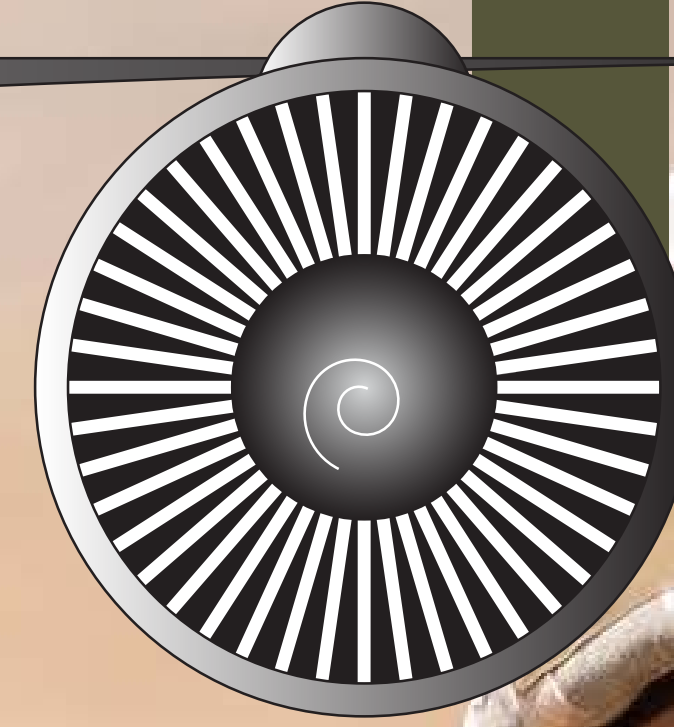
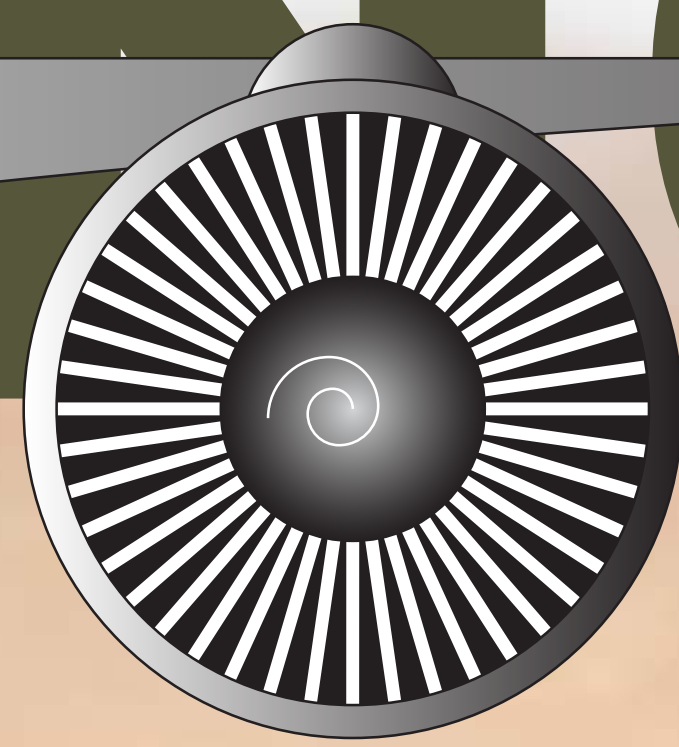


WING TIPS

Scott Air Force Base

Illinois Air National Guard

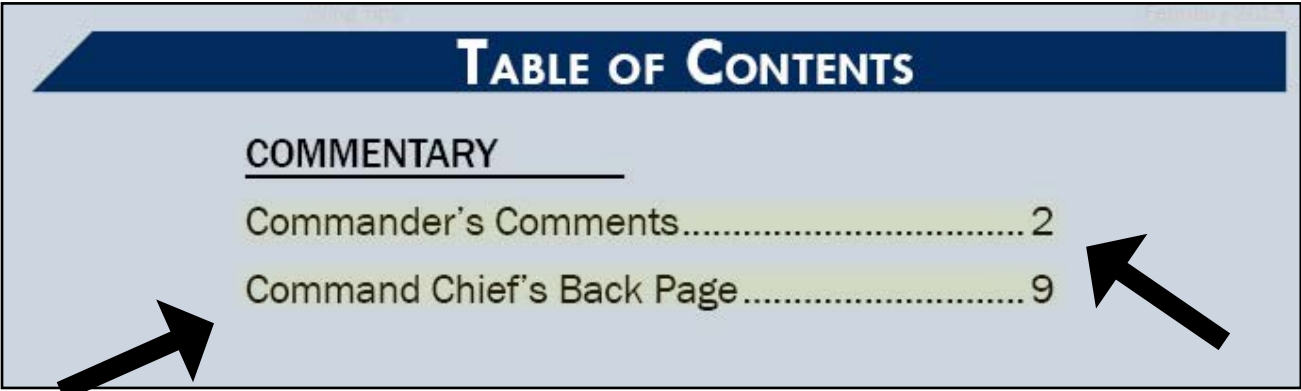


Spotlight Feature: Year in Review

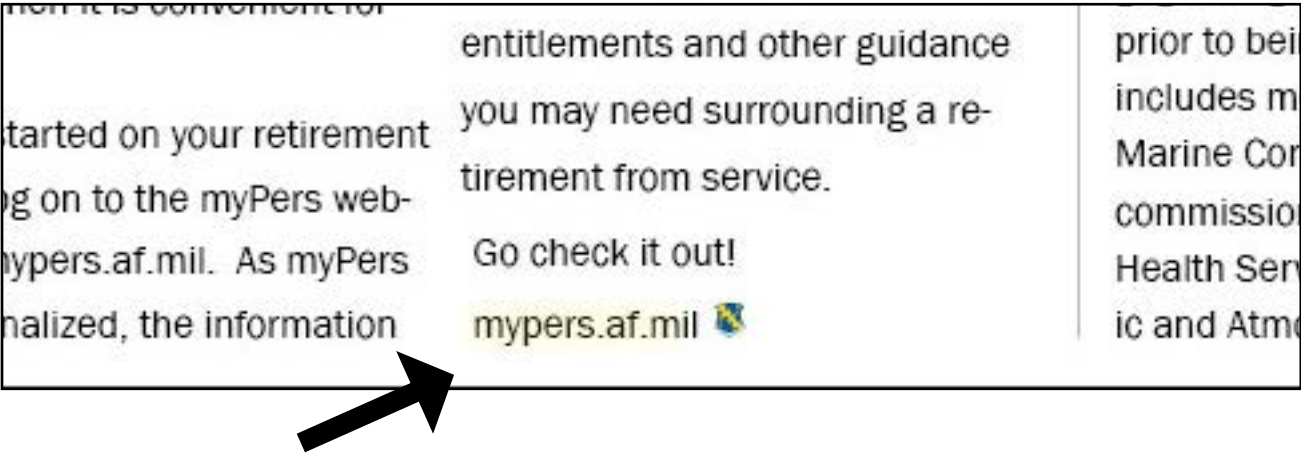
(Air National Guard photo by Staff Sgt. Ces White)

GETTING AROUND

How to navigate this interactive PDF file



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The Wing emblem notes the end of a story. Clicking on it will take you back to the table of contents.

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126th Air Refueling Wing

Wing Tips

126 Air Guard Way
Attn: 126 ARW/PA
Scott AFB, IL 62225-5503

(618) 222-5761
(618) 222-6506 (Fax)

126-arw.list.pa@mail.mil
www.126arw.ang.af.mil

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Wing Tips Staff

Commander: Col. Peter Nezamis

Chief, Public Affairs: Major Douglas Stuart

Public Affairs Officer: 2nd Lt Krista McDonald

PA Superintendent: Master Sgt. Ken Stephens

Photojournalist: Staff Sgt. Andrew Kleiser

Photojournalist: Senior Airman Mike Patterson

Photojournalist: Airman 1st Class Clare Wallace

Photojournalist: Airman 1st Class James Hutson

Broadcast Journalist: Staff Sgt. Cesaron White

Broadcast Journalist: Staff Sgt. Brooke Culler

Unit Public Affair Representatives

126 CES: Master Sgt. Jimmy Jacobs

126 CES: Senior Airman Tyler Rush

126 CF: Tech. Sgt. Jason Stroup

126 LRS: Master Sgt. Edwin Perez

126 LRS: Tech. Sgt. Ashley Hogman

126 MDG: Maj. Brian Gahan

126 MXG: Senior Master Sgt. Craig Cooper

126 OG: Maj. Ryan Shireman


126 SCMS: Staff Sgt. Cassidy L'Hote

COMMANDER'S COMMENTS

Winter is officially setting in and cooler temperatures signal the start of the holiday season, which I'm sure is welcomed by all as it's been a very busy year for our Wing. I am extremely grateful to all of you for your hard work and dedication that made this past year such a success.

October marked our annual family day event and I'd like to commend Travis Barker for once again organizing a great day. This is a time for us to relax, spend time with coworkers, friends and family and reflect on the sacrifices our families endure to support the mission of our wing. Their support is essential to the wing's readiness and allows our men and women to focus on carrying out our mission, whether here at Scott Air Force Base or deployed. It's important for us to take the time to show our appreciation for all they do. There was plenty food and activities

and as always, our annual softball tournament provided plenty of competitive entertainment!

In November we demonstrated our ability to expertly execute our mission during the annual USSTRATCOM Nuclear Operational Readiness Exercise. Obviously, the Maintenance Group, Operations Group, and Command Post play a significant role in these exercises but it also provides an opportunity for our newer members to learn more about the strategic mission of the 126th. As a wing, we will again exercise a similar scenario in January but this will be a local exercise tailored toward our training needs. Expect it to be in-depth and to include more personnel from around the Wing. This time we'll have the flexibility to provide added training scenarios and hone our skills. 



Col. Peter Nezamis

Wing Commander


**We know
training is
crucial to
our mission
readiness...**

COMMANDER'S COMMENTS



We know training is crucial to our mission readiness and currently, we have many members deployed to Guam in support of Pacific Command. Guam is a pivotal strategic location for bomber units, fighter wings traversing the region, and evacuation operations traveling across the Pacific theater. Our ongoing support for the Guam Tanker Task Force will likely provide additional deployment for training in the future. Our wing personnel will be returning in mid-December, just in time to spend the holidays with friends and family.

As you are all very aware, in the past few months we have seen an increase in threats and acts of terrorism. Nothing can truly prepare you for these situations however as members of the military, we receive invaluable training recognizing and analyzing risk while scrutinizing surroundings and applying situational awareness toward operational security. During this time of increased terror threats across the globe, we all must remain vigilant at home and abroad. You all represent a sense of pride and confidence for the American people especially in times of trouble when the very core of freedom is shaken off its foundation. If something doesn't look right, analyze the situation, use your training, and report it to the authorities.

Once again, I commend you and thank you for all you've done for our Wing this past year and all that you continue to do every day. I wish you and your families a safe and peaceful Holiday Season and I look forward to all we will do in 2016. 



NATO AWACS Support

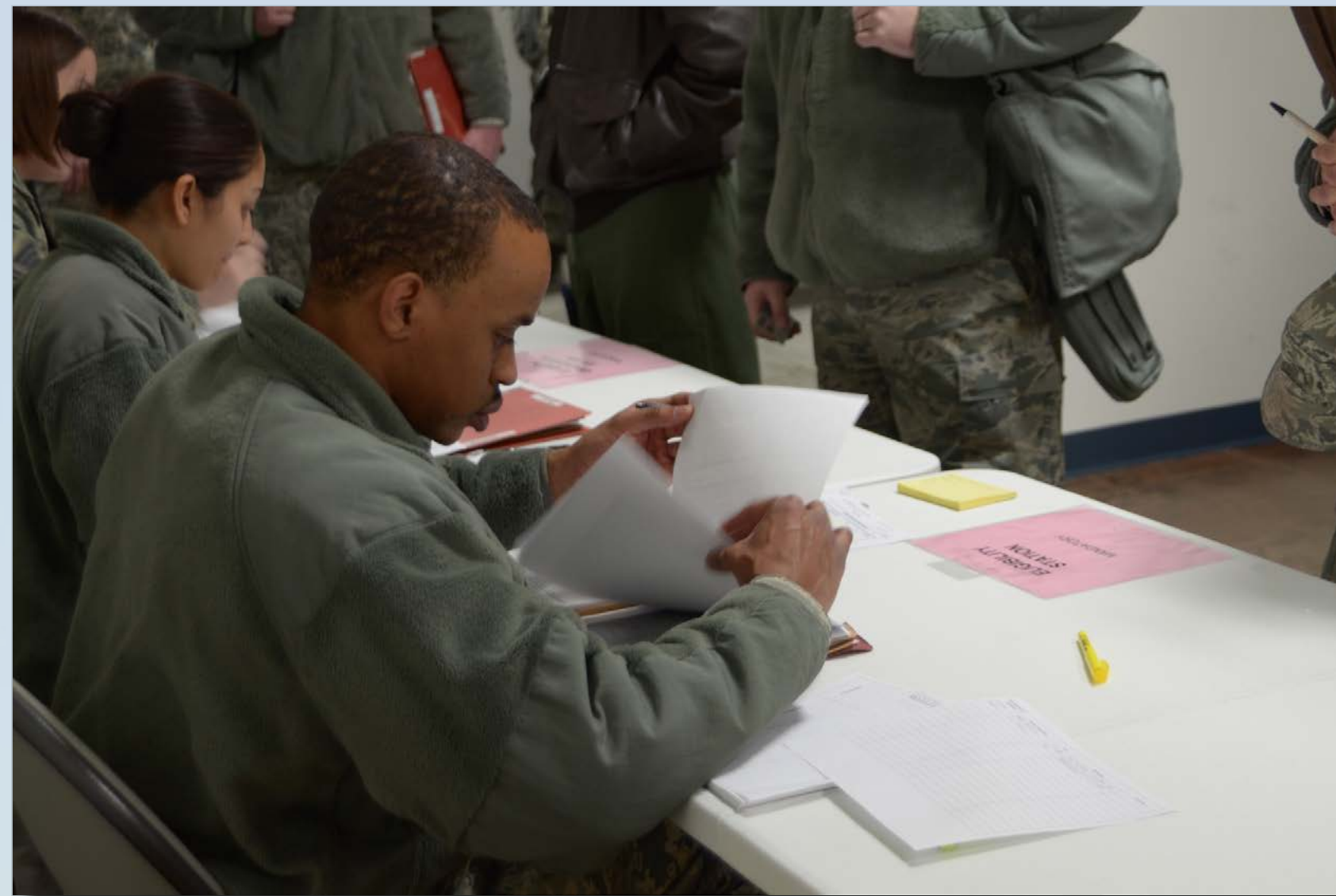
While deployed to Geilenkirchen NATO Air Base, Germany, the 126th hosted a flight of European photojournalists and reporters. The web site Fence Check has interpreted their story into English and posted it along with photos of the flight. You can read the article and view the images at [this link](#):

Twenty Years of NATO AWACS Tanker Support.

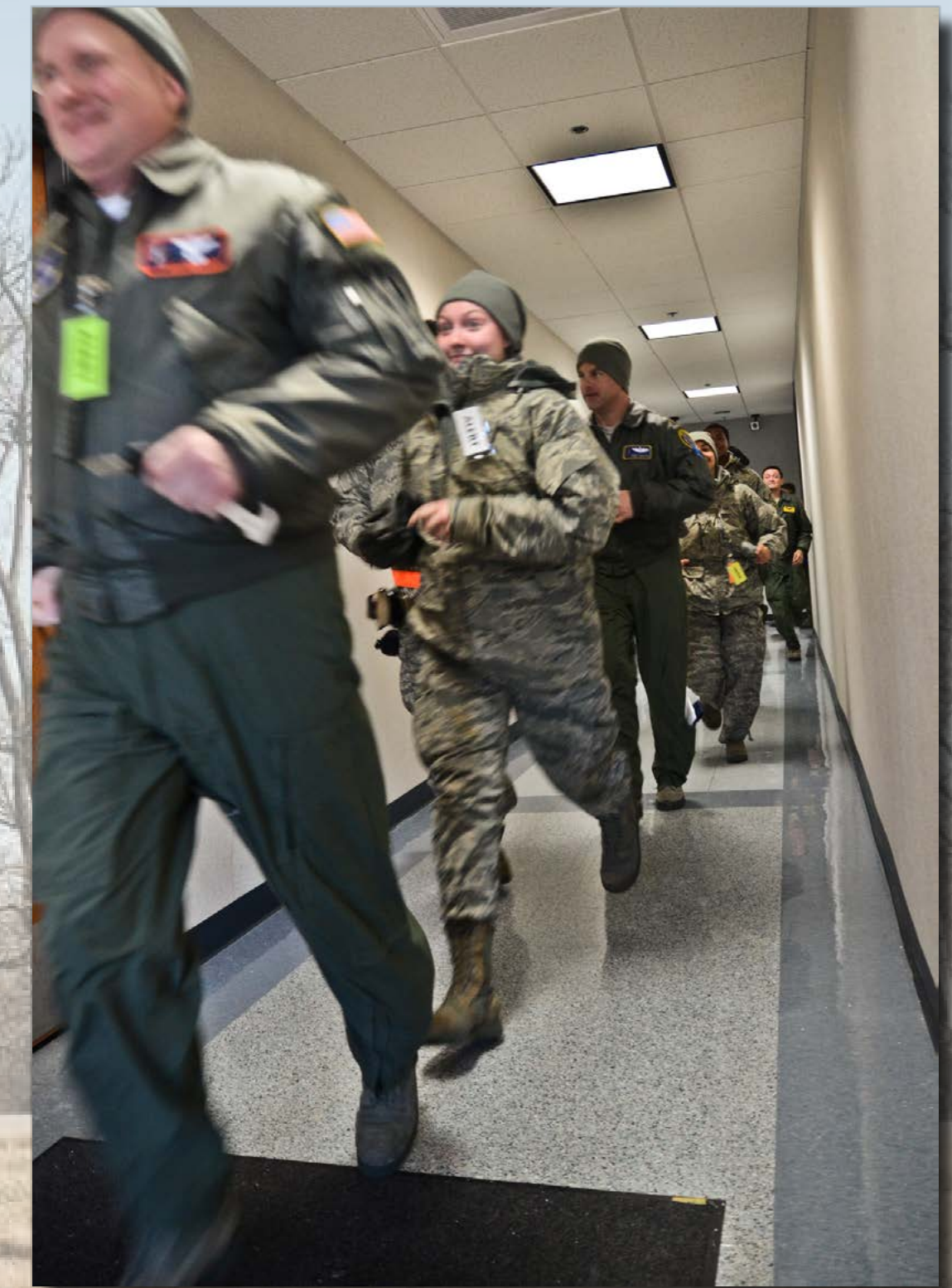
(Air National Guard image by Maj. Douglas Stuart)

January

In January we started the new year with a Nuclear Operational Readiness Exercise that tested our support for USSTRATCOM's nuclear global strike and strategic deterrence missions.



Above. Force Support Squadron personnel process exercise participants through a deployment line.



Above. Wing members scramble to respond to an alert call.



Left and right. Aircrew members get their life support gear tested and verified.



February

February saw grey skies and snow storms, an engine replacement for one of our Stratotankers and shoot-house training for the our Security Forces Squadron.



Above & below, Security Forces personnel move through a shoot-house exercise.



Above. Snow removal operations on the parking ramp.



Above, left & below, Maintenance technicians replace an engine on a KC-135R Stratotanker.



March

In March, families met their redeploying service members, Lt. Gen. Carlton Everhart II, 18th Air Force commander, visited us and units continued meeting mission and training requirements.



Left & below. Lt. Gen. Carlton Everhart II, 18th Air Force commander, visits the Wing.



Above & below. Members are greeted by family on returning from deployments.



Maintenance (left), Communications (below) and Logistics (right) conduct training to remain proficient in their assigned duties.



April

April brought an Expeditionary Skills Rodeo and a Spouse Flight. Friends and family members hosted a memorial walk in honor of Capt. Brandon Cyr on the anniversary of his loss.



Above. A walk in memory of Capt. Brandon Cyr.



Below. Wing members practice Self Aid and Buddy Care skills.



Above, left, below & right. Wing spouses attend a KC-135R aerial refueling mission.



June

Ceremonies and customs marked June as we retired Col. Richard Keasey, commander of the 126th Maintenance Group, promoted other of our members in the Senior NCO ranks with the traditional "tacking-on" of the stripes by family members and hosted our annual Kids on Guard event for members young dependents.



Above & left. Maintenance personnel perform various tasks to keep the Tankers flying.



Above. Col. Peter Nezamis (left), 126th Air Refueling Wing commander says farewell on behalf of the Wing to Col. Richard Keasey.



Above & right. Wing members are promoted with family members present.



Above & right. The Wing hosts Kids on Guard for a day of military related activities.



July

Our first IG CAPSTONE event was accomplished in July with an Effective rating. We said goodbye to Lt. Col. Gonzalo Reyna, commander of the 906th Air Refueling Squadron, and welcomed Lt. Col. Donald Landgrebe. Other units deployed for training to Italy and California.



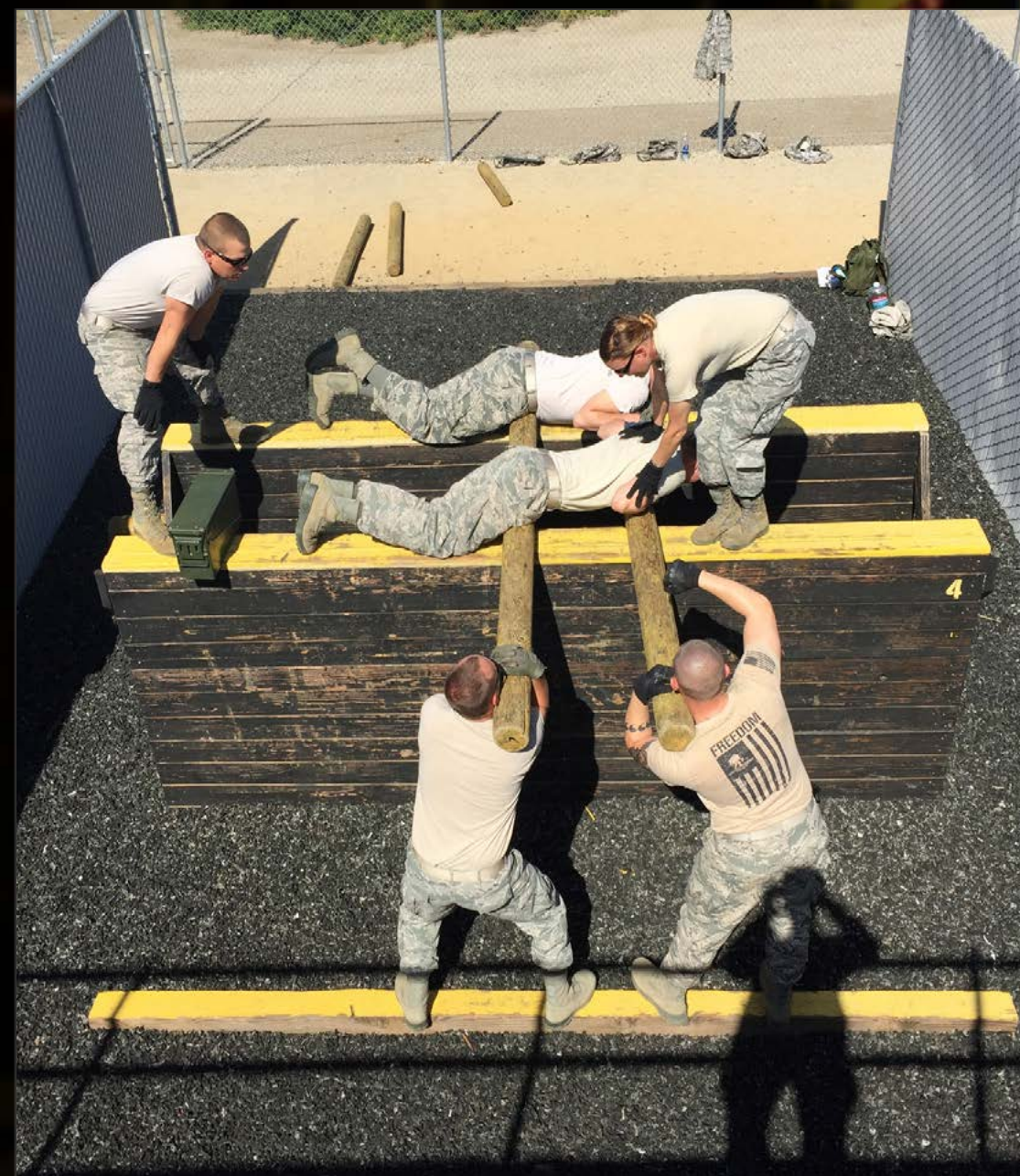
Above. Lt. Col. Donald Landgrebe (left) accepts command of the 906 ARS from 375th Operations Group commander, Col. Jeanette Voigt.



Left. Inspector General team members (left) talked to many Wing members about their duties and practices during the IG CAPSTONE event.



Above. In keeping an Air Force tradition, Lt. Col. Gonzalo Reyna is hosed down by family and friends after completing his final flight before retiring.



Left & right. The 126th Communications Flight (left) does team building exercises during their Annual Training in California. The 126th Medical Group trained at the U.S. Navy Hospital in Naples, Italy.



Above. The civil engineers installed warning signs to warn drivers of fast moving vehicles responding to alert calls..



August

A deployment to Geilenkirchen NATO Airbase, Germany, wrapped up in August and the Wing hosted a civic leader event for an evening in the hangar.



Above & below. The Wing hosted the Belle-Scott Committee comprised of business and community leaders.



Above left, left & right. Aerial refueling missions at Geilenkirchen NATO Air Base provided a rare chance to view refueling missions from both the KC-135R and the receiving E-3A Sentry.



October

As fall began, we took time for our biennial Family Day softball tournament. We also hosted Senator Mark Kirk for a KC-135R tour and honored outstanding performers of the IG CAPSTONE event.



Above & below. Softball games and grilling were some of the highlights from the 2015 Family Day.



Above & right. Senator Mark Kirk took a tour of a KC-135R Stratotanker and learned about the 126 ARW mission.



Below. The 126th IG team (right) celebrates the completion of the CAPSTONE event while outstanding performers (below right) are recognized by Maj. Gen. William D. Cobetto, Assistant Adjutant General - Air for Illinois.

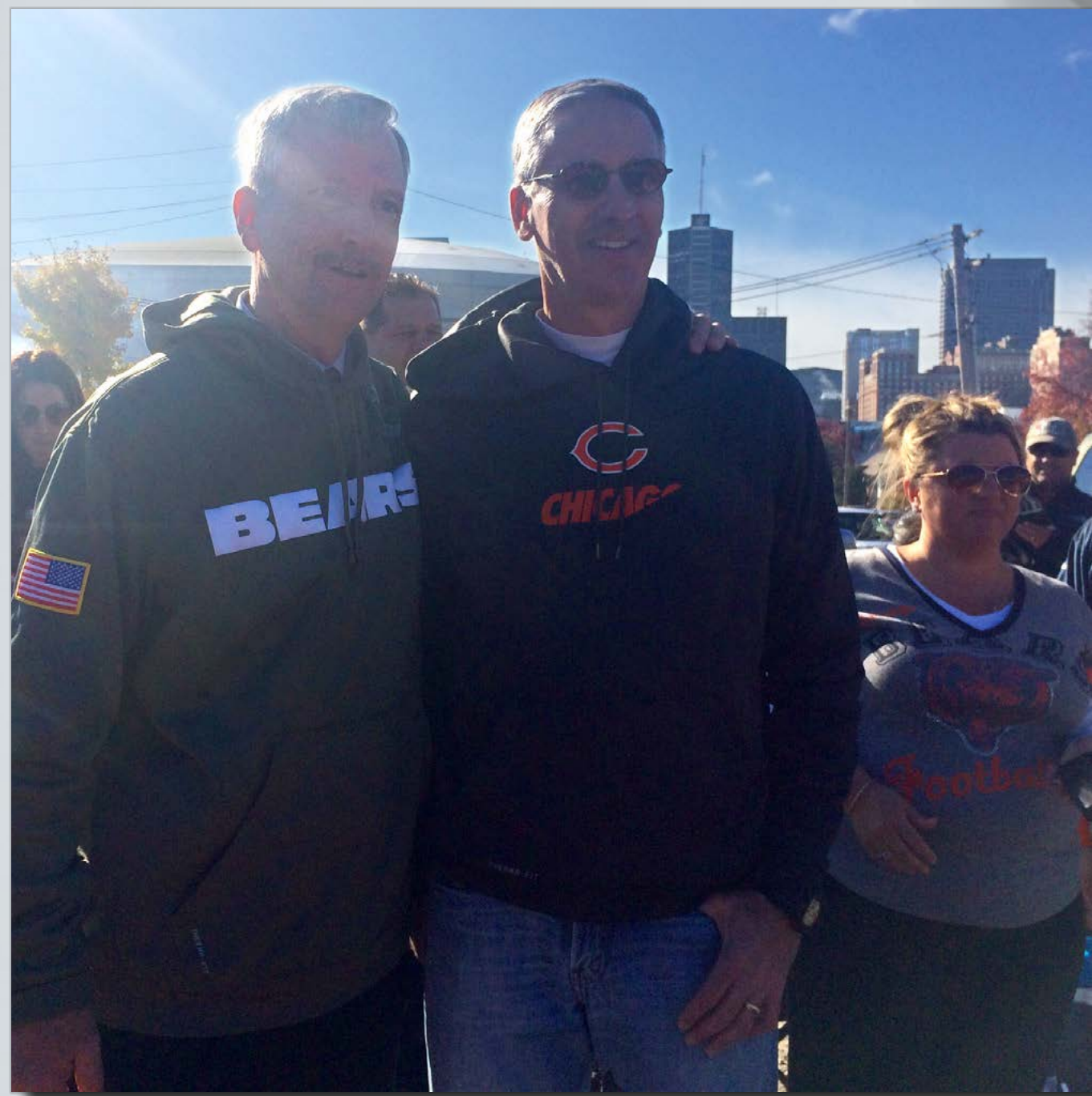


November

Some of our members attended the Saint Louis Rams vs. Chicago Bears game and ran into Chicago Bears Chairman George McCaskey. Meanwhile, our color guard presented the flags for the pregame ceremony for the Saint Louis Blues. We also hosted Junior ROTC units on a refueling mission with the AWACS.



Above & right. Chicago Bears Chairman (wearing a green Bears pullover) poses with Wing members while they were visiting Saint Louis for a game day.

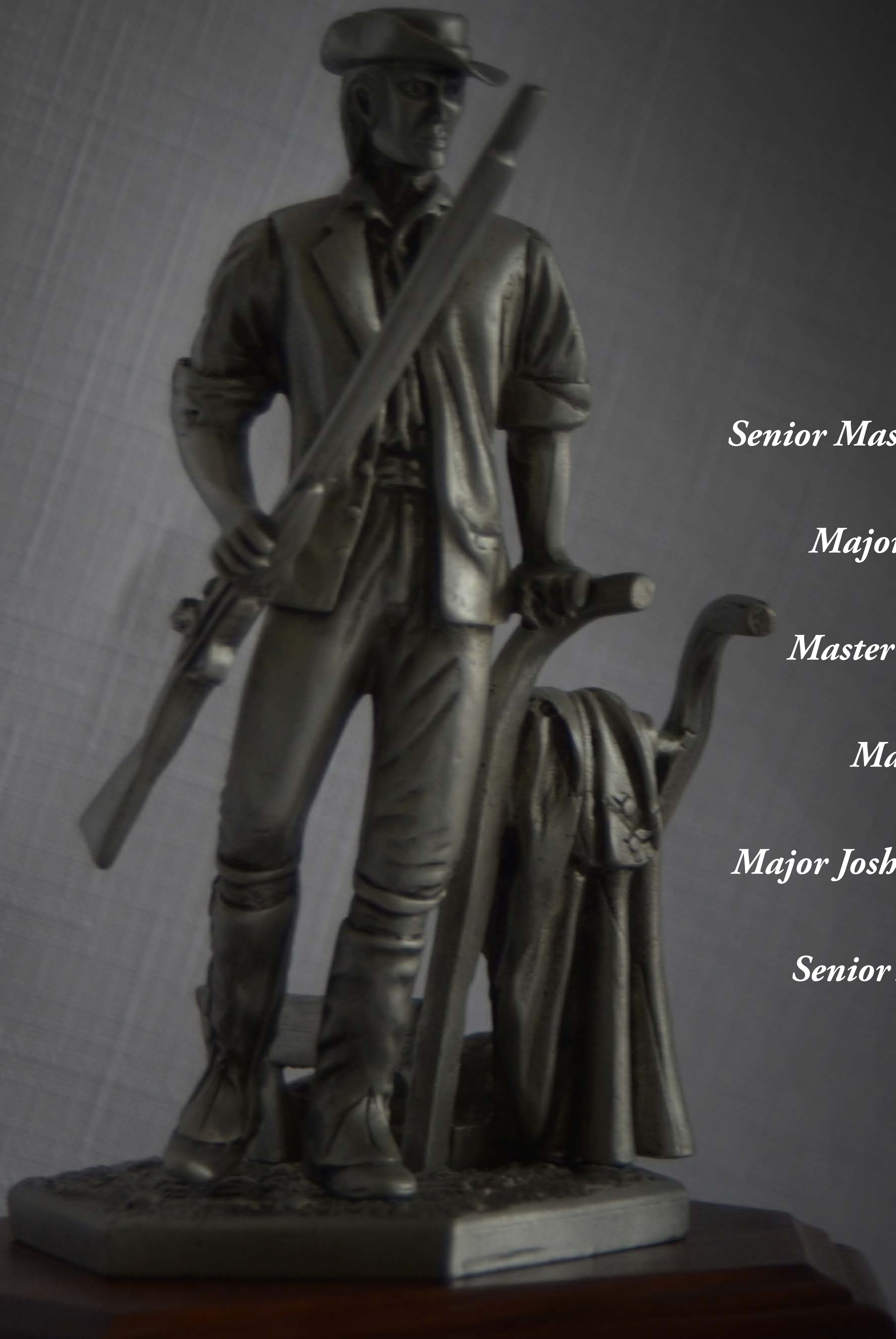


Left. An E-3 Sentry approaches a 126th Tanker during a refueling flight hosting AF JROTC cadets.



Above & left. The 126th Color Guard presents the flags at the opening ceremony of a Saint Louis Blues game.





126th Air Refueling Wing Retirements

Senior Master Sgt. Timothy Clements, 126th Civil Engineer Squadron - 26 Years

Major Philip Stratton, 126th Logistics Readiness Squadron - 25 years

Master Sgt. Scott Kirk, 126th Aircraft Maintenance Squadron - 23 years

Master Sgt. Patricia Brown, 126th Comptroller Flight - 22 years

Major Joshua Hoorman, 126th Supply Chain Management Squadron - 18 years

Senior Airman Michelle Wills, 126th Security Forces Squadron - 7 years




Managing Holiday Stress

Submitted by: Ms. Linda Schuh MSW, LCSW, Wing Director of Physiological Health

The biggest causes of holiday stress are relationships, finances, and physical demands. Here are 10 tips to cope with all three.

1. Plan a budget. On average it takes four months to pay off holiday related bills. If you have created a holiday account to put dollars away all year, you are ahead of the game (remember this idea for next year). Stick to a budget.
2. Focus on one thing at a time. DO NOT try to do everything at once, separate tasks and DELEGATE. Having and making lists will not only help you stay organized, but it will give you a sense of accomplishment when each task is completed.
3. Simplify. It's easy to feel pulled in too many directions. Holidays are filled with parties, shopping, school programs, church activities etc. Ask the family which activities are the most meaningful and do those.
4. JUST SAY NO. Pressure and guilt to "Be All" and "Do All" are the greatest during the holidays. Don't over extend yourself; it is okay to say NO.
5. Watch what you eat. We tend to overindulge this time of year. Eat healthy snacks to keep your energy up, eat mini meals throughout the day

6. Break a sweat. Exercise, exercise, exercise! Get your heart rate up. We tend to stop this because we are so busy. Exercise is the best stress buster we have. USE IT! Go for a vigorous walk 30 minutes per day. It's good for your heart!
7. Set aside "Me" time. Take a minimum of 15 minutes at the beginning of your day to quiet and center yourself. Practice meditation.
8. Give back. Helping others provides a great stress buster and sense of joy in helping others. Wrap gifts for a neighbor with arthritis, ring the bell, or shovel someone's walk.
9. Keep expectations realistic. Be careful not to distort what doesn't go the way we want it to. Don't sweat the small stuff and remember, the idea of the holidays is to celebrate and give thanks.
10. Ask for and get help. Take care of yourself. If the holiday blues last for weeks for you talk with a friend or call your doctor or mental health professional.

Are the holidays causing you stress? Call your DPH today at (618) 256-7585 or cell: (618) 365-0159. You can also email me at linda.schuh.1@us.af.mil. 


E Cigarettes: Let's Clear the Air

Submitted by: Senior Master Sgt. Heather Braundmeier, 126th Medical Group

The rise of electronic cigarettes, marketed as a safe alternative to cigarettes, has sparked a growing debate: do electronic cigarettes, commonly referred to as e-cigarettes, offer a healthy alternative to smoking? Could they be used as a quitting aid? Should minors be allowed to use e-cigs? The research is not yet conclusive, but the not-so-smoky haze surrounding e-cigarettes is beginning to clear.

An e-cigarette is a plastic, battery powered device that delivers nicotine by heating a nicotine-containing liquid to create a vapor that the user then inhales. They are not yet regulated by the FDA, and very little research exists on their long-term effects on health or use as a quitting aid. The FDA's Center for Drug Evaluation did recently conduct a pharmaceutical analysis on e-cigs of various flavors and nicotine levels from two of the leading brands, and found that 1. The e-cigarettes DID contain cancer-causing chemicals as well as harmful toxic chemicals, including one with an ingredient used in antifreeze that is known to be toxic to humans. 2. The manufacturers that produce e-cigarettes perform little to no quality control, exhibited by variable nicotine levels in e-cigarettes advertising the same nicotine content, and lastly, 3. E-cigarettes labeled as nicotine-free actually did contain low levels of nicotine.

So what do you need to know about e-cigarettes? They do NOT operate with harmless water vapor as marketing would leave you to believe. Some e-cigarettes contain carcinogens, and all contain respiratory tract irritants. There is no way to tell which ones are safer, because quality is inconsistent even within brands. They present a poison threat to children and adults alike. Nicotine is an addictive substance no matter the delivery method, and these e-cigarettes attract a younger audience. We do not know the long term effects of e-cig use.

Smokers: If you want to quit, use an FDA approved aid, along with counseling. On base, the Health and Wellness Center is a great resource. Call us at (618) 256-7139 and ask about getting help to quit. Non-smokers: Don't start using e-cigarettes or any other nicotine delivery device, for that matter. Non-nicotine vaporizers come along with all of the problems described here, minus the nicotine, and even that is not guaranteed. 

COMMAND CHIEF'S COMMENTS

Community College of the Air Force graduates

I wish to extend my personal congratulations to the following 126th Air Refueling Wing enlisted members who graduated in the October 2015 class with an Associate of Applied Science degree from the Community College of the Air Force. The Community College of the Air Force is the largest community college in the nation serving all enlisted personnel in the U.S. Air Force. All that is required to earn your degree from CCAF is a collection of various semester hours totaling 64. Many of these credit hours are earned from military education and training you may have already completed. I strongly encourage all enlisted members to further their civilian education. For more detailed information regarding CCAF, contact your unit Education and Training Manager.



Chief Master Sgt. Alicia C. Brown

Master Sgt. Brian B. Goldenstein

Master Sgt. Jayme L. Laurent-Small

Tech. Sgt. Daniel A. Baque

Tech. Sgt. Jacob S. Curtis

Tech. Sgt. Angelica M. Knecht

Tech. Sgt. Gabriel G. Souders

Staff Sgt. Christopher B. Adams

Staff Sgt. Eric J. Hartman

Staff Sgt. Noah H. McDaniel

Staff Sgt. Westley O. Wieland



Aircraft of the Month

Provided by the 126th Maintenance Group

JULY 2015

Aircraft 59-1500

It had a Mission Capable rate of 98.5%, and 16 sorties flown totaling 54.0 hours. The lead crew chiefs on that aircraft are Master Sgt. Mike Jansen and Tech. Sgt. Dan Baque.

AUGUST 2015

Aircraft 59-1466

It had a Mission Capable rate of 99.59%, and 15 sorties flown totaling 79.0 hours. The lead crew chiefs on that aircraft are Master Sgt. Eric Dewey and Tech. Sgt. Ken Klomps.

SEPTEMBER 2015

Aircraft 59-1522

It had a Mission Capable rate of 95.0%, and 25 sorties flown totaling 180.1 hours. The lead crew chiefs on that aircraft are Master Sgt. Terry Kahrhoff and Staff Sgt. Cody Harpster.



Keeping in touch...

Don't forget to email us if you change your email address or have any comments about Wing Tips.

You can also provide any other feedback to this email:

126-arw.list.pa@mail.mil

You can keep up with Wing events on the web at these sites:

Website



Facebook



Flickr



DVIDS Hub



Wing History

An inside look at the Spring 1976 issue of Wing Tips is shown in this reproduction.

Tankers, F4's perform over tundra

By A2C KATHY MILEY

The crew ran the final checklist, pushing buttons, pulling knobs, ringing bells. The giant KC-97 was preflighted. The crew and plane were full of coffee and fuel. And in the quiet Canadian starlit morning, we flew into the darkness, headed north for Alaska.

We were on our way to Elmendorf AFB in Anchorage to fly an air-to-air refueling mission with an Air Force fighter squadron. We spent our first night in Canada, half way to Alaska.

Sunrise came silently over the husky mountains of British Columbia. As we flew along the rigged coast of North America, the plane began developing engine problems. Two generators and one alternator were out. In the cockpit, Lt Col Bill Herrin, pilot, and Maj Bob Linn, co-pilot, contacted Chicago for advice. Word soon came back through the earphones: there were no suitable generators in Alaska. We were to turn back immediately. A second plane bringing spare parts was being sent to meet us in Canada.

As MSgt Roger Lakso, flight engineer, checked his controls to keep us in the air, and Maj Dillard Harris, navigator, made his calculations to keep us on course, Col Herrin advised Chicago and the crew that we were past half way. It was too late to turn back. We were going on as planned.

A well-trained and efficient crew went into action, checking equipment and taking readings as the nose of the giant tanker soared gracefully northward over Alaska's timeless scenery.

On that clear day last fall, as we finally approached our destination, the mountains became a stately backdrop to a carpet of bright orange and gold. We were met by autumn in Alaska.

Circling to land, three of six generators were out now. One more generator gone, and the landing gear would have to be lowered manually. With all the mechanical problems, and a wet runway wedged between water and mountains, Col Herrin still gave us a perfect landing. No bumps. We were in Alaska.

The long journey over, we set out to enjoy some free time, a hot bath, and a change out of dusty fatigues. The work had just begun, however, for mechanics TSgt Elbert Bonner and SSgt Dan Green who worked well into the night. With available equipment they had to get the plane in shape for our refueling mission the next morning.

At 0700 we arrived at Base Operations only to find the mission postponed because of

fog. The plane had been fixed, and when the sun broke through at 1100, two tired mechanics waved goodbye as we taxied down the runway.

The day was perfect flying over the tundra towards Mt McKinley to rendezvous with the fighters. I watched the radar with Maj Harris as it picked up the tiny approaching beeps that meant refueling was at hand. Suddenly, several F-4's flew beside us. I hurried to the chilly boom pod where boomer SMSgt Vernon Bowers, an old hand at refueling, was ready to begin. Below us stretched pristine glaciers and snowy mountain peaks as far as the eye could see.

One by one, the planes jockeyed up underneath us, close enough to see the pilot's faces. It was up to the boomer now. Over his headset, like a patient mother, he cajoled, encouraged and advised each pilot until they were in perfect position beneath us. Slowly the boom extended, and at a rate of 6,000 pounds per minute, 20,000 feet above the wilds of Alaska, fuel poured into the thirsty fighters.

A second wave came and repeated the same procedure. When the last plane was full, the fighters disappeared behind the mountains and we were alone again in the crisp sunshine.

We turned back to base. The mission was a success, and the crew was tired, but happy. Maj Linn was our pilot that day, and the only things left to see before we headed home to Chicago was how his landing would compare to Col Herrin's the day before.

State Staff celebrates

20th birthday at O'Hare

The official start of America's bicentennial year—New Year's Day 1976—also was the 20th birthday of headquarters, Illinois Air National Guard.

Better known as "The State Staff," the headquarters was organized 1 January 1956 at Midway Airport, Chicago. The first chief of staff for the newly-authorized top headquarters was the late Brig Gen—later Maj Gen—Wilson V. Newhall. Gen Newhall was one of the original members of the Illinois Air National Guard when the 108th Squadron was activated almost 49 years ago.

When Gen Newhall retired 3 September 1960, (then) Brig Gen Donald J. Smith became the second man to head the State Staff. Gen Smith received his second star 9 December 1964, and continues to head the organization as chief of staff.

Of the original seven members of the State Staff from 1956, only Capt (now Col) Warren E. Bristow still is serving in the Illinois Air National Guard. Col Bristow of course is commander of the 126th Air Refueling Wing.

In fact, of the 12 officers who were members of the State Staff at its ten-year anniversary, only three—Maj Gen Smith, Col Edward C. Schweiger, and Lt Col Raymond C. Simak—still are serving. All three still are on the State Staff.

Of the 12 airmen serving at that time, two remain on the State Staff: CMSgt Frank J. Snooks Jr and MSgt Phillip E. Cornwell (who works in the Adjutant General's Department in Springfield).

On 1 July 1962, the Headquarters, Illinois Air National Guard moved from Midway Airport to its present location at O'Hare International Airport. State Staff officers and airmen are located in the area around Maj Gen Smith's office on the second floor of the hangar building.

Present members of Headquarters, Illinois Air National Guard, in addition to Maj Gen Smith, Col Schweiger, and Lt Col Simak are: Brig Gen Hal C. Tyree Jr, Col Ralph A. Bush, Col Harold C. Norman, Col (Dr) James A. Sandrolini, Lt Col Philip E. Gunby, Lt Col William J. Hurley Jr, Chaplain (Maj) John J. O'Malley, Capt John L. Rybakowski, and Capt Jon P. Bowermaster.

Enlisted members in addition to Sgts Snooks and Cornwell are Sgts Raymond P. Gordon, Gary D. Nix, John G. Sheedy, Leslie C. Muchow, David D. Daniels, Edwin F. Schmitt, Kathleen A. Sanchez, Jose L. Martinez, and Thomas A. Murray.

Among other things, the State Staff prepares plans, policies, and programs for Air Guard units in Illinois; advises and assists the adjutant general in execution of such of these plans, policies, and programs as he approves; advises and assists the adjutant general in matters of administration, logistics, and training; and provides for retention and continued training of highly experienced Air Guard people.

WING TIPS

WING TIPS is an official Class II newspaper, quarterly, for the 126th Air Refueling Wing, P.O. Box 66486, O'Hare International Airport, Chicago 60666. Opinions expressed do not necessarily reflect those of the Adjutant General, Illinois Air National Guard, commanders, or the U.S. Air Force. The 126th Air Refueling Wing is commanded by Col Warren E. Bristow; Chief of Staff of the Illinois ANG is Maj Gen Donald J. Smith; wing information staff/historical officer is Maj Ernest A. Melichar.

Hq Illinois ANG

Lt Col Philip E. Gunby

MSgt E. J. Vardalas, TSgt Mel Bytnar, SSgt Don McSherry,

A1C Tom Hoppe, A2C Kathy Miley

Phone 312/694-3031 Ext. 2546 or 2547 or 2513