursuing a Bachelor of Science degree in Nursing. Samantha is a member of the National Honor Society and Future Farmers of America.

Ms. Elyse Togliatti, daughter of Master Sgt. Dana Togliatti and Master Sgt. (Ret) Rod Togliatti, is currently a senior attending St Peter's High School and plans to attend Saint Vincent College in Latrobe, PA. She plans on attending Medical School in pursuit of a degree in Orthopedics. Elyse is an athlete playing both soccer and softball for St. Peters.

Ms. Earlyn Whitehead, daughter of Lt. Col. Lindsey Whitehead, 179th Maintenance Group Commander, attended Springfield High School and will be a Sophomore at Ohio University pursuing a career in dance and physical therapy. Earlyn was on the Dean's list at Ohio University during the fall and winter quarters.

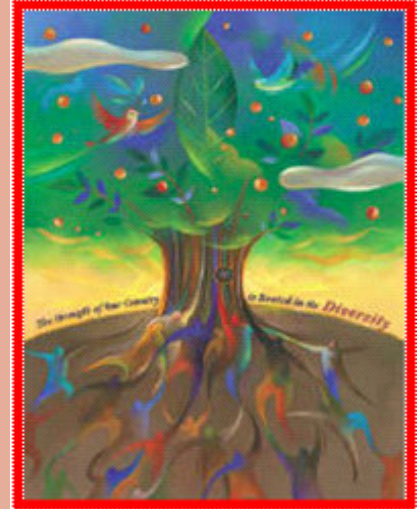
Ms. Ashley Brown, granddaughter of Master Sgt. (Ret) Bill Chase, is currently a senior at Crestview Local Schools and plans on pursuing a Middle Childhood Education - Math degree at The Ohio State University, Mansfield Campus. During her high school years, Ashley was active in many organizations including National Honor Society, Choir, and 4-H.

Ms. Tiffany Martin, daughter of Technical Sgt. Jeff Martin, 179th Logistics Squadron, is currently a senior at Crestline High School. Tiffany plans on pursuing an Elementary Education degree from The Ohio State University, Mansfield Campus. During high school, she was on the National Honor Society and active in Student Council.

The MLMF Scholarship Committee wishes these individuals the best in their future endeavors and congratulates them on the accomplishments they have already achieved.



The Strength of our Country is Rooted in its Diversity



Diversity has **two** meanings. The concept embodies differences which individual Guard members bring to each Unit by virtue of their membership in ethnic/racial heritage groups, religious beliefs, age, gender, educational background, physical abilities, marital status, and rank. The idea that the differences in people must be valued and treated as a plus, instead of a negative, in the workplace is an essential feature of the concept of diversity. Secondly, diversity is a mission readiness imperative. As an essential strategy, diversity initiatives are introduced in organizations through training programs, policies, procedures, which seek changes in the organizational culture. These are designed to unleash the full potential of every Guard member and Unit to better achieve the mission of the Air National Guard.

Workforce Diversity refers to the culture of an organization which is empowered, productive, inclusive and collaborative in nature. It is also one which harnesses the talent and contributions of all members of the workforce. It is a culture which seeks to eliminate the barriers that stand in the way of non-traditional members of the workforce. It is a culture which seeks to eliminate the barriers that stand in the way of nontraditional members of the workforce from making a larger contribution than they would otherwise be allow to make. By identifying, targeting, and eliminating dysfunctional isms - racism, sexism, ageism, etc... — Workforce Diversity seeks to create a level of respect so that all members of the Guard will feel valuable, affirmed and make their Units their employer of choice.

MLMF

2010 Scholarship Golf Tournament

Friday 27 August

Shelby Country Club

3885 Laser Road Shelby, Ohio 44875

Phone 419-347-1824

4 Player Scramble: 9:30 am Shotgun Start

Entrance Fee: \$65.00 per person

Includes: Practice Range (Opens @ 8:00 am)

Golf Cart for Two, Lunch, Dinner & Two Beverages

HOLE-IN-ONE CONTEST WITH A CHANCE TO WIN \$10,000 !!!

Payment Must Be Included to Confirm Your Registration

Deadline for Registration 11 August 2010

Limited to 144 players, register early

Questions? Call: Tim Korbas @ 419-520-6364 or Troy Cramer @ 419-520-6323

Tournament Registration Form

1 _____ 2 _____

3 _____ 4 _____

Foursome POC _____ Phone _____

Email _____

Checks payable to: **MLMF Fund**
(Mansfield Lahm Military Families)

Mail to:

Tim Korbas, 179AW
1947 Harrington Memorial Road
Mansfield, Ohio 44903

HEAT STRESS PREVENTION

Summertime at Mansfield means hot, humid weather and potential for heat stress injury. Heat stress is the combination of environmental and physical work load factors that constitute the total heat load on the body. Factors such as your activity level, air temperature, radiant heat (sunlight), air movement, and relative humidity all contribute to this heat load. To measure the potential for heat stress injury, the Wet Bulb Globe Temperature (WBGT) index is used. This is *different* from the heat index or effective temperature mentioned on TV or in the paper as they only account for temperature and humidity.

The 179 MDS/Bioenvironmental Engineering Office measures the WBGT periodically throughout the work day when the outside ambient temperature reaches **85F**. The current WBGT index is provided to Maintenance Control, Civil Engineering, and Red Horse. It will also be posted on the 179 Environmental CoP, scrolling news ticker at this link: <https://www.my.af.mil/afknprod/community/views/home.aspx?Filter=AN-OT-02-28>

Medical problems that can result from heat exposure include heat cramps, heat exhaustion, and heat stroke.

HEAT CRAMPS are painful cramps in the stomach, arms or legs caused from excessive loss of salt from the body. First aid is to move to shade, loosen clothing and slowly drink water.

HEAT EXHAUSTION is due to excessive body loss of water and salt and causes profuse sweating, weakness, nausea, and pale/damp skin in the individual. First aid is to move to shade, remove clothing, cool body with water and fan, slowly drink water and get medical attention.

HEAT STROKE occurs when the body can no longer rid itself of heat. The individual has hot, flushed, dry skin; extreme weakness; confusion and possible loss of consciousness. This is a **MEDICAL EMERGENCY**, cool body and get to medical care.

Heat stress injury is easily preventable through education and countermeasures. Supervisors and personnel should know the signs and symptoms of heat injury, wear loose clothing, **drink plenty of water** (non-caffeinated drinks), modify work schedules and pace, and if new to the area be given time to acclimate to our hotter climate.

Use the following WBGT chart to guide your activities:

| Heat Condition (Also Flag Color) | WBGT INDEX (Degrees Fahrenheit) | WATER INTAKE | WORK/REST CYCLE (Outdoor Work) |
|-------------------------------------|------------------------------------|-----------------|--------------------------------------|
| NONE | 78-81.9 | .75 Quarts/hour | No Limit |
| GREEN | 82-84.9 | .75 Quarts/hour | 50/10 Minutes |
| YELLOW | 85-87.9 | .75 Quarts/hour | 40/20 Minutes |
| RED | 88-89.9 | .75 Quarts/hour | 30/30 Minutes |
| BLACK | 90 & Above | 1.0 Quarts/hour | 20/40 Minutes |

Rest means minimal physical activity, i.e. sitting or standing, accomplished in the shade or indoor environment if possible.

REMEMBER, heat injury can happen to anyone but it is easily preventable with the use of the information available and a little common sense. Questions regarding heat stress can be directed to the Bio Office at 278 and 534.

AFPAM 48-151, Thermal Injury Prevention and your 10-100, Airmans Manual can also be referenced.

Camps at Kelleys Island

2010 Camp for Military Youth

Open to ALL Dependents and Siblings of Ohio Service Members

Operation: Military Kids

Week-long Youth Camp

ONE WEEK, 2 CAMPS, SAME ISLAND! The 4-H Erie County camp will host our junior campers ages 9-11 and Camp Patmos will serve our teen campers ages 12-15. Each camp will focus on age-specific programs to meet the needs and interests of our campers.

Junior campers will participate in a variety of activities ranging from wet and wild day, amazing race challenge, campfires, and build a boat. Campers will have a choice of "funshops" during the day such as: archery, campfire cooking, swimming, boating, arts and crafts, and more.

Teen Campers will participate in a variety of activities ranging from amazing race challenge, wet and wild night and talent show. Campers will have a choice of activities to participate in during the day such as: waterskiing, wakeboarding, tubing, swimming, basketball, soccer, crafts, kayaking and more

Camp Kelleys Island offers your child the chance to enjoy one of the most beautiful camps in Ohio on a great island adventure with lakeside views. Over 900 military youth in Ohio have attended camp at Kelleys Island in the last 5 years, **make sure your child is part of the 2010 camp family.**

Registration begins April 1

August 9-13, 2010

4-H Erie County Camp
and Camp Patmos

Registration Fee: \$45/per youth



OPERATION:
MILITARY KIDS

MILITARY FAMILIES
IN OUR OWN
BACKYARD.

Theresa Ferrari, Ph.D.

OMK Project Director

14-247-8104

ferrari.8@osu.edu

2201 Fred Taylor Dr.

Columbus, OH 43210



Sue Ann Carroll

ONG State Youth Coordinator

877-410-2177

sue.ann.carroll@us.army.mil

2825 W. Dublin Granville Rd.

Columbus, OH 43235



Register for this event at www.jointservicessupport.org



Marriage Enrichment Retreats

WHAT'S NEW!

- Laugh Your Way to a Better Marriage (LYW)
- Optional Friday Night Arrival

Ohio National Guard Chaplain & Family Readiness Offices
 Open to: Any Ohio Service Member & Spouse



2010 PREP DATES & LOCATIONS

13-14 March: Marriott Cleveland East
 26300 Harvard Road
 Warrensville Heights, OH 44122
 19-21 March: Salt Fork State Park
 30 July – 1 Aug: Maumee Bay State Park

2010 LYW DATES & LOCATIONS

1-2 May: Hilton Garden Inn
 3498 Pentagon Park Blvd.
 Dayton, Oh 45431
 21-22 August: Hilton Polaris
 8700 Lyra Dr.
 Columbus, Oh 43240

2010 LINKS DATES & LOCATIONS

24-25 April: Netherland Plaza
 35 W 5th St.
 Cincinnati, Oh 45202
 16-18 July: Quail Hollow Resort
 11080 Concord Hambden Rd,
 Painesville, Oh 44077

PREP, LINKS & LYW
 FREE WEEKEND RETREAT!

For more information visit: www.ong.ohio.gov/family or call: 614-336-7377

Online Personnel Services and Total Force Center Support - ANG members

Do you want to avoid waiting in line at your Military Personnel office? Did you know that you can perform many personnel actions from your home using a variety of online services? For ANG members, the virtual Personnel Center-Guard and Reserve (vPC-GR), the virtual Military Personnel Flight (vMPF), and the Personnel Record Display Application (PRDA) are all online services and available for your use 24/7. Some of the applications available in vPC-GR include, initiate and process decoration nominations; request corrections or changes to your federal awards and decorations; view your duty history and request a correction or change to your duty history; submit a voluntary separation discharge/resignation or retirement application; write, sign, and submit evaluation's including LOE's and request a copy of your EPR/ OPR forms. Applications for your use in vMPF include view/print a visual display of your federal awards and decorations; view your data verification brief, access your record review and update some of the data; as well as update your emergency data information. The Personnel Record Display Application (PRDA) allows you to view and print forms from your official military personnel record.

You can access vPC-GR, vMPF and PRDA from the AF Portal, www.my.af.mil, under the Top Portal Links section. For an all inclusive view of what services are available, please refer to the Online Personnel Services Brochure. A copy can be obtained from your Military Personnel office or you can view/print a copy from the Air Force Portal, Life and Career Tab, ANG Page

The Total Force Service Center is available for customer support and provides processing for online services. Contact the Total Force Service Center (TFSC) at 1-800-525-0102 if assistance is needed.

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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 179AW.PA@ang.af.mil. The Buckeye Airlifter is a monthly publication.

AUGUST 10 DEADLINE: Sunday, July 11, 2010

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|---|--|
| Commander.....Col. Gregory Schnulo Chief of Public Affairs.....Capt. Nicole Ashcroft Multimedia Manager.....Master Sgt. Lisa Haun Public Affairs Journalist.....Staff Sgt. Jessica Hill Public Affairs Photographer.....Staff Sgt. Rob Koehler Public Affairs Photographer.....Senior Airman Joe Harwood | Public Affairs Broadcaster.....Master Sgt. Bob Jones Public Affairs Broadcaster.....Tech. Sgt. Joe Stepp Public Affairs KM.....Senior Airman Dustin Edgell Family Readiness Manager.....Ms. Faline Rowland Reporters.....Unit Public Affairs Representatives |
|---|--|