



The Official Magazine of the 122nd Fighter Wing Fort Wayne, Indiana

Turbine Tales

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Dining Out
with the Director

Maintaining
Healthy
Standards



Makahalo
F16

Turbine Tales

Contents

4 Dining Out with the Director

The Director of the Air National Guard dines out.

6 Sentry Aloha

One final operation for our F16 airframe

10 Maintaining Healthy Standards

The medical group earns "outstanding" again.

14 140 Miles For Dad

Staff Sgt. Sean Gorman completes the Ironman

12 Enlisted PME

15 ESGR Boss Lift

16 Further Farewells

122nd Fighter Wing Editorial Staff

Colonel Jeffrey A. Soldner,
122nd Fighter Wing Commander

First Lt. Rebecca M. Metzger,
Public Affairs Officer

Master Sgt. Darin L. Hubble,
Base Multimedia Manager

Technical Sgt. Stephen L. Vaughn,
Photojournalist

Staff Sgt. Stephen J. Bush,
Photojournalist

Staff Sgt. Justin D. Goeden
Photojournalist

Cover Photo By: Staff Sgt. Stephen Bush

Illustrations By: Staff Sgt. Stephen Bush and Staff Sgt. Justin Goeden



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Fax# 260.478.3123

www.122fw.ang.af.mil

Email: turbine.tales@ang.af.mil

Commander's Comments



Sorry for
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It's been an exciting time these past 6 months what with our A-10 Conversion and getting ready to say goodbye to the F-16. Turbine Tales is highlighting some of the unit's recent accomplishments. Starting with last fall's Dining Out where we were honored with Lt General Wyatt's keynote address followed shortly by our last F-16 deployment to Hawaii, we certainly ended the calendar year of 2009 on a high note.

We are off to a great start for 2010 with our Medical Group receiving an "Outstanding" rating on their Health Services Inspection (HSI) this past February drill. That's two HSI outstanding ratings in a row for the Hospital, but then who's counting....I am, that's who. And so should everyone in the Air National Guard who ought to know what outstanding Medical professionals the Blacksnakes possess. Enjoy this issue of the Turbine Tales and share with a friend.

"Check 6"
Col Jeff "Ned" Soldner
122 FW/Wing Commander

First Sergeant Minute

15 min a week.

Story by MSgt Anthony Johnston

After a lifetime of learning, from kindergarten to college, boot camp to 14 overseas military deployments including three tours in Iraq, I should not have been surprised to be reminded that not all learning - or teaching - is done in a classroom.

I drove down the road with my son, listening to the news and talking about life. Of course the 'surge' in Afghanistan has received a lot of coverage, and arm-chair quarterbacks debated our two wars. A little later on in the newscast they talked about death tolls, the decline in Iraq and the increase that was anticipated for Afghanistan. That was when my 12 year old son Jack got serious.

He asked about the people that had died in Iraq and Afghanistan. He asked about the ones that I had known personally, and then he added them up. I knew it was 4380 killed in Iraq and guessed around 1000 (at the time) killed in Afghanistan and he came up with 5380 dead Americans.

Then he hit me with a question I may never be able to competently answer.

He said, "Dad, is that a lot?"

It took me a moment to recover enough to fumble for something that would pass as an answer. The next few minutes are still a little hazy to me. But in the meantime several thoughts bounced around in my mind.

I remembered that about 20,000 US service members were killed in a couple months in the Battle of the Bulge, and that we lost an average of 600 Americans every single day in the Civil War, I also thought about the 400,000 that gave their lives in the World War Two - 1450 of them on D-Day alone. I thought about the nearly 3000 killed in the Chosin Reservoir in two weeks during the coldest Korean winter on record back 1950, and the 52,000 men and women who gave the ultimate sacrifice in Vietnam.

But before you think me a hawk, or try to guess where I'm going with this, let me say that I've held onto the hand of a young Marine, as heroic medics and doctors fought in vain to save his life. I looked at his 19 year old face and wondered who he was, and what he could have become? These days I speak regularly with his family and I know as much about him as I know about my own nephew who served with me there. I know that he had a girlfriend and that he wanted to be a chef, together they wanted to start a family and open a restaurant. I know that his mother was a Native American and that had great influence on his life, and his culinary skills, and that she had recently died. I realize-as much as a stranger can-that he had so much to offer and that the hole left where his life once was will never be filled.

I've seen the faces of dead young men while working in the hospital in Iraq, and they all stay with me every day, (and more nights than I'd care to think about.) I remember, as I documented and packed the belongings of one young man, wondering where his dad would be when he got the news? I thought about his reaction later when his sons' personal effects arrived at their home? I envisioned his dad viciously tearing apart the package that we had carefully prepared looking for that picture of the two of them at the lake, or the Saint

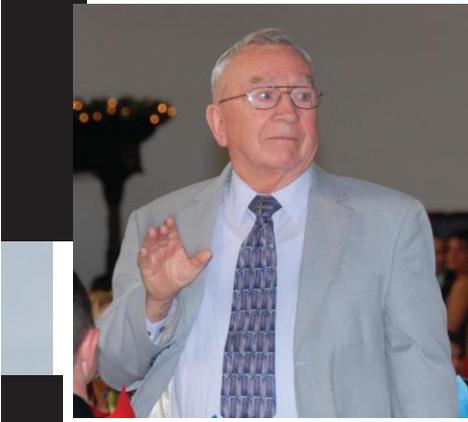


...continued on page 13

Dining Out with the Director...

Director of the Air National Guard visits in 2009





Sentry Aloha

Mahalo F16





Above the constantly pounding eight-foot waves of the North Shore and the tranquil rustle of the palm trees blowing in the Trade Winds of Oahu, Hawaii, another sound was suddenly heard as the engines of the 122nd Fighter Wing's F-16s ignited; ready for take-off. As the pilot, crew chief and maintenance crew prepared the eight F-16s to take to the runway on November 2, 2009, the 122 FWs "competition," F-15s from the 154th Air Wing, Hawaii Air National Guard, taxi by, fully prepared for their air to air encounters with 122FW.

A 21-member Advanced Echelon departed Fort Wayne, Indiana, on October 28 and 29, 2009, followed by the main body of 76 members, October 30, 2009. Commercial Aircraft and four C-130s were used to transport members of maintenance, logistics, expeditionary contingency package and some F-16 pilots to Hickam. Pilots flew the eight F-16s, refueling several times along the way. According to Staff Sgt. Laura Geimer, Small Air Terminal NCOIC, Logistics Readiness, "it was tough keeping the cargo weights under the acceptable limits set by the airlift unit but successes were seen in the experience and flexibility of this unit in making pallets and re-making them in order for it all to work out."

November 2, 2009, started the F-16 operations and maintenance schedule. Most days were filled with two missions a day and flights were scheduled 11 of the 15 days the unit was deployed. The 122 FW pilots flew Red Air; aggressors in the air-to-air combat arena. According to Lt. Col. Kevin "Buzz" Doyle, 163rd Fighter Squadron Commander, 122nd Fighter Wing, the unit did quite well against the F-15s. Col. Jeffrey Soldner, 122nd Fighter Wing Commander said, "we have not been to Hawaii since 1965 when we took our F-84s down there to prepare the 25th ID to spin up for Vietnam. We have been trying to get this mission for 10 years or longer. We gave the F-15 unit fairly difficult training scenarios and flew 101 out of 102 sorties, giving them plenty of air to air pictures to train on. It's nice to say that everything I ever imagined

doing as a unit with the F-16 has now been done. As the last mission for our F-16s, this opportunity was icing on the cake.”

As the 154 AW and their Hickam Active Duty counterparts get set to transition into the F-22 Raptor, their first plane arriving June 2010, and the 122 FW looks forward to a projected conversion to the A-10 Warthog, both units seem capable and confident on the future flying missions. The 154 AW is the lead unit in this transition for Hawaii, both Air National Guard and Active Duty, to their new aircraft. They have the unique responsibility to demonstrate their capability to the active duty component at Hickam AFB who is scheduled to see their first F-22 Raptor soon after.

The 154 AW was supportive and welcoming to the 122 FW during the short deployment and Lt. Col. Lawrence “Grinder” Otto, Supervisor of Flying 154 AW, complimented the members of the 122 FW on their professionalism and sense of duty as well as the flying ability of our seasoned pilots. Otto said, “I am amazed at the maneuverability and the functionality of that little jet (F16) and your pilots seem as tight a group as I have ever known.”



Above: TSgt Ming Ling stand beside one of the F-16's after readying it for the end of the duty day. Below: LtCol Patrick Voors departs his aircraft after a sortie; this was part of the last operation for LtCol Voors before retiring.



Above: MSgt William Skaros, MSgt Kerry GHent, and CMSgt Debra Pruit partake in some of the native rituals during their stay at Oahu, Hawaii.

Below: 122nd F-16's stand ready to taxi to departure for one of their many sorties during the training operation.



Many of the 122 FW members were able to introduce themselves to their 154 AW counterparts and find out a little about how their respective jobs are done on the island. On their off time however, work was not foremost on their minds as they took in the sites and sounds of Hawaii. Many members went to some popular destinations such as Hanauma Bay, the North Shore, Diamond Head, luau's and others. Some opted for the road less traveled and went on excursions such as scuba diving, sky diving and sail boarding. Most members took advantage of the opportunity of visiting Pearl Harbor. Veterans Day took on an entirely new meaning when bearing witness to the lasting memorial honoring those who paid the ultimate price, ushering us into World War II. Whatever their adventure the sights and sounds of Hawaii will leave lasting memories of accomplishing a safe and effective mission while enjoying a destination some only dream of.

-Aloha





Above: A performer uses fire during a display of native rituals at an evening festival. Left: Two 122nd F-16's fly along side a refueler from Hickam, Air Force Base during a refueling training mission. Below: F-16's taxi from the runway at Hickam AFB after taking part in various training missions involving refueling and "dogfighting".



Above: MSgt Clifford Foughty grills bratwurst for lunch, taking advantage of the clear weather in Oahu, Hawaii. Left: MSgt Dylan Phillips double checks the munitions attached to the wing of an F-16 prior to the aircraft leaving for a sortie.

MAINTAINING

Healthy

Story and photos by SSG Justin Gouda

STANDARDS

Maintaining a healthy workforce is a key element in staying mission ready. Without healthy personnel, multi-million dollar weapon systems won't fly. This includes everyone from pilots, support positions, maintainers and security forces. At the 122 Fighter Wing, we would be detrimentally limited without the 122 Medical Group (122 MDG). Their mission is to ensure that everyone on base is healthy enough for defending our country and Constitution at a moment's notice. They do this in a number of ways which include maintaining proficiency with current regulations and procedures and promoting base health.

The 122 MDG is evaluated on the ability to follow those regulations by a Health Services Inspection (HSI) every four years. This year, in February, the MDG had one of those inspections. They were given a rating of "OUTSTANDING" by the Air Force Inspection Agency. The inspection teams evaluate all active duty, reserve, and guard bases and is generally composed of three active duty members and one reservist or guard member.

"...truly a testament to the caliber of people we have in the MDG."

Every 12 months, a new HSI inspection guide is sent to the units to study and prepare. After receiving the 2010 inspection guide roughly a month before, the inspection was more difficult because the Medical Group had been studying the 2009 guide. They were evaluated on six major component areas that covered Expeditionary Operations, Force Fitness, Training, Aerospace Medicine, Medical Management and Organizational Management. Each of these major components had 40 subcomponents that are inspected. What this equates to is that nearly every single process that the 122 MDG is responsible for was intensely evaluated.

This is the second consecutive "outstanding" rating this MDG has received. "This is significant because it is virtually unheard of," said Senior Master Sgt. Sarah Blanchard, Health Systems Specialist, "this is truly a testament to the caliber of people we have in the MDG."

Inspections such as this do not only serve as an assessment of "following the rules", but they also are a great cross check on how the operation is doing. It can force the organization to "get back in the weeds and really look

Staff Sgt. Michelle Johannsen draws up a correct dosage of the influenza vaccine before administering it to her patient at a health fair. The flu vaccine plays a vital role in keeping Airmen healthy and mission ready.





at how you do business,” said Blanchard. “During the preparation, we were able to come up with a lot of ideas for process improvement, not just to pass the inspection, but to generate long term fixes to issues. Those types of moments benefit everyone—those inside the MDG and the patients we serve.”

The 122 MDG also maintains a healthy workforce by promoting good health. An ounce of prevention is worth a pound of cure. This couldn’t be more true with the 122 MDG.

In October, 2009, the Medical Group, in partnership with Lutheran Hospital, held a health fair to promote good, proactive overall health. This fair had more than 10 booths filled with information pertaining to healthy living that were designed to show Airmen little pieces of information about their current health and to show Airmen how to live healthier.

Flu shots were also given at the entrance of the fair to individual military members who were due for one. Airmen were able to visit each of the booths and learn about areas of their health that that could be improved upon.

Karen Springer, Chief Operating Officer of Lutheran Hospital, was on site to manage the event. With her, she brought a variety of people to include nurses, clinical staff, dieticians, diabetic specialists and stroke specialists. 122 MDG staff members were also present to assist in the events.

Most booths provided tests and literature for the Airman. The diabetes booth measured the individual’s blood sugar, and gave information on the complications of diabetes. There was a booth that measured bone density, which could give indications to take supplements or see a primary care physician for monitoring. There was also a station that measured the individual’s blood carbon monoxide levels which could have been inhaled from smoking or vehicle emissions. Pamphlets were given out to show ways to possibly reduce those amounts of carbon monoxide in the blood.

The 122 MDG works tirelessly to promote good health and ensure that the proper protocols are followed so that the overall health of the 122 Fighter Wing is not compromised and will continue to be the preeminent force it is.



Above: Penny Atkinson, a diabetes educator for Lutheran Hospital in Fort Wayne, Ind., educates Capt. Scott Drummond after measuring his blood glucose level about the risks and effects of diabetes. Diabetes is a metabolic disorder that affects the body’s blood sugar and can lead to medical complications if left untreated.

Left: Airman 1st Class Rocco Fiato step exercises while physical therapist Gail Elliot measures three minutes. Elliot then measured Rocco’s heart rate and oxygen saturation and taught him exercises that builds endurance.

Enlisted PME

by SSgt Stephen Bush

At the time of enlistment each individual is set on a course of Professional Military Education (PME) by which time and training requirements are needed to achieve promotions throughout their career in the Air National Guard. Depending on educational prerequisites an individual may enter service as an Airmen Basic (AB), Airmen (Amn), or Airmen First Class (A1C). From that point requirements for Time in Service (TIS), Time in Grade (TIG), Skill Level (PAFSC), and other courses have to be met in order to be considered for advancement within the rank structure of the Air Force.



Once an individual completes Initial Active Duty Training (IADT) they are awarded 3 Level or apprentice skill level within their jobs AFSC and begin training to earn their 5 Level or Journeyman skill level. When the TIS and TIG requirements have been met, as shown in the chart below the individual is eligible for promotion to Senior Airmen (SrA). Upon being awarded their 5 Level or Journeyman skill level and meeting the time requirements in addition to completing Airmen Leadership School (ALS) they are eligible for promotion to Staff Sergeant (SSgt). The same process of requirements follows as listed in the chart below.

The progression of skill levels and schools is specifically stated and recorded within each individuals training record composed of a Career Field Education and Training Plan (CFETP), Job Qualification Standard Continuation (Form 797), Special Task Certification and Recurring Training (Form 1098), On the Job Training Record (Form 623a), and other career development information. This training record must be maintained and updated throughout your career and is used to determine promotibility.

The Air Force has a strong emphasis on training an advanced fighting force capable of performing a global mission with Integrity, Service, Honor, Self, and Excellence in all we do.

For enlisted members you have received a Professional Development Guide, Air Force Pamphlet 36-2241.

This guide has information for members at all levels of their career.

Sections to take notice,

- Chapter 1 - Studying Effectively p17
- Chapter 4 - Air Force Doctrine, Air and Space Expeditionary Force (AEF), and Joint Force p73
- Chapter 6 - Standards of Conduct p107
- Chapter 9 - The Noncommissioned Officer (NCO) p207
- Chapter 12 - Training and Education p261
- Chapter 17 - Dress and Appearance p417
- Chapter 20 - Enlisted Force Development p469

Promote To	TIS	TIG	PAFSC	School
Amn	6 Months	6 Months	3 Level	IADT
A1C	1 Year	6 Months	3 Level	IADT
SrA	2 Years	1 Year	3 Level	IADT
SSgt	4 Years	2 Years	5 Level	ALS
TSgt	6 Years	2 Years	7 Level	-
MSgt	9 Years	2 Years	7 Level	NCOA
SMSgt	13 Years	2 Years	7 Level	SNCOA
CMSgt	17 Years	2 Years	9 Level	-

...continued from page 3

Christopher medal that I had folded into a sheet of paper that contained my feeble words of sympathy and my dried tears.

I've also witnessed firsthand the carnage of the innocents caught between the forces of good and evil. I've seen entire Iraqi families killed by insurgents, their penalty for believing that we could help them to live free. I worked with a young girl who was the lone survivor of another attempted family execution and still to this day think of the mental anguish and physical pain she lives with- if she is still alive? I've also seen the physical and emotional aftermath of combat in the faces of some young men and women I've met during my own 18 month treatment at the VA. Our arguing only serves to further isolate them from what they most desperately need - the support of the American people.

I believe that despite all the rhetoric, we are fighting for freedom for the Iraqi and Afghan people and the suppression of those thoroughly committed to terrorize us. There isn't much middle ground in the War on Terrorism. When our enemies are committed to our annihilation as a Nation there isn't much room for discussion.

Civil War General William T Sherman supposedly coined the phrase "War is Hell." He is also credited with "War is cruel and you cannot refine it" and "War at best is barbarism." I say he was an optimist. I believe that for each "Nuke 'em till they glow" there is an opposing "Make peace, not war" and in the end, like almost every other subject ever debated, the truth or the solution probably falls somewhere in between?

I have a great friend and mentor who is a doctor, we both root for Notre Dame, we both enjoy a good cigar and we have had occasion to sit down over a cold beer and talk about life. But we are polar opposites on many things like war and politics. We have had great exchanges over the years, we respect each other's opinions and in the end, we always walk away friends. Why we can't, as a Nation, do the same is beyond me.

But for now, we are where we are and the lack of sacrifice in these current wars - at least for the great majority of our Nation, contributes in my humble opinion, to the disconnect between both sides.

So as much as I believe in what we are doing, I also understand and appreciate those who disagree. For I have seen firsthand what war can do to your soul.

I awkwardly tried to put all these emotions into words; I tried to explain to my son that if he, or one of his sisters, were one of those 5,380 lost lives that I just can't imagine that sacrifice. I stumbled around the conversation awhile longer. I talked about the historical references a little more and the personal losses I've witnessed and finally just decided to drop it. I thought that maybe when he was older he may be more prepared to try to understand what cannot be understood.

Then he asked what I would do if it was him? I told him I didn't want to talk about it anymore.

And I pray to God each day that we never have to know the answer to the last question.

"5,380 lost lives...yes Jack, that is a lot."

Final F-16 Flight

Save the date! September 11, 2010

Final flight of the last F-16 and ceremony @ 3:00pm

Family Day @ 12:00 to 3:30pm

Kids activities, base tours, aircraft photo opportunities,
dinner and entertainment



140 MILES FOR DAD

1st Lt. Rebecca Metzger

What comes to mind when you hear the number 140.6? For most of us, this number would have absolutely no significance. However, for some, that number signifies one of the greatest accomplishments of their lives, completing an Ironman. Can you imagine what it would feel like to swim 2.4 miles, bike 112 miles and run 26.2 miles? Staff Sgt. Sean Gorman, 122nd Fighter Wing Aircraft Engine Mechanic, can tell you exactly how it feels.

On Aug. 30, 2009, Gorman and his sister, Andrea Maisonneuve, joined approximately 3,000 other athletes in Louisville, Ky., to complete the Ironman. The two decided to compete in the Ironman to honor their father who passed away in August, 2008, of a rare form of blood cancer. Gorman and his father competed in many triathlons and bike races throughout the 1980's.

German's father competed in the Ironman World Championships in Kana, Hawaii, in 1983, which was the first year that competitors had to qualify for the event. Gorman and his sister did not commit to competing in the Ironman until November, 2009. So with less than a year to train, they began their journey to becoming an Ironman.

The training was intense, six days a week, averaging close to 20 hours a week. They started by reading training books, but eventually created a program to fit their needs. To prepare for the race they competed in three triathlons in the area of shorter distances. Gorman said the most difficult part of the training was, "keeping up the motivation and my body getting used to the constant pounding from the running."

When the time came for the Ironman, Gorman and his sister both carried the ashes of their father with them. As they waited for the race to start, a trumpet player

played and he would have really like that," said Gorman.

Despite the nerves, Gorman said he was excited to put his training to the test. After the swim, it was on to the bike, German's favorite part of the race. "It was a lot of rolling hills and beautiful countryside. It was challenging, but went by pretty quickly," said Gorman. The run is the last portion of a triathlon. In the case of an Ironman, it is an entire marathon. The course took the participants through town, out and back twice. This meant that he could see and hear the finish line half way through the run. "I thought the turnaround close to the finish would be the low part of my race, but as I looked at my watch at the turnaround I knew I was going to finish, it was the biggest high of the race!"

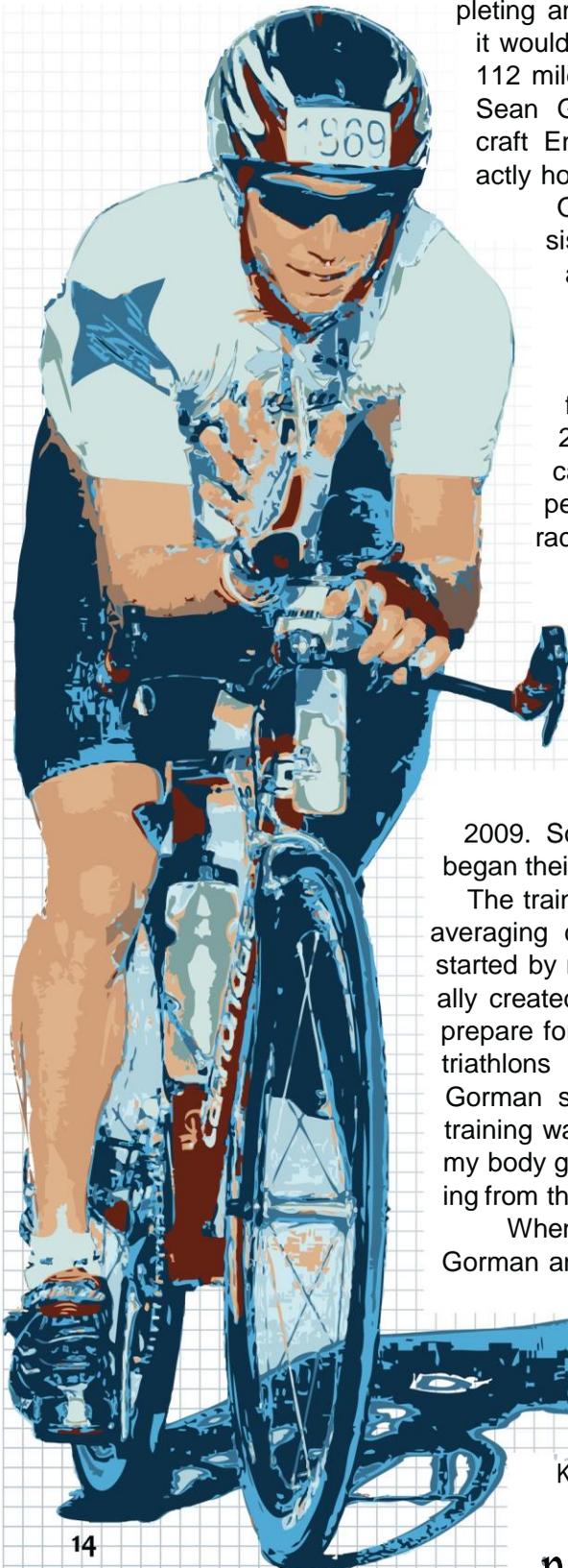
His dad's Ironman time was 13 hours and 13 minutes. German's goal was not only to finish, but to give his dad a personal record; Gorman was never able to beat his father when they would race together. He succeeded with a time of 12 hours and 40 minutes. "I would like to do it again," said Gorman, "but next time I would like to break the 12 hour mark."

When the two returned home they were greeted with a surprise party and a trip to Kana, Hawaii, to visit the Ironman World Championship course where his dad competed. While there they saw where each part of the competition took place, and spread their father's ashes along the course.

"I honestly believe anyone can do anything like this," said Gorman. "I'm not superhuman. If you put the time in to train, anyone can do it."



Staff Sgt. Gorman completes the 26.2 mile run at 4th Street Live in Louisville, KY on August 30, 2009.



Kentucky 11 Home played "My Old Kentucky Home" and the national anthem. " ;;;; 1r ;d . !!!!!!!

ESGR BOSS



Story by Master Sgt. Darin Hubble
Photos by Tech. Sgt. Stephen Vaughn

A nearliethannormalmorningalarmrang for 46 employers of some of the 122nd Fighter Wings Drill Status Guardsmen on 23 September 2009. The call to show their support to the Employer Support of the Guard and Reserve program (ESGR) and their employees who are guard members allowed them to participate in this year's program. An early show time of 7:00 A.M. was the starting point for some of the employers, who may have come as far as Indianapolis to participate, to understanding some of the requirements that the guard puts on their employee.

Colonel Jeffrey Soldner, Commander of the 122nd Fighter Wing provided a warm welcome

to our installation and briefed the employers on the many positive aspects of their employee's participation with the Fighter Wing. Elizabeth Ransom Public Affairs Director, Program Support Specialist for ESGR Indiana, educated employers on the Uniformed Services Employment and Reemployment Rights Act (USERRA).

The employers and the employees who nominated them for this special occasion took part in a base tour, flight simulator, virtual firing range and an air refueling flight. After a hardy lunch the ESGR coordinator and Colonel Soldner presented ESGR awards to several employers for their outstanding support, increasing awareness of the law, and resolving conflict through mediation.



Left: A group of employers pose in front of a KC-135 Stratotanker with 122nd Fighter Wing Commander Colonel Jeffrey Soldner for the annual boss lift. *Top right:* Two F-16 Falcons from the 122nd Fighter Wing refuel in flight to demonstrate the military's capabilities for civilian employers. *Bottom right:* Kurt Leffers of Graphic Systems Inc. sits in the cockpit of a KC-135 tanker during takeoff at the boss lift. The Employer Support of the Guard and Reserve program (ESGR) is an annual event at the 122nd Fighter Wing designed to give military member's employers an idea of what Guard life is like. The employers were treated to a ride and demonstration in a KC-135 Stratotanker.

Further Farewells

