

THE

180TH FIGHTER WING, OHIO AIR NATIONAL GUARD, TOLEDO, OH

STINGER

VOLUME 53. ISSUE 02, MARCH 2015



Contents

Featured Stories

- 3 Commander's Comments: A Year in Review
- 4 A Chaplain on Ice
- 5 Nesting in the Keys: 180FW Travels for Winter Training
- 6 Stinger's Rally for Bone Marrow Drive

Other stories

- 7 Air Guard Airman Gives Gift

Useful Information

- 10 New Stingers, Retirements, CDC/PME 90% Club
- 11 Medical Group Corner: Colon Awareness Month
- 12 For your info: Fearless Five app

On Cover



A U.S. Air Force F-16C from the 180th Fighter Wing, prepares to refuel over Gulf of Mexico with a KC-135 Stratotanker from the 134th Air Refueling Wing, from Knoxville, Tenn., Jan. 14, 2015. The 180th Fighter Wing deployed to Key West, Fla., to conduct dissimilar aircraft training with F-5's from the Naval Station Key West and F-15's from the 159th Fighter Wing, from New Orleans. (Air National Guard photo by Staff Sgt. Amber Williams/Released)

STINGER

Vol. 53, Issue No. 02, March 2015

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ABOUT THE STINGER

The Stinger, a funded Air Force newspaper, is an authorized publication for the personnel of the 180th Fighter Wing, Ohio Air National Guard, 2660 S. Eber Road, Swanton, Ohio 43558. Contents of The Stinger are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense, the Department of the Air Force, the National Guard Bureau or the Adjutant General of Ohio. The editorial content is edited, prepared and provided by the 180th Public Affairs Office.



COMMANDER'S COMMENTS: A YEAR IN REVIEW

After serving as commander of the Ohio National Guard's 180th Fighter Wing for the past year, I am overwhelmed at what the Airmen of this great wing have been able to accomplish for the mission, while still dedicating selfless hours to our local communities, supporting those who support us. We continue to be extremely successful because our Airmen will make sure we are successful.

Throughout this past year, the 180th Fighter Wing Stingers have continued to demonstrate unparalleled pride, dedication, courage, commitment and leadership. I could not be more proud to serve with such a distinct group of true Citizen Airmen. I continue to learn from our Airmen every day.

In 2014, we battled the worst winter in over two decades and then faced a state emergency in late summer where about a half a million people, including 180 FW, were affected. Many 180th Airmen and their families went several days without water for drinking, cooking or bathing, yet our dedicated Airmen continued to perform their duties. This outstanding accomplishment included managing to fly more than 2,100 missions totaling over 3,200 flying hours, and deployed more than 360 Airmen and 95 short tons of equipment in support of contingency and training operations to 11 locations around the world.

In January we deployed to Joint Reserve Base, Naval Air Station New Orleans, to fly Defensive Counter Air missions against F-15's, flying a total of 104 missions. In March, we deployed to Hawaii to participate in the largest ever Sentry Aloha exercise featuring both fourth and fifth generation fighters. This was our first ever opportunity to fully integrate the F-16's with the F-22's in both Defensive and Offensive Counter Air tactics, a higher headquarters fighter integration top priority. Flying 108 missions, with over 10 different aircraft from around the country, participating in this exercise provided a realistic training environment, preparing our pilots for combat missions. Following Sentry Aloha, the 180 FW deployed to Alpena, Michigan to participate in the three-week-long Northern Strike exercise to conduct



Colonel Craig Baker
180th Fighter Wing
Commander

118 Close Air Support missions with the Navy and Marines. This joint exercise also provided critical training for Joint Terminal Attack Controllers stationed at Camp Grayling Joint Maneuver Training Center in Michigan.

The 180th Fighter Wing again excelled at the nation's number one priority, our 24/7/365 mission, Aerospace Control Alert under the command of North American Aerospace Defense Command. The team earned the highest possible "Mission Ready" NORAD Command inspection grade and the full confidence of the Continental U.S. North American Aerospace Defense Command Region Commander when he remarked "the 180 FW is the benchmark for these operations." In July, the Aerospace Control Alert team responded to a call to escort Sunwing

Airlines Flight 772 after taking off from Toronto and heading for Panama City, when one of the 183 passengers on board became agitated and threatened to blow up the plane. Our F-16's escorted the distressed passenger back to Toronto uneventfully. This incident highlighted the continued importance of this critical capability and demonstrated that the 180 FW consistently proves to be an essential, long term solution for the defense of our country.

In June, we celebrated our successful six-year partnership with the University of Toledo Medical Center. Implemented in 2009, and the first of its kind in the Ohio National Guard, the Training Affiliation Agreement with the university allows our traditional-status guard Airmen from our Medical Group to work and train in the medical center's Level-1 trauma center one weekend a month, providing 80 percent hands-on clinical training in a real-world environment that cannot be duplicated in simulated scenarios. This unprecedented collaboration, considered the benchmark program by the National Guard Bureau, enables the wing's medical group to meet Air Force requirements and enhances overall mission readiness while significantly cutting annual training costs. This partnership also falls in line with the mission of the Employer Support of the Guard and Reserve program to forge re-

cont. COMMENTS Page 8

THROUGHOUT THIS PAST YEAR, THE 180TH FIGHTER WING STINGERS HAVE CONTINUED TO DEMONSTRATE UNPARALLELED PRIDE, DEDICATION, COURAGE, COMMITMENT AND LEADERSHIP.

A CHAPLAIN ON ICE

A ONCE IN A LIFETIME DEPLOYMENT

BY TECH. SGT. NICHOLAS KUETEMEYER, PUBLIC AFFAIRS

It is the coldest, driest and windiest place on Earth. There is no further or more remote deployment military personnel can be sent on. Operation Deep Freeze takes Air National Guardsmen 2400 miles south of New Zealand and is a scientific operation, not a military one.

But the Air National Guard has two unique assets at its disposal that are necessary to the success of the United States Antarctic Program; the special ski-equipped LC-130 transport aircraft from the 109th Airlift Wing in Schenectady, New York and the Air National Guard Chaplain Corps.

“We can provide something unique,” said Maj. Pete Drury, Chaplain at the 180th Fighter Wing in Swanton, Ohio. “We can provide what a full civilian or a full military person can’t.”

Drury was one of three ANG Chaplains selected to be sent to the bottom of the world for this very special, once-in-a-lifetime opportunity. Once a Chaplain has completed a mission there, they will not be selected again.

“One of the cool things that an ANG Chaplain can provide is that we understand and can accommodate



Courtesy photo

spiritual needs. We have a unique capacity to provide that.”

The Antarctic Program’s mission is to not only expand knowledge of the continent itself but to also further research on climate changes, space, and many global issues of scientific importance. The remote and diverse community is made up of civilians, government officials and employees, scientists, graduate students, contractors, and military personnel.

Even though caring for and catering to the many different needs of the community may sound like a challenge, it’s a challenge that Drury relishes. And the town of McMurdo doesn’t disappoint in presenting that challenge. Comprised of approximately 850 citizens, the townspeople of McMurdo come from all types of non-religious and religious backgrounds.

“We’re not just there for the ANG folks who are flying the LC-130s, we’re there for the town,” said Drury, explaining that he did not wear his uniform six out of seven days a week. “The people who go to Antarctica aren’t your usual demographic. You get to work with, I think, the most interesting and eclectic people on Earth.”

cont. ICE page 9



Courtesy photo

the secular person and the person who has a non-religious spirituality,” Drury said with a characteristically broad smile. “Because a non-religious person still has

CHAPLAIN PETER DRURY WAS ONE OF THREE ANG CHAPLAINS SELECTED TO BE SENT TO THE BOTTOM OF THE WORLD FOR THE VERY SPECIAL, ONCE-IN-A-LIFETIME OPPORTUNITY.

NESTING IN THE KEYS

180FW TRAVELS FOR WINTER TRAINING

BY STAFF SGT. AMBER WILLIAMS, PUBLIC AFFAIRS

Approximately 140 180th Fighter Wing Airmen from Toledo, Ohio deployed to Naval Station Key West to conduct air combat training exercises over the Gulf of Mexico in January.

180th FW F-16 Fighting Falcons and F-15 Eagles from the 159th FW, New Orleans, trained against F-5 Tigers from Fighter Squadron Composite 111, Naval Station Key West, Boca Chica Island, Florida.

During the exercise, the 180th FW participated in more than 100 sorties, providing training in Defensive Counter Air, Dissimilar Air Combat Training, and Dissimilar Basic Fighting Maneuvers. Training away from home provides an opportunity for fighter pilots to maintain readiness and expand their understanding of various airframes. The pilots also have the chance to more fully utilize the jet's speed and combat capabilities like chaffs and flares, countermeasures which confuse enemy radar and heat-seeking missiles.

"The training we can get here is more realistic because the airspace is less restrictive. For instance, here, we have the ability to go supersonic and use chaffs and flares. Whereas at home, the airspace we use for training is much more restricted," said Capt. Seth Murray, an F-16 pilot from the 180th FW.

Units from across the country come to train with the F-5 Navy detachment in Key West because it spe-



U.S. Air Force Lt. Col. Chad Holesko, an F-16 pilot from the 180th Fighter Wing, prepares for a training sortie on the flight line of Naval Station Key West, Boca Chica Island, Fla., Jan. 12, 2015. The 180th Fighter Wing deployed to Key West to conduct dissimilar aircraft training with F-15's from the 159th Fighter Wing, from New Orleans and F-5's from Naval Station Key West. (Air National Guard photo by Staff Sgt. Amber Williams/Released)



U.S. Airmen from the 180th Fighter Wing, Toledo, Ohio watch F-16 Fighting Falcon flight line operations at Naval Station Key West, Boca Chica Island, Florida, Jan. 12, 2015 during a training exercise. (Air National Guard photo by Staff Sgt. Amber Williams/Released)

cializes in adversary training. The F-5 is a twin engine, single seat, lightweight tactical fighter that is used to emulate the capabilities of enemy aircraft.

"They can replicate a variety of different aircraft,

whether it is a Mig-21 Fishbed, Mig-29 Fulcrum and so on," said Capt. Andrew Hauber, a 180th FW F-16 pilot and project officer for the exercise. "In a real-world scenario, the capabilities of the F-5 are very limited because their radar is antiquated and they cannot fire missiles. However, in a training environment they can replicate the kind of tactics we need to train with."

During the exercise, Murray had the chance to ride in the back of an F-15 to get a firsthand understanding of the different airframe capabilities.

"For starters, the F-15 is much larger than the F-16. In the cockpit there is much more room to move around and a tennis-court-sized wing-span which provides a lot of power," said Murray. "The F-15 is hydraulically controlled whereas the F-16 is electronically controlled, which means when they pull G-Forces, the aircraft starts to shake. In contrast the F-16 is very smooth when pulling turns."

Having intimate knowledge of an aircraft's maneuvering capabilities and how they handle g-force, or the gravitational force exerted on the airframe and pilot during a turn, gives pilots an advantage when participating in adversarial training.

"The F-15s definitely have an advantage over F-16s when you are talking about employment of long range missiles and beyond-visual-range shots.

cont. KEY page 12

STINGERS RALLY FOR BONE MARROW DRIVE TO SAVE LIVES

BY 2ND LT. JORDYN SADOWSKI, PUBLIC AFFAIRS

What do seat belts, immunizations, helmets and...bone marrow all have in common?

They can all save lives.

Bone marrow donation may not be the first thing that comes to mind when thinking about helping others, but it's a critically important one.

Airmen from the 180th Fighter Wing participated in a two-day bone marrow registration drive in support of the C.W. Bill Young Department of Defense Marrow Donor Program, also known as, Salute to Life, Jan. 10-11, 2015, at the Ohio Air National Guard Base in Swanton, Ohio.

In the time it takes most smart phones to auto-lock, another person is diagnosed with some form of life-threatening blood cancer. That's roughly one every four minutes, according to the National Marrow Donor Program website. Of those diagnosed with blood diseases, such as leukemia or lymphoma, 70 percent are unable to find a match within their family, forcing them to rely on the selfless donation of a stranger.

They say a picture is worth a 1,000 words, but a harsh picture is the reality that approximately 1,000 people will die each year because they'll fail to find a bone marrow match, according to the Institute of Justice website.

For almost 25 years, the Salute to Life program has been working with active duty, National Guard, Reserve, military dependents and Department of Defense civilian employee, building a database of donors and enabling marrow matches. More than 800,000 people have joined the National Marrow Donor Registry through this program, taking the first step to saving a life.

Service before self, a fundamental Air Force value, is the selfless act of serving your country,



U.S. Air Force Airmen from the 180th Fighter Wing swab the inside of their cheek for the registration process during the wing's two-day bone marrow registration drive Jan. 10 2015, part of the Salute to Life Program. The Salute to Life Program, also known as the C.W. Bill Young/Department of Defense Marrow Donor Program, works with active duty and their dependents, guard, reservist and Department of Defense civilian employees to facilitate marrow and stem cell donations. All of the donors are volunteers and since the program inception in 1991, more than 750,000 individuals to fight against blood cancer and other fatal diseases. Air National Guard photo by Senior Master Sgt. Beth Holliker (Released)

community and even strangers you might never meet to ensure the safety and protection of all. The united service of our military creates a unique family, a family that sacrifices their safety for the defense of others. But, who saves our service members?

Salute to Life has been able to match more than 6,000 individuals of the DOD with bone marrow and stem cell donations, providing them a second chance at life.

"The Salute to Life program is amazing because it's the DOD helping DOD, military saving military," said Chief Master Sgt. Robert Calhoun, 180th FW Maintenance Operations Squadron superintendent.

Calhoun orchestrated the Salute to Life registration drive after hearing from an Airman about his donation experience with the program. He hopes to organize another marrow registration drive in the future after the success of the

first one. More than 100 members from the 180th FW registered with the swab of a mouth, adding their name to the registry, going above and beyond their call of duty.

Staff Sgt. Nathan Abbott, the Airman who inspired the marrow registration drive, first heard about the program in 2001 while stationed at Eglin Air Force Base, Florida, when he was a member of the active duty Air Force.

Abbott, a munitions craftsman in the 180th FW Maintenance Group, considers donation a moral responsibility and the logical answer for those in need of help.

"I feel it's my duty to at least attempt to help a person if I am able, and that's why I feel so compelled to donate each and every time a match is found for me, and I will continue to do so." Abbott said.

Having already donated stem cells once through the program,

cont. MARROW page 9

AIR GUARD AIRMAN GIVES GIFT TO MAN WITH CEREBRAL PALSY

BY SENIOR MASTER SGT. BETH HOLLIKER, PUBLIC AFFAIRS

One Airman assigned to the 180th Fighter Wing recently demonstrated excellence in his Northwest Ohio and Southeast Michigan communities, when he provided a generous gift to a 32-year-old man, who was born with cerebral palsy.

Senior Airman Jacob Sorosiak, a Guard Airman with the 180th FW weapons section, gave Bradley Oehler and his family an opportunity to visit Florida's Walt Disney World.

Sorosiak's generous nature started when he was a youth when he first saw Oehler in his neighborhood, approximately 12 years ago. At 10 years old, Sorosiak would wave to Oehler as he passed his home in Toledo. At the time Sorosiak did not know Oehler, who would spend hours outside enjoying the sights, but he wanted to do something special for him.

"Since I've been really little, there's always been a boy that sits outside on Alexis Road," said Sorosiak. "I'd known him as a boy and he sits outside every day."

Sorosiak said that growing up in the area, he did not know exactly why Oehler was in a wheel chair, and he did not know the Oehler family, but he wanted to do something special for him

"Jake's generosity truly shows the compassion that our Airmen have for the communities in which they have grown up in, live and work in on a day to day basis," said Maj. Gen. Mark E. Bartman, Assistant Adjutant General for Air and Interim Adjutant General for Ohio. "The Air and Army National Guard members are "Always There, Always Ready.""

Sorosiak decided he wanted to save money to send Oehler and his family on a trip to Disney World in Florida. He promised his parents that he was going to save enough money to send Oehler on the trip. This became Sorosiak's childhood dream.

"I am proud to have someone of Senior Airman Sorosiak's character as a part of our unit," said Col. Craig Baker, 180th FW commander. "He is dedicated and giving."

"I told my parents that I was going to take him to Disney World," Sorosiak said during a recent interview. "They didn't take me seriously. They never thought I would follow it through. I told myself that once I am working full time I will save up the money to do it ... I thought about it every single day."

After graduating from Bedford High School in 2010, Sorosiak joined the Ohio Air National Guard. Sorosiak, now 22, recently started his civilian ca-

reer with Bedford Community Edu-

"Jake's generosity truly shows the compassion that our Airmen have for the communities in which they have grown up in, live and work in on a day to day basis," said Maj. Gen. Mark E. Bartman, Assistant Adjutant General for Air and Interim Adjutant General for Ohio.



One Airman assigned to the 180th Fighter Wing recently demonstrated excellence in his Northwest Ohio and Southeast Michigan communities, when he provided a generous gift to a 32-year-old man, who was born with cerebral palsy. Senior Airman Jacob Sorosiak, a Guard Airman with the 180th FW weapons section, gave Bradley Oehler and his family an opportunity to visit Florida's Walt Disney World.

reer with Bedford Community Edu- cation as a recreational director. In September 2014, Sorosiak delivered \$2,000 to Oehler and his family to fulfill a promise made to himself nearly 12 years ago. The trip to Disney World is planned for March.

"I told myself that once I get a real job when I get older, I'm gonna do it," Sorosiak said. "I'm gonna go to that family and give them my first couple of pay checks, and just give it to them and tell them the story."

Once word got out about the sacrifice and generosity of Sorosiak, the community started to get involved. Residents who read about his generosity in the local paper, the Toledo Blade, began sending donations to Oehler ranging from \$10 to \$500 to help with the trip.

Sorosiak efforts started a climate of giving in his community. He not only demonstrated that he gives back to his nation, but he also evokes the core values of the Air Force.

"When I put my head to [do] something, usually I do it," said Sorosiak. "If you want to do something, you have to push yourself to do it; it's been something that's been internal inside of me."

"Senior Airman Sorosiak demonstrates the Air Force's core values, he is the kind of Airman that demonstrates how the Air National Guard is a part of our community," said Baker. "I applaud his efforts and dedication of giving back to our community."

Watch our exclusive interview with Senior Airman Sorosiak: <https://www.dvidshub.net/>

COMMENTS from page 3

lationships, strengthen and promote cooperation and understanding between Reserve Component service members and civilian employers.

Programs like the Training Affiliation Agreement between University of Toledo Medical Center and the 180th Fighter Wing foster and enhance a culture in which employers gain knowledge and understanding, while supporting and valuing the military service requirements of National Guard and Reserve Airmen in.

In October, we announced that the 180 FW is slated to become an Active Associate Wing in 2018 as part of the Air Force's Total Force initiative, bringing 40 active duty aircraft maintenance personnel and four active duty pilots on board, in addition to our current authorized manning total. This year, October 2015, the 180 FW will get one active duty pilot as part of the transition to an Active Associate Wing.

As a result of the wing's future role in the Total Force, coupled with the continued success of our Aerospace Control Alert mission, the 180 FW attracted the attention of several distinguished visitors from across the Department of Defense, along with elected officials, wanting a first-hand look at how we operate and a chance to talk with our Stinger Airmen.

The Airmen of the 180 FW had the honor and privilege of hosting Sen. Sherrod Brown and Sen. Rob Portman, as well as the Commander of the North American Aerospace Defense Command, Gen. Charles H. Jacoby; the Vice Chief of the National Guard Bureau, Lt. Gen. Joseph L. Lengyl; the Commander and Vice Commander of Continental U.S. North American Aerospace Defense Command Region – 1st Air Force, Lt. Gen. William H. Etter and Canadian Brig. Gen. Alain Pelletier, along with the 1st Air Force Command Chief, Chief Master Sgt. Ronald C. Anderson.

Maintaining strong bonds with our local communities, our Stinger Airmen continued to find more ways to give back to those who give so much to us, supporting more than 130 community events and tours.

Most notable are the efforts of the Airmen from our Logistics Readiness Squadron, who partnered with the Cherry Street Mission twice and once with the Sparrows Nest Women's Shelter, volunteering over 185 hours to cook and serve over 450 meals to those in need. Also, as part of the partnership with Cherry Street, these Airmen were solely responsible for organizing over 60 unit members, contributing more than 200 hours, raising over \$900 to purchase food items, which they also helped to package and deliver to more than 1,000 local families for Thanksgiving. Their willingness to serve others is an example for us all to fol-

low.

In an effort to rally around a six year-old boy, diagnosed with stage three kidney cancer, and show that he is not alone, over 100 of our Stingers lined up to shave their heads or donate hair to Locks of Love, joining hundreds of Airmen from military bases around the world, as part of the "Go Bald for Brayden" cam-

paign. Brayden is the son of a 180th Airman who lost his life during an F-16 training mission in 2009, just before Brayden was born.

In 2014, the Stingers again continued to set themselves apart, clearly defining the 180th Fighter Wing as outstanding and innova-

tive, and relentlessly move forward toward being the most lethal, innovative and efficient fighter wing in the Total Force. The path toward our vision is paved by the courageous 180 FW Airmen and their pride, the empowerment of these Airmen and a world-class environment that cultivates core values, dignity, respect, diversity and inclusion. No matter the challenges or circumstances, our Airmen always pursue excellence, equipped to Provide for America. This is incredibly important since our capabilities underwrite our nation's security, protect and help our state vulnerabilities, and support the community. These will always be responsibilities that we value. The 180th Airmen continue to be the reason I put on my uniform each day. They make me proud.

Finally, this great fighter wing is only as rock solid as the communities who support us. It is you, our community members, who serve as the foundation on which this wing is built. We must continue to partner with the community and be creative leveraging each of our strengths as opportunities to battle the challenges ahead. These cooperative and innovative efforts will ensure we are postured to support and defend our nation staying well ahead of our enemies' capabilities, and respond to crucial state emergencies and disasters. Thank you for your continued support and partnership, the 180 FW would not be where it is today if it was not for the community. Since many of our Airmen were born and raised in our Northwest Ohio and Southeast Michigan communities, this community-based structure provides these Airmen a stable environment to make lifelong contributions to their local communities and families while at the same time providing ready, responsive and effective global vigilance, global reach and global power for America. As we look toward an exciting 2015, the 180th Fighter Wing remains committed to preserving your trust and respect, and we are dedicated and ready to serve our communities, our state and this great nation.

In 2014, the Stingers again continued to set themselves apart, clearly defining the 180th Fighter Wing as outstanding and innovative, and relentlessly move forward toward being the most lethal, innovative and efficient fighter wing in the Total Force.

MARROW from page 6

Abbott has been contacted twice about positive matches for bone marrow donation. Although the Salute to Life has found closer matches for the two patients, Abbott wouldn't hesitate for a second if he was called to donate again.

"Helping other service members is the most important thing we can do in my opinion, besides the mission, that's why we're here," Abbott said. "I, in no way think that what I did deserves praise of any kind, I'm just one of many thousands who have donated and feel compelled to help someone if able."

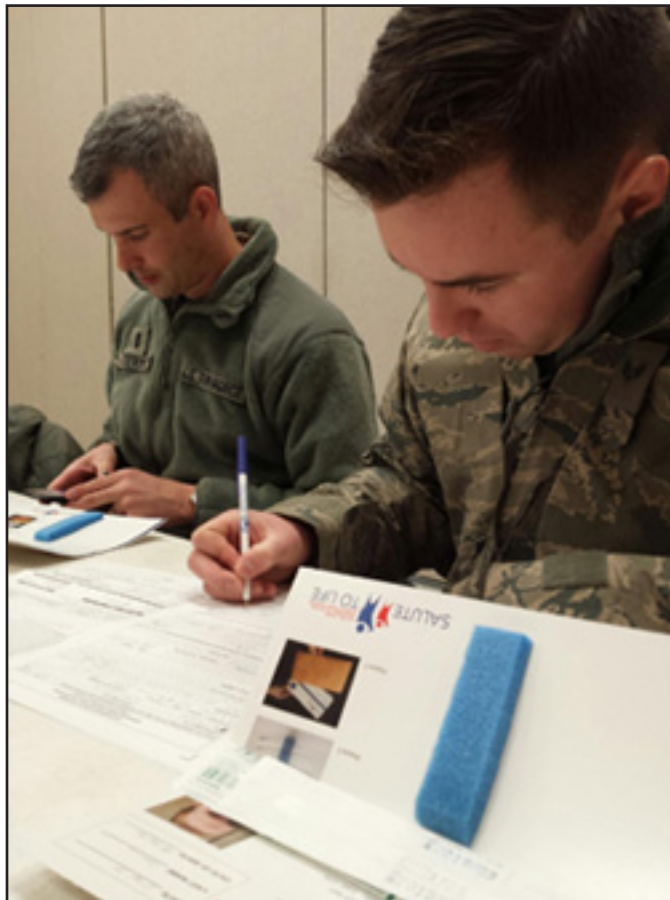
Airmen at the 180th FW agree with Staff Sgt. Abbott, participating in the drive is about helping their fellow service members, regardless of what uniform they have on.

"Whether it's someone's kid, family member or even myself, being in the military is a kind of family, it's the same thing," said Master Sgt. Christopher Gerrell, a munitions systems journeyman out of the 180th Maintenance Group. "I feel as if all of the people in the military are my brothers and sisters, as if they were my blood relatives."

Gerrell, an active blood donor, decided to register at the drive after putting himself in the shoes of others. "I figure, every chance I can help to save a life, I will. I know if it was my child or parent or pretty much anyone, I'd want to know people are doing what they can to help out."

Salute to Life continues to bring together those DOD "family" members, the ones in need of a marrow donation with the ones who have taken "service before self" one step further, and registered as a donor. Bone marrow donation can potentially be an extensive and painful process with a recovery period of up to two to four weeks.

Donating marrow happens in one of two ways: a traditional hip bone marrow extraction involving a



U.S. Air Force Chaplain, 1st Lt. Robert Caywood, a chaplain with the 180th Fighter Wing, and Senior Airman Nathan Cousino, 180th FW Chaplains Assistant, filled out consent forms during the wing's two-day bone marrow registration drive Jan. 10 2015, part of the Salute to Life Program. The Salute to Life Program, also known as the C.W. Bill Young/Department of Defense Marrow Donor Program, works with active duty and their dependents, guard, reservist and Department of Defense civilian employees to facilitate marrow and stem cell donations. All of the donors are volunteers and since the program's inception in 1991, more than 750,000 individuals to fight against blood cancer and other fatal diseases. Air National Guard photo by Senior Master Sgt. Beth Holliker (Released)

large needle and general anesthesia, or a Peripheral Blood Stem Cell donation. The PBSC method includes the use of a drug called, filgrastim, which allows the bone to release and push stem cells into the blood for removal, according to the National Marrow Donor Program website.

"Enduring an amount of pain to save someone's life, this is the definition of service before self, the essence of the commitment that 180th FW Airmen make to the nation every day," said 180th Fighter Wing Commander, Col. Craig Baker. "The selfless acts of our Airmen who registered at the drive inspires me to put my uniform on every day."

Master Sgt. Charles Wasnich, a munitions craftman, believes the reward of being able to save a life when called upon outshines the possibility of any pain because it allows him to serve others.

"This is about people helping people," said Wasnich, who registered for the first time at the 180th's drive on Jan.

11, 2015. "I'm hoping that my name does get selected as a match, because I know I am helping someone."

Hoping he gets selected so he can serve others? Sounds like the familiar ring of the oath every military member takes when he or she decides to put service before self and answer their nation's call to duty.

Adding their names to the Registry, Airmen of the 180th Fighter Wing came together once again to serve their country. However, this time, they stand united to serve the ones who wear the uniform beside them.

"The 180th FW Airmen make me the proudest I have ever been in my career, these Airmen continually put others before themselves," Baker said.

HELPING OTHER SERVICE MEMBERS IS THE MOST IMPORTANT THING WE CAN DO IN MY OPINION, BESIDES THE MISSION.
- STAFF SGT. NATHAN ABBOTT, 180TH MUNITIONS

NEW STINGERS

Kathryn Angstead, AMXS
 Anthony Barrow, MXS
 Austin Bly, CES
 Carly Brindley, MDG
 Layne J.A. Clellan, MXS
 John Clellan, CF
 Benjamin Cousino, MXS
 Kaelynn Ellis, OSS
 Daniel Hall, MXS
 Benjamin Khan, MXS
 Robert Kuriger, AMXS
 Samuel Kusina, CES
 Jeremy Langenderfer, CF
 Mark Mason, FW

Mitchell McClure, LRS
 Slate Moses, CES
 Seth Murray, FS
 Jairus Pam, SFS
 Diane Sluhan, SFS
 Zachariah Spaulding, SFS
 Lamar Smith, Jr., CES
 Quashawna Smith, LRS
 Damon St. John, AMXS
 Patrick Tompkins, CF
 Jason Warren, LRS
 Jacob Williams, MXS
 Jacob C Yeckley, OSS

RETIREMENTS

Lt. Col. Thomas Work
 Chief Master Sgt. Merl Creps
 Chief Master Sgt. Therese Sadowski
 Senior Master Sgt. Jeffery Brown
 Senior Master Sgt. James Dickman
 Senior Master Sgt. Darrell Maxwell
 Master Sgt. Stanley George
 Master Sgt. Kevin White
 Tech. Sgt. Jerry Crawford
 Tech. Sgt. James Grandowicz
 Tech. Sgt. Michael Woehrman
 Staff Sgt. Steven Brunn



Staff Sgt. Joshua Hartle is welcomed home by his family Feb. 2, 2015, following a six month overseas deployment. Hartle and 12 other of his Security Forces Squadron teammates deployed to Southwest Asia in July, 2014, to conduct an air base defense mission in support of Operations Enduring Freedom and Inherent Resolve. (Air National Guard photo by Senior Master Sgt. Beth Holliker / Released).

CDC/PME 90% CLUB

Congratulations to the following unit members who recently passed their respective CDC or PME exam with at least a score of 90% or better:

Name	Unit	CDC/PME
Tech Sgt. Todd Marte	OSS	CDC 1NX51
Tech. Sgt. Corey Whitacre	FSS	CDC 3M0710
Staff Sgt. Adam Krouse	CES	CDC 10023W
Airman 1st Class Benjamin Maciejewski	CES	CDC 10027W
Airman 1st Class Tyler Roberts	CES	CDC 10023W
Airman 1st Class Andrea Villegas	CES	CDC 10027W
Airman 1st Class Steven Welling	AMXS	CDC B2W051

MEDICAL GROUP CORNER: COLON AWARENESS MONTH

BY LT. COL. THOMAS SODEMAN, 180TH MEDICAL GROUP

As you may or may not know, March is colon cancer awareness month, established by President Clinton in 2000 in an effort to bring awareness not only to colon cancer, but also to the fact that it can be prevented. Colon cancer rates have been dropping for the last 20 years, due to early detection and prevention, but they have not dropped to zero yet. It is estimated there will be around 120,000 new cases of colon cancer in 2015.

Explaining the risks for and causes of colon cancer would take up more space than is available, and information is readily available online from such sources as:

<http://www.cdc.gov/cancer/colorectal/>
<http://www.gastro.org/patient-center>

Suffice to say, this month's message is about colonoscopies and the good they do. A colonoscopy can prevent colon cancer by finding polyps and growths in the colon, that over time can turn into colon cancer. If polyps are found, they can be removed during the procedure, but the operative word is found. You can't find polyps if you don't go looking for them. The current recommendation is to have a colonoscopy at age 50, unless there is a family history of first degree relatives, parents, siblings, children, with colon cancer at an earlier age. In that case, the recommendation is to start 10 years before the age they turned up with cancer. There are many other reasons to have a colonoscopy unrelated to polyps, such as investigating

bleeding or diarrhea, to name a few.

The procedure is quick, 20-30 minutes on average, is done with sedation, most people sleep through some if not all of their procedure, and the sedation induces a bit of amnesia for the procedure. Often when I talk to my patients after doing their colonoscopy I wake them up and they're surprised it's over. The hard part is the day before, during the process of cleaning the colon. This entails drinking some amount, it varies by which medication is used, of liquid which passes through without getting absorbed, and clears the colon out. After the procedure my patients will often go and have a well deserved breakfast or lunch and then return home. You may have heard of endoscopes elsewhere contaminated by a so-called 'superbug.' These are endoscopes that are never used during a colonoscopy, instead they are used to look in the bile ducts and remove gallstones.

To carry out our mission successfully, our Airmen must remain healthy and able to do their jobs. Part of staying healthy includes preventing colon cancer, a devastating diagnosis that, like a spinning airplane, may not be recoverable. This includes preventing it in family members, so Airmen can concentrate on their jobs. A colonoscopy is part of your preventive maintenance, an inspection that keeps you airworthy. If you have any questions both the Medical Group and you healthcare provider are here to give you answers.

PROMOTIONS

To Chief Master Sgt.:

Shelly Brunn, FSS

To Senior Master Sgt.:

Jeremy Lohman, FSS

To Master Sgt.:

Kenneth Caldwell, AMXS
Tracy Phillips, OSS
Ned McElfresh, CES
Jack Rasar, FSS
Levi Shadle, FW
Robert York, SFS

To Tech. Sgt.:

Phillip M. Dangelo, AMXS

To Tech. Sgt. (cont.):

Abraham J. Dominique, AMXS
John D. Jackson, CES
Nasheka O. Maddan, FW
Alicia M. Pasela, CF
Victoria A. Reed, MXS
Aaron J. Sacks, MXS

To Staff Sgt.:

Steven T. Havens, SFS
Kristofer R. Hepfinger, FSS
Joshua D. Herriott, MXS
Bradley W. Kahrs, MXS
Nicole M. Keane, LRS
Aubry M. Menard, MXS
Steven J. Przyojski, AMXS
Maximilian J. Segura, MXS
Cody J. Spaulding, SFS

To Staff Sgt. (cont.):

Armando G. Vargas, SFS

To Senior Airman:

Corey A. Downing, AMXS
Derek X. Duschl, AMXS,
Derek J. Kasper, CES
Matthew R. Kelble, AMXS
Justin P. Mattoni, AMXS
Tyler J. Sloan, OSF
Anthony R. Vance II, AMXS
Nicholas A. Vara, FSS
Joshua A. Wakefield, AMXS
Taylor A. Walterreit, FSS,

To Airman 1st Class:

Joseph W. Seedorf, SFS

Keys from page 5

They have more power and fly at higher altitude, which will give the missiles a longer range,” said Hauber. “Whereas with the F-16s, our advantage is that we are smaller, harder to see and we’re more maneuverable.”

The pilots explained the wide variety of training missions being flown in Key West. Missions like dissimilar aircraft combat training, dissimilar basic fighting maneuvers, two-verse-two and two-verse-one scenarios, tactical intercepts, and defensive counter air are all in a day’s work for them.

“In defensive counter air, there is a point, or a bull’s eye, that we are defending, called blue air. The F-15s or F-5s, play the bad guys, called red air, who are about 70-80 miles away. They are trying to approach that point and it is our whole purpose to protect it,” said Hauber.

To make the training more challenging, sometimes the odds are stacked against the “good guys.”

“We may fly a four-ship of blue air to take on eight, or more, red air. The red air comes in from high and then then more red air comes in low to get a target,” said Murray.

After each sortie, both sides of the mission debrief together to critique everyone’s performance and how

they can do better.

“Every day, we switch between flying red air and blue air. When we fly red air we are providing training for the F-15s and vice versa,” said Hauber.

“On red air days, we have been losing, but we are expected to lose. On blue air days we have been winning, but we are expected it win,” said Hauber. “Even as red air we have won. So we go back to debrief to figure out why the blue air lost.”

Training missions like these are of the utmost importance to maintain pilot’s skills. Training like this cannot take place over civilian communities



U.S. Force services Airmen from the 180th Fighter Wing prepare grilled chicken during a training exercise at Naval Station Key West, Boca Chica Island, Florida, Jan. 14, 2015. Services Airmen planned and prepared meals coordinated lodging for 180th Airmen participating in the exercise. (Air National Guard photo by Staff Sgt. Amber Williams/Released)

like the one the 180th calls home.

“This training is very effective because the adversaries’ capabilities are always increasing. With that, we need to be able to train against the highest threats out there. Though weapons and capabilities simulation of potential threats that we may encounter, we can get that type of training, which just isn’t possible from fighting F-16 vs F-16 on a daily basis here in Toledo,” said Hauber.

FOR YOUR INFO....

FEARLESS FIVE APP

The "Fearless Five" is now available on Ready Airman Iphone App. Imagine one of your young airmen out on the town. Some thugs approach. With the new Fearless Five mobile app, help is only one button away. At the ANG wing commander fly-in in Nov, we briefed the new ANG mobile app that permits your airmen to enter the names and numbers of five trusted agents. An airman in distress (SAPR, accident, suicide, whatever) can push one button and send the equivalent of an Amber Alert to those Fearless Five. Geo-coordinates and driving directions guide the five to the person needing help. Use it for your kids too! Apple iTunes link here: <https://itunes.apple.com/us/app/ready-airman/id638309886?mt=8>.



ICE from page 5

Drury recounted stories to explain just how eclectic and interesting the people really are in McMurdo. When he first arrived, a support worker from the town was showing him around, helping him get acclimated to his surroundings.

“I told him I wanted to know where everything was around town. So he’s pointing out ‘these people are in this building, that’s the electrical shop.’ And all through the conversation he’s talking about Socrates and Plato, history, science and philosophy. It’s almost a university feel.”

It was summer for the six weeks he was “on the ice” and Drury didn’t see a sunset until he was back in New Zealand. But snow rarely melts in Antarctica, not even to give way for a run.

“I did a half-marathon on the ice shelf. I did a 10k the first week I was there,” said Drury proudly. “When the ice starts to melt,

it gets slushy. But not like it gets slushy in Ohio. It’s a dry slushy, it’s more like running in sand.”

The “summer” in Antarctica might be hard to imagine for people living in the Northern Hemisphere, particularly when you remember that’s the holiday season. Not only did Drury provide over a hundred counseling sessions, weekend services, and guaranteed the free exercise of religion for all faiths represented, he also provided holiday services.

“Over the holidays they get a big boost in morale. That’s the second part of what we do, providing for other religious traditions,” Drury said. “The Jewish community said they had the best Hanukkah in 20 years. We were featured in the BBC’s ‘Hanukkah in Antarctica.’ One pilot mentioned that this year’s Hanukkah was the next best thing to being home.”

Providing for other religious traditions and non-religious spiritual needs of military members is something the Guard Chaplains do every day they wear a uniform. But because he has a civilian side himself, Drury found he was well prepared to provide for the non-military needs as well.

“That comes from being in the Air National Guard. The military provides the awareness and the mindset on how to do the neutral part. The civilian side helps

us better connect with the civilian population,” Drury said. “We have a unique niche that provides this. This is a time when we really hit our stride.”

Drury said that while military members are accustomed to the idea of privileged communication, a civilian is not. They are not readily familiar with the non-religious counsel a chaplain can provide.

“A civilian needs to be told ‘You can talk to us in complete confidentiality,’” said Drury. “But once they find that out, they talk about whatever they need.”

In a stark, unforgiving and austere environment like Antarctica, a chaplain’s counsel can be in high demand. The harsh reality

is that on an island as big as the continental United States and Mexico combined, with limited medical facilities, the danger of injury or even death is ever-present. Bereavement and grief counseling are part of what the chaplains are there to do.

But the landscape can provide a certain



Courtesy photos

dazzling beauty as well. Drury spoke reverently about the Chapel of the Snows, the southernmost facility dedicated to worship in the world, as being one of the most unique places he’s ever been to.

“It overlooks Mt. Discovery. You look out the back and you see this spectacular Transantarctic mountain range.”

Drury’s time there might have been short, but it is clear he cherished every minute he was there. Drury’s favorite part of the trip was being with the people in McMurdo. He couldn’t speak highly enough of the people there.

“You get this amazing group, I love that. In a lot of ways, I felt like I had the easiest six weeks out of the whole season.”