

THE Airstream

THE Airstream

STRENGTH THROUGH READINESS



922nd
AIR EXPEDIT IONARY WING



Are You Ready?

FROM THE TOP

The time to earn it is now... Are you ready?

Col. Karl McGregor
910th Airlift Wing Commander

This UTA we will do our final dress rehearsal for the ORI by processing personnel as well as equipment through our deployment lines and by fine tuning our chemical warfare skills one last time at the ATSO fair. Please practice like you are going to play and really work on reaching that last 5 percent of preparedness. I believe we are in position to easily receive a satisfactory grade, but I urge every member to strive beyond merely passing, because I know that you deserve better than satisfactory as a grade. You are better prepared, you have a



Col. Karl McGregor

great plan, you have a great partner wing and the 910th has the best people. Let's make sure that we use the last of our remaining time to tighten our processes and close any open areas that remain. I charge each member to take personal responsibility for their preparedness, which includes all prerequisites to deployment (medical, equipment, etc.).

We are on the cusp of completing an 18-month process to prepare for our ORI. At the end of March, two wings will have their performance graded by the AMC Inspector General. We will be ready for them.

Col. Tarchick, our lead wing commander,

posted this to his Airmen...and it applies to us as well.

Col. Tim Tarchick
934th Airlift Wing Commander

Into the Arena...Earn It!

The "Super Bowl," otherwise known as the ORI, begins on March 29, 2008, 30 days from this UTA. As you know the 934 AW and 910 AW have prepared hard, and I mean hard, over the past 18 months for this moment. I ask, "Are you ready?" I am. I am ready to show the IG what kind of metal we are made of. *No pain, no gain, baby.* I hope you feel excited (really!) to get this show started so we can excel and put it behind us!

The March UTA will be a busy one. All ORI deployers and alternates will process through the Personnel Deployment Function or mobility processing line, by the chalk you will be on for the ORI. This will ensure that 30 days from now all your requirements will be green and the goal is ZERO write-ups for the ORI. The processing line on the ORI will go faster and this will ensure we meet all the LOGMOD times to include the most important LOGMOD event, departure times. We want the Initial Response to start out on an impressive note. You never get a second chance to make a good first impression.

We will have the Cargo Deployment Function and marshalling yard up and running and all cargo going will be processed and "QC'd." This will pay HUGE dividends...soon. *Again, no pain, no gain.*

I am not going to write a huge summary column here and tell you the same thing I have been communicating to you before each ORE. All I want to say is this. **Do your best. Give everything you have and leave nothing on the table and do it with a great attitude, be teachable and we will pass this.**

I want to share with you two quotes from



Col. Tim Tarchick

President Teddy Roosevelt and one from actor Tom Hanks:

"It is not the critic who counts: not the man who points out how the strong man stumbles or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood, who strives valiantly, who errs and comes up short again and again, because there is no effort without error or shortcoming, but who knows the great enthusiasms, the great devotions, who spends himself for a worthy cause; who, at the best, knows, in the end, the triumph of high achievement, and who, at the worst, if he fails, at least he fails while daring greatly, so that his place shall never be with those cold and timid souls who knew neither victory nor defeat." - "Citizenship in a Republic," Speech at the Sorbonne, Paris, April 23, 1910

"To borrow a simile from the football field, we believe that men must play fair, but that there must be no shirking, and that the success can only come to the player who 'hits the line hard.'" - Sagamore Hill, Oyster Bay, NY, October 1897

"Earn it." - The last line spoken by Tom Hanks in the movie, "Saving Private Ryan."

Thank you for all of your efforts to get Team 922 to this point.

t2

Spring is just around the corner (or let the sun shine in)

Chaplain (Capt.) Scott M. Campbell
910th Airlift Wing Chaplain

Well it is almost here. The time is getting closer. Everyone will be excited! People will be outside running and laughing. Yep, spring is just around the corner! No more short dark days, but long sunny days that will take us back outside to enjoy all the things we love in the great outdoors. I know some of you are ready to dust off the Harley, get the ball bat back out

or maybe even lace up those running shoes.

For me, winter is over! Once February rolls around, spring is beckoning at the door. I believe the way you look at things is how you perceive them. I asked a member here at the 910th if there was anything I could do for them and they replied, "You could make the sun shine." I shared with them that the sun is always shining, but the clouds are blocking they rays.

How do you look at things? Is the glass half empty or half full? The dark days of winter can bring us the blues, but what can you do to remove the clouds and allow the sun to shine during these days? May I suggest that you look forward to the days when the rays are so strong that you need those shades while riding your Harley, slamming that double or running the 10k in record time.

Checking things out



Photo by Tech. Sgt. Bob Barko Jr.

Senior Airman Justin C. Johnson uses a flashlight to peer into the interior of an C-130 engine intake while conducting a thru-flight inspection of an aircraft on the flight line here. The inspection is part of his crew chief duties while on Annual Tour during the week of Feb. 4 through 8. The scheduled work being conducted on the aircraft occurs between every

flight to ensure no damage, including cracks to the intakes and exhaust ports of the engines, has occurred during the cargo transport aircraft's flight operations. Senior Airman Johnson is a Traditional Reservist assigned to the 910th Maintenance Squadron. He is currently working on his 5-Level Skills Training.

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On the cover...

Are you ready? The UTA countdown clock until our Operational Readiness Inspection has reached zero. Be sure to read the column's from Col. McGregor and Col. Tarchick on Page 2 regarding the final push during the month of March to wrap up preparations for our ORI at the CRTIC in Gulfport, Miss. The 922nd AEW shield is featured on this month's cover: U.S. Air Force graphic illustration by Tech. Sgt. Bob Barko Jr.

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RHOADES' CONDITIONS

Meet the new 910th Command Chief Master Sergeant... Troy K. Rhoades

Senior Airman Ann Wilkins Jefferson
910th Airlift Wing Public Affairs

On New Year's Day 2008, when people worldwide made personal resolutions, the date marked the 910th Airlift Wing's assignment of a new command chief master sergeant: Chief Master Sgt. Troy Keith Rhoades. He has not a personal vow but a declaration for the whole wing: "To take responsibility, dedication and accountability of positions we hold – it's not about the individual unit but what's best for the wing."

Chief Rhoades said it was a personal goal to career progress to a command chief position, so when the opportunity came at the 910th, the native of Andover in Ashtabula County, Ohio, said, "There was no better time to apply, since it is my home unit and I felt a kinship here."

He didn't officially take over until outgoing Command Chief Robert Glus Sr. retired Feb. 1, 2008. "Chief Glus has been a great voice and has done a wonderful job. His retirement was an opportunity for someone to continue those efforts and bring new ideas."

Previously, Chief Rhoades worked at AFRC headquarters as the Security Forces manager for all Security Forces in the Air Force Reserve from July 2006 through December 2007.

As the command chief, Chief Rhoades, who stands tall and broad-shouldered, said his responsibilities are to monitor the enlisted force, work with the First Sergeants and the Chiefs Group, and "to not stay behind a desk all the time." One of his goals is to meet with units, not just here, but if the opportunity arises while they're deployed, too.

"I was in Security Forces so many years, (now) I need to get out and see what everybody does: how I can help in their shops, what do I need to look at or concentrate on? ... We can gain strength through 22nd Air Force, AFRC and Washington, D.C. So if you have concerns and issues, bring those to me through your chain of command. If I can help, I will."

The command chief said he and Col. Karl McGregor, 910th Airlift Wing commander, have an open and direct path between them. "I believe we're on the same page with the direction of the 910th: We have an outstanding

wing with outstanding people wanting to do an outstanding job.

"We're not yesterday's traditional Reserve. Now we're a force where two days a month (plus 15 days of Annual Tour) is the minimum. It's more of a commitment. Many do go above and beyond. But for those who can't because of



Photo by Senior Airman Ann W. Jefferson

New 910th Airlift Wing Command Chief Master Sgt. Troy K. Rhoades addresses a group of Airmen regarding the wing's upcoming ORI in a classroom here during the February UTA.

time, distance, family obligations, I still expect them to perform at their highest when they do serve."

Looking through the enlisted ranks, the chief noted the different levels of strength and

also work with the local Chamber of Commerce, Base Community Council, and be a representative for ESGR.

The chief said working at AFRC was a great opportunity for him to see the pluses and minuses at other units and wings. He also spent four to five weeks at the Pentagon on two separate occasions working directly on Air Force Reserve, AFRC and joint service operations.

"I believe that has provided me with a wide view of the entire picture, and I hope that will help with local issues here at YARS."

He also said he wants people to know in his previous position at AFRC he had the misfortune of dealing with BRAC bases, which he explains were business decisions, not about whether the people on base did their jobs well enough. With that in mind, Chief Rhoades said the 910th should never take for granted the opportunities it has here, nor that "the 910th is like active duty where we own the base and the resources that come with it, a huge advantage at Youngstown unlike a tenant or associate unit. I also had the opportunity to see other organizations that are just as good or better at times than we are, that we can benchmark off."

Chief Rhoades joined the Air Force Reserve in September 1983. After basic training and technical school, he came to the 910th in March 1984, serving in Security Forces the entire time until he left for AFRC in June 2006. A graduate of Youngstown State University, he has a bachelor's degree in Industrial Marketing, which required extra classes regarding sales of industrial products.

"I came into the AF Reserve wanting to be a cop, but in college I fell in love with the sales and marketing life. Yet I wanted to continue military life – I'm patriotic and have a love of the Security Forces AFSC. It was my hobby, but it ended up transforming my life."

As a civilian, he was putting his degree to use at FirstEnergy Corporation in Akron, an electric company.

"But after 9/11, I noticed security issues at the company and started asking questions ..."

"If you have concerns and issues, bring those to me through your chain of command. If I can help, I will."

Command Chief Master Sgt. Troy K. Rhoades

responsibilities. First sergeants and chiefs are positions the chief doesn't take lightly, since "they are the voices at the unit level." He said he is going to rely on Recruiting and Public Affairs to spread the word about the Air Force Reserve and the 910th in the community. He'll

To learn more about the new wing Chief and continue reading this story, visit the 910th AF public Web site at www.youngstown.afrc.af.mil

Airmen On Ice

YARS hockey fans participate in Youngstown SteelHounds Military Night

A large group from Youngstown Air Reserve Station and their families attended the Youngstown SteelHounds professional hockey team's Military Night, Jan. 19, 2008 at the Chevrolet Centre in downtown Youngstown. A joint effort by the Air Force, Marine and Navy Reserve units assigned to YARS along with the SteelHounds staff made this the most successful Military Night promotion yet, said Joe Gregory, the team's general manager. *Photos by Tech. Sgt. Bob Barko Jr.*



A Joint Honor Guard from Youngstown Air Reserve Station presents the colors at Military Night held at Youngstown's Chevrolet Centre.



Lt. Scott Allen, a member of the 910th Base Honor Guard performs the National Anthem during pre-game ceremonies.



910th Airlift Wing mascot, Airman Andy, takes to the ice at intermission as part of the SteelHounds Military Night activities. Andy gained popularity among the fans.

Courtesy Photo



Hockey fans check out a military display provided by the 910th Security Forces Squadron in the main concourse of the Chevy Centre prior to the game.



Col. Karl McGregor, commander of the 910th Airlift Wing, presents his Commander's Coin of Excellence to Chris Richards, captain of the Youngstown SteelHounds hockey team at pre-game ceremonies prior to facing off against their rivals, the Bossier-Shreveport Mudbugs.



The SteelHounds, including team mascot, Crusher, wore special Military Night jerseys emblazoned with 910th Airlift Wing and AFRC patches.



Hockey fans pick up some Air Force Reserve mementos and information at the 910th Recruiting table prior to the drop of the game's first puck.



The 910th Civil Engineer Fire Department shows off a brand new fire truck, just outside of the Chevy Centre, with downtown Youngstown's skyline in the background.



A young hockey fan studies a collection of photos at the 910th Airlift Wing's Public Affairs Office display prior to the game.

NEWS BRIEFS

Winter Driving Tips

PREPARE, PROTECT and PREVENT are The Three P's of Safe Winter Driving.

An element of **PREPARE** is: **Practice Cold Weather Driving!**

- During daylight, rehearse maneuvering slowly on the ice or snow in an empty lot.
- Steer into a skid.
- Know what your brakes will do: stomp on anti-lock brakes, pump non-anti-lock brakes.
- Stopping distances are longer on water covered ice and ice.
- Don't idle for a long time with the windows up or in an enclosed space.

The National Highway Traffic Safety Administration recommends to keep an eye on your windshield wiper fluid levels, especially in winter months! You can go through a lot of fluid quickly in a single snowstorm, so be prepared by:

- Completely filling your vehicle's reservoir prior to driving in winter weather.
- Use high-quality, "no-freeze" fluid.
- Keep an extra gallon of windshield wiper fluid in your vehicle.

Also remember you can check to see if base operations are delayed by inclement winter weather conditions. Call the Base Status Line at 330-609-1800.

910 AW Prohibited Weapons Policy

The following is the 910th Airlift Wing commander's annual policy letter regarding prohibited weapons and contraband at Youngstown Air Reserve Station.

1. In order to ensure the safety of all military and civilian personnel assigned to the 910th Airlift Wing, I want to emphasize that possession of or use of deadly and dangerous weapons and contraband on the installation is a violation of Air Force Instructions, as well as Federal and Ohio State revised code (reference AFI 31-101, 18 United States Code Section 930, and Ohio Revised Code 2923.125).

2. Air Force Instructions, The United States Code and Ohio Revised Code place significant restrictions on the possession and/or use of dangerous and deadly weapons on government property. Deadly and/or dangerous weapons include, but are not limited to the following listed items:

- a. Firearms, (hand guns, air pistols, rifles, shotguns, automatic or semi-automatic weapons)
- b. Any type of ammunition
- c. Compound bows and arrows
- d. Crossbows and bolts

e. Knives with blades longer than 2.5 inches (other than government issue)

f. Num chucks

g. Brass knuckles

h. Wooden or metal clubs or pipes

i. Incendiary devices, or any type of explosive material

j. Non-lethal weapons such as TASERs and O.C. Pepper Spray

3. Contraband means any property that in and of itself is unlawful for a person to acquire or possess, such as, but not limited to: illicit drugs, drug paraphernalia, explosive devices to include fireworks, and stolen property.

4. Only under certain circumstances, may privately owned weapons be brought onto the installation with prior approval in writing from the Installation Commander and in coordination with Security Forces. As a courtesy service to 910 AW or transient active duty military/DOD personnel, privately owned weapons may be temporarily stored in the 910 Security Forces Armory.

5. 910 AW personnel will be familiar with this policy letter. Violation of this policy may result in disciplinary action. SIGNED

UDOK. MCGREGOR, Col, USAFR

Commander

Airman's Council meetings

The 910th Airlift Wing Airman's Council meets at 3 p.m. for one hour in the break room of Building 208 on Saturdays of all "A" UTA's. Meetings are open to all Airmen (Airman Basic, E-1 to Senior Airman E-4). This is an opportunity for Airmen to voice their opinions, make positive changes in the 910th Airlift Wing, gain a bullet on their Enlisted Performance Report (EPR) and be recognized for council involvement. Please direct any questions about the Airman's Council to Staff Sgt. Courtenay Perkins at 330-609-1299.

Link to Annual Legal Briefings

If you have access to a computer, you can access a great link for legal briefings. The link is listed below. There are Power Point presentations on the Website for required annual legal briefings. The site enables you to print out course certificates upon completion of the courses. Please provide a copy of these certificates to both your training monitors and the legal office so they may still keep track of members who receive the required training.

The Laws of Armed Conflict (LOAC), Ethics, Homosexual Policy, VWAP Article 137 and UCMJ briefings are located at this site.

The Web address to the site is:

<https://centernet.edwards.af.mil/legal/index.html>

Please direct any questions regarding this link to Lisa List at 330-609-1243.

Celebrity Sumo Wrestling Match

There will be a "Celebrity" Sumo Wrestling Match pitting the "Preacher" against the "Warlord," 4:30 pm, March 1, Saturday of the UTA at the base Fitness Center. The event is being organized by the base Integrated Delivery System (IDS) as a morale booster in preparation for the upcoming Operational Readiness Inspection. All are invited to attend.

910th Airlift Wing Chaplain, Capt. Scott Campbell will don a Sumo suit and climb into the ring to face off against a sumo-suited Lt. Col. Bill Whittenberger, 910th Operations Group deputy commander and Warlord for the wing's ORI in Gulfport, Miss.

Intramural Hoops Title Game

The 910th Airlift Wing Intramural Championship Basketball Game will be held at the Fitness Center at noon, May 3 during the Saturday lunch hour of the UTA.

The hoops title match will feature the Airlift Wing/Mission Support Flight team playing against the Maintenance Squadron team.

During the semi-final playoff games held Saturday evening of the February UTA, the AW/MSF team defeated the Operations Group/Operations Support Squadron team to advance to the championship while the MXS team beat out the Aerial Port Squadron team for a chance to go to the big dance.

"We haven't had a daytime intramural event here for as long as I can remember," said Kevin Hyman, director of the base Fitness Center.

Even though the time of the game may be a change, the level of athletic ability witnessed from the stands promises to be exciting as ever.

So, pack a lunch and get ready for some afternoon hoops on Saturday of the May UTA.

NEWCOMERS

Please welcome the following new members of the 910th Airlift Wing family:

Maj. Chris Miller, 757th Airlift Squadron
Capt. Keith D. McCoy, 910th Medical Squadron
Master Sgt. Kevin R. Smith, 910th Airlift Wing
Tech. Sgt. Johann Franz, 76th Aerial Port Squadron
Tech. Sgt. Yanira E. Gonzalez, 910th Mission Support Flight
Staff Sgt. Joseph G. Cletcher, 773rd Airlift Squadron
Senior Airman Jeffery A. Booze, 910th Security Forces Squadron
Airman 1st Class Megan A. Demos, 910th Medical Squadron
Airman 1st Class Natasha M. Velazquez, 76th Aerial Port Squadron
Airman Basic Ashley Wade, 910th Security Forces Squadron

PROMOTIONS



Ronda Crayton-Pringle, 910th Civil Engineer Sq.
Jason R. Iloff, 76th Aerial Port Squadron
Skye N. Tancer, 757th Airlift Squadron



Donald J. Baker, 910th Maintenance Squadron
Ronald L. Graham Jr., 910th Civil Engineer Squadron
Tiffany C. Hall, 910th Operations Support Squadron
Aquila J. Senyitko, 910th Maintenance Squadron
Hunter P. Ventry, 910th Civil Engineer Squadron



Holliane M. Palcic, 910th Operations Support Sq.

THE 910 AW'S WINGER



Illustration by Tech. Sgt. Bob Barko Jr.

Routine, meal changes: keys to fitness success

Senior Airman Ann Wilkins Jefferson
910th Airlift Wing Public Affairs

“Luck of the draw” in rodeo lingo means “the best animal to give a cowboy a better score.” Yet when Tech. Sgt. Jerry Killian was preparing for the bi-annual Air Mobility Rodeo 2007 last summer, he couldn’t rely on luck to improve his fit-to-fight score, a factor in the 910th’s place.

“My job is one aspect I’m confident in doing, but fitness was another thing. I’m a former Marine; I know what it means to be fit. But getting to be age 40 and with kids (ages 10 and 6) at home, it was harder to work out. I didn’t want my fit-to-fight score to be the weak link for our team.”

So Sergeant Killian decided to start a new fitness plan. He said for the first half of Fit-to-Fight scoring, “I could ace the pushups and sit-ups. But the other half of it is for the fast, skinny guys. The only way to achieve (a better score) was to trim my waist and get my run time down.”

He did just that, knocking off one whole minute from the clock and shaving four inches from his mid-section. Initially the sergeant weighed 237 pounds with a goal of reaching 200, which he did, even dropping below it for a bit after Rodeo, he said. By late September, he had maintained a 33-pound weight loss.

His secrets to his success? Sergeant

Killian said, “My secret was to start slow and build on how far I would run. I kept focused on my goal and would not give up. I kept motivated to improve my health for my children and family.”

As an Air Reserve Technician at the base, Sergeant Killian is able to utilize the fitness center daily, taking advantage of the three hours a week ARTs are granted to workout, a benefit he strongly recommends to others. He usually runs about three miles on the treadmill and recommends interval workouts to burn fat fastest, meaning alternating a one minute sprint and one minute walk for 30 minutes (or whatever you can work up to.) Since he also lifts weights to build muscle mass, he pays less attention to body weight since muscle weighs more than fat.

Changes that the sergeant made in his eating habits included cutting out a lot of soda pop: “I used to drink six to seven cans of Dr. Pepper a day at work, then go home and kill a two-liter of it.” Now he drinks flavored fitness water. Cutting out all that sugar resulted in a quick 10-pound weight loss almost instantly. He also eats smaller meal portions and more vegetables.

As a result of his new fitness routine, Sergeant Killian wears a smaller uniform size, breaths better, has more endurance and a higher metabolism. He said, “Now it’s second nature. I have more energy and self-confidence in the way that I feel and look.”



Photo by Tech. Sgt. Bob Barko Jr.

Tech. Sgt. Jerry Killian, a 910th aerospace maintenance technician and an ART, runs on a treadmill at the base fitness center each day after work here. He said although he doesn’t really enjoy running, regular treadmill interval workouts and distance runs along with changes in diet helped him lose 33 pounds and whittle four inches off his waist since last summer. See sidebar below for helpful tips. INSET: A noticeably heavier Sergeant Killian in Crete, where he was deployed a few years ago.

Tech. Sgt. Killian’s fitness success tips:

- Start slow, don’t get discouraged too quickly.
- Stop drinking too much pop, cut out sugar.
- Keep focused on long-term goal; don’t give up.
- Maintain regular workouts after meeting goal.
- Take smaller portions at meals; eat more vegetables.
- Allow yourself a break; cheat a little but not often.

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