

Top 3 Conference

Enlisted leaders go “B2B - 2020”

More than 120 non-commissioned officers of the SCANG gathered at the McCrady Training Center in Eastover for a three-day conference in January to discuss the process of creating better relationships between senior and junior NCOs.

The theme of the conference, ‘B2B: 2020 Back-to-Basics,’ placed great emphasis on getting back to the principles of success, like professional development, mentorship and the feedback program.

SMSGt. Anthony Stovall of the 245th Air Traffic Control Squadron served as the master of ceremonies and said the theme was not only for the conference. He explained that the 2020 portion of the theme indicates the need for senior NCOs to capture the next generation and ingrain them with good old-fashioned values.

Wing commander Col. Mike Hudson said, “I look forward to practical leadership and

professionalism in my NCOs and officers. The best way to start the professional career of our junior enlistees is to make them a professional in whatever they do in the Air Force, because that is the foundation of our success.”

The three-day event encouraged leadership to get more involved in the growth of their younger Airmen by teaching them to use better judgment and remembering to praise them in public and criticize them in private.

SMSGt. Candace Cox of the 169th Medical Group said her team takes this responsibility seriously. She said, “We have been involved in mentorship for a very long time.”

The newest Assistant Adjutant General for Air, Col. Calvin Elam, has a unique acronym for mentoring Airmen. “We must demand the BEST - **B**elieve in them, **E**ncourage them, **S**upport them and **T**rust them.”

See B2B - 2020, page 5

Yellow Ribbon events support Swamp Fox family members

The National Guard’s Yellow Ribbon Program exists because deployments are stressful for Guardsman and the loved ones they leave at home.

Before, during and after this year’s historic AEF deployments, Yellow Ribbon will host special events designed specifically for families preparing for, coping with or recuperating from the stress of extended separations.

The next event takes place at McEntire from 11 a.m. to 3 p.m. March 4 (Drill Sunday). This “make-up” event is for families of deploying Maintenance Group personnel who were unable to attend January’s pre-deployment event in downtown Columbia.

Col. Mike Hudson, 169th Fighter Wing commander, would like to see the families of all deploying Airmen benefit from Yellow Ribbon. “These events are carefully designed to be informative, encouraging and fun,” he said. “We’re all in this together, and the Yellow Ribbon program helps ensure we’re supporting our families during challenging times.”

A couple Yellow Ribbon events already have occurred this year, a day-long session for the Aviation Package at the Marriott in Columbia in January and a weekend get-away to Stone Mountain Georgia for the Civil Engineering Squadron in February.

The March event for families of the Aviation Package who missed the January event features an informative briefing, numerous vendors representing family support programs that range from Tricare to Military One Source, plus live music, a free lunch and fun children’s activities. Attendees also will have an opportunity to register for mid-deployment family get-aways to Savannah and Myrtle Beach.

For more information, contact Melissa Mitrick at 803-493-5093 or via e-mail at melissa.mitrick.ctr@ang.af.mil.



(Photo by SSgt. Jorge Intriago, 169th FW/PA)

Go Guard!

Staff Major General Ali Al-Kaabi, senior military advisor to the Crown Prince of the United Arab Emirates, presents a token of appreciation to SC Adjutant General MG Robert Livingston. Al-Kaabi and his delegation recently spent a day visiting South Carolina Army and Air National Guard installations. For more, see page 5.

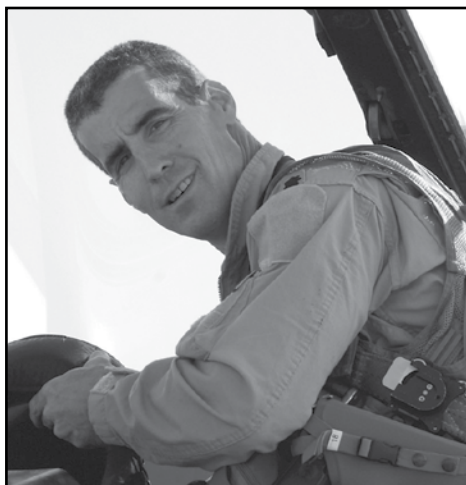
Commander's Corner



Lt. Col. Boris Armstrong 157th FS Commander

With a military career much closer to the end than the beginning, I can't help but reflect on my time at McEntire. I often wonder how an organization can perform at such a high level for so many years and how that compares to other winning traditions.

One of the most amazing things is the size of the SCANG, much larger than any sports organization I know of, and with all our people and sub-organizations working together to tackle challenge after challenge. Even the challenges that bring a little bit of dread such as ORI's. I still have that surreal, slow-motion memory of Jeff Hopper calmly launching me (in MOPP 4) with the speed of Jimmy Turner (without chem gear) after my second ground abort and the second attempt on the same jet! I also remember the smile on Scott Robinson's face as we sat in the truck after the second ground abort contemplating the



loss of the line and the impact on the Phase II inspection. He said "well, you could try 905 again." Knowing we were probably too late, I shrugged and said "why not?" The next thing I know I'm in the airspace fighting the Jacksonville F-15s who were simulating our adversaries and with a second or two to spare.

Things like that were happening all over the base those two days - great stories of the Swamp Fox gitt'ner done. From Kadina to Jordan, Balad and soon the next challenge, our AEF. This, of course, will be another first. No other single-fighter-squadron-wing on earth can do what we will do. This is not an exaggeration. Other wings have taken the same number of jets to an AEF, but they needed at least two fighter squadrons of people and equipment to make it happen. I almost forgot; we are also manning our Alert commitment!

Yes, it is a sign of the times. Doing more

with less and, of course, that is the down side. We are faced with a dilemma; volunteer more and risk trying to do too much or take our chances by doing less, especially in a time of major DOD spending cuts. This is the biggest challenge of our future - how to maintain a balanced, sustainable pace while positioning ourselves to convert to JSF and be the last ANG squadron considered for closure.

The basic mission in Afghanistan will be the same as our previous AEF, but that is where the similarities end. We didn't drop a single bomb in 2010, but, this time around, our Army friends on the ground will need plenty of help, and many times it will be "kinetic" in nature. Rest assured our munitions and weapons folks will have a much more interesting deployment this time around. After 10 years in country it's up to you to determine if that is a good thing.

Some of the deployed base facilities (minus the pool) and the daily lifestyle will be similar - work, gym, eat, sleep; rinse and repeat for 120 days. Whether you are going for 60 or 120 days, I highly recommend having a project to complete, a fitness goal or some way to otherwise pass the time between eating and sleeping. The food is reported to be good and more varied than that available at Balad. The fitness facilities get favorable reviews, and the base should be a little more laid back due to the NATO influence. While I hate losing another summer to the Middle East, I genuinely look forward to the camaraderie and playing on a winning team.

These ARE the good ol' days. I highly recommend pausing to watch and enjoy them as they pass even if they are in another country.

On a different note, I would like to thank Lt. Col. "Slots" Lightner for writing, in my opinion, the best Commander's Corner to date. The topic is one I would have liked to tackle but thankfully we got his more skillful hand at the keyboard. Now, more than ever, your Constitution and your oath both deserve careful study and thought as they apply to you and your country's future.

Semper Primus.

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Official Mission Statement of the 169th Fighter Wing: To provide a trained and equipped citizen fighting force that exceeds the capability of any Guard, Reserve, or active-duty Air Force unit in the protection and defense of state and nation; to maintain the capability for worldwide deployment of combat-ready assets to meet contingency and general war requirements; to employ conventional munitions in close-air-support, interdiction, offensive counter-air, defensive counter attack, suppression of enemy air defenses and special capability AGM-65 Maverick missiles; to provide world-class units that are recognized as being the best of the best when directed by the governor to preserve and protect the life, property, peace and public safety of the citizens of South Carolina.

Submission of SCANG News material: Articles and photography are welcome and should be submitted prior to the deadline (see below). E-mail submissions to 169FW.PA.SCANGNews@ang.af.mil.

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Deadline for the April issue is March 4



What is a mentor?

According to AFI 36-3401, a mentor is defined as "a trusted counselor or guide." Mentoring is not a promotion enhancement program. It is a professional development program designed to help each individual reach their maximum potential both professionally as well as personally.

Mentoring covers a wide range of areas, such as career guidance, technical and professional development, leadership, Air Force history and heritage, air and space power doctrine, strategic vision and contribution to joint warfighting. It also includes knowledge of the ethics of our military and civil service professions and understanding of the Air Force's core values of integrity first, service before self and excellence in all we do.

Commanders are responsible for promoting a robust mentoring program within their unit. The immediate supervisor or rater is designated as the primary mentor for each of his or her personnel. This designation

in no way restricts the person's desire to seek additional counseling and professional development advice from other sources or mentors.

Supervisors must take an active role in the professional development of their personnel. They must assist their personnel by providing realistic evaluations of both performance and potential. Supervisors must be positive role models.

Mentorship is so much more than an official program. It's an ongoing process to train and retain our future leaders. It helps prepare personnel for the increased responsibilities they will assume as they progress in their careers. It's very important in developing well-rounded, professional and competent future leaders.

Direct supervisor involvement in the professional development of those you supervise is key. The supervisor must continuously challenge subordinates. They must also provide clear performance feedback and guidance in setting realistic professional and personal development goals.

Supervisors in a position to notice evidence of stress or any other personal difficulties in their personnel should be there to assist in resolving it.



It is important for mentors to distinguish between individual goals, career aspirations and realistic expectations. Each individual defines a successful career differently and there are numerous paths to meet individual career and success goals.

Mentoring gives personnel, both mentors and mentees, the opportunity to be better and more productive than either could be individually.

I encourage you all to be a mentor and help personnel uncover those talents that they may not even know they have!

Recruiting & Retention

Military Personnel Summary

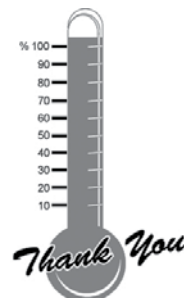
Strength

Officers:	
Authorized	137
Assigned	133
Percent Manned	97.1%
Enlisted:	
Authorized	1191
Assigned	1209
Percent Manned	101.5%
Total:	
Authorized	1328
Assigned	1342
Percent Manned	101.1%
(as of February 10, 2012)	

Recruiting/Retention

Gains:	<u>MONTH</u>	<u>YTD</u>
Prior	1	11
Non-Prior	2	27
Total	3	38
Losses:		
ETS	0	5
Discharge	0	21
Medical	0	0
Resignation	0	2
Retirement	0	12
Transfer	0	11
Other	0	1
Total	0	52
Net Gain/Loss	3	-14

Recruiting Progress We're at 101.1 percent!



We must maintain 100% strength through 2012!
Recruit & Retain!

There are many positions open for immediate recruiting...

Munitions, Weapons, Crew Chiefs, Life Support, CE, Security Forces and more



Swamp Fox 56 Council

E-5s and E-6s are encouraged to actively participate in the Swamp Fox 56 Council. The next meeting is Feb. 5, 1:30 p.m. in the vehicle maintenance classroom.

SCANG Diversity Council

Officer elections will be held during the April UTA. These positions are open to members of all ranks. If you have questions, contact MSgt. Amado Azua at 647-8640 or 608-9585.

Top 3 Association

The association aims to care for our own airmen and non-commissioned officers by taking ownership of and sponsoring activities designed to continuously develop and foster the advancement of enlisted people by responding to their concerns, aiding in personal and professional development and to inspire esprit de corps. This is done through the collective knowledge, experiences, and leadership abilities of the Top 3 members. Every Air Force base has an enlisted Top 3 organization. We will be exchanging ideas and staying abreast of changing attitudes and advances in the enlisted corps. All senior NCOs are encouraged to attend the next meeting at 1400, 3 March with location to be determined.

Pre-deployment fair

The Airman & Family Readiness office is hosting a Pre-deployment Fair March 4, from 0900-1400 in the Base Canteen. This event is for service members who

are deploying 89 days or less, however all deployers are encouraged to attend. This is an open house styled event; all participants will have the opportunity to speak with providers individually. Please contact MSgt. Felicia Corley at 647-8089 or email, felicia.corley@ang.af.mil.

ESOH CAMP reminder

The Wing Safety Office is spreading the word about the ESOHCAMP inspection scheduled for November 2012. Supervisors and unit safety representatives should complete the ESOHCAMP General Awareness CBT on ADLS. Annual updates and reviews to AF Form 55s and JSTOs also need to be accomplished.

VPC-GR basics

The vPC-GR Basics electronic learning tool is the first in a planned series of web-based interactive courses related to personnel processes. It shows how to establish accounts, use the dashboard and manage action requests/work. The eLT is available via the Advanced Distributed Learning Service website (<https://golearn.csd.disa.mil>). Go to "Course List," then "Miscellaneous."

Web-HA mandatory for PHAs

Effective 1 January 2012, It will be mandatory for all members to complete your Web Health Assessment on-line. We will no longer be offering the standard paper copy questionnaire. You are due on your birth month and may complete the Web HA up

to 2 months prior to, but no later than one week prior to that UTA. Any questions, please contact SMSgt. Cox, Health Systems Specialist, 169th Medical Group, 647-8296.

Gate hours

Main Gate

Daily: 0430-2400

(Hours extended for night flying.)

Morrell Gate

Duty Days: 0620-0815 & 1645-1745
UTA Saturday: 0600-0815 & 1600-1700
UTA Sunday: 0600-0815 & 1530-1630

Church Gate

UTAs: 0600-0815

Human Relations training

Training will take place in the 245th ATCS auditorium on Saturday at 0930.

Falcon's Nest All Ranks Club

PLEASE come and join the Falcon's Nest All Ranks Club located adjacent to the Shoppette in the Canteen; Building 157. We have a pool table, televisions, domestic beers, well drinks and non-alcoholic beverages available. Membership is a whopping \$15.00 per year! Have your promotion party, event, or just come meet other folks from throughout the base. Open 1600-2000 Tuesday - Friday and during UTA's. If you have any comments, suggestions, concerns, or questions please contact MSgt. JJ Jones at 647-8908; john.jones.1@ang.af.mil or TSgt. Burrows at 647-8691; william.burrows@ang.af.mil.

Celebrating Women's History Month

What does it mean to be a woman in the military? It means I know I live in the best country in the world, the United States of America! What Americans know as common everyday rights and civil liberties are privileges not seen in other countries. I understand, and I want our country to remain free and enjoy these liberties for generations to come.

Nearly 20 percent of the military is women! Although I entered the Air Force on the cusp of change, and there was a wide acceptance of females in military roles, women were not yet authorized to fly on combat aircraft. This was an odd predica-

ment for me, being an avionics technician for the tail-gunnery fire control system on a B-52! I was the only female in the shop and the only Airman not allowed to troubleshoot in-flight errors with the system. Now, thanks to many brave women who paved the way, female fighter pilots guard the skies and combat the enemy. Back then, it was also a rare sight to see a female senior or chief master sergeant.

My career in the military has been tremendous. I cannot imagine any other job that teaches you a trade with utmost technique and skill but also teaches you life lessons and responsibilities. I've had the privilege

to work in five different career fields and earned three college degrees, all with the encouragement and support from my military colleagues serving the country I love. I've had the strongest of friendships and experienced camaraderie that is unsurpassed by any civilian occupation I have ever held.

My family and my child are living the life of freedom I love, and I can't help but be happy everyday that I was born in the United States of America, and how privileged and proud I am to serve our country as a female and a Chief Master Sergeant.

(Commentary by CMSgt. Kellie Gibbs/169th MDG)

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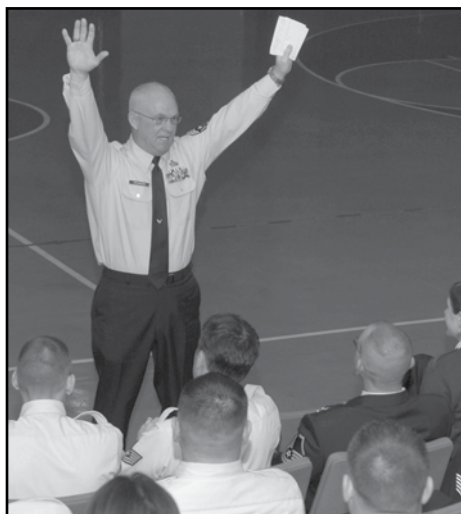
With the wealth of information received from SCANG's leadership, as well as instructors from the McGhee-Tyson ANG Training and Education Center, attendees learned of various ways to use the 'B-E-S-T' method to accomplish their missions. The instructors informed the attendees of the upcoming changes involving force development, while also stressing the importance of PME.

One of the major changes at the academy is the strength-based leadership program, which will bring a greater focus on individuals' strength and not their weaknesses.

MSgt. Isaac Carr, first sergeant of the Civil Engineering Squadron, said he looks forward to sharing the valuable knowledge gained during the conference with personnel unable to attend. "I enjoyed everything about this event. The speakers were great, and I enjoyed the camaraderie of being with fellow NCO's," he said. "I want to make sure that we are setting and maintaining the standards."

Gen. Patterson said that the mission is still our primary responsibility, and that he expects leadership to take the initiative and to develop trust. He said, "The example you set as a leader becomes the rule for the people who serve below you, because I have found that the organization will normally rise to the level of the Senior NCO's."

"We must remember to recognize the good people who are working hard and giving it all they can," said Patterson. "You, the senior NCO's are right there, and part of your jobs is to recognize them."



(Photo by SMSgt. Ed Snyder, 169th FW/PA)

State Command Chief, CMSgt. Larry Crowson demonstrates how we can always "stretch" to accomplish more.

MG Robert Livingston, our Adjutant General added that leaders must help our airmen stay focused on taking care of the business of the nation. "We will continue to be under threats, and will have to figure out ways to respond in an economical, yet effective manner," he said.

"The Air Force will review how we can reduce cost, but McEntire is pretty solid as we go through this transition period, however we must remain relevant, ready, resilient and responsible," said Livingston.

A major preparation for those 4-R's is training, and TSgt. Dawn Green, NCOIC of Information Protection with the 169th Security Forces Squadron said, "The training

will help us to develop our personnel, and capitalize on their strengths, and I'm excited to take this information back and apply it."

State Command Chief, Larry Crowson said that each of us must be excited in telling our story. "We must tell the Air National Guard story to those we come in contact with," he said. "We should tell them that there are more than 460,000 members in the National Guard, of which, 410,000 are enlisted. There are 107,000 people in the Air National Guard with 93,000 enlisted. McEntire is one of the 19 alert units in the nation, of which 18 Fighter Units belong to the ANG, one of 89 flying units. We also represent 25% of the people in the military, and the guard owns 40% of the airplanes and is 1/3rd the size of the Air Force. However, the most important part is that we do all of this while utilizing only 7% of the overall military budget."

Brig. Gen. Scott Williams, former base commander, said that officers must realize that the enlisted personnel are the ones actually doing the job. So we must flip the pyramid of the organizational structure and support our non-commissioned officers in their efforts.

The McEntire Top Three Association represents all senior non-commissioned officers at the McEntire Joint National Guard base, and is an organization that represents the goal of enhancing military professionalism, development, and quality of life for all enlisted personnel.

(Story by MSgt. Pelham Myers Jr., 169th FW/PA)

UAE delegates get closer look at Guard ops

The South Carolina National Guard hosted a military delegation from the United Arab Emirates (UAE) during a day-long tour of McEntire Joint National Guard Base and other SCNG facilities Feb. 3.

Major General Ali Al-Kaabi, the senior military advisor to the Crown Prince of Abu Dhabi Mohammed bin Zayed traveled to the United States to obtain information about the National Guard. MG Al-Kaabi was sent by the Crown Prince as the UAE is exploring the possibility of creating a reserve component force for their country.

During the visit, the UAE delegation met with South Carolina Adjutant General MG Robert Livingston and other senior SCNG

leaders to gain a greater understanding of the Guard's missions, roles and organizational structure. They toured a variety of South Carolina Army and Air National Guard facilities, including McEntire JNGB.

While at McEntire, General Al-Kaabi observed the 169th Fighter Wing's preparations for its deployment to Southwest Asia. After an overview of the wing's deployment processing line, the general took a moment to address dozens of soon-to-deploy Airmen.

Col. Michael Hudson, 169th Fighter Wing commander, briefed the general on the SCANG's federal and state missions and how the unit readies a mostly part-time contingent of volunteers for its war-time

mission. He provided an overview of the Air National Guard, comparing and contrasting it to the Army National Guard, and he spoke about the SCANG's high-tempo schedule from deployments to major inspections.

Col. Hudson said, "In order to provide full-time capabilities with a part-time force, we maximize every drill weekend and annual training opportunity. As much as possible, we focus on utilizing our time for combat-related training." He also pointed out that support for families, partnerships with civilian employers and ties to the local community are vital to the success of Guard units in general and the SCANG in particular.

(Story by TSgt. Stephen Hudson, 169th FW/PA)

Security Forces conducts joint Air



SSgt. Richard Frierson

In February, the 169th Security Forces Squadron, South Carolina National Guard Army Aviation and two F16s from the 169th Fighter Wing participated in a Joint Air Assault Exercise called Operation Rita.

Scenario: Intelligence determines an insurgent group known as the Peoples Freedom Organization has taken up a position near the Air Field with intentions to gather counter intelligence, disrupt air operations and ultimately shoot down an aircraft. Twenty members of the SFS are tasked to deploy to their location via SCNG Army UH-60 Black Hawk Helicopters and physically determine the level of this threat. If directed, the SFS will neutralize the insurgency using direct fire and assistance from F-16 close air support.

Skill sets to be tested: Loading and unloading from an active



SrA Darin Bradford



SSgt. Daniel Dorman



SSgt. Jeffrey Gaydos

Army/Air Exercise - Operation Rita

helicopter; land navigation; intelligence gathering; operating under direct fire; first aid and buddy care; 9-line call for an air medevac; call for CAS; extraction from a hot landing zone.

SMSgt. Ralph Guyton, superintendent of logistics for SFS, said, "What I saw come of this was: a sense of purpose, fulfillment of a mission, and to see a mission from the beginning stages all the way to the completion; the hard work that goes on to complete a mission like this, the coordination and preparation involved and seeing it all come together to have a successful mission."

Operation Rita squad leader TSgt. Jeremy Lloyd said, "It was great to get the fundamentals down, the basics on how to move your team and squad. There is a lot more to it than classroom training when you are actually in the field, communicating and doing the mission."

(Photos/Story by TSgt. Caycee Cook, 169th FW/PA)



TSgt. Jeremy Lloyd



SSgt. Joshua Odom carries SrA Derek Fish



SrA Shanita Shaw



SSgt. Michael Lepp



SrA Christopher Johnson

Exercise evaluates emergency response

McEntire personnel conducted a joint Major Aircraft Response Exercise Jan. 31, the first of its scale for the base. The scenario was created specific to the reality of having dual airframes on the base, the F-16 fighter jet and a UH-60 Black Hawk helicopter, and the possibility that an incident could occur involving both. Base-wide participation was essential, as most sections had a role to play throughout the scenario.

“It got us out of our element; normally every exercise is conducted in the hangar around everything that is already familiar. It was real good to do a ‘no kidding’ response to an unfamiliar area,” says MSgt. Shannon Mines, team chief of the Crash Damage or Disabled Aircraft Recovery program at McEntire.

The scenario, a jet and helicopter collide on base, caused every section that would respond to such an emergency to carry out their response actions.

Mines said, “The wing commander requested an outside agency come in and audit a base-wide crash response involving the Air and the Army. The audit, which spanned a two-month period, was concluded by initiating the MARE at the auditor’s request.” Mines built the script for the incident based on the commander’s intent and the auditor’s input.

According to audit feedback, the exercise kicked-off smoothly with timely notification from Command Post to the wing commander within three minutes and the fire department’s rescue responders arriving on scene within seven minutes.



Firefighters with the 169th Civil Engineering Squadron respond to a simulated aircraft mishap with a crashed F-16 and UH-60 Black Hawk helicopter during January’s Major Aircraft Response Exercise.

Firefighter Justin McKeown was one of the first responders. He said, “With only hearing an overview of the training, I was unsure of the fire department’s role in the exercise. However, once on scene, we treated the exercise like we would any training ... with a purpose and a goal.

“I believe this training was long overdue but benefited the fire department in that this scenario, involving two different types of aircraft, could actually happen. We worked as a team to accomplish the mission and that is the best training scenario one could ask for, coming together as one unit to accomplish what we are trained to do.”

Air Force auditor Daisy Bradley said, “Overall, the first responders and CDDAR team did an outstanding job.”

Other sections that played a role in the exercise included Security Forces, Munitions and Weapons, Hydrazine Response Team, Maintenance Operations Control, Bioenvironmental, Motor Pool, Petroleum Oil and Lubricants, Aerospace Ground Equipment, Safety and Army Aviation support.

While there were areas that need improvement, the overall synopsis from the day proved the training to be necessary.

Mines said, “We learned a lot. There were some short falls that we discovered through the process.

“Normally, the exercise would only involve me and my team. It was nice having the other base agencies involved and learning by working with them and their requirements for a scenario like this.”

Bradley said, “We were very pleased with the results of the exercise. It served its purpose of identifying improvements we can complete to make our joint aircraft mishap response and crash recovery processes the best they can possibly be.

“This joint exercise was one of the first of its kind, and should be established as the standard for joint exercises at joint bases everywhere.”

(Photos/Story by TSgt. Caycee Cook, 169th FW/PA)



Crew chiefs with the 169th Aircraft Maintenance Squadron respond to a simulated aircraft mishap with a F-16 and UH-60 Black Hawk helicopter. The F-16 is connected to a crane to be transported from the accident sight.

Swamp Foxes strengthen spiritual resilience

“Resiliency is more than a catch phrase,” says Lt. Col. Brian Bohlman, 169th Fighter Wing chaplain.

A diverse group of McEntire’s personnel attended the first ever “Ultimate Spirituality: Resiliency and Relationships” training at McCrady Training Center Feb. 8. The course, led by Bohlman and retired Army Chaplain (Col.) Jeffrey Young, National Guard Bureau Chaplains Corps spiritual resiliency POC, was created as part of the new Comprehensive Airmen Fitness program the Air Force has instituted. The CAF focuses on four pillars of wellness: physical, mental, social and spiritual.

The spiritual resiliency training was taught in a fun, light hearted, non-threatening manner and is respectful of all religious traditions and beliefs (even those who do not claim a specific spiritual belief). Dr. John Van Epp, a Strong Bonds trainer, wrote the curriculum for the new Ultimate Spirituality: R & R course.

Col. Mike Hudson, 169th FW commander provided opening remarks. “Don’t just tell me about being resilient, show me that you are resilient and that it works,” he said, setting the tone for the importance of the training and becoming spiritually, physically, mentally and socially resilient.

The day-long course highlighted four key areas crucial to spiritual resiliency. Becoming Resilient Through Developing Your Spirituality, Transforming Spiritual Beliefs Into Spiritual Mindfulness, Developing



Chaplain (Lt. Col.) Brian Bohlman takes notes for Spiritual Resiliency POC Chaplain (Col. Ret.) Jeffrey Young during the day-long Ultimate Spirituality retreat.

Emotional Strength Through Your Spirituality, and Exercising Your Spiritual Commitments and Touching the Lives of Others.

Attendees enjoyed a relaxing day of listening, talking, interacting and sharing as Bohlman and Young guided them through the steps to achieving spiritual resilience. Young said, “A spiritually-fit Airman is a more resilient Airman. Developing all four pillars in our Airmen will mean more adaptable Airmen. We can all grow in the four domains of Comprehensive Airmen Fitness.”

MSgt. Jimmy Faile with the 169th Air-

craft Maintenance Squadron, said, “I look forward to taking this training back to the traditional Airmen and sharing with them what I’ve learned here today. It was a morale booster to have the day started with prayer.”

McEntire was the first of three units selected to participate in the pilot program. As long as the program receives positive results, Van Epp will be invited to train all the Air Guard chaplains and chaplain assistants who will implement the program into each of the 89 Air Guard wings.

(Photo/Story by TSgt. Caycee Cook, 169th FW/PA)

Self-inspection is key to Vulnerability Assessment

The SCANG recently underwent an assessment of the McEntire Joint National Guard bases’ vulnerability to terrorist and criminal activity.

Lt. Col. Paul Laymon, commander of the 169th Security Forces Squadron and the base Antiterrorism officer, said the intent of the vulnerability assessment is to identify areas that have deficiencies, which, if exploited by terrorists or criminals, would directly lead to loss of life and/or degrade the mission.

“This assessment is important to the SCANG because it helps us manage our risk, which ultimately leads to saving dollars and lives,” said Laymon. “We also depend on our relationship with FBI and OSI intelligence off-base, as well as the Eagle Eye program, which authorizes the civilian population to

help us by reporting any instances of suspicious activity or people who may be targeting the base. We must identify threats and mitigate them before they get to us.”

Unlike many of the inspections here, this one did not conclude with an overall grade. The vulnerability assessment is not a pass or fail program, and the final report only includes vulnerabilities, concerns, neutrals and positives relating to the base.

Laymon said, “The assessment team wanted to know that we had already accomplished our criticality and threat checks prior to their visit, but was chiefly concerned with our vulnerabilities. The greatest lesson learned was that if we do our local vulnerability assessments aggressively, then the headquarter-directed assessments will

become an easier task to accomplish. By doing our homework, the assessment team should only find things that we have already identified as vulnerabilities.”

The Vulnerability Assessment was created by the DoD shortly after the Khobar Towers bombing in 1996 and is required every three years by higher headquarters. Internal inspections at individual bases take place annually.

Laymon said, “At the end of the week-long inspection, the seven-member team from Lackland AFB, Texas was only able to identify those vulnerabilities which we had already pointed out to them during the in-brief.”

(Story by MSgt. Pelham Myers Jr., 169th FW/PA)



It appeared to me that we had quite the turnout for our February Breakfast. We had almost 70 folks to show. We had two first timers, Tim Bodie, who has had a time of it medically speaking, and Ed Sutton, one of my old golf buddies.

During the Breakfast, we had a nice Memorial Service for our fellow Retirees who passed during the year 2011. We were informed the Monument at McEntire is up to date through 2011. Charlie Sharpe gave a nice presentation about The South Carolina Patriot Riders, who perform escort duties usually at funerals at the family's request. Lastly, Lt. Col. Scott Lambe gave us a short briefing about his duties at McEntire, as well as assisting me with our Memorial Service. He reunited with some of his former shop mates from the fuels section when he first came into SCANG back in 1985. He also fielded questions from the Breakfast crowd. All in all, it was a very enjoyable and informative Breakfast.

McEntire History: We are honoring the 2nd batch of 1992 Retirees. I was approached by two 1993 Retirees why I haven't published their names yet, they just have to be patient. The remainder of '92 retirees are; Lt. Col. Warren S. Holland, Capt. Walter A. Gee, CMSgt.'s Donald Krofchick and Deleon Wallace. SMSgt.'s Eugene Tucker and Inez Benjamin, MSgt.'s

Jackie P. Lemacks, Michael A. Bennett, John E. Brantley, William J. Tolleson, and Marvin Brad Fowler. TSgt. Charles Sharpe, and SSgt.'s William D. White, and John F. Whittemore. Again all these names have been by "word of mouth", if you are a retiree from the years of 1987-1992 and haven't seen your name published yet, please let me know, my phone number and email address will be at the bottom of this article.

I have noted I have been remiss about reporting the multiple 'mini' deployments the Wing has experienced in the last decade. In January 2000, just about the whole wing including the 240th and 245th deployed to Northern Watch in Turkey. In April 2001, 225 folks went back to Prince Sultan (the old Desert Storm place). In February 2002, about 200 folks headed for Qatar for about 90 days, to support Operation Enduring Freedom. March 2003, the 2nd trip back to Qatar, this time to support Operation Iraqi Freedom, with about 400 folks this time. So to say the least the Swamp Fox contingent has been busy, along with every inspection imaginable, wow!

The history of our planes continues with back to the jet era, along about March 1954 with the Swamp Foxes getting the F-86A's Sabre Jets. Also in 1954, the base received a C-45 Expeditor, and it stayed until 1960. I think as a utility plane, don't worry if I'm

not right, the old guys will correct me. In March of 1955, the F-80C's Shooting Stars were acquired, and they stayed until the F-86L's came in around the August of 1958. It is about this time that Congaree Air Base was picking up the Air Defense Mission with the F-86L's advanced radar. Something I hadn't realized but back in the mid 50's, there was some discussion about both the Greenville-Spartanburg area and Congaree possibly picking up Air Force Reserve C-141 Squadrons. But it never materialized, they all went to Charleston. If you recall the base came close to getting a rescue helicopter unit until Senator Strom Thurmond stepped in back in the early 70's. There was also a T-33 T-Bird that came in about the same time as the F-86L's.

March 6th will be our next Breakfast, at our usual place the Fort Jackson NCO Club beginning at 0830. I am so pleased we are getting much better turnouts of our Retirees. So all I can say is keep up the good work, keep coming and talking it up with your Air Guard buddies. Once you come you realize how much you miss seeing the folks you haven't seen in a while, or you may not know some folks, but know of them by name. This is what happened to me, and now we are just an 'extended family'. Please come if you can. My phone number is 936-0680 and my email address is rbarkalow@sc.rr.com.

SCANG Recruiters 1-800-432-2754 187-SWAMPFOX www.goang.com

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1-800-432-2754

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Retention Office Manager
Palace Chase/Palace Front
and Guard Transfers
(803) 647-8211
ceomara.timmons@ang.af.mil

MOVIN' In MOVIN' Up, & MOVIN' On

Enlisted Promotions

Master Sergeant

Kimberly Castner, 169th FSS
Justin Feeney, 169th CES
William Hightower Jr., 169th MXG
Jeffrey Hopper, 169th AMXS
Sean Keyes, 169th AMXS
Brian Patterson, 169th AMXS
Jeremy Pow, 169th AMXS
Joshua Thacker, 169th AMXS
Paul Wallace, 169th SFS

Technical Sergeant

Calvin Adger, 169th AMXS
Bryan Anthony, 169th MXS
Jay Bicknell, 169th AMXS
Duonne Brown, 169th MXS
Brandon Burton, 169th AMXS
Adam Chavis, 169th AMXS
Preston Cox, 169th AMXS
George Dutton II, 169th AMXS
David Edens, 169th AMXS
Thomas Ferrara, 169th AMXS
Randy Greene, 169th AMXS
Jeffrey Hardee, 169th MXS
James Heywood, 169th AMXS
Kenneth Monroe, 169th AMXS
Patrick Pham, 169th MXS
Michael Sox, 169th AMXS
John Tiger, 169th AMXS
Joshua Velders, 169th AMXS
Karl Williams, 169th AMXS

Staff Sergeant

Christopher Johnson, 169th SFS
Kanasha Williamson, 169th FSS

MOVIN' In MOVIN' Up, & MOVIN' On

Senior Airman

Jeff Bryant, 169th AMXS
Joseph Buck, 169th MXS
Zackery Coder, 169th AMXS
James Crowder, 169th MXS
Daniel Crowe, 169th MXS
Ashleigh David, 169th FW
Michelle Dickens, 169th MXS
Benjamin Douglass, 169th CES
Caleb Edmonds, 169th AMXS
Sterling Heaton, 169th AMXS

Enlistments

2Lt. Matthew Smith, 169th MXS
TSgt. Tarah Bjaaland, 169th MDG
SSgt. Mitchell Menges, 169th CES
SSgt. Brian Parker, 169th CES
A1C Sherwyn Haltiwanger, 169th CES
A1C David Ladele, 169th CES
A1C Zechariah Palmisano, 169th MDG
A1C Xavier Ross, 169th MXS
A1C Norman Rueda, 245th ATCS
A1C Omari Thomas, 169th CF
A1C Patrick Waters, 245th ATCS
A1C Olivia Wilson, 169th CES
AB David Wilkins, 169th CF

Retirements

CMSgt. Clifton Weir
32 years - 169th FSS
MSgt. Leonard Cyprus
25 years - 169th MXS
TSgt. Mason Brooks
26 years - 169th CES

Welcome - Active Associate Arrivals

169th AMXS

SrA Kyle Blakeman

169th MXS

AB Dillion Brown

SSgt. Anthony Abraham

Base Training

TESTING SCHEDULE

Tuesdays, 1 p.m.
Drill Sundays, 12:30 p.m.

Report for testing no later than 15 minutes before the test. Members testing on CDCs required for upgrade training must bring their AFIADL 9 course card with the following items documented:

Date review training began
Date due completion
Date review training ended
Supervisor's signature
Trainee's signature

Members without the card and required information are not allowed to test. For more information, contact a unit training manager.

Airman Leadership School
(class start dates -- five-week duration)
(56 seats for ANG members)

2012

Noncommissioned Officers Academy
(class start dates -- six-week duration)
(75 seats for ANG members)

PME Schedule

MCGHEE TYSON ALS

12 MAR 12 - 12 APR 12

7 MAY 12 - 7 JUN 12

MCGHEE TYSON NCOA

6 MAR 12 - 12 APR 12

1 MAY 12 - 7 JUN 12

23 JUL 12 - 29 AUG 12

17 SEP 12 - 24 OCT 12

What's for Lunch?

Saturday

Cornish Hen or Salisbury Steak
Mashed Potatoes, Gravy, Green Beans,
Steamed Carrots & Rolls

Sunday

Spaghetti w/Meat Balls or Veal Steak
Corn-on-the-Cob, Mixed Veggies &
Garlic Toast

Snack Line

SAT: Hot Dogs & Hamburgers with Chips

SUN: Hot Wings & French Fries

* All with Soup / Salad Bar / Desserts / Beverages

The Dining Facility is open 11 a.m. to 1 p.m.
Everyone using the facility must present a valid ID card.

REFLECTIONS

*"The LORD is my light and my salvation—whom shall I fear?
The LORD is the stronghold of my life—of whom shall I be afraid?"*
~Psalm 27:1

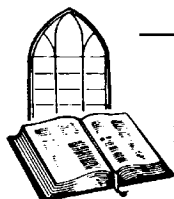
Your "health" is much more than physical fitness; it includes mental, social and spiritual fitness. As a result, Comprehensive Airman Fitness helps each of us in our overall readiness.

According to Chaplain Charles Bolin, "Spiritual fitness in the Air Force means the ability of the individual to believe in the importance, necessity, and just nature of the mission; to have faith in the reliability of leaders, in the dependability of fellow Airmen, and in the training and equipment furnished for the operation; and to be prepared to encounter and cope with extreme danger, devastation, and even death with confidence, dedication, and courage. Spiritual fitness transcends moral fitness because it prepares the individual to deal with ultimate questions such as the meaning and value of life and not merely questions of proper behavior.

Spiritual strength for many Airmen is supported by their religious convictions; for others who may not be religious, it may be an expression of their loyalty to the nation, to the unit, and to their fellow Airmen. Spiritual strength is an inspirational character trait which can motivate a squadron or unit even when circumstances seem bleak."

Always remember that your SCANG Chaplain Corps staff is here to help you integrate the four dimensions of human functioning. The key to optimal wellness is to "exercise" each dimension of your being and maintain balance between them. Have a great drill weekend!

(by Chaplain, Lt.Col. Brian Bohlman)



Worship Schedule

Saturday

Maintenance (hangar) & SFS after roll call

Sunday

0815 - 0845 - Traditional Worship (Wing HQ Auditorium)

1100 - 1130 - Contemporary Worship (Wing HQ Auditorium)

1330 - 1400 - Catholic Mass (Eagle Vision Conference Room)

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AETC Commander's Award

A1C Brad Steward, 169th MXS

Acft. Electrical & Environmental Systems Apprentice

Outstanding Academic Achievement
(90 % or Higher)

TSgt. Christopher Orris, 169th LRS

Vehicle Maintenance Apprentice Course

SSgt. Ryan Fodness, 169th SFS

Security Forces Craftsman CDCs

SSgt. Jeffrey Gaydos, 169th SFS

Security Forces Craftsman CDCs

Ways to save 100 plus calories in a day

1. Try switching your morning cup of juice to a piece of fruit. You will not only be limiting your sugar intake, but you will also be getting more fiber.
2. Measure your salad dressings and notice your serving sizes on labels. Also opt for vinegar based dressings vs. mayo versions.
3. Eating a sandwich try the flat rounds vs. sandwich bread.
4. Trade your full fat yogurt for the light yogurt.

If you still have questions about nutrition or need a routine for the gym, please feel free to give me a call at 647-3510 / 8712 or email me at michellelexsc1@netzero.com

(Michelle Walker/Base Fitness Specialist)