

## Deployed Swamp Foxes urged to remain vigilant

With the current AEF cycle more than half-way through (at press time), SCANG commanders are recognizing deployed Airmen for their accomplishments and stressing vigilance on the home stretch.

Lt. Col. Boris Armstrong, 157th Expeditionary Fighter Squadron commander, said, "With the AEF halfway point behind us, it's a good time to review what we've accomplished and what we'll need to do to

finish just as strong as we started. Looking forward, it will be a balancing act planning for our return while executing the mission."

Since taking over the Air Tasking Order at Kandahar Airfield, the Swamp Foxes have flown more than 1,717 sorties, for roughly 7,116 hours (meeting 100 percent of ATO tasking). The pilots have supported 884 Joint Tactical Air Requests, 330 Troops-In-Contact situations and 376 Priority Immediate tasks. JTARs are routine close air support assignments that normally have the Swamp Fox pilots over watch friendly forces operating outside the wire. As of July 1, 2012, The unit's pilots have dropped 84 bombs, shot



— See Vigilant, page 5

## Distance learning is closer than you think

Nine SCANG members graduated from the Noncommissioned Officer Academy at Tennessee's McGhee-Tyson ANG Base last month. The class of "distance learners" already are back to work at McEntire and the next class of potential graduates commences this month.

The Distance Learning Program is a 15-week remote version of the NCOA, which lasts six weeks in-residence. The satellite program is specifically designed for Airmen who are unable to commit to six weeks in Tennessee due to job, family, education and other reasons.

During the first phase of the DLP, students attend four-hour training sessions on Tuesdays and Thursdays at McEntire. Trained facilitators help them participate in interactive training lessons which are broadcast over the Air National Guard's Warrior Network satellite system.

Col. Mike Hudson, 169th Fighter Wing commander, said the program is a good deal because the students have the benefit of helping each other as a team, rather than



(Photo by Master Sgt. Pelham Myers Jr., 169th FW/PA)

NCO Academy classmates and instructors complete their final night class, readying them for two weeks of in-residence training at McGhee Tyson.

attempting to go it alone.

Recent graduate Tech. Sgt. Heather McNeil, chaplain assistant for the 169th FW, agrees teamwork was vital to her success. In fact, it helped her to earn Distinguished Graduate honors.

"The McEntire team was excellent," she said. "We studied together and practiced

our speeches with each other. If it wasn't for them, I would not have been able to accomplish what I did. The team was certainly an integral part of my accomplishments."

McNeil also emphasized that one of the many advantages of participating in the program was the opportunity to immediately

— See NCOA-DL, page 4

# Commander's Corner



## Lt. Col. Michael Dunkin 245th ATCS Commander



People like hot fries. It's a very simple statement with a lot of truth and motivation behind it.

I recently attended an NCO Academy graduation where the guest speaker was the fifth Chief Master Sergeant of the Air Force, Chief Master Sgt. Robert Gaylor. As part of his speech, he told the story of visiting a hamburger stand in southern Texas where the owner filled a "to go" order and handed it off to an 11-year-old boy. The young boy ran as fast as he could with the bag of burgers and fries. When the boy returned, the chief noticed he ran all the way back and immediately asked the owner if there was another order. The chief asked if he always ran when he delivered orders. When the boy responded "always," he asked why. The boy's response was quick and very telling. "People like hot fries."

The message is simple. It is our responsibility to deliver the best we can every day with every task. It is one of our core values: "excellence in all we do." In a nation battling to make budget cuts (where "couponing" is the latest craze), we must have the same level of consciousness when it comes to carrying out our business day in and day out.

The Guard has a long history of providing combat power at a reduced cost. Today, for about seven percent of the budget, the Guard provides more than 30 percent of the capability. While these numbers are astounding, the American public will continue to demand more. To meet this demand we must be prepared to not only work harder in some cases but to look for ways to work smarter.

Like an 11-year-old boy delivering fries, we have to make the most of every job. It is easy to become complacent in our work

and assume that if we do it the same way we have always done it then the results will be fine. Warm fries could be fine, but hot fries are better. You never know when the other squadron or wing like us has found a way to keep the fries hot, and they might be the one to get that extra mission or funding because they do it better.

While delivering the hot fries is part of our responsibility, demanding hot fries is another. Mediocrity is not something that just happens; it is something that is accepted over time. As supervisors and leaders, we must instill in the young Airmen the importance of exceeding the expectations of those we serve.

This was the message from Chief Gaylor to the graduates. As leaders, we are expected to make improvements in the people we lead. The better the Airmen are who work for us, the better job we have done. The only way to make people better is to give them the tools, train them how and then provide them with the feedback necessary to adjust.

While the tools and training part is easy in most cases, the feedback piece can be difficult. Telling someone they have made a mistake or are not meeting expectations is not fun, but it is essential. Otherwise, we as leaders are not meeting expectations.

Likewise, we have a responsibility to reward and recognize those who do things well. How many decorations have been processed by your organization in the last year? If we do not reinforce the behavior we want to see, we leave our people to guess what the right answer is.

As the chief said, "The person getting those fries gives the extra tip and calls the same hamburger stand to get hot fries the next time."

We now stand 14 months out from another ORI. As we begin to prepare, let's keep in mind that we cannot expect to go through the motions for a year and then just turn it on when the IG shows up. We have to strive to demand and deliver our best each drill, each AT day, each exercise. We have to bring hot fries!



SCANG (ACC)  
McEntire Joint National  
Guard Base  
1325 South Carolina Road  
Eastover, SC 29044-5010

Col. Calvin Elam  
Assistant AG for Air

Col. Mike Hudson  
Commander, 169th FW

Lt. Col. Michael Dunkin  
Commander, 245th ATCS

Lt. Col. Les Carroll  
Public Affairs Officer, 169th FW

Senior Master Sgt. Ed Snyder  
Superintendent, Public Affairs

Maj. Jim Roth  
Tech. Sgt. Caycee Cook  
Tech. Sgt. Stephen Hudson  
Editors

Lt. Col. Jim St. Clair  
MAJ Cindi King  
Master Sgt. Pelham Myers, Jr.  
Staff Sgt. Jorge Intrigo  
Writers

The SCANG News is the official newsletter published by and for the members of the South Carolina Air National Guard. The contents of The SCANG News are not necessarily the official views of, or endorsed by, the US government, DoD, Department of the Air Force or the SCANG.

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

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

Tel: (803) 647-8208 FAX: (803) 647-8225

DSN: 583-8208

WWW.169fw.ang.af.mil

www.facebook.com

Deadline for the September issue is August 5th

Why do you serve? Technology, lessons learned and empowerment have changed the way we protect our nation and homes, but the patriotic duty to serve is instilled in us as Americans. Since 9/11, it seems we have had a constant flow of deploying, training and working toward this duty. Maybe you don't recognize it in yourself, but you are serving and that patriotic duty is there.

I am inspired by the core value "service before self." What a powerful phrase. Our history is filled with individuals who sacrificed for our nation. I picked up a local free newspaper to kill time while waiting for an appointment and was inspired to the point of tears. It's the story of a local, 24-year-old man who wrote his own creed and moved the nation in World War II.

"South Carolinian William Farrow, one of the three Tokyo Raiders executed by the Japanese military, had been a USC civil engineering student only a few short years before his untimely death. Farrow left behind a personal creed that could be taken up by any one of us. In the fall 1939, he was selected by the Civil Aeronautics Authority for air training at Owens Airport. He interrupted his studies to enlist at Ft. Jackson with the Army-Air Corps and was commissioned a second lieutenant

in July 1941. The Japanese attack on Pearl Harbor, only months later, plunged America into a war the nation had been determined to sit out. The 16th B-25 he piloted was not supposed to be included in the Raiders' surprise attack on Japanese industrial sites; his plane was supposed to be held in reserve. At the last minute Doolittle made the decision to use every plane available. Launched from the deck of the USS Hornet prematurely with a greater distance from the target and inadequate fuel, eight Airmen from two planes were captured after a successful bombing raid. Farrow and two other Airmen were executed. He wrote letters home comforting his family, even when he knew he would soon die. After his execution, his Mother found his creed. Of the tenets, this one has been pulled out and repeated most often: "Fear not for the future—build on each day as though the future for me is a certainty. If I die tomorrow, that is too bad, but I will have done today's work. President Roosevelt named it an American Creed for Victory." The Columbia Star (5/25/12).

As leaders, we have the responsibility to mentor our young Airmen in making them better professionals with a strong desire to serve our country honorably. I challenge our leaders, our supervisors and all of us to take a



moment and consider the basic tenant of "service before self" and how it applies to you.

On a personal note, I will be retiring soon and wish to tell my friends, mentors and leadership (current and retired), thanks for the ride. It has been a wonderful 34+ years' career that would not have been possible without you. You have been my inspiration with your "service before self," and I thank you.

## Recruiting & Retention

### Military Personnel Summary

#### Strength

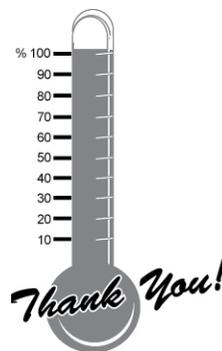
Officers:	
Authorized	138
Assigned	132
Percent Manned	<b>95.7%</b>
Enlisted:	
Authorized	1191
Assigned	1197
Percent Manned	<b>100.5%</b>
Total:	
Authorized	1329
Assigned	1329
Percent Manned	<b>100.2%</b>

#### Recruiting/Retention

Gains:	MONTH	YTD
Prior	1	17
Non-Prior	4	56
Total	5	73
Losses:		
ETS	0	11
Discharge	0	42
Medical	0	0
Resignation	0	3
Retirement	0	27
Transfer	0	16
Other	0	2
Total	0	101
<b>Net Gain/Loss</b>	<b>+5</b>	<b>-28</b>

(as of July 13th, 2012)

### Recruiting Progress We're at 100.2 percent!



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

There are many positions open for immediate recruiting...



## Dressed and ready?

The Chief's Council requests that you save the date, Nov. 2, at 1800, Fort Jackson NCO Club. A baquet recognizing recent retired Chiefs and the newest "Honorary Chief". Dress is mess dress, semi-formal or suit and tie. More information will be provided next month.

## Finance expanded hours

A MilPay/Travel Pay specialist, in room 117, will be available from 0700-1700 during each drill day to offer assistance to those who can't conduct their finance business during normal duty hours.

## Veterans Job Assistance

In an effort to reduce veteran unemployment, the Vow to Hire Heroes Act of 2011, was included in the Veterans Retraining Assistance Program. VRAP has begun accepting applications for unemployed 35-60 year-old veterans in the new retraining assistance program, May 15. The program officially started, July 1. This program offers to eligible participants up to 12 months of training at the full-time payment rate as dictated by the Montgomery GI Bill, currently \$1,473 per month. For additional information about VOW and VRAP, visit <http://benefits.va.gov/vow/education.htm>.

## Personal weapons policy

No personal weapons of any type, concealed or in plain view, are allowed on property of the SC Military and under the jurisdiction of the SC Adjutant General. Exceptions are members whose job requires them to carry weapons and who have written permission from the TAG.

## Ideas wanted

Have an idea to improve McEntire? Send it to the Community Action Information Board. The CAIB meets quarterly to improve the quality of life for Airmen on McEntire. Submit suggestions to [169FW.CAIB@ang.af.mil](mailto:169FW.CAIB@ang.af.mil).

## 2nd Annual Diversity Day

The time of year when McEntire recognizes the many contributions and accomplishments of the diverse groups that make up the South Carolina Air National Guard is swiftly approaching; Saturday, Sept. 8, 2012 at 1500 hrs we will celebrate our various cultures with music, dance, food, and informative displays. We encourage each of you to get involved and help to make this event a success. If you are interested, please contact Master Sgt. Selina Chavez at 803-647-8200 or [selina.chavez@ang.af.mil](mailto:selina.chavez@ang.af.mil).

## Gate hours

### Main Gate

Daily: 0430-2400

(Hours extended for night flying.)

### Morrell Gate

Duty Days: 0620-0815 & 1645-1745

UTA Saturday: 0600-0815 & 1600-1700

UTA Sunday: 0600-0815 & 1530-1630

### Church Gate

UTAs: 0600-0815

## Job Openings

The 169th Medical Group is seeking a Unit Training Manager. Current training manager experience preferred. This is an E-5 position. Contact Senior Master Sgt. Candace Cox, 803-647-8296.

The 169th Medical Group has an opening for a First Sergeant. Candidates must be the rank of Master Sgt. or Tech. Sgt. promotable to Master Sgt.. If interested, submit a package consisting of a letter of intent, resume, PT summary and RIP to Chief Master Sgt. Robert Davis, the 169th FW Command Chief, at [robert.davis.4@ang.af.mil](mailto:robert.davis.4@ang.af.mil) or call 803-647-8500. The closeout date is Sept. 9, 2012.

## NCOA-DL, continued from page 1

apply 'lessons-learned.'

She said, "Immediate application of course concepts gave me the ability to see right away what worked and didn't work. It also provided me the time to re-attack and ask questions during the upcoming weekly sessions if needed."

Chief Master Sgt. Joseph Brunson, munitions superintendent for the 169th Maintenance Squadron, agrees that quick implementation of what is learned helps students retain the knowledge. He said the course helped get him where he is now in his military career.

The DLP also gives Air Guard units like the SCANG an opportunity to cut costs associated with what would normally be a 6-week TDY.

Brunson said, "As budget cuts continue and possibly increase, the Distance Learning course will more than likely become the wave of the future. We will have to learn to

do more with less. And, besides, the camaraderie here cannot be replaced."

Camaraderie is one of the main reasons Tech. Sgt. David Caldwell of the 245th Air Traffic Control Squadron enjoyed the class. "The best part of the course was meeting fellow NCOs throughout the SCANG and learning about their jobs and how everyone fits into the main scheme of things," he said.

The NCO Academy is a requirement for promotion to master sergeant. Active Duty Air Force members must take the course in-residence but Air National Guard members have the option of the satellite program.

Master Sgt. James Jefferson, resource advisor for 169th Logistics Readiness Squadron and lead site facilitator, said, "The positive side to the satellite course is that an employer who might not be able to support a lengthy TDY only needs to allow their employee to be away the final two weeks of the course.

"I initially became involved as a facilitator

to help students fulfill their PME squares," he said. "I also thought this would be a good way for me to help our own people, specifically those who weren't able to attend in residence, complete the tasks at hand."

In McNeil's words, the DLP gives the students the best of both worlds. "If you only go to McGehee-Tyson, you will still be able to network with others around the country, but you will miss out on the opportunity to build relationships with your McEntire Swamp Fox Family," she said.

"Those are the important relationships that really sustained me throughout the in-residence portion because those are the people that I work with."

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

# Oscar hits 4,000 mark while deployed

In the span of a month, two South Carolina Air National Guard F-16 pilots have reached a milestone few aviators achieve. Col. David “Oscar” Meyer is the second pilot from the 169th Fighter Wing to reach 4,000 hours in the F-16 while deployed here supporting Operation Enduring Freedom. Lt. Col. Scott “Cleetus” Bridgers hit 4,000 hours, June 7.

Meyer achieved the aviation milestone while providing overwatch for troops in contact with enemy ground forces. He recently joined the elite class of F-16 Fighting Falcon pilots to cross the 4000-hour flying threshold, stepping to his aircraft with 3998.2 hours in the seat of a Viper and landing with more than 4002 hours.

“I have been blessed to stay in the cockpit my entire career,” Meyer said of reaching his achievement. He first flew as a 12-year-old with a friend of his father and was hooked. “I came down with a smile ear-to-ear and said, ‘That’s what I want to do Dad,’” Meyer said.

In the skies over Afghanistan protecting ground forces Meyer is still flying and according to F16.net, he is the 37th F-16 pilot in the world to reach this milestone. Meyer’s achievement also makes him the fourth SCANG F-16 pilot to reach such a significant feat in his career.

A 1987 graduate of the U.S. Air Force Academy, he completed pilot training at Columbus Air Force Base, Miss., and has flown more than 80 combat missions in Operation Iraqi Freedom and twice in Operation Enduring Freedom. Meyer currently serves as the 169th Operations Group commander at McEntire Joint National Guard Base, S.C., and is the deputy operations group commander for the 451st Expeditionary Operations Group while deployed to Kandahar Airfield. He is a



Col. David “Oscar” Meyer, deputy operations group commander for the 451st Expeditionary Operations Group at Kandahar Airfield, Afghanistan, exits his F-16 on the ramp at Kandahar Airfield after completing his 4000th hour in the F-16 on July 7, 2012.

graduate of the Fighter Weapons School at Nellis Air Force Base, Nev. In April the 169th Fighter Wing deployed more than a dozen F-16s and 400 personnel including pilots, maintenance specialists, and support staff to support Operation Enduring Freedom in Afghanistan.

(Story and Photo by Tech. Sgt. Stephen Hudson, 169th FW/PA - Deployed)

## Vigilant, continued from page 1

4,380 rounds of 20mm and executed 164 shows of force while the maintainers have accomplished 16 phase inspections, taking an average of only three days to complete each.

Armstrong said, “A big thanks goes out to maintenance, munitions, weapons, AGE and everyone contributing and working the long hours, many of them on the hot flight line, keeping the Swamp Fox machine running smoothly.”

The unit is flying 20 lines per day instead of the 18 planned, providing more CAS to those who need it most.

Armstrong reminded the deployed Airmen to stay focused and vigilant as the days wane and thoughts turn to home and redeployment.

“The silly season is just around the corner. It’s the time near the end of all deployments where we may be inclined to do something dumb, dangerous or different with the resulting sadness that follows,” Armstrong said. “So keep up the good work, keep doing things smart, safe, and the same.”

This is the wing’s largest deployment since Operation Desert Shield/Desert Storm, and the fourth major deployment of its F-16s



Crew chiefs with the 451st Expeditionary Aircraft Maintenance Squadron at Kandahar Airfield, Afghanistan, run through final pre-flight inspections on an F-16 Fighting Falcon with the 157th Expeditionary Fighter Squadron July 1, 2012.

since 2002 when the Swamp Foxes deployed to Southwest Asia in support of Operation Enduring Freedom when they flew more than 200 combat missions in the early days of the Afghan Campaign. The wing also deployed

in 2003 and 2010 in support of Operation Iraqi Freedom. The Swamp Foxes are deployed through August of this year.

(Story and Photos by Tech. Sgt. Stephen Hudson, 169th FW/PA - Deployed)

# Swamp Fox munitions working for troops on the ground

The work is hot and dusty, but crucial. The Ammo Dawgs of the South Carolina Air National Guard's 169th Fighter Wing currently assigned to the 451st Expeditionary Maintenance Squadron here know their job may be behind the scenes, but there are others counting on them.

When American, or coalition forces, on the ground need air power, they can be confident the SCANG's F-16s providing close air support overhead will put firepower right where it's needed. That firepower is supplied by the Airmen working tirelessly at the Tri-National Ammunition Supply Point located at Kandahar Airfield (KAF). They are the key to success, because without them these F-16s cannot do the mission.

"We build the bombs that make the planes lethal," said Tech. Sgt. Wendell Rollins, a munitions specialist from the 169th Fighter Wing at McEntire Joint National Guard Base, S.C., assigned to the 451st EMXS here. "There are times we load an aircraft and we know in just a few minutes it is going to take off for a mission."

The ordinance is a life saver for the guys on the ground and the Airmen who build the munitions know their work can mean life or death for Soldiers and Marines that need the ordinance to work right the first time and every time.

The mission of the 451st Air Expeditionary Wing is persistent powerful presence, and the members of the 169th Fighter Wing, who are deployed to KAF in support of Opera-

tion Enduring Freedom, are at the leading edge of that mission. The Swamp Fox F-16 pilots provide close air support and their role is critical to the Soldiers and Marines they may never meet.

Work goes on around the clock at the Tri-National Ammunition Supply Point seven-days-a-week, building primarily GBU-38s and 54s. They also work with anything on the F-16 including 20mm rounds, chaff, and flares. Since the Swamp Foxes have rotated to Kandahar Airfield in April they have built over 25,000 pounds of munitions.

"It is serious business," said Senior Airman Sherman Padgett, a munitions specialist also currently assigned to the 451st EMXS. "Someone is counting on these bombs, and if they don't function, then our guys could be dying."

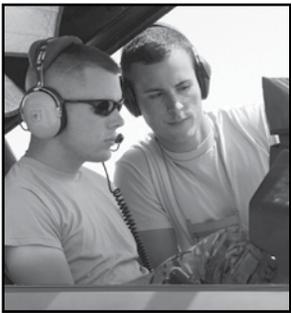
The hard work of the munitions troops is not lost on the pilots that count on that work. "The people in munitions are directly responsible for the confidence the guys on the ground have in Vipers' efficiency in close air support (CAS)," said Capt. John "Vapor" Sparks, an F-16 pilot with the SCANG's 157th Expeditionary Fighter Squadron deployed to Kandahar Airfield. "A lot of trust is put in the weapons working the correct way the first time."

This critical work will go on as long as there is a need and the Airmen who work in munitions will press on knowing the importance and value of what they do.



(Photos & Story by Tech. Sgt. Stephen Hudson, 169th FW/PA - Deployed)





# AEF Swamp Fox Scrapbook



# Airman lives AF core values during first deployment

Just two months into her first deployment, Airman 1st Class Rhiannon O'Leary is staying busy. While assigned to the 451st Expeditionary Maintenance Squadron (EMXS) working in line delivery for munitions, O'Leary is living the Air Force's core values of Integrity, Excellence, and Service Before Self at work and off duty.

While her day-to-day mission is transporting munitions from the Tri-National Ammunition Supply Point located at Kandahar Airfield (KAF) to the flight line for loading; O'Leary has taken the opportunity to get involved in other activities going on at KAF.

On one of her first weekends, she visited the bazaar school located here and spent the afternoon playing with the boys at the school. Calling it an "eye opener," O'Leary heard about the opportunity and jumped on it.

"I love kids," said the mother of three. "It was an experience and puts things into perspective, because a soccer ball and a frisbee to play with brings them so much joy."

While volunteering, she played games and different activities with the students. She added that she plans on visiting again during her four-month deployment.

"I wish they lived in a better place,"

O'Leary said. "But kids are kids anywhere you go."

Volunteering at the Bazaar is not the only way O'Leary is exemplifying the Air Force Core Values. She is also working on becoming a victims' advocate with the Sexual Assault Response Coordinator's (SARC) office and has recently undergone litter carrying training at the Contingency Aero-medical Staging Facility (CASF) in order to carry wounded warriors to transport aircraft that takes them to other medical facilities.

"Airman O'Leary has showed great leadership and a sense of urgency to get the job done," said Master Sgt. Kenneth Prince, O'Leary's supervisor while deployed to KAF. "In this high pressure job, it's important to keep your military bearings. She exemplifies this every day."

When O'Leary returns from her deployment, she will return to school at Florence-Darlington Technical College in Florence, S.C. where she is studying criminal justice.

O'Leary is a member of the SCANG's 169th Fighter Wing from McEntire JNGB, S.C., and is currently assigned to the 451st EMXS.

(Story by Tech. Sgt. Stephen Hudson,  
169th FW/PA - Deployed)



(Photo by Tech. Sgt. Caycee Cook,  
169th FW/PA-Deployed)

Airman 1st Class Rhiannon O'Leary, an ammo troop assigned to the 451st EMXS, volunteers at a bazaar school for local children.

## Need a job? We may have one for you!

Have you heard about the South Carolina National Guard Employment Services program? This program will assist you with multiple processes that lead to employment. It serves members of the Army and Air National Guard, their families and veterans.

Some of the services they provide include resume writing, unemployment insurance claims, professional workshops and converting your military skill sets into understandable civilian language. The program also develops opportunities in occupations and industries that are growing.

The employment program provides local resources and assistance to those seeking employment or a transition to a new career. Employers know that veterans make great employees. Our skilled employment advisors are on hand to assist you in gaining employment. Direct calls are made to human resource staff to get you past some of the preliminary steps straight to the interview.

Another area in which the SCNG Employment Services can assist you is furthering

your education with the Montgomery GI Bill. The Montgomery GI Bill is not limited to college; it can be used for technical training, certificates and more.

If you are unemployed, underemployed, a temp tech, getting ready to retire, retired, seeking a career change in the civilian world, looking to transition or need of any of the services the SCNG Employment Services provides, you can contact John Govan at 803-239-8706 or [jgovan@dew.sc.gov](mailto:jgovan@dew.sc.gov). Additional information can be found at <http://www.scguard.army.mil/j11-employment-services.php>.

This is a partial list of partner companies. AFLAC, Allied Barton Security Services, Amazon, Averitt Express, Bankers Life and Casualty, BCBS of SC, BD Diagnostics, BlueCross BlueShield of SC, Boeing, Bridgestone Americas, Cintas Corporation, CMC Steel, Colonial Life & Accident Insurance Company, Comporium Communications, Energy Solutions, Enterprise Leasing Company SE LLC, FN Manufacturing LLC,

Fowler Hospitality LLC, Gregory Electric GTG LLC, Gulfstream, Haile Gold Mine Inc., Honda Aviation, INVISTA, J.A. White & Associates Inc., Kentco Heating & Cooling LLC, Metalskills, Michelin Tire Corp., Mosquito Squad of Columbia, Mutual of Omaha Financial Advisors, Northwestern Mutual Financial Network- Columbia, Otis Spunkmeyer, Palmetto Health, Primerica Financial Services Inc., Prudential, Pure Power Technologies, QVC, Receivables Management Corporation, Recruiting Solutions, Richland County, SC Department of Revenue, SC Dept of Mental Health, SC Federal Credit Union, SCANA, Sears Holdings Corporation, Southern Cross Corporation, Sumter Family Health Center, Sykes Enterprises Inc., Sysco Food Systems and many more!

(Commentary by Senior Master Sgt. Kevin Thomas,  
169th FW/HRA)

# POL quenches Viper's thirst

Every drill, the Airmen of the 169th Logistics Readiness Squadron's Petroleum, Oils and Lubricants shop must make sure their fleet of R-11 refueling trucks pass a checklist inspection before transporting any JET-A fuel. The vehicles are the life-line that gets fuel from POL to the flight line.

A team of three POL Airmen conduct the inspection: Master Sgt. George Poole, (supervisor), Tech. Sgt. Christopher Rabon and Staff Sgt. Louis Stacks. The team is responsible for ensuring the R-11s are fully operational and capable of transporting fuel.

Poole's job is to make sure the truck is functional and write up discrepancies to be repaired at Motor Pool.

Rabon's duties are to drain the filter separator and conduct low point drain for excess fuel underneath the truck.

Stacks' job is to drive the truck, inspect the cab, control panel and the outside of the truck.

With a fleet of R-11s dating back to 1990, these inspections are crucial to the operational readiness of the trucks to feed McEntire's fleet of thirsty aircraft. Stacks said, "If the trucks don't work, you can't get fuel to the aircraft."

Last year, POL serviced more than 4,068 aircraft and dispensed over 4.6 million gallons of aircraft fuel.



From top, left to right: Master Sgt. George Poole, Staff Sgt Louis Stacks and Tech. Sgt. Christopher Rabon.

(Photo Story by Staff Sgt. Jorge Intriago, 169th FW/PA)



Another great luncheon, with about 75-80 folks! Some of you might be wondering ... is there ever a bad breakfast or luncheon? No, there hasn't been, in my opinion. It's all for the common good and social gathering of mostly SCANG Retirees, and that is what stimulates the overall fellowship, comradeship and love that flows throughout these gatherings.

Since last month there have been many unfortunate and unexpected happenings within the Air and Army Guard community, people dying before their time with small children at home. It becomes profoundly sad, but sometimes it is part of the trials and tribulations of life.

Back to the luncheon. The wing commander could not make this event; however, he sent vice commander Col. Mike Manning, who gave us the full "state of McEntire." He asked for any questions afterwards, and there were none. He did a masterful job briefing us.

We also had Maj. Brian Doyle, one of the newest maintenance officers and one of the future leaders at McEntire. From my viewpoint, things are in good hands.

We had as many first timers as we've ever had. They were Billy Watterson, Becky Daniels, (Billy's better half), Lucinda Bradford, Marion Shuler (one of my 240th cohorts) and a couple of CE types, Carl Alston and Trez Timmons. Also, we had D-Dawg for the first

time ... that's Deane Pennington. Plus, we welcomed guests of the Paul Hawkins family. Paul cracks me up and has some great stories. There were more than usual spouses, which is good; they are part of the SCANG as well! We also had Col. Ronnie Taylor and Command Sgt. Maj. John Witt, SCARNG, who manage the Service Member and Family Care section for the Adjutant General. So we had a diverse and sneaky group.

The reason I say 'sneaky' ... 'they' (using black ops guile and cunning) awarded my wife Jean and me for our service to the SCANG Retirees. I don't even know who 'they' are, but we were both filled with surprise, appreciation, honor and pride for what this meant to us.

McEntire History: We are honoring the last batch of 2001 retirees. They are Col. George (Jet) Jernigan, III; Maj. Eric Dodson and David Gray; Chief Master Sgts. Robert (RG) Turner, Arthur (Jud) Pardue, Tinamarie Pastore and James Morris; Master Sgts. Davey M. Schnieder, John A. McGee and Michael S. Anderson; Tech. Sgts. Michael Truell, Louis (Speedy) Gonzalez, Billy Gossett, William Hoefler and Gary Sindelar.

Actually, I almost missed mentioning the anniversary of the OIF deployment two years ago to Iraq. We had about 400 folks go over for a four-month AEF deployment. I believe we were one of the last fighter groups coming out of Iraq before the drawdown.

I know our Army Aviation guys were the last to come out in 2011 and re-deployed to Kuwait a little later in the year.

As for the planes ... and this should bring us up to date for now ... let's consider our Block 52 F-16's. We started receiving them a couple years after Desert Storm, the C and D models, primarily to be used for the SEAD missions. These planes have served us well, and must continue to do so, since it looks to be a good while before we acquire the F-35. Terry Wingard reminded me that during Desert Storm we had the oldest inventory of F-16's (the Block 10 A & B models). They came from Hill AFB, I believe, and we had the best maintenance record of any flying squadron deployed for Desert Storm. This is a tribute to our Maintenance guys. So, the beat goes on for the 157th Squadron, 169th Wing and all the support units that make it all work. We have created quite a legacy, and the 'new' folks strive to maintain this tradition of excellence. I will admit from my viewpoint it appears to be more intense for the 'new' guys based on many more factors, but they are maintaining.

Our August breakfast will be at the Fort Jackson Officers Club on the 7th, beginning at 8:30 a.m. Please come see us and mingle with some of us 'old timers' (some are older than others, but it is a good mix, come and see).

## SCANG Recruiters 1-877-926-7369 / 187-SWAMPFOX [www.goang.com](http://www.goang.com)

### McEntire JNGB

1325 South Carolina Road, Ste. 25  
Eastover, SC 29044  
1-877-926-7369

### Senior Master Sgt. Brad Gibson

Superintendent of  
Recruiting & Retention  
Office: (803) 647-8414  
BB: (803) 315-7419  
[william.gibson@ang.af.mil](mailto:william.gibson@ang.af.mil)

### Master Sgt. Ceomara Timmons

Retention Office Manager  
Office: (803) 647-8211  
[ceomara.timmons@ang.af.mil](mailto:ceomara.timmons@ang.af.mil)

### Village at Sandhill

110-8 Forum Drive  
Columbia, SC 29229  
Phone: 803-462-0405 or x0455  
1-87SWAMPFOX

### Master Sgt. Chris Sewell

Recruiting Office Supervisor  
BB: (803) 206-2499  
[christopher.sewell@ang.af.mil](mailto:christopher.sewell@ang.af.mil)

### Tech. Sgt. Steve David

Production Recruiter  
BB: (803) 608-3098  
[steven.david@ang.af.mil](mailto:steven.david@ang.af.mil)

### Tech. Sgt. James Rodriguez

Production Recruiter  
BB: (803) 391-6348  
[james.rodriquez@ang.af.mil](mailto:james.rodriquez@ang.af.mil)

## MOVIN' In MOVIN' Up, & MOVIN' On

### Officer Promotions

None

### Enlisted Promotions

#### Staff Sergeant

Josh Anderson, 169th MXS

#### Senior Airman

Brittany Davis, 169th AMXS

Lauren Narduzzi, 157th FS

Damian Willis, 169th MXS

#### Airman 1st Class

Cody Conner, 169th MXS

Theresa Cousar, 169th MXS

John Garris, 169th AMXS

Casey Gray, 169th MXS

Cody Hart, 169th MXS

Andrew Kroto, 169th FSS

Bryan Martin Jr., 169th AMXS

Lucas Mastrangelo, 169th AMXS

Thomas Mattison, 169th MXS

Carlton Smith III., 169th AMXS

Jeffery Sullivan, 169th AMXS

Cory Thornton, 169th AMXS

### 169th Fighter Wing 3rd Qtr Winners

#### Airman Category

Airman 1st Class Dean Ceschini

#### NCO Traditional

Tech. Sgt. Walter Gordon Jr.

#### NCO Fulltime

Tech. Sgt. Amanda Rodriguez

#### SNCO Traditional

Master Sgt. Larry Smith

#### SNCO Fulltime

Master Sgt. John Wrenn

CGO - Capt. Justin Puro

FGO - Maj. Michael Ferrario

## MOVIN' In MOVIN' Up, & MOVIN' On

### Retirements

NONE FOR AUGUST

### Fitness Center Tips

If your summer days involve traveling or going TDY and you still want to get a good workout in, remember you can do a full body workout with resistance bands. I can help you with a routine before you travel.

Try to fit in 30 minutes of cardio at least four or five days a week. If you need to work on your run and haven't been running or need to decrease your time, drop by the gym for a walk/run schedule to assist you.

If you are still working on that waistline for the summer, remember to get in the right foods that are higher in fiber and will keep you fuller longer. Mayo Clinic recommends men get 30-38 grams of fiber a day and women get 21-25 grams per day.

#### Fruits Serving Size Total fiber (grams)

Raspberries 1 cup 8.0

Pear, with skin 1 medium 5.5

Apple, with skin 1 medium 4.4

Strawberries(halves) 1 ¼ cup 3.8

#### Grains, cereal & pasta

Bran flakes ¾ cup 5.3

Oatmeal, quick regular cooked 1 cup 4.0

Popcorn, air-popped 3 cups 3.5

Brown rice, cooked 1 cup 3.5

Legumes, nuts, seeds

Split peas, cooked 1 cup 16.3

Lentils, cooked 1 cup 15.6

Black beans, cooked 15.0

Almonds(unsalted or raw) 1 ounce (23 nuts) 3.5

Sunflower seeds(unsalted or raw) 1/4 cup 3.9

#### Vegetables

Artichoke, cooked 1 medium 10.3

Peas, cooked 1 cup 8.8

Broccoli, boiled 1 cup 5.1

Turnips greens, boiled 1 cup 5.0

Try to eat your fruits before 2 p.m. daily.

If you don't yet have a routine for the summer or want to be proactive for that next PT test, e-mail me at [michelle.walker-ctr@ang.af.mil](mailto:michelle.walker-ctr@ang.af.mil) or call 803-647-3510/8712 to set up a time to train.

(Provided by Michelle Walker, 169th FSS)

## Base Training

### TESTING SCHEDULE

Tuesdays, 1 p.m.

Drill Sundays, 12:30 p.m.

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

Date review training began

Date due completion

Date review training ended

Supervisor's signature

Trainee's signature

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

*Airman Leadership School*

(class start dates -- five-week duration)

(56 seats for ANG members)

## 2012

*Noncommissioned Officers Academy*

(class start dates -- six-week duration)

(75 seats for ANG members)

### PME Schedule

MCGHEE TYSON NCOA

17 SEP 12 - 24 OCT 12

## Blood Drives

August 5th  
October 14th

Call

Master Sgt. Selina Chavez

at 803-647-8200 or

[selina.chavez@ang.af.mil](mailto:selina.chavez@ang.af.mil)

~ Walk-ins are welcome. ~

# What's for Lunch?

## Saturday

Jambalaya, Baked Fish, Rice w/Gravy,  
Fried Cabbage, Black-Eye Peas

## Sunday

Lemon Herb Chicken, Meat Loaf, Mashed  
Potatoes, Mixed Vegetables, Spanish Corn

## Snack Line

**SAT:** Italian Sausage, Hamburgers, Tater Tots  
**SUN:** Turkey & Ham Wrap, Hamburgers, Chips

*\* All with Soup / Salad Bar / Desserts / Beverages*

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

South Carolina ANG  
McEntire Joint National Guard Base  
1325 South Carolina Road  
Eastover, SC 29044-5010

FIRST CLASS  
U.S. POSTAGE PAID  
TEMPLE HILLS, MD  
PERMIT NO. 4004

United States Air Force  
Columbia, SC  
Official Business

**TO THE FAMILY OF:**

## REFLECTIONS

*“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, and self-control.” – Galatians 5:22-23*

Welcome home, Swamp Foxes! Having recently returned myself, let me share a few important tips for those who have recently returned or will return over the next few weeks. Reunion is an event, but reintegration is a slow process that involves various stages. Remember, you have changed, and things at home have changed while you've been gone. Avoid the “who had it worse” talk; both you and the loved ones left behind worked hard while apart.

While you are physically home now, you might sometimes be emotionally or mentally back at the deployed location you just left—this is normal! Continue or resume healthy habits that decrease stress (diet, exercise, sleep, intimacy). Avoid alcohol abuse!

Most thoughts, feelings and behaviors you might have had during the deployment were probably normal, considering the circumstances. However, things to watch for: significant anxiety or depression, nightmares or flashbacks, significant avoidance or withdrawal, exaggerated startle response, alcohol abuse, chronic insomnia.

If you find yourself struggling, draw on our support resources: any chaplain or chaplain assistant, our Director of Psychological Health Jeff Rose, clinic staff, Military One Source, Military Family Life Consultants, a close friend in the unit or community or someone at your place of worship. The bottom line: a strong warrior always seeks help when needed.

Again, welcome home and be a good Wingman by taking care of yourself, your family and those who deployed with you. Thank you for your sacrifice and service!

(by Chaplain, Lt. Col. Brian Bohlman)

## TOP ACHIEVERS

### Distinguished Graduate

**Technical Sgt. Heather McNeil**  
**169th FW**

*NCO Academy Distance Learning PME Course*

### Worship Schedule

#### Saturday - after roll call

Maintenance (hangar) & SFS

#### Sunday

- 0815 - 0845 - Traditional Worship (Wing HQ Auditorium)
- 1100 - 1130 - Contemporary Worship (Wing HQ Auditorium)
- 1330 - 1400 - Catholic Mass (Eagle Vision Conference Room)