

THUNDERBUMPER

South Dakota

AIR NATIONAL GUARD



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Send submissions to 114 FW/PA or e-mail to PA.114FW@sdsiou.ang.af.mil.

www.114fw.ang.af.mil

On the cover...



PHOTO BY MASTER SGT. NANCY AUSLAND

The first of the block 40 F-16's arrived at Joe Foss Field on April 27 from Hill AFB, Utah. Col. Russ A. Walz, 114 Fighter Wing commander, piloted aircraft # 463 for it's arrival flight.

A word from the commander

BY COL. RUSS A. WALZ



SDANG FILE PHOTO

As we wrap up spring and enter into our summer months, we certainly have much to be thankful for this year. The wing redeployed nearly 300 Airmen from Iraq in our third Air Expeditionary Force rotation since 2006 as well as an additional 30 ECS members who were deployed to nine different countries. Deployment lengths varied from 60 to over 180 days producing many challenges for families and employers. Your unwavering attitude and professionalism is what consistently produces the best trained Airmen in the world.

During our June UTA, we were able to give a small token of appreciation with a Hometown Heroes Salute. Not only was it an opportunity to recognize our warriors who have deployed, but to show our appreciation to families, employers and other center of influence individuals who serve behind the scenes. I can't thank you enough for the commitment and sacrifice all of you make for the citizens of this nation.

Another significant event this spring was the decision by our national leaders to announce the 114th Fighter Wing as one of two units in

the Air National Guard to convert to newer F-16s. The unit was selected to receive 22 Block 40s from Hill Air Force Base, Utah and currently have accepted 12 of the newer F-16s and will have the remainder of the fleet by the end of the summer. With an extremely short notice to execute, detailed planning efforts led to an outstanding conversion plan coordinating with the National Guard Bureau, Air Combat Command and Hill Air Force Base. The capabilities of the Block 40 will certainly help bridge the gap to newer aircraft and reflects on the confidence that our command has on all men and women of the South Dakota Air National Guard.

On another note, after an alarming number of deaths caused by suicide and motor vehicle accidents, Air Force Chief of Staff Gen. Norton A. Schwartz directed a stand down to reinvigorate the wingman concept and discuss strategies to prevent suicides and accidents. The Wing stood down Saturday afternoon of our June Unit Training Assembly to focus on 'Airmen taking care of Airmen' and finding ways to improve wingman skills. ACE: Ask, Care, Escort is a reminder for all of us to get involved and change a potential life or death situation. Hopefully, the examples and training will give you the tools to make a difference. Have a safe and enjoyable summer.

Hometown Heroes Salute

BY COMMAND CHIEF MASTER SGT. JAMES M. WELCH



SDANG FILE PHOTO

Along with the Family Day events on Sunday of our June Unit Training Assembly, the 114th Fighter Wing hosted its first Hometown Heroes Salute at the Sioux Falls Convention Center.

The HHS program is an Air National Guard Director and Command Chief's recognition program that is used to celebrate and honor our Airmen, families, communities and those special supporters who have significantly contributed to supporting our Airmen and the ANG's mission.

We are anticipated three thousand people would be attending this event, along with the Lt. Governor and other distinguished guests. This was the largest gathering of this type for

the unit since it is our catch up phase of the program. With that said, this is a great way to honor and recognize the sacrifices of those who have answered the call since September 11, 2001 and their families.

The eligibility criteria for this Recognition Program are: ANG members on contingency orders, for more than 31 days, deployed/employed at home station, CONUS/OCONUS.

We know that not all the individuals that need to be recognized were at this event. Unfortunately this is because we do not have the data needed to enter the information into the system. We are asking for your help to let anyone you know that has retired before January of 2009 and are eligible for this recognition to contact myself and/or mail the necessary material to my address below. The information we need from qualified individuals

continued on page 15

114th FSS commander assumes command in AOR

BY SENIOR AIRMAN ERIC SUMMERS JR.
447th AIR EXPEDITIONARY GROUP PUBLIC AFFAIRS

February 10, 2010 - SATHER AIR BASE, Iraq -- The 447th Expeditionary Force Support Squadron held a change of command ceremony Feb. 10, 2010.

During the ceremony Lt. Col. Tamara Mielke took command of the 447th EFSS from Maj. Jennifer Cinq-Mars. Col. Mielke comes from the South Dakota Air National Guard where she serves as the Commander of the 114th Force Support Squadron. This is her first deployment in Support of Operation Iraqi Freedom.

"I look forward to acquiring the knowledge and experiences of managing EFSS functions that can only be acquired in the deployed environment, such as Recreation and Special Events planning"

The colonel said her goals for the rotation are threefold, "To get contracts in place that will allow for transition to civilian contract personnel for most of the functions within EFSS, develop a cross functional team in order to obtain Morale Wi-Fi for base common areas, and help ensure her EFSS team achieves their personal goals, whether it's getting fit, progressing in their education or completing upgrade training".

Also during this rotation she will spend a great deal of time planning, directing and executing the drawdown within the EFSS as there is a high potential it will be the last EFSS rotation to deploy to Sather.

"I look forward to the privilege of being your Commander and the opportunities and challenges it will present. I would ask each of you to "raise the bar" and take each situation that presents itself and approach each task you're given with a positive "Can do attitude"

"We are fortunate in our EFSS mission that we touch so many people every day, we can often help someone who may be having a bad day by interacting with them to make their day

just a bit better," the colonel said.

In closing she added, "Whether this is your first deployment, or one of many deployments, stay flexible as the situation changes, be safe in all that you do, draw off the strengths and experiences of others by combining talents, and lastly treat each other with respect."

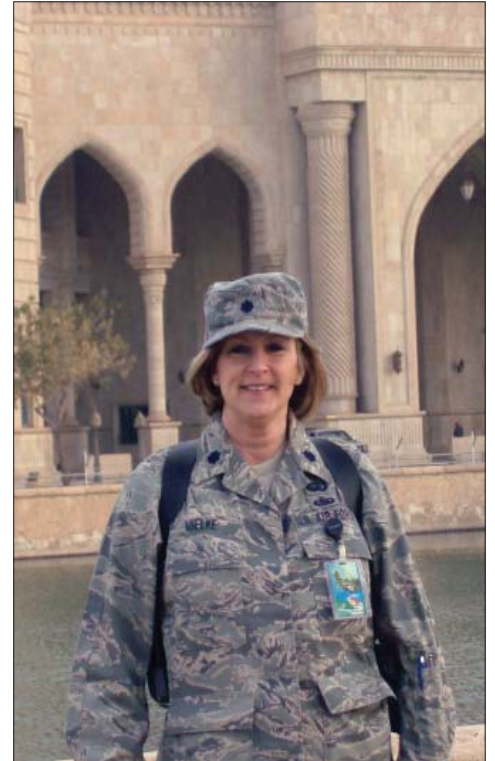
Col. Mielke, who is prior enlisted, has a Bachelor of Arts Degree in Mass Communications from the University of Sioux Falls, SD. She has earned numerous awards to include the Meritorious Service Medal, Air Force Commendation Medal and Air Force Outstanding Unit

Award.

Major Cinq-Mars will be returning to the 120th Fighter Wing, Montana Air National Guard in Great Falls.



Col. Michael Canders, 447th Air Expeditionary Group commander, stands with Maj. Jennifer Cinq-Mars, 447th Expeditionary Force Support Squadron's departing commander, and Lt. Col. Tamara Mielke, 447th EFSS incoming commander, during the 447th EFSS Change of Command ceremony Feb. 10, 2010.



PHOTOS PROVIDED BY LT. COL. TAMARA MIELKE

One of Lt. Col. Tamara D. Mielke's first official duties as the 447th EFSS commander was to attend the Iraqi Drawdown Conference held at Al Faw Palace, Iraq. This joint Army and Air Force conference was held to strategize on how to meet President Obama's troop reduction goals in Iraq and is one of the primary focuses of for the 447th EFSS and for Lt. Col. Mielke while deployed.



Lt. Col. Tamara D. Mielke teaches Iraqi women and children english with the help of an interpreter. The extra efforts made by 447th EFSS members helps strengthen the bond between the unit and the families of the Iraqi Special Forces who train at Sather Air Base.

Save lives, mitigate human suffering

BY LT. COL. KEVIN K. CALLIES
DIRECTOR, J8 JOINT TASK FORCE - HAITI

I have recently returned from a mission that was like nothing I have ever experienced before. The Joint Task Force-Haiti was a humanitarian mission where the main focus was to save lives and mitigate human suffering. When I volunteered, I knew it was going to be an interesting mission and I knew the working and living environment would be an experience of a lifetime. This was reinforced when I received the reporting instructions. Initially, I was told to bring my own tent, bug screens, baby wipes to shower with, and a sleeping bag.

Working the J8 Resource Directorate in Haiti was indeed the experience I was expecting

- and more. I was given a crash course in Army finance and along the way I read Congressional and finance guidance on Overseas Humanitarian Disaster Assistance and Civic Aid Appropriation. OHDACA is an appropriation that allows

commanders to provide life-saving, immediate assistance for a disaster and will reimburse their O&M to ensure that their command-readiness is not impacted. For this mission, we used Army Operations & Maintenance out of Army South to front the costs, but everything we purchased needed to be under the legal authority of OHDACA. Basically, we were the "tip of the spear" for funding in Haiti.

We worked every day of the week with long hours and poor living conditions, especially at night. There was a lot of pressure to do legal reviews, fund purchases on a time sensitive mission to save people's lives, and watch the weather. I have never been on a mission so focused on the amount of rain coming. This was all due to people in Internally Displaced Persons camps living in danger of flooding. There are Haitians living in riverbeds and there is a great need for debris removal in canals used to stop water and floods. A lot of the rubble in the canals was caused by earthquake debris from homes, businesses, and walls falling into the canals and drainage ditches. The possibility that water would back up and flood living areas and homes was great. With this, every day we

had time tables for distributing food to the starving, trying to find Americans if still alive, or remains if not, debris removal from the streets with occasional stoppage for a body in the rubble, moving Haiti people out of harm's way, as well as worrying about the personnel in the very hot & humid weather.

I learned a lot working in the Joint Operations Center of the Joint Task Force. When I took over as the J8 Director, I was the only director that was Air Force, one of two of the J staff with the rank of Lieutenant Colonel, and the only director in the mission that was Guard. The main bulk of personnel were Army, but



J8 JOINT TASK FORCE - HAITI STAFF PHOTO

there were members of all branches of service, USAID, Non Government Organizations, and different countries. Along with the Haiti Government we were all working together for one purpose: to save lives and mitigate human suffering.

The main message for me that comes out of this mission is not what I learned in the working environment, which was a lot, but what I learned from the resolve of the Haitian people and the expanse of the problem.

They are a country that has over 2 million people displaced from homes and estimates of over 230,000 people that died in the earthquake. The numbers are staggering and the memories from when I went out to the IDP camps, orphanages, and just drove around Port-au-Prince to see the mass of the problem will be a part of my mind forever, making me proud that I was at least, at one moment in time, part of helping the strong people and the torn country.

The people really don't want or need handouts; they just want work so they can make money to feed themselves and their families. Most of the Haitian people I dealt with are proud and willing to work, hard labor in exchange for money, but they need an economy, a government they can believe in, and jobs to support them.

One thing is for certain, this deployment reiterates how thankful I am that I live in the United States of America.



PHOTO PROVIDED BY LT. COL. KEVIN K. CALLIES

Lt. Col. Kevin K. Callies and his staff are surrounded by many of the local children they are deployed to help in Haiti when they visited an orphanage there on May 16. The children surrounded the military members and began to sing Hallelujah upon seeing the task force members arrive.

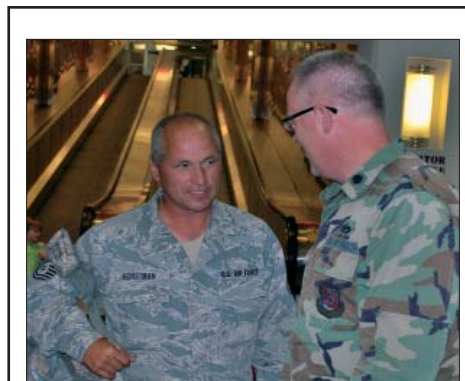


PHOTO BY LT. COL. REID CHRISTOPHERSON

Also deployed to Haiti, Senior Master Sgt. Lee J. Horstman, 114th Civil Engineer Squadron, is greeted at the Sioux Falls Regional airport by Lt. Col. Alvin L. Punt, 114th Civil Engineer commander, when he returned from Haiti on May 5. Sgt. Horstman was deployed to Haiti in support of Operation Unified Response in January and was the NCOIC for the deployed Civil Engineers in Haiti. He and other Air National Guard engineers have been instrumental in the rebuilding efforts after the devastating hurricane. Sgt. Horstman also participated in search and rescue missions in Haiti.

Contracting in Afghanistan

BY SENIOR MASTER SGT. RAMON G. BRENDE

I am currently stationed at Bagram Air Field in support of the Principal Assistant Responsible for Contracting in Iraq and Afghanistan. We are a mix of Air Force, Navy and Army contracting personnel. Active duty, reserve and now from both the Air National Guard and Army National Guard are here.

The ANG contracting mission is new in Afghanistan, with approximately 15 to 20 contracting personnel being deployed in each rotation. Presently there are about 12 Air Guardsmen in Afghanistan doing contracting. I am assigned to the Bagram Regional Contracting Center, in the construction flight.

The Bagram RCC has responsibility for all of Bagram Air Field and also the surrounding areas of outlying Forward Operating Bases. The RCC is divided into three flights of Construction, Commodities, and Services. We support a variety of units here, and are heavily involved in the surge, preparing housing for troops, standing up the new Parwan Detention facility, as well as road construction for the Afghans in our area of operations. We make deliveries for t-walls, barricades, gravel, and provide repair services for plumbing, roofing, demolition, electrical upgrades, to name a few of our project types.

My largest project is to develop an award to provide for deep water well drilling throughout Afghanistan. When complete, it will allow for the drilling of deep water wells, to provide drinkable water in areas where they are having to haul in water. This will be deep wells which will not affect the shallow wells that the local Afghans use for water.

It is definitely a learning experience, as our hours are from 9 a.m. to 11 p.m. daily, 7 days a week. With the surge and a short

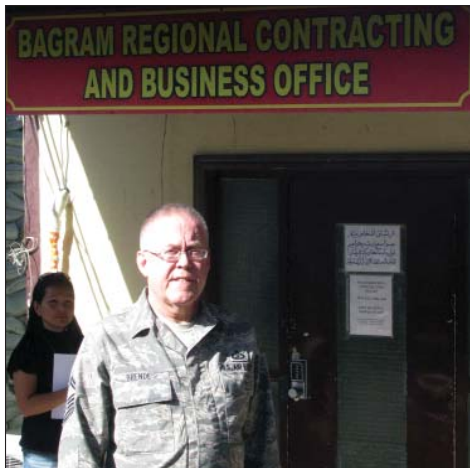


PHOTO PROVIDED BY
SENIOR MASTER SGT. RAMON G. BRENDE

Senior Master Sgt. Ramon G. Brende stands in front of the contracting and business office at Bagram Air Field, Afghanistan where he works while deployed in support of PARC Iraq/Afghanistan.

construction season, this is the busiest part of the year. Our RCC is headed by an Air Force Lt. Col. and all flight chiefs here are also Air Force Captains. They have the most contingency contracting experience in the military. We also have CACI International Inc., U.S. Army Corp of Engineers, and Defense Contract Management Agency here working contracts for the government.

I am enjoying the work as it is rewarding to see the results of our work in the everyday lives of the Afghans and our troops here helping out this nation. This being my first and last deployment is a very special time in my military career. Come November I will retire with 25 years of military service both in the Army and Air National Guard. Go Guard!

RAT annual training takes place

BY MASTER SGT. AARON A. LEVISAY
READY AUGMENTEE TEAM MEMBER

The 114 Fighter Wing's Ready Augmentee Team participated in outstanding annual training May 23-27 at Camp Rapid, Rapid City, S.D.

Day one of training for the 27 members of the team consisted of weapons qualification with 114 Security Forces Squadron. The A squad was shooting while the B squad attended Use of Force, Restricted Area Badge Familiarization, Entry Authority List Familiarization briefings. Senior Master Sgt. Dave Dellman and Chief Master Sgt. Roger Simunek were appointed as squad leaders with three "Fire Teams" modeled on the actual 114 Security Forces Squadron structure currently in use on Joe Foss Field.

Day two began with HUMVEE familiarization. Each member demonstrated technical and tactical proficiency of driving a HUMVEE safely and without incident in the mountains of the Black Hills. This was followed by intensive classroom instruction on basic military map-reading. Members learned to recognize both major and minor terrain features, how to locate points on a map using standard military protractors, and to correctly shoot azimuths (directions) for these points.

The rest of day two was spent having fun with the week's most effective team-building, Military Operations in Urban Terrain (MOUT) Training. This training is currently in use worldwide by Security Force Squadrons serving in overseas contingency operations. In this training, members learned to form up in a basic diamond pattern and learned the proper way to clear various buildings while keeping team integrity, communication, and firepower consistent with threats observed and communicated between and among team members.

Day three was spent putting into practice what was taught on day one and two.

Master Sgt. Tim Wenzel, 114 Force Support Squadron and team member since 2001, said, "The training was physically challenging and very realistic. I loved it, and it was a great time. It really got the adrenalin pumping."

"This was excellent training given by the Security Force Squadron members on how to work as a team," said Capt. Kevin E. Miller, RAT Commander. "The real world and hands-on training conducted was absolutely outstanding, and they are to be commended for their work."

National recognition for 114th Fighter Wing

NGB, CRYSTAL CITY, VA - In an announcement made by Lt. Gen. Harry M. Wyatt III, director of the Air National Guard, the 114th Fighter Wing once again distinguished itself as the best.

The NGB Winston P. Wilson Trophy has been awarded for the fourth time to the 114th Fighter Wing, South Dakota Air National Guard. Previous trophies were awarded to the unit in 1981, 1983, and 2007.

The trophy is presented to the most outstanding Air National Guard flying unit

of the year equipped with jet fighter or reconnaissance aircraft.

"The competition was extremely keen, and each winner is commended for having been selected from an outstanding group of nominees," said Lt. Gen. Wyatt.

"The dedication of the members of these organizations enable the Air National Guard to fulfill its commitment to the missions of peacekeeping, humanitarian relief, domestic improvement, and most important of all - defense of America," he said.

Change is in the air



< Outgoing Assistant Adjutant General for Air, Brig. Gen. David E. Holman, prepares to hand off the HQ SDANG flag to Maj. Gen. Steven R. Doohen, Adjutant General for South Dakota during the Change of Authority ceremony at Joe Foss Field on April 10.

> Newly appointed Assistant Adjutant General for Air, Brig. Gen. Wayne M. Shanks accepts the HQ SDANG flag from the Adjutant General of South Dakota, Maj. Gen. Steven R. Doohen during the Change of Authority ceremony held at Joe Foss Field on April 10.



< Col. Russ A. Walz, 114th Fighter Wing commander hands the 114th Maintenance Group flag to newly assigned 114th Maintenance Group commander, Lt. Col. Joel E. DeGroot during the Change of Command ceremony held at Joe Foss Field on April 10. Former Maintenance Group commander, Brig. Gen. Wayne M. Shanks retired from his full-time position and assumed the position of the South Dakota Air National Guard's Assistant Adjutant General in April.

> Col. Russ A. Walz presided over the Change of Responsibility ceremony for the 114th Fighter Wing Command Chief Master Sergeant at Joe Foss Field on April 10. Command Chief Master Sgt. Kevin D. Uthe took over responsibility from outgoing 114th Fighter Wing Command Chief Master Sgt. James M. Welch. In turn, Chief Welch took over as the HQ SDANG Command Chief Master Sergeant for retiring Command Chief Master Sgt. Lane D. Munger (not pictured).



Out with the old, in with the new

BY CAPT. MICHAEL V. FRYE
114TH FIGHTER WING PUBLIC AFFAIRS

It's not every day a unit receives new aircraft. In fact, it's been nearly 20 years since the South Dakota Air National Guard has seen new jets, with the exception of four F-16s gained in 2006. But recently, that all changed. At the end of April, the 114th Fighter Wing saw two Block 40 aircraft arrive from Hill Air Force Base, Utah. Although the jets don't look much different from the outside, these newer aircraft boast a stronger frame, upgraded avionics, and a larger intake, which all come together to make a faster, more advanced fighter.

114th Fighter Wing Commander Col. Russ Walz had the distinction of landing the first block 40 jet, tail number 428, at Joe Foss Field, followed by Maj. Corey Kestel with tail number 463. Col. Walz has been flying F-16s for the past 19 years, while Maj. Cory Kestel has been flying them since 2001. Both agree adapting to the new aircraft was an easy transition.

With this change, the Airmen servicing the aircraft have had to adapt as well.

"There are a lot of differences, keeping the parts for the block 30 and 40 straight, and remembering what to look for between the two aircraft," said Senior Airman Ciara DeSmet. "It's been pretty easy and the Field Training Detachment instructor has been a big help."

Airman DeSmet has been a part of the 114th since 2006. She first learned her skills at Keesler Air Force Base in Biloxi Miss., and Sheppard Air Force Base in Texas. Airman DeSmet added that her training involved working on older aircraft and simulators, but this time the training comes in the form of hands-on with an active aircraft, but that making the change to block 40 aircraft wasn't so difficult.

"It's been exciting. We have new cards, which allows us to keep up with modern equipment," added Airman DeSmet, who has been working on the block 40 aircraft avionics since the beginning of June.

Master Sgt. Thomas Mitchell agrees. He came to the unit in 1984, working in Avionics on A-7s before the unit switched to F-16s in 1991.

"Working with the A-7 required us do a lot of our own maintenance in a back shop," said Sgt. Mitchell. "Going to the F-16 block 30 allowed us to send the avionics to an intermediate shop."



PHOTO BY CAPT. MICHAEL V. FRYE

Col. Russ A. Walz makes a pass over the flightline at Joe Foss Field in one of the new Block 40 F-16 aircraft the 114th Fighter Wing received from Hill Air Force Base, Utah on April 27.

The A-7s required a paper tape with a hole-punch series to do any upgrades. The F-16s brought software based avionics, which allowed updates at the jet, though laptops didn't become standard until 2005.

"We used an archaic computer system called an Edna Viper," remembers Sgt. Mitchell. "It was a huge computer that needed to be wheeled out to the jet. Now with the block 40s, there's more integration and interaction between systems, and the Operational Flight Programs can be loaded right at the jet with a laptop.

So what's the biggest improvement that Sgt. Mitchell notices?

"The Joint Helmet Mounted Unit," Sgt. Mitchell suggests. "Having the HUD in the visor allows the pilot to look around, lock on to a target, assess his surroundings, and come back to the locked on target without the need to reacquire that target," said Sgt. Mitchell.

In all, the 114th expects to see a total of 22 new F-16s by the end of summer. This new era in fighter technology is expected to carry us through the next decade, with hopes of the next generation aircraft to follow.

"The assignment of Block 40 F-16s provides strong affirmation by U.S. Air Force leaders of their confidence in the contributions of the South Dakota Air National Guard to our nation's defense," said Col. Russ Walz, commander of the 114th Fighter Wing. "This aircraft conversion will ensure that the 175th Fighter Squadron remains ready and relevant for many years to come."



PHOTO BY CAPT. MICHAEL V. FRYE

Col. Russ Walz answers questions for the press after landing one of the two new Block 40 F-16s which arrived at Joe Foss Field on April 27.

Hometown Heroes



Brig. Gen. Steven R. Doohen, the Adjutant General and Don Kelpin, South Dakota ESGR state chairman shake hands with Caden Frye, son of Capt. Michael Frye, 114th Public Affairs Officer during the Hometown Heroes Salute ceremony. Also pictured are Capt. Frye's wife, Vicki, his daughter, Kaylee, and other son Copper.

*"We will not waver,
we will not tire,
we will not falter,
and we will not fail."*

*"Peace and Freedom
will prevail."*

*George W. Bush
43rd President of the United States
October 7, 2001*

oes Salute

The South Dakota Air National Guard held its first Hometown Heroes Salute ceremony honoring over 700 Airmen and their families in Sioux Falls, S.D. June 13 at the Sioux Falls Convention Center.

The purpose of the Hometown Heroes Salute program is to celebrate and honor the significant contributions of its Airmen, families and special community supporters to the mission of the United States Air Force and Air National Guard.

PHOTOS BY STAFF SGT. QUINTON YOUNG



Lieutenant Governor of South Dakota, Dennis Daugaard, was one of the distinguished guest speakers at the Hometown Heroes ceremony and was on hand to personally shake hands with the Airmen and their families.



Maj. Gen. Steven R. Doohen, Adjutant General for South Dakota, congratulates Lt. Col. Larry M. Debuhr, 114th Medical Group, in the receiving line during the Hometown Heroes Salute on June 13.



Senior Master Sgt. Wendy Edwards and her family took advantage of the photo area to get their picture taken to commemorate her award.



U.S. Air Force Brass in Blue were on hand to provide musical entertainment before and during the ceremony. The Brass in Blue band is stationed at Offutt AFB, Omaha, Neb.

Soda Pop Craze

BY LT. COL. RUTH A. SIEM, PA-C



SDANG FILE PHOTO

Are you among the many who consume a large amount of soda pop? Soda consumption has tripled since 1978. According to the National Soft Drink Association, the average consumption of soft drinks has increased to 600 twelve ounce servings a year per person. This increase in consumption is wreaking havoc with our health and the health of our children.

Drinking soda doesn't make you feel full, even though the Center for Disease Control's division of nutrition reports that the average soft drink contains 39 grams of sugar. In order to burn the calories consumed in a 12 ounce can of soda you need to do an extra 25 minutes of moderate exercise. A study done by the Internal Journal of Obesity showed that when a person drinks any sugar sweetened beverage with a meal, they don't reduce the other sources of calories from a meal. Subsequently, this results in added weight gain if this is done on a consistent basis. American Journal of Public Health published a study of a meta-analysis of 88 studies. It showed that soft drink intake was associated with increased calorie intake and body weight. It also showed a decrease in intake of other important nutrient dense food and an increase of several medical problems.

Tufts University in 2006 compared bone densities and dietary intake of 1,413 women. They found that women who drank diet or regular cola at least 3 times a week over 5 years had much lower bone densities compared to women who consumed one cola or less a month. The Journal of Adolescent Health summarized a study showing, "a strong association between cola beverage consumption and bone fractures in girls." The Journal of Pediatrics and Adolescent Medicine published a similar study, thus showing these girls are also at an increase risk of developing osteoporosis as they age.

A follow up of the Framingham Heart Study showed that drinking one or more sodas a day increases the risk of developing metabolic

syndrome by 50 percent compared to those that drank less than one soda a week. Metabolic syndrome is a combination of high abdominal circumference, high blood pressure, diabetes and increased risk of heart disease.

Dental health is also a concern for pop sippers. A study published by General Dentistry found that those that consumed diet or regular soda have an increase eroding of tooth enamel. Children especially are at high risk for dental cavities due to consumption of the sweetened beverages.

If you are drinking caffeinated beverages some additional health risks that may show up are insomnia, irregular heartbeat, jitters, high blood pressure, elevated cholesterol levels, caffeine headaches, and vitamin and mineral depletion.

Have you ever read the ingredients in your soda? Do you know what they are? Do they seem like a natural thing or a good thing? I encourage you to read the labels for yourself. These are some of the ingredients you may find in your soda: carbonated water, high fructose corn syrup, caramel color, phosphoric acid, caffeine and other natural flavors. Citric Acid, Sodium Benzoate (Preserves Freshness), Sodium Citrate, Gum Arabic, Erythorbic Acid (Preserves Freshness), Calcium Disodium EDTA (to Protect Flavor), Brominated Vegetable Oil, and Yellow 5, food dyes, Aspartame, succrolose, and phenylalanine.

You can improve your health greatly by following some simple rules:

1. Water is the #1 choice to drink
2. Limit fruit juice to 6 oz or less a day, it is best not to "drink" your calories
3. If you need to drink soft drinks, make it a treat not a daily thing you consume, an alternative might be seltzer water with lemon or lime.
4. Read labels and know how many serving sizes are in your drink and more importantly read the ingredients and consider whether it is really worth ingesting.

Studies are showing that what we eat and drink impacts our health. Make a conscious choice to improve your health by cutting back or stopping the consumption of soda.



When somebody drinks a Coke, watch what happens . . .

EXCERPTED FROM THE NUTRITION RESEARCH CENTER @ nutritionresearch.org

In the First 10 minutes: 10 teaspoons of sugar hit your system. (100 percent of your recommended daily intake.)

You don't immediately vomit from the overwhelming sweetness because phosphoric acid cuts the flavor allowing you to keep it down.

20 minutes: Your blood sugar spikes, causing an insulin burst. Your liver responds to this by turning any sugar it can get its hands on into fat. (There's plenty of that at this particular moment)

40 minutes: Caffeine absorption is complete. Your pupils dilate, your blood pressure rises, as a response your liver dumps more sugar into your bloodstream. The adenosine receptors in your brain are now blocked preventing drowsiness.

45 minutes: Your body ups your dopamine production stimulating the pleasure centers of your brain. This is physically the same way heroin works, by the way.

60 minutes: The phosphoric acid binds calcium, magnesium and zinc in your lower intestine, providing a further boost in metabolism. This is compounded by high doses of sugar and artificial sweeteners also increasing the urinary excretion of calcium.

After 60 Minutes: The caffeine's diuretic properties come into play. (It makes you have to pee.) It is now assured that you'll evacuate the bonded calcium, magnesium and zinc that were headed to your bones as well as sodium, electrolyte and water.

After 60 minutes: As the rave inside of you dies down you'll start to have a sugar crash. You may become irritable and/or sluggish. You've also now, literally, pissed away all the water that was in the Coke. But not before infusing it with valuable nutrients your body could have used for things like even having the ability to hydrate your system or build strong bones and teeth.

Be like my buddy Tony, a great wingman

BY YOUR SERVANT
CHAPLAIN (MAJ) WILLIAM T. TESCH



SDANG FILE PHOTO

Dear Fellow Wingmen,
A recent order from General Norton A. Schwartz, Chief of Staff of the United States Air Force with concurrence from Lieutenant General Harry M. Wyatt III, Director of the Air National Guard, directs

a half-day stand down in order to focus our attention on Suicide Prevention, enhance personal motor vehicle safety and to improve our wingman skills. The reason for this stand down is the dramatic rise throughout the Air Force in deaths from suicides and car accidents. We have a responsibility to look out for and protect each other from every possible threat, including those times when we become a threat to ourselves.

The Bible supports the idea of the "wingman." In the first book of the Bible, a murderous brother asks, "Am I my brother's keeper?" And the response from God points to the obvious answer, "Yes!" In the New Testament, a very upstanding person once asked Jesus, "Who is my neighbor?" To which Jesus responded with a story about a not-so-upstanding person who nevertheless knew enough common decency that he didn't have to ask that question. The Good Samaritan just took care of the person in need that was right in front of him. Who is that person right in front of you today?

The concept of the "wingman" reminds me of the reliable old "Buddy System." I was first introduced to the "Buddy System" when I was a child attending a summer Bible camp on a lake

in central Wisconsin. I was unhappy at first to be "stuck" with Tony as my buddy. Tony was a nerdy kid with buck teeth and red hair that stuck out all over. Every time the lifeguard blew that whistle I had to go looking for Tony and he for me. We soon found that it was best just to keep the other within sight. Then one day I suddenly became very fatigued while swimming in the deep water. The raft seemed impossibly far away. The whistle blew. In a panic I began to grope about. Thank God for my buddy Tony. He spotted me, and without fanfare grabbed my arm and gave me a little shove toward the



STOCK PHOTO FROM GOOGLE

raft – just enough to get me there. Tony didn't look so nerdy to me after that. In fact, he still seems pretty cool in my memory. That's what buddies and wingmen do. They just reach out and do whatever is necessary to save a life, which often is surprisingly little. They don't have to make a big showy deal out of being helpful. They just reach out a hand and provide a shove or some encouragement in the right direction. Maybe it's asking the hard question, "Are you thinking about hurting yourself?" Or maybe it's just sitting and listening. Maybe it's sitting with their wingman while he or she works through the worst situation they've ever faced. Maybe it's grabbing that buddy by the arm and getting him to a chaplain or mental health professional. Whatever it is, it's not hard to be a good buddy or a good wingman. It just takes willingness and some situational awareness. If an 8-year boy old named Tony could figure out, I bet you and I can, too! Thanks for being a great Wingman.

Attention all motorcyclists

BY SENIOR MASTER SGT. SCOTT BENSON

Are you a motorcyclist? Would you like to ride your bike on any DoD installation in the continental United States? Do you have a Motorcycle Safety Foundation (MSF) or equivalent riders training endorsement?

If these are questions that interest you, please contact a member of your base Safety Office at 988-5842. We will provide you with valuable information regarding the South Dakota Safety Councils Motorcycle Safety Program. We can provide information to sign up, and successfully complete a rider's safety course. The Wing will even help defray some or all of the costs of the course by reimbursing unit members who successfully complete a MSF sponsored riders course.



STOCK PHOTO FROM U.S. AIR FORCE

The course's are generally two days in length totaling 15 hours. They are available at locations throughout the state and are professionally run by members of the South Dakota Safety Council. There are two courses available: a Basic Riders Course, for brand new riders who don't own a motorcycle, and an Experienced Riders Course for personnel who have their own bikes and couple of years of experience under their belts. Please take advantage of this opportunity to receive valuable training.

The comments from personnel who have attended these courses has been very positive. Comments range from, "I've been riding for 30 years and cannot believe how much I'd forgotten" to "I'm a brand new riders and I now feel I have the confidence to navigate in city traffic".

An experienced rider is one who has the proper training. It doesn't matter if you have been riding thirty years or thirty minutes, the proper training can make all the difference. Play safe and always wear your personal protective equipment.



Adjutant General's Golf Tournament
2010

The 2010 South Dakota Adjutant General's Golf Tournament will be held in Sioux Falls, S.D. August 14 and 15. Chairman for this year's event is Senior Master Sgt. Robert Funk, and he can be reached by calling (605)988-5876 or e-mail at robert.funk@ang.af.mil.

114th Fighter Wing gets larger incentives

SUBMITTED BY STAFF SGT. ERIN J. BOBELDYK

As members of the 114th Fighter Wing you have helped to secure the base another \$7,100 for the first quarter of FY2010 by ensuring use of the government credit card and prompt payments.

Since Citibank took over the government travel card program the incentives have become more frequent and larger. Citibank issues this incentive to the National Guard Bureau on a quarterly basis. The incentive amount is based off of all Air National Guard bases' overall Government Travel Card non-cash purchases and Citibank also gives incentives for early payment.

In order to receive the incentive a base must maintain a low 60 day delinquency rate. The low rate must be below the two percent cumulative GTC outstanding balances to receive the incentive. By doing this the base receives a portion of the average Air National Guard incentive in discretionary operation and maintenance funds. The only requirement is that the base cannot receive any audit write-ups during the timeframe.

Over the past few years, the 114th Fighter Wing has been outstanding in keeping our Government Travel Card balances paid off so that we have, in turn, received incentives. This is an incredible achievement for this base. With these funds we have helped to modernize the base gym with state-of-the-art exercise equipment, and have also equipped the base with new flags and flag stands.

| Incentive history | | |
|---|---------------------|-------------------------|
| Year | Amount of Incentive | # of 60 day delinquents |
| 2005 | \$20,000 | Zero |
| 2006 | \$10,000 | One |
| 2007 | \$10,000 | One |
| 2008 | \$10,000 | One |
| In 2009 the incentives were awarded by calendar year quarter. | | |
| 1st | \$0 | One |
| 2nd | \$9,700 | Zero |
| 3rd | \$6,700 | Zero |
| 4th | \$7,100 | Zero |

You may be asking yourself "How can I help?" Now that we are into the third quarter of Fiscal Year 2010 there are a few things to remember: (1) Turn in your travel vouchers within five days of returning from your temporary duty (this will help the base with early payoff incentives); (2) When you receive your Citibank statement, make sure that it is getting paid off in time (this will help with delinquency status). With these two simple steps you will help the base receive discretionary funds for years to come.

Remember that the Government Travel Card is mandatory for use on airlines, rental cars, rental car fuel and lodging. With these charges when you turn in your travel voucher you must also turn in the receipts.

Online personnel services and Total Force Center Support for ANG members

PROVIDED BY MARY A. MCAFEE
CHIEF, PERSONNEL SERVICES DELIVERY STRATEGY

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 Air National Guard 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 LOEs 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.

Senior Master Sgt. Jennifer M. Reecy and Chief Master Sgt. Michael E. Haugen, the Wing and State Human Resource advisors, want to express our appreciation to the commanders and the military members who supported and attended the recent Leadership Challenge Program Courses. The feedback from the participants was incredible!

Former National Guard Bureau Director, Lt. Gen. Daniel James III, provided a presentation on leadership and was available to answer questions regarding the previous and current direction of the Air National Guard.

Please look for more pertinent information regarding the LCP I and II courses in the third quarter issue of the Thunderbumper.



PHOTO BY MASTER SGT. NANCY AUSLAND

Lt. Gen. Daniel James III retired June 2006 and now makes public appearances such as the one in Sioux Falls on April 28 to share his expertise with National Guard members at the LCP I and II courses.

Tour de Kota team logs 478 miles



Members of the South Dakota Air National Guard Tour de Kota team where; (standing left to right) Kevin Miller, Marcus Brandenburg, Jake Lackas, Jeff Denotter, Ariel Keating, Tim Wenzel, Russ Walz, Carey Haugen, Liz Johnson, Bruce Lee, (kneeling left to right) Brian Voges, Gail Punt, Al Punt, Troy Erlandson, and Mike Haugen.

SUBMITTED BY MASTER SGT. SARA HILMOE

A blur of red and blue bikers whizzes by onlookers of the 2010 Tour de Kota. Airmen, spouses, and friends of the 114th Fighter Wing made up the group of fourteen riders during the six day tour June 6-11 encompassing the regional states and over 478 miles.

The long journey culminated months of training and encouragement from each other to get ready for the tour. It was greatly needed as day one brought excessive headwinds coupled with many hills over the first 82

miles. It challenged not only their strength and endurance, but faith that they would make it.

“We were not fighting the 30 mile per hour wind maybe only six of the 82 miles,” said Ariel Keating, laughing. Her friend, Liz Johnson, rode with her for the tour. Arriving at Tea, S.D., the first day Ms. Johnson said, “I got here and thought I could do two more miles, but then I thought, ‘I don’t need to be a hero.’”

Marcus Brandenburg volunteered to help the riders by driving the Air National Guard

truck and trailer with their gear throughout the trip and keeping them in good spirits.

“I stop every seven to ten miles for them to get water or an energy drink,” Brandenburg said. “It’s been a lot of fun. People are asking about the [Air] Guard, which is great.”

The riders appreciated the help and Brandenburg even rode with them some on Thursday. Despite crazy weather conditions throughout the week, nothing kept the riders from having a good time and finishing strong.

Past and present reunite

Environmental Managers old and new took a rare opportunity to get a photo together at Joe Foss Field on May 25.

The managers were gathered to discuss a past project with a visiting contractor and it is rare to have each generation available for such discussions. The contractor, James D. Colmer, BB&E, was

impressed and took the photo.

David Holman was the first Environmental Manager the unit had and he served from May 1987 to Mar. 1990. Alvin Punt followed him from Mar. 1990 to Feb. 1999. Steven Warren served from Feb. 1999 to Oct. 2006, and our present manager, Tim Wilkinson, has served since Oct. 2006.



Left to right; Lt. Col. Timothy Wilkinson, Col. Steven Warren, Lt. Col. Al Punt, and Brig. Gen. (Ret) David Holman.

114th Fighter Wing

HOME NEWS PHOTOS ART HISTORY RESOURCES CAREERS UNITS QUESTIONS



114th Fighter Wing News

South Dakota National Guard Family Programs Announce Award Recipients

114th Fighter Wing Outstanding Airmen of the Year Announced

Newer F-16s destined for Sioux Falls

114th Closest Mission with Success

114th Fighter Wing pilot reaches 4,000 flight hours in F-16

1 More news

114th Fighter Wing Features

Hands-on, Mind-on

After 48 years, Civil Engineers have new home

A Run to Remember

114th Fighter Wing Press Releases

Thanks to be promoted to Brigadier General

Airmen return from Southeast Asia

114th Fighter Wing Commentaries

Airshow success

Mission accomplishment

Chaplain's Corner: Ministry in Southeast Asia

Financial fitness

Air National Guard Headlines

Air Guard opens access to social media sites

National Guard stands ready if called to border

Base fatality training integrates Air Guard recovery teams | VIDEO

National Guard never stops training for hurricane season

Air Guard engineers assist foreign nation | VIDEO

Starkley FY 2011 budget meets Guard's needs

Guard part of solution to DoD budget woes, chief says

AF Headlines

Air Force outlines developmental education programs for officers

Jump week brings five NATO countries together

Taskmaster Arman dies

Air Force wins Department of Defense-wide challenge using Air Force Smart Operations for the 21st Century

Savings bonds deductions move to direct deposit Sept. 30

new research on history for leaders today

Thunderbumper undergoes change

BY CAPT. MICHAEL V. FRYE
114th Fighter Wing Public Affairs Officer

Throughout the history of the 114th Fighter Wing, the Thunderbumper has seen numerous changes. From the black-and-white manual layout to the current full-color software-based layout. The changes in technology have allowed us to create a dynamic publication to communicate the news to our members, families and dignitaries. Today, technological advances have put us on the World Wide Web.

refined, visitors to the site will have access to information about current job openings, historical information, and photos from around the unit. Video stories will allow you to see and hear from unit members and the jobs they perform. The website gives you the option to post your opinion and support about the stories that are happening within your Air National Guard. A Contact Us link puts you in touch with various offices throughout the unit, whether you are seeking information about current job opportunities or wish to touch base with our Public Affairs office and more.

In changing with the times, the Thunderbumper is moving to a quarterly newsletter, with issues arriving in your mailboxes in January, April, July, and October. This will allow Public Affairs to shift efforts to the unit's public website.

The website is a standard template, used throughout the Air Force, to give a consistent look to all Air Force bases throughout the world. This means ease of locating other bases and information on those sites.

The public website will place timely news in the hands of the unit members, retirees, and the public, allowing us to share with you the news that affects our unit as well as information about the Air National Guard and Air Force.

Take the time to visit us at www.114fw.ang.af.mil and if you have questions please feel free to contact the Public Affairs office.

A screen shot of the 114th Fighter Wing website shows the standard template used throughout the Air Force for our public websites. Included are links to both Air National Guard and Air Force news items as well as local news and features.



www.114fw.ang.af.mil



Moving In

Staff Sgt.

Beau M. Dyste, 114 AMXS
 Adam Z. Long, 114 CES
 Thomas N. Tomko, 114 SFS
 Jason L. VanBeek, 114 CES

Airman 1st Class

Ethan J. Corbin, 114 STUF
 Duane R. Duimstra, 114 STUF
 Andrew J. Dwire, 114 STUF
 Samuel D. Hof, 114 STUF
 Nathan M. Kalkbrenner, 114 STUF
 Reggan B. Labore, 114 STUF
 Travis D. Lauseng, 114 STUF
 Timothy C. Moots, 114 STUF
 Chase D. Odle, 114 STUF
 Bradley T. Orr, 114 STUF

Airman Basic

Travis J. Boucher, 114 STUF
 Kammi S. Fiegen, 114 STUF
 Joshua P. Lux, 114 STUF
 Mitchell D. Manthey, 114 STUF
 Zane B. Nightingale, 114 STUF
 Kyle D. Snyder, 114 STUF

Moving Up

To Brig. Gen.

Wayne M. Shanks, HQ SDANG

To Capt.

Michael V. Frye, 114 FW
 Patrick J. Schnieder, 114 MXS

To Senior Master Sgt.

Jeanne M. Gacke, 114 SFS
 Zona L. Hornstra, 114 MDG

To Master Sgt.

Tammy A. Carda, 114 LRS
 Bryan D. Chessir, 114 MXS
 Paul W. Eickman, 114 MXS
 Chad M. Oxender, 114 SFS
 William J. Weber, 114 CF

To Tech. Sgt.

David K. Hillberg, 114 MXS
 Matthew J. Hummel, 114 MXS
 Andrew M. Limke, 114 AMXS
 Drew A. Popham, 114 OSF
 Thomas L. Ries, 114 MXS
 Christopher M. Thesenvitz, 114 AMXS

To Staff Sgt.

Megan W. L. Carter, 114 MDG
 Jared R. Gerleman, 114 SFS
 Nathan L. Gomez, 114 AMXS
 Brenda S. Lawrence, 114 SFS
 Adam K. Loll, 114 LRS
 Mallori C. McInnis, 175 FS
 Scott M. Nussbaum, 114 CES
 Patrick J. Ordal, 114 LRS
 Evan E. Palsma, 114 CES
 Ross P. Rollinger, 114 MXS
 Alon E. Sorenson, 114 LRS
 Mathew J. Stahl, 114 LRS

To Senior Airman

Jeffrey W. Beil, 114 MXS
 Brandon C. Frock, 114 MDG
 James D. Davis, 114 AMXS
 Jacob A. DeGroot, 114 MXS
 Peter J. DeGroot, 114 MXS
 Seth E. Dybedahl, 114 MXS
 Hugo A. Estes, 114 AMXS
 Jane M. Grieme, 114 FSS
 Cameron L. Hagen, 114 AMXS
 Mitchel C. Heinemann, 114 MXS
 Timothy J. Howard, 114 MXS
 Kasidy D. Huffman, 114 AMXS
 Tyler C. Jensen, 114 AMXS
 Nathaniel A. Karber, 114 SFS
 Keisha L. Klint, 114 AMXS
 David J. Lindsay, 114 AMXS
 Mikel D. Markey, 114 MXS
 Cody J. Miller, 114 MXS
 Andrew H. Peterson, 114 CES
 Jennifer L. Peterson, 114 MXS
 Lee. D. Scherschlight, 114 AMXS
 Scott D. Tinklenberg, 114 AMXS
 Andrew J. Townsend, 114 AMXS

Moving On

Lt. Col Jeffrey R. Wish, 114 OSF retired 30 June with over 28 years of service.

Lt. Col. Jeffrey Engelhardt, 114 OG retired 30 May with over 21 years of service.

Master Sgt. Penni Scholl, 114 MDG retired on 31 May with over 24 years of service.

Master Sgt. Veronica R. Shriver, 114 CF retired 12 June with over 26 years of service.

Master Sgt. Barbara K. Timm, 114 MXG retired 29 June with over 22 years of service.

Tech. Sgt. Lonnie R. Albers, 114 CES retired 27 June with over 22 years of service.

Tech. Sgt. Dalas Hilbrands, 114 FSS retired 14 May with over 20 years of service.



PHOTO BY MASTER SGT. NANCY AUSLAND

Brig. Gen. Wayne M. Shanks celebrated his retirement from his technician position as the 114th Maintenance Group commander with family and friends April 30. The General assumed his new position as the Assistant Adjutant General for Air earlier in April.

Hometown Heroes Salute (cont. from page 2)

is a copy your orders or a copy of your DD 214 that proves you served away from your home station in support of a contingency operation for over 31 consecutive days on orders, since September 11, 2001.

Thanks to all who have served and made sacrifices for our country and the South Dakota Air National Guard.

E-mail info to james.welch.2 @ang.af.mil, or call 605-212-9690. Mail to CMSgt. James M. Welch, 1201 West Algonquin Street Sioux Falls, SD 57104-0264.

Upcoming Retiree Coffee Dates

- July 13, 2010
- August 10, 2010
- September 14, 2010
- October 19, 2010

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1201 W. ALGONQUIN STREET
SIOUX FALLS, SD 57104-0264

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Staff Sgt. Michael B. Jacobs, Ready Augmentee Team member, subdues an intruder on the flight line during an Anti-terrorism exercise held at Joe Foss Field, S.D. June 3. RAT members were called upon during the exercise to assist and augment the Security Forces Squadron. See related story on RAT training on page 5 of this publication.

PHOTO BY MASTER SGT. NANCY AUSLAND

