

THUNDERBUMPER

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Maj. Gen. Steve Doohen
Adjutant General
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Col. Russ Walz
Commander, 114th Fighter Wing
Public Affairs Staff:
Capt. Michael Frye
Public Affairs Officer
Master Sgt. Nancy Ausland
NCOIC, Public Affairs
Master Sgt. Chris Stewart
Still Photographer
Tech. Sgt. Jared Hinsch
Broadcast Journalist
Staff Sgt. Quinton Young
Still Photographer

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On the cover...



PHOTO BY MASTER SGT. CHRISTOPHER STEWART
Senior Airman Bo Martz shows how to get excess water out of the one-man life raft.

A word from the commander

BY COL. RUSS A. WALZ



Summer can be a busy time for all of us, but this year was certainly busier than most. The conversion to Block 40 F-16s had an aggressive timeline to accept 22 newer Fighters while preparing our existing fleet for retirement or unit transfers. Most of the aircraft required engine changes and extensive maintenance before delivering to Operations to start their mission qualification training in the new weapon system.

A new weapon system not only creates hard work and many challenges, it also creates a level of excitement. It provides us with opportunities to learn and grow, to enhance and perfect, but most of all feel proud about

what we've accomplished in such a short time and what we will accomplish in the future.

This happens by Maintenance Group professionals who take pride in delivering the best F-16 possible, Operations Group maximizing every training opportunity and sortie, and Mission Support Group ensuring mission-focused efficiencies throughout the base. I expect it will take a year or two before we are completely where we want to be. It will continue to require hard work. The time will go quickly, but we must be ready for any operational tasking. We are still at war; many of our Airmen still supporting other units or ECS taskings, and soon we will have our new fleet of Vipers ready to contribute. Your pride and professionalism will make it happen.

From the desk of the Wing Command Chief

BY COMMAND CHIEF MASTER SGT. KEVIN UTHE



It was a busy summer at the 114th Fighter Wing with personnel accepting new aircraft, participating in Color Guard activities, and the Air National Guard Noncommissioned Officer Academy Graduate Association Chapter 70 membership hosting the national NCOAGA Seminar 42. Things just never seem to stop; fall is looking like it will be just as busy, so we must stay vigilant in everything we do.

I encourage everyone to do, who is eligible, is to attend in-residence Enlisted Professional Military Education, to include the Senior Noncommissioned Officer Academy, NCO Academy, or Airman Leadership School.

There are several ways to accomplish PME:

- o Submit your Senior NCO Academy nomination package for attending a FY 12 class not later than March 18, 2011.
- o Attend an ANG NCO Academy or ALS class at McGhee-Tyson Air National Guard Base.
- o Attend one of the many active duty NCO Academy or ALS classes via a Satellite NCO Academy or ALS class.

The 114th Fighter Wing is looking at standing up a Satellite NCO Academy class this next spring. This is a good way to attend in-residence PME if you cannot get away from your civilian job for six weeks. You will attend classes on base Tuesday and Thursday evenings for four and half months and then go to McGhee-Tyson for two weeks to

complete your final test and speeches. The proposed Satellite NCO Academy dates are March 7 to May 26 at Joe Foss, and May 31 to June 15 at McGhee-Tyson. Since we are not in the AEF bucket, in an inspection mode, and there are not very many deployments on the horizon, now is a great time to attend an in-residence PME class. If you are interested in attending an in-residence PME class or the upcoming satellite NCO Academy class, contact your Unit Training manager or the base Training Office to find out more information.

Several members of the unit attended in-residence PME this summer. Master Sgt. Casey Bullis, from the 114th Operations Group, attended the Senior NCO Academy and was the recipient of the John Levitow Award. This is the highest award an individual can receive while attending Enlisted PME. She is one of only a few Air National Guard members to receive this award at the Senior NCO Academy. Tech. Sgt. Greg Peterson, 114th Security Forces Squadron, attended the NCO Academy at McGhee-Tyson and was named one of the distinguished graduates in the class. Senior Airman Nick Adkins, 114th Maintenance Squadron, attended ALS at McGhee-Tyson this summer and was the recipient of the John Levitow Award for his class. Congratulate these folks for their accomplishments when you see them!

If there is anything that I can do for you as your Command Chief, don't hesitate to let me know.

Ride of a lifetime

STORY AND PHOTO BY
STAFF SGT. QUINTON YOUNG

The first thing that Lt. Col. Gregory S. Young asks a recipient of an F-16 ride is, "what kind of flight would you like to have?" The answer can range from a peaceful guided tour over Lake Andes to a "Bring it on!" aerobatic extravaganza.

Lt. Col. Young has been flying the F-16 for the 175th Fighter Squadron since July 1992 and says he tailors the ride to the recipients liking.

Staff Sgt. Heather Henderson chose the "bring it on" ride on July 13. Sgt. Henderson lives in Sioux Falls, S.D. and works in the 114th Maintenance Squadron as an engine manager.

What was her favorite part of the ride? Sgt. Henderson replied, "the best part was going straight up and then going in circles." When asked if she would go for a second ride if offered, Henderson said, "Absolutely! I think that everybody in the unit should get a ride. It was awesome."

The F-16 rides are not only fun for the recipients, but also for the pilots who give them.

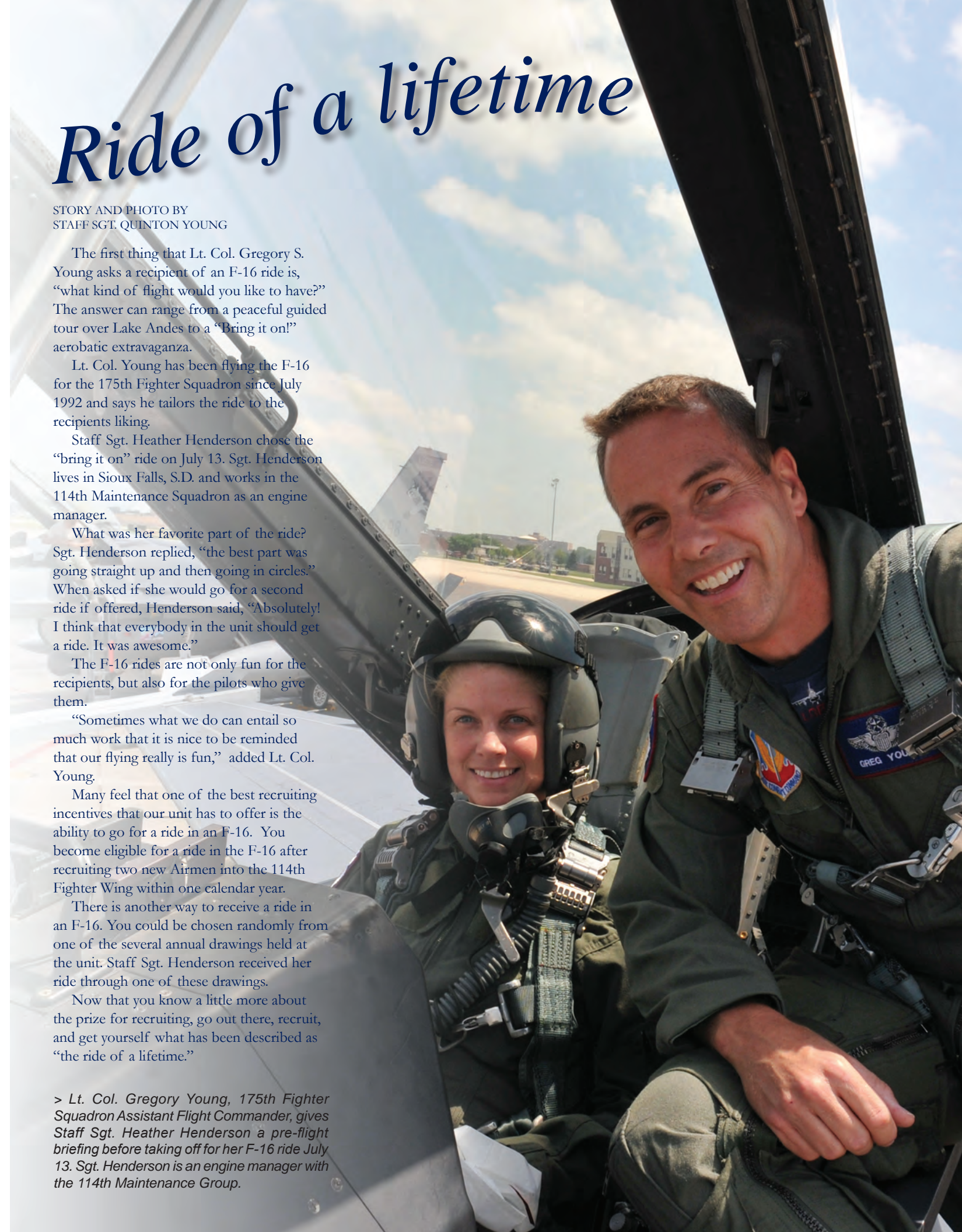
"Sometimes what we do can entail so much work that it is nice to be reminded that our flying really is fun," added Lt. Col. Young.

Many feel that one of the best recruiting incentives that our unit has to offer is the ability to go for a ride in an F-16. You become eligible for a ride in the F-16 after recruiting two new Airmen into the 114th Fighter Wing within one calendar year.

There is another way to receive a ride in an F-16. You could be chosen randomly from one of the several annual drawings held at the unit. Staff Sgt. Henderson received her ride through one of these drawings.

Now that you know a little more about the prize for recruiting, go out there, recruit, and get yourself what has been described as "the ride of a lifetime."

> Lt. Col. Gregory Young, 175th Fighter Squadron Assistant Flight Commander, gives Staff Sgt. Heather Henderson a pre-flight briefing before taking off for her F-16 ride July 13. Sgt. Henderson is an engine manager with the 114th Maintenance Group.



Keeping the wing Safe

BY CAPT. MICHAEL FRYE

The 101 Critical Days of Summer have officially come to a close for 2010, and the 114th Fighter Wing Safety office has deemed it another successful summer. The program is a mirror of what the active Air Force has been doing for quite some time. It focuses on motorcycle, outdoor and sports safety by getting the loss-prevention philosophy in place with the Airmen and getting them to report any injuries that may occur while on or off duty.

Col. Gary Middlebrooks, 114th Fighter Wing Safety officer, says the program is important because people typically hunker down in the fall and winter, and it helps remind Airmen of the importance of being safe as we head outdoors in warmer weather.

Although the reported incidents are about average for the year, Master Sgt. Scott Benson, the Safety office manager, says off-duty sports and recreational injuries are slightly higher than in the past. Though he adds, "we're better about reporting. Their supervisors are on the safety council and our message is being heard and they understand why reporting an injury is so important to the mission."

The Safety office provides much more to the 114th Fighter Wing than just educating Airmen about the 101 critical days.

"The biggest challenge is continuing to improve the entire safety program," said Sgt. Benson. "We want people to own and help us improve it."

Master Sgt. Eric Wollan explains that the safety program benefits the unit members, not hinders them.

"When someone gets in an accident, they maybe didn't want to tell anyone, but they have to remember there is no retribution," said Sgt. Wollan. "Safety gathers the info to make sure it doesn't happen again. It's all about prevention."

Lt. Col. Middlebrooks agrees. He adds, "people are coming to us instead of us going to them to find the issues. You maybe don't realize the safety implications until you say gosh that was really stupid after the fact. We are the safest place to talk to because we just want to prevent mishaps."

The team also agrees that a higher number of incidents doesn't necessarily mean more mishaps, but it is a result of better reporting. Airmen are telling Safety about the small things. It is proof the system is working.



PHOTO BY MASTER SGT. CHRISTOPHER STEWART
Senior Master Sgt. Scott Benson briefs Student Flight Airmen on Safety programs during a recent UTA.

Part of what makes the safety program such a success is the use of Unit Safety Representatives. Sgt. Wollan explains that the USR is someone from that work area, who understands that area, and knows what's going on.

"They are the eyes and ears in each work area and they know how important it is," Sgt. Wollan adds. "During the last inspection it really showed how Airmen are keeping their area safe and it's because of the ownership of each individual."

Col. Middlebrooks says the safety program extends into the flying program and feels the flight safety program can attribute its success to the high level of training and professionalism of the pilots.

"We don't have a bunch of showboats," Lt. Col. Middlebrooks says. "We perform tactical training the safest way we can. We are really good at selecting pilots, we provide excellent training, and we routinely brief mishaps that occur at other bases. We brief those so our pilots can learn from other's mistakes."

Col. Middlebrooks, who lives in Brandon, has been in Safety for four years. He joined the South Dakota Air National Guard 11 years ago after serving on active duty for 15 years and has been flying the F-16 for over 20 years. During his recent deployment to Iraq he achieved 4,000 flying hours in the F-16.

Flying fighter aircraft at Joe Foss Field also means explosives are a part of everyday life. That's where Senior Master Sgt. Don Pottebaum comes in. He joined the Safety office in 2008 when a full-time position was created to oversee the Weapons Safety program. He explains the program used to

be a traditional, part-time position, but that a lot of the programs weren't being addressed on a daily basis like they should be.

Sgt. Pottebaum says as new structures are constructed on base, a lot of safety concerns need to be coordinated through the Civil Engineer Squadron and Quality Assurance.

"We have to make sure a plan doesn't interfere with distance, being too close to another building, or

impact with the other building's operations," says Sgt. Pottebaum. "Contracting does a drawing, Safety checks the distances. Any structure licensed to hold explosives needs to be checked to make sure it is not violating building codes, make sure shops don't violate their licenses for the amount of explosives stored, and that the walls are thick enough to withstand an explosion for those devices."

Sgt. Pottebaum, who resides in Brandon, came to the 114th Fighter Wing in 1992 after serving over six years on active duty. After working in Munitions for 16 years, he felt it was time for a change and the job opening in Safety was the right fit.

"When I go back over to munitions I get the 'big brother' feeling, but relating to them and making sure they're being safe, they've relaxed more," said Sgt. Pottebaum. "They're glad the position is full time. I can help them day-to-day with their questions."

The Air Guard community also is an invaluable resource for unique questions that may arise. Sgt. Pottebaum says the group is a close community when it comes to helping each other out, and adds that the Weapons Safety office at the Guard Bureau is always ready to offer advice when called upon.

Sgt. Benson, who lives in Brandon, has been part of the Safety office for 4 years. He joined the unit 28 years ago and spent 11 years as a crew chief before moving to Quality Assurance for another 11 years. He agrees with Sgt. Pottebaum that it is important to move around if you want to move up, but adds that coming to the Safety office is more than just moving up.

"I really do care about what happens to people," said Sgt. Benson. "You go out and critique someone who has a lot of years of experience and it may not sit well, but in the end they realize you have a genuine interest in them, it's not about critiquing their performance."

But it goes even further. When you can share a personal experience with people, it really helps drive home those points. Sgt. Benson was almost the same age as Airmen now entering the unit when he was involved in a motorcycle accident. He feels the chances of those young Airmen getting hurt now is greater than when he joined the unit. Today Safety personnel get more involved with Student Flight from the start.

"Five years ago we weren't set up to talk to Student Flight Airmen," Sgt. Benson adds. "Now we're talking to them from day one and supervisors are doing the same. If we can get every Airmen to have a full career

and leave as healthy as the day they enlisted, then we've done a good job. We want them to leave on their own terms, not because of a personal injury."

Sgt. Wollan, who lives in Sioux Falls, has been a part of the Safety office for over 7 years. He was also looking for a chance to expand his experience when he transferred from the Engine shop after 12 years, but he said this isn't a desk job.

"To do it right we need to be out there and making our presence known. I'm glad I did it — now I know everyone on base," said Sgt. Wollan.



PHOTO BY MASTER SGT. CHRISTOPHER STEWART
Master Sgt. Eric Wollan visits with Airmen on the flightline during Spetember's Unit Training Assembly.

"I know a little about what everyone does."

The overall message Safety wants to share: Stay focused, stay safe. Although our next round of inspections may be down the road, everyone needs to stay safe.

It's all in the details

Story and Photo by Staff Sgt. Quinton Young

To remain the finely-tuned military machines they are, the F-16 engines from the 114th Fighter Wing must regularly be torn down and built back up. The 114th Engine Shop plays an integral part in the wing's mission ensuring the aircraft are ready to fly.

Being a jet engine mechanic within our unit has its rewards.

"Seeing the jet take off and land and knowing the reason it is in the air is because of what we do, that is a great feeling," Master Sgt. Mark Lueth said.

The mechanics in the engine shop have to be very flexible workers because they could be working on a number of different components of the engine at any given time. Most of the maintenance that the engine shop performs is time-tracked maintenance. This means that when a part goes out on its time cycle, it must be repaired or replaced. By replacing and repairing the components that have run their time in an engine, they are able to utilize every possible hour of operation that these engines are capable of.

Training for the mechanics can be quite difficult as well due to the fact that they must know every component on the engine. They might replace an item, such as a feedback cable, only once or twice in four years, but must always stay proficient on every item.

"Trying to do this once a month and remember everything and be proficient at it and then coming back 30 days later and doing

it again can be tough to keep up with," said Senior Airman Jonathan Baumgartner, one of the traditional mechanics in the shop.

The fact that the 114th Fighter Wing engine shop is so good at what they do has a lot to do with quality parts and quality workmanship. It can also be attributed to the lengthy careers that most of these mechanics have. When you enter the engine shop for the first time you can see groups of airmen working together and enjoying their work. With such a good environment and such camaraderie it's easy

to see why so many of the mechanics stay in their field for their entire enlistment.

"I've been out here since 1991 and I was active duty before that. I've been doing this for 24 years," said Master Sgt. Lueth, "and I really enjoy it."

Senior Airman Baumgartner agrees.

"If you are going to school, or if you have nothing to do after high school the Air National Guard is definitely the best route to go," said Airman Baumgartner. "It sets a direction for you, and I have never regretted it since I signed the papers. I would suggest it to anyone."



Master Sgt. Mark Lueth oversees a feedback cable replacement by Senior Airman Jonathan Baumgartner during the August Unit Training Assembly at Joe Foss Field

STORY AND PHOTO BY
STAFF SGT. QUINTON YOUNG

What sounds like a name for an obscure magazine is actually a phrase used by pilots in the United States Air Force for a jet that has a high number of flying hours.

South Dakota Air National Guard's F-16, tail number 466, has been named this several times over. Three times to be precise. Twice while deployed overseas and now again as Col. Michael Meyers, 114th Operations Group commander, flew the aircraft when it reached 7,000 hours during flight on July 13 from Joe Foss Field, S.D.

When most people think of the F-16 jet they picture it screaming through the air with a pilot taking it through aerial combat maneuvers. There is another side to the story. Each jet has several crew chiefs assigned to it and these jets are much like a prized car to these individuals. When a jet reaches a milestone such as the 7,000-hour mark, it is a matter of pride to the crew

and they are very proud of this accomplishment.

Tech. Sgt. Ryan Stoll, crew chief for the aircraft also known as Ghost Rider, has been with the 114th Fighter Wing since 1997 and with Sgt. Stoll since the summer of 2004. About 2,000 hours of this jet's 7,000 hours have been under his watch. With the Block 40 conversion underway, Ghost Rider will eventually be leaving the Wing.

The 114th Fighter Wing began its conversion from block 30 to block 40 F-16 aircraft in late April. The newer block 40 F-16s will ensure fighter aircraft remain at the South Dakota Air National Guard well through the next decade.

When asked if he had any feelings about the jet leaving, Stoll said, "Of course. You put a lot of work into it and finally get it where you want it only to watch it leave and then have to start over with a new jet."

A l t h o u g h

Ghost Rider will be leaving the unit, Stoll and his crew are looking forward to the challenge of a new block 40 jet and helping it reach its milestones in the coming years.



< Col Michael Meyers, 114th Operations Group commander, pauses for a photo with Tech. Sgt. Ryan Stoll, crew chief, before the 7,000th hour of flight of aircraft 466, Ghost Rider, July 13. This record-breaking flight was the first for an F-16 jet assigned to the 114th Fighter Wing.

Social media and the military

STORY AND PHOTO BY MASTER SGT. CHRISTOPHER STEWART

On Feb. 26, 2010, the Department of Defense authorized access to social networking sites for military bases around the world. Access to sites such as Twitter, Facebook, and Youtube slowly became available. Along with the new access came a number of directives, memos, and restrictions to help govern the use of social media.

"I do have concerns about more exposure to viruses, increased bandwidth usage and the increased risk of the release of Privacy Act information and critical information," said Maj. Brent Post, Communications Flight commander for the 114th Fighter Wing. "I would advise social media users to never post anything they wouldn't want to see on the front page of the newspaper."

"Use common sense. Protecting classified or sensitive information still is just as important as ever," said Capt. Michael Frye, Public Affairs officer for the 114th Fighter Wing. "Users should stay in their lane and only post information releasable under current guidelines. If users are approached through a social media site by someone asking for information that seems out of the ordinary they should contact the appropriate base organizations and redirect that person to Public Affairs."

General guidance has come down, from the National Guard Bureau as to the type

of information guardsmen can share in unofficial social networking posts.

"When communicating online about the National Guard in unofficial internet posts, they may identify themselves as Guard members and include their rank, military component and status," said Jack Harrison, the director of public affairs for the National Guard Bureau. "However, when expressing personal opinions, Guard members should make it clear that they are speaking for themselves and not on behalf of the National Guard."

There are plans in place to handle access to social media during emergencies. According to Maj. Post, during emergencies the commander has authority to limit access to the internet, and e-mail to reduce the chances of sensitive information leaving the base.

"When I was deployed and we had any type of incident, calls and e-mail traffic were limited to official business only," Capt. Frye added. "The same would happen with social media sites and individuals would be directed to forward all inquiries to Public Affairs and incident command."

All the different guidance flowing down about social media can be confusing. If you have social media questions, members should contact the Public Affairs office or the National Guard social media office at socialmedia@ng.army.mil.

Do you use any types of social media?

Facebook, mostly because when my husband was overseas it was a good way to keep in contact with each other.



STAFF SGT. MEGAN CARTER,
114TH FW MEDICAL GROUP

How do you think social media on the base will affect our mission?

Since I don't use it I don't think it will affect the mission much. I can see it taking away peoples time.



MASTER SGT. DAN BENTAAS,
114TH FW FINANCE

How often have you used Facebook on base?

I've only used it maybe once or twice since it has been opened up for use on base.



STAFF SGT. KATIE MCKEE,
114TH FW MAINTENANCE

114th Fighter Wing named top fighter unit

BY LT. COL. REID CHRISTOPHERSON

The Airmen of the 114th Fighter Wing, South Dakota Air National Guard, have once again distinguished themselves as the most outstanding Air National Guard fighter unit in the nation.

The Fightin' Lobos were selected as the 2010 recipient of the National Guard Bureau's Winston P. Wilson Trophy.

The trophy is awarded annually to the most outstanding Air National Guard Unit equipped with jet fighter or reconnaissance aircraft. The presentation was made by Lt. Gen. Harry M. Wyatt III, director of the Air National Guard, at the annual conference of the National Guard Association of the United States in Austin, Texas.

"The selection for this prestigious award 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. "Recognitions such



as the Winston P. Wilson Trophy provide significant validation of our unit's readiness to continually step into new missions."

The 114th Fighter Wing was recently selected as one of the few Air National Guard units in the nation to convert from the Block 30 F-16s, which it has flown since 1992, to the newer and more advanced Block 40 F-16s. Over the past two decades the unit has deployed eight times to allied bases in Turkey, Saudi Arabia, Kuwait and Iraq flying combat missions in Southwest Asia.

This trophy was named for Maj. Gen. Winston P. Wilson, former chief of the National Guard Bureau from 1963 to 1971. General Wilson is considered to be the architect of the United States' modern Ready Reserve ensuring readiness of National Guard units to swiftly join regular forces on overseas missions. This is the fourth time the trophy has been awarded to the South Dakota Air National Guard. It was previously received in 1981, 1983 and 2007.



Aircrew trains for survival

STORY & PHOTOS BY MASTER SGT. CHRISTOPHER STEWART

It is training they hope they never need, but it is imperative training none the less. Pilots from the 175th Fighter Squadron spent two days walking through mosquito-infested woods, lighting fires, being dragged through the water, and many other survival tasks during training conducted by the Airmen of the Aircrew Flight Equipment team.

"The training is required every 36 months and is a compressed version of what the pilots go through during their initial training," said Chief Master Sgt. Jim Bradshaw, superintendent of Aircrew Flight Equipment.

Very often the training is conducted in South Dakota but has also been accomplished during various deployments. The two main parts of the survival training deal with survival on land and in the water.

During the land survival portion at Newton Hills State Park, the Pilots worked on evading the enemy while surviving with the limited supplies they have. They practiced navigation to specific way points in the woods using a compass or a GPS unit. They reviewed how to create small fires for warmth as well as signaling using anything from a knife to homemade "fire pistons," created and demonstrated by Senior Master Sgt. Michael Hakinson, a

member of the Aircrew Flight Equipment Team. "If you take a volume of gas and decrease volume rapidly by increasing the pressure, the temperature of that gas gets hot really fast. It's the same concept as the diesel engine," explains Sgt. Hakinson. The pilots discussed how to approach, or more specifically not approach, rescuers.

The water portion of the survival training was no less rigorous even if there were a lot less mosquitoes. At Brant Lake pilots practiced releasing themselves from their harnesses while being dragged through the water by a jet ski. They practiced getting out from underneath a fallen parachute in the water, and using the one-man life raft and life vest, equipped during over-water flights. They reviewed all the survival equipment they would carry with them and its location on their person or elsewhere including flares, and fishing hooks.

"We take the training seriously because in cold water we might only have a few minutes to get into our life raft before life threatening hypothermia would set in," says Col. Matthew Jamison, vice commander for the 114th Fighter Wing. "Thanks to the Aircrew Flight Equipment personnel, their great attitudes and valuable training was pertinent to the mission and we had some fun along the way."

Most of the training was review

for the pilots but some techniques were new and innovative. Some of the techniques taught for starting a fire were researched and practiced by the Aircrew Flight Equipment team.

"We always try to bring something new to the table for the pilots," says Sgt. Michael Hakinson. "We try to get them to think outside the box and improvise in a survival situation so we research what's new."

According to Sgt Hakinson, new ideas are found not only in Air Force documents, but also in places such as youtube.com and television shows like Discovery Channel's Survivor Man.

In order to teach and review these skills with pilots, Airmen from the Aircrew Flight Equipment shop go through the same initial survival training as the pilots, as well as a couple of weeks of instructor training, to learn how to conduct lessons. The lesson plans come down from the Air Force to ensure that all pilots are keeping up on the same basics of survival training.

When asked what he and his team get out of the training, Chief Bradshaw said, "First and Foremost it is just making sure that they have the best training possible. We're trying to keep our friends and family safe in the airplane." He also added, "that's what the guard is, a family, so we take our jobs extremely seriously and give them the best product we can every single day."

> Senior Master Sgt. Michael Hakinson reviews supplies used to start fires.



< Staff Sgt. Mallori McInnis reviews hot and cold weather survival tips.

> Master Sgt. Curtis Sorenson shows features of a one-man life craft.



< Aircrew Life Support uses a jetski to simulate Major Quenten Esser being dragged by his parachute.

Green, GREEN and more Green

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



SDANG FILE PHOTO

Many of us grew up hearing our moms say, “Eat your vegetables, they are good for you!”

Unfortunately, that usually meant overcooked or canned vegetables or maybe if you were lucky enough to have a garden you got fresh produce during those warmer months of the year. Most of us however, never learned how to incorporate the deep, dark green leafy vegetables into our diets.

These dark green leafy vegetables eaten uncooked have some of nature’s most abundant sources of vitamins, minerals and enzymes. They also are a wonderful source of protein, which is easily assimilated by the body. There are many different types and varieties ranging from milder tasting romaine lettuce and spinach to more powerful tasting Swiss chard and kale, just to name a few. It does not include iceberg lettuce, which is devoid of any nutritional value.

Getting more greens into our diet provides many health benefits. Multiple studies have been done showing that increasing the greens in our diet reduces our risk for cancer, heart disease, diabetes, osteoporosis and a multitude of other chronic diseases.

Just to name a few, green leafy vegetables are high in Magnesium, Vitamin K, iron, calcium, beta carotene and dietary fiber, and a host of other vitamins and minerals that can improve our health and boost our immune system.

Adding greens to our diet doesn’t have to be as boring as choking down salads. There are so many things you can do with greens from making smoothies, juicing, wraps, salads and more. Try using Swiss chard or other large leafy vegetable to wrap up the contents of your taco or burrito. Sandwich wraps can be made by using the large leaves as well instead of bread. Using greens instead of grains also significantly reduces your caloric/carb intake, which can aid in weight loss.

My family has incorporated large salads with every evening meal, even my kids have learned to love their salads. Remember, if you or your kids don’t like salad, experiment and start slow, gradually increasing the amounts you eat. Try mixing fruits with different salad greens to add a different flavor. Adding raw nuts and seeds in small amounts or beans such as black or chick peas add a different flare to the same old salad. It is helpful to cut up a variety of other veggies to go with your salad, try to rotate veggies so you don’t have the same salads all the time. Rotate veggies depending on the season by adding cut up carrots, celery, onion, peppers, broccoli, cauliflower or other veggies to keep salads interesting. If you’re short on time, bagged salads work great.

Be careful with what dressing you put on your salad, so not to add excessive fat calories. Pick vinaigrette, basic fresh squeezed lemon or a homemade dressing made using a health oily such as flax or olive oil.

Even the most finicky kid eaters will gobble up green smoothies made with fruit. If they are funny about green things, make sure you use strawberries, blackberries or blueberries to disguise the “green color.”



Here are a few recipes to get you started adding greens to your diet:

Tropical Smoothie

2 oranges or 3 clementines
1 banana
½ small pineapple
2 dates
2 large handfuls of baby spinach
½ cup of water

- Blend in your blender until smooth. A high powered blender works best like a Vitamix or Blendtec, but any blender will work, you will just have to be patient.
 - Add a handful of ice to make it cool at the end of blending.
- 2 cups is a good serving size, this will make several servings. It will keep well in the fridge for a day or so. The most nutrients are utilized if drank right after blending.
- Trying using this as a breakfast substitute, as a part of your lunch or an afternoon snack.

Apple and Dates Spinach Salad

2 pounds baby spinach
6-8 large firm apples cut in small chunks
6-8 Medjool dates
Several handfuls of raw slivered almonds or raw sunflower seeds

Dressing:

½ cup honey
¼ cup natural Dijon mustard
4 tablespoons olive or flax oil

- Blend above and add dressing to salad, mix and enjoy!

Berry Smoothie

1 frozen banana, previously peeled and frozen
½ tablespoon flax seed OR hemp seed, ground
½ cup frozen blueberries
1 cup apple juice or distilled water, or combination of both
Handful of spinach OR collard OR kale leaves

- Place all ingredients in blender and process until creamy. If a thinner smoothie is desired, add a little more water. Enjoy!

SPIRITUAL FIT TEST

BY YOUR SERVANT
CHAPLAIN (LT. COL.) HARRISON LIPPERT



SDANG FILE PHOTO

The increased emphasis and “transparency” of the revised fitness test procedure has generated a great deal of attention Air Force-wide and at the base level.

In the 25 years I have been associated with the military, I’ve seen a variety of ways the Air Force or the Air National Guard have attempted to gauge our physical fitness. None of them were without question. I thought the bike test was highly questionable but nothing could top the “warrior” feeling accomplishing the aerobics step test. Regardless of their limitations, those who were really fit generally passed and those who were really unfit had trouble.

What if the Air Force were to develop, and I hope they never do, a spiritual fitness test? While I wouldn’t want to be tested by the military, I do think each of us should be assessing ourselves in this critical component of well being. What does spiritual fitness look like? Here are three good indicators to consider in this regard.

IRRITABILITY – To what extent are you irked by quirks of jerks? When we are spiritually fit we have a high degree of tolerance for others but when we run down spiritually it is amazing how easily we can be annoyed, provoked, or angered by others.

ANXIETY – What worries you and how much? The level of anxiety we are bearing is a great indicator of the fitness of our souls. No one who enjoys consciousness can escape some level of anxiety about some of the things that affect us in life but when we lose sight of faith that anxiety can quickly escalate and will eventually immobilize us and afflict all those we come in contact with.

SELF-CONTROL – To what level are we able to reign in our desires so that they don’t drive us into dangerous or damaging behavior and conversely, how effective are we at willing our self to do those things that we know would be beneficial for us or for others.

If we find ourselves struggling with any of these we may want to consider starting or adapting our spiritual workout. Age-old spiritual disciplines that you might want to consider adding to your regimen to improve your spiritual fitness in these key areas would include: regular times of rest or Sabbath, giving thanks, corporate worship, periods of solitude and silence, meditation on scripture, and finally prayer. If you would like more information on any of these disciplines or help in setting up your own spiritual fitness regimen feel free to contact the chaplain’s office, building 61, (605) 988-5981.

Political activism while serving

BY LT. COL. WADE D. DRUIN
JUDGE ADVOCATE



SDANG FILE PHOTO

While it is important to exercise our Constitutional rights, it is also important to remember that, we as military members are servants to that Constitution.

The Constitution provides for a military which is directly controlled by civilian authorities and who have been elected by the citizens of the United States. The intent was to prevent the military from excising power beyond what has been authorized by those civilian authorities and from overtly biasing the constitutional process.

As such, the Joint Ethics regulation, various Department of Defense directives and Air Force Instructions deal with political activism.

The goal of these guidelines and restrictions is to create a politically neutral military establishment and to avoid the appearance of military support for one political interest over another. Some, but not all, of the guidelines and restrictions arising from these regulations, directives and instructions are as follows:

Military members should:

- o Become informed of the issues and the positions of the candidates.

- o Register to vote and then vote.

Military members may:

- o Express **personal** political opinions. There can be no indication however that such opinion represents that of the U.S. military.
- o Attend political meetings or rallies while **not** in uniform.
- o Display **small** political stickers on **private** vehicles.
- o Wear political buttons while **not** in uniform.
- o Make monetary contributions to a political organization or political committee favoring a particular candidate.

Military members may not:

- o Participate in partisan political management, campaigns, or conventions, or make public speeches in the course of such activity.
- o Serve in an official capacity for partisan political organization.
- o Speak before a partisan political gathering of any kind promoting a partisan political party or candidate.
- o March or ride in a partisan political parade.
- o Participate in an organized partisan effort to provide voters with transportation to the polls.
- o Use any kind of official authority or influence to interfere with an election, to affect its course or outcome, to solicit votes for a particular candidate or issue or to require or solicit political contributions from others.

For further information or clarification regarding a member’s participation in political activities, please contact the base legal office at 988-5640.

114th Fighter Wing Outstanding Airmen



PHOTO BY MASTER SGT. CHRIS STEWART

Master Sgt. Casey Bullis proudly displays the plaque she received as the recipient of the John L. Levitow Award at the Air Force Senior Noncommissioned Officer Academy at Maxwell Air Force Base, Ala. July 21.

< Master Sgt. Casey E. Bullis, 114th Operations Group, distinguished herself as the John L. Levitow Award winner for class 10D of the Air Force Senior Noncommissioned Officer Academy at Maxwell Air Force Base, Ala. on July 21.

Sgt. Bullis is one of only a handful of Air National Guard members in the academy's history to receive this honor. She was awarded this honor due to her outstanding academic achievement, leadership and communication skills, and peer votes while attending the seven week course. The Levitow award is the pinnacle of achievement for enlisted professional military education in the United States Air Force.

"It's been years since we had an Air National Guard Levitow winner at the Senior Noncommissioned Officer Academy. This class had 457 graduates, 30 Air National Guard Airmen, but only one Levitow," said Command Chief of the Air National Guard, Chief Master Sgt. Chris Muncy. "We couldn't be prouder."

"I am incredibly honored by this experience and the corresponding responsibility," said Master Sgt. Bullis. "I look forward to continuing my lifelong education."

Sgt. Bullis is a full-time Active Guard Reserve Knowledge Operations manager for the Operations Group of the South Dakota Air National Guard and resides in Tea, S.D. with her husband and two sons.

> Master Sgt. Debra K. Tunge, 114th Security Forces Squadron noncommissioned officer in charge of Information Security, was selected as the South Dakota Air National Guard employee of the year for 2009.

Sgt. Tunge has been a member of the Active Guard Reserve with the 114th Fighter Wing since April, 1994, and plans to retire in the next couple of years. She has served in several positions within the Security Forces Squadron since she joined the unit in March 1976.

Due to Sgt. Tunge's dedication and attention to detail, the unit received high praise during the recent Unit Compliance Inspection. She was selected as a superior performer during this inspection. Sgt. Tunge is looked to as a subject matter expert on security clearances, not only at the 114th Fighter Wing, but also nationally among her peers.

Due to her diligence, the unit has less than a one percent loss rate on restricted area badges. This is remarkable due to the 752 badges that are currently issued.

"I'm very honored to have been selected for this award and appreciate all the support that everyone has given me throughout my career," said Master Sgt. Tunge.

Master Sgt. Tunge lives in Sioux Falls, S.D. with her husband, Terry. She has two kids- Eric and Angela.



PHOTO BY LT. COL. REID CHRISTOPHERSON

Master Sgt. Deb Tunge with 114th Fighter Wing Commander Russ Walz after being recognized as the 2009 South Dakota Air National Guard employee of the year.

Bronze Star Medal Awarded at 114th

BY STAFF SGT. TRISHA SMEENK

Lt. Col. Diana Edwards, 114th Medical Group Public Health officer, received the Bronze Star Medal on Sept. 11 for exceptionally meritorious service as a member of the Combined Joint Special Operations Task Force in Afghanistan.

Lt. Col. Edwards worked as a Nurse Practitioner in Farah, Afghanistan where her primary duty was to oversee an off-base healthcare clinic for local nationals. As Officer in Charge, Lt. Col. Edwards was tasked with treating patients and overseeing and educating other local providers.

During her stay, Lt. Col. Edwards' clinic saw 10,000 local patients in five months. She helped start the Strong Food program which supplied food made of ground peanuts, sugar and oil to build the nutritional status of malnourished children. She also spent time working 'outside the wire' with Special Forces to provide healthcare to village people.

Lt. Col. Edwards said more female providers are needed in Farah.

"They really wanted a female provider to be on hand so there was better access for female patients and children," said Lt. Col. Edwards. "I was typically the sole female provider at the clinic, and at times, the only provider available."

The biggest challenge in Afghanistan for Lt. Col. Edwards was transferring the ownership of healthcare into the hands of the locals while making sure they had enough resources.

"I think it starts with a lot of mentoring, teaching and going from there. There's still a lot of work to do," said Lt. Col. Edwards.

Lt. Col. Edwards said her tour was rewarding and encourages others to, "do the best you can to your ability for yourself but also for the people you represent here back at the base and for the Air Force. Know you put in effort and did the best job you could."



PHOTO BY MASTER SGT. CHRISTOPHER STEWART
Brig. Gen. Wayne Shanks presents Lt. Col. Diana Edwards with a Bronze Star.

LEADERSHIP CHALLENGE PROGRAM I AND II

BY CHIEF MASTER SGT. MICHAEL HAUGEN, STATE HUMAN RESOURCE ADVISOR AND SENIOR MASTER SGT. JENN REECY, WING HUMAN RESOURCE ADVISOR

In April, the South Dakota Air National Guard Human Resource advisors were excited to collaborate and sponsor two off-site, Leadership Challenge Programs I and II for our military members. These courses are specifically designed to provide military members with a variety of in-depth self-assessments and tools to enhance and appreciate how as individuals, they are "wired," and provide a better understanding of an individual's leadership skills utilizing these self-assessments as a foundation.

The entire educational process began with the support from our senior leadership. Col. Russ Walz and Col. Matt Jamison remain highly supportive and receptive in granting force development opportunities for all South Dakota Air National Guard members.

Force development allows for continued academic growth, personally and professionally, and specifically identifies key characteristics that can help propel our members into leadership roles within the SDANG.

The LCP I course is recommended for operational mid-level leadership. LCP I is based on raising individual self awareness and doing something about the new found self awareness. In other words, take the opportunity to actually use what is learned through this training and constructively apply practical applications to an individual's personal life and professional career.

The LCP II course is recommended for strategic leadership. LCP II focuses on the major challenges for new organizational leaders and to incorporate individual talents into a cohesive work force. The leadership application here is focused on the ability to really concentrate and understand what motivates people in our organization and to take into consideration the needs of these members to be most effective team possible.

The feedback that we received after the

previous LCP I and II courses were absolutely phenomenal. In several instances, members verbally indicated that this was the "best course they had ever taken in the Air National Guard," and that they would recommend this course to other members in our organization. Other members indicated the courses were "awesome and that these types of courses be required for everyone."

As your Human Resource advisors, we highly encourage unit members who wish to attend an LCP course to contact their immediate supervisor to request having their name submitted to the group commanders for selection and submission into the course. Each course is designed for a maximum of 30 individuals. The Leadership Challenge Program I and II course are scheduled to be held again later this year. LCP I starts Friday, Nov. 29 and ends at noon on Monday, Dec. 1, with LCP II starting in the afternoon of Monday, Dec. 1 and ending Wednesday, Dec. 3.

Attending either of these courses constitutes a win-win for you and the SDANG. The self-assessments will prove to be invaluable learning tools that can be utilized in your personal life and in your professional careers. The next step is really up to you... and you will NOT be disappointed!



Important changes to TRICARE

SUBMITTED BY NIKKI WAJER, AIRMAN AND FAMILY PROGRAMS MANAGER

The following changes went into affect Sept. 1, 2010.

TRICARE RESERVE SELECT
When a service member is deactivated they will have 30 days from the end of their other TRICARE coverage to purchase TRS as continuous coverage, or no break in TRICARE coverage. This time frame was formerly 60 days following a period of other TRICARE eligibility. The service member will still have the option to enroll at anytime with a start date of the first of the next month or first of the following month.

REMEMBER this used to be 60 days now it is now 30 days from the end of other TRICARE coverage. This took effect on Sept. 1, 2010!

TRS - New baby program
When a service member has a new child they have 60 days of coverage automatically on TRS before you need to add a dependent to DEERS. However, you still need to register that dependent in DEERS and must also now enroll the dependent by sending in the application to TRICARE Reserve Select. If this is not done within 60 days your child will have to wait until open enrollment to register for coverage.

REMEMBER you need to physically enroll the child or dependent in TRS by printing out the form and sending it to TRS.

Any questions or concerns please call me at 605-988-5962.

32nd Annual Turkey Feed

It's time again for the annual turkey feed! The event is scheduled for Saturday, Nov. 6 from 4:30 to 11 p.m. in Hangar 40. Dinner will be served by Tony's Catering from 5:30 to 7:30, followed with music by The Troublemakers at 8 p.m.

Tickets are just \$6 and children 4 and under are free. Tickets can be purchased from several locations throughout the base.



PHOTO COURTESY GOOGLE.COM

- Building 13**
Kim Motley - 988-5817
- Building 40**
Don Mcleer - 988-5405
- Building 47**
Myrna Jones - 988-5966
- Building 60**
Linda Finke - 988-5943
Sara Himloe - 988-5702

- Building 37**
Casey Bullis - 988-5730
- Building 42**
Jackie Olthoff - 988-5901
- Building 48**
John Wagner - 988-5521
- Building 64**
Lori Hoop - 988-5711
Brent Garner - 988-5861

Free grave offer

To all veterans, current members, and retired members of the armed services. Hills of Rest Memorial Park Cemetery in Sioux Falls is offering a free grave space for service members.

Please contact Hills of Rest Cemetery for details at 605-338-6551 or call toll free at 877-877-3796.

Upcoming Retiree Coffee Dates

- October 19, 2010
- November 9, 2010
- December 14, 2010
- January 11, 2011
- February 8, 2011
- March 8, 2011
- April 12, 2011

Online personnel services and Total Force Center Support for ANG members

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

Awards and Decorations

Have you just been awarded a federal award or decoration? Well now you can view or print a visual display of your Federal Awards and Decorations using virtual Military Personnel Flight.

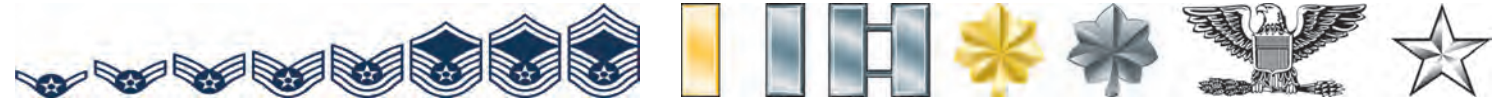
Do you want to recognize outstanding airmen? You can use virtual Personnel Center-Guard and Reserve to initiate and process decoration nominations such as Meritorious Service Medal, Air Force Commendation Medals and Air Force Achievements Medals. Access vMPF and vPC-GR systems from the AF Portal, www.my.af.mil, under the Top Portal Links section.



Retirement/Voluntary Separations or Discharge

Wow... how time flies when you are having fun! You can't believe it has been at least 20 years since you were in basic training and wondering what in the world was I thinking! It is now time to say good-bye and transition into that new career you've been dreaming about.

Remember you do not have to wait until drill weekend to begin the separation or retirement process. You can start the process at home with online services. Go to the virtual Personnel Center - Guard and Reserve to submit a voluntary separation discharge, resignation or retirement application. You can access vPC-GR from the AF Portal, www.my.af.mil, under the Top Portal Links section.



Moving In

Staff Sergeant

Tacy J. Davies, 114 MXS
Jason L. Tomlinson, 114 CF

Airman 1st Class

Steven T. Fox, 114 STUF
Adam C. Crow, 114 STUF

Airman Basic

Cory D. Weber, 114 STUF

Moving Up

To Capt.

Lance E. Niewenhuis, 114 CES

To First Lieutenant

Scott A. Backus, 114 MXS
Travis L. Barnett, 114 STUF
Nichole R. Franklin, 114 FW
Ariel R. Keating, 114 AMXS

To Chief Master Sergeant

Bruce A. Lee, 114 OG

To Senior Master Sergeant

Elizabeth M. Dellman, 114 FSS
Gerald A. Dorn, 114 MXS

To Master Sergeant

John M. Schmidt, 114 LRS

To Technical Sergeant

Chip E. D. Carda, 114 CES
Adam D. Dolney, 114 MXS
Jason J. Krcil, 114 CES
Mark. S. Kreul, 114 OG
Nicholas A. Nielsen, 114 MXS
Lucas D. Roorda, 114 AMXS
Michael A. Wilson, 114 AMXS

To Staff Sergeant

Jordan A. Brende, 114 AMXS
Katie J. McKee, 114 MXS
Jordan C. Rippe, 114 SFS
Jacob L. Slaathaug, 114 MXS
Eric M. Threadgold, 114 LRS
Valerie M. Vanderostyne, 114 LRS
John D. Pinos, 114 MSX
Robert J. Baysore, 114 AMXS
Anthony C. Niewenhuis, 114 CES

To Senior Airman

Guy D. Bauermeister, 114 AMXS
Donovan M. Halajian, 114 AMXS
Jonathan G. Kruse, 114 AMXS
Ashley M. Kuhn, 114 AMXS
Spencer J. Laufmann, 114 AMXS
Michael R. Okane, 114 CES
Cody D. Ovre, 114 MXS
Jared D. Anderson, 114 MXS
Daniel E. Carsrud, 114 MXS
Sarah M. Callies, 114 OG
Tyler J. Leisinger, 114 SFS

To Airman 1st Class

Jordan P. Snyder, 114 MXS
Katrina A. Vanmoer, 114 MDG

Moving On

Chief Master Sgt. Terrance L. Semmler, 114th Civil Engineer Squadron, retired Aug. 8 with over 28 years of service.

Senior Master Sgt. Jeffery D. Hofer, 114th Aircraft Maintenance Squadron, will retire Sept. 29 with over 36 years of service.

Master Sgt. Kevin A. Tomshack, 114th Security Forces Squadron, will retire Sept. 30 with over 26 years of service.

Farewell



PHOTO BY MASTER SGT. CHRIS STEWART

Chief Master Sgt. Michael R. Laufman, 114th Logistics Readiness Squadron Vehicle Maintenance supervisor, displays a plaque he was given by his coworkers at his technician retirement coffee July 29. Laufman retired full-time on Aug. 1 and will retire militarily in October with over 36 years of service.



Congratulations to the 25 Airmen who reenlisted during the September UTA!

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The Maintenance Squadron's Airman of the Quarter program recently renewed its long standing relationship with the newly-acquired BMW Dealer. The BMW dealership brought out a new BMW Z4 to take a picture in front of the new F-16 block 40.

The Maintenance Airman of the Quarter gives away a very nice award package which consist of a BMW to drive for the weekend, \$25 from the Chiefs Association, \$20 gift card to the Base Exchange, \$45 gift card to Outback Steakhouse and a plaque engraved with the Airman's Creed. All certificates received are donated by local businesses.

Tech. Sgt. Nathan Deuter was the latest recipient. He was able to get his choice of vehicle for the weekend and chose a BMW X5.

TO:

