

THE JET GAZETTE

READY TO SERVE...NEIGHBOR & NATION

OFFICIAL PUBLICATION OF THE 141ST AIR REFUELING WING

OCTOBER 2023

MACA

MID-AIR COLLISION AVOIDANCE
PROGRAM HELPS AVIATION COMMUNITY

WELCOME

DIRECTOR OF PSYCHOLOGICAL HEALTH AND
PRIMARY PREVENTION SPECIALIST ADDED TO WING

FAREWELL

141ST COMMAND CHIEF SAYS GOOD-BYE TO WING

VFW

VETERANS OF FOREIGN WARS
POST 3386 ADOPTS WING

EP 2023

WING PARTICIPATE IN FIRST EVER
ENDURING PARTNERS ENGAGEMENT

SABRE

HERITAGE F-86 SABRE PAINT RESTORATION

THE JET GAZETTE

THE OFFICIAL PUBLICATION OF THE 141ST AIR REFUELING WING

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VICE COMMANDER COL. ANGELA O'CONNELL
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THE MISSION OF THE JET GAZETTE
IS TO EFFECTIVELY COMMUNICATE EVENTS
AND INFORMATION OF THE 141ST AIR REFUELING WING
TO UNIT MEMBERS, THEIR FAMILIES AND RETIREES
AND TO RECOGNIZE PERSONAL AND UNIT
ACHIEVEMENTS WITHIN THE WING.

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NOTES FROM THE TOP

**LT. COLONEL KANDACE KANNBERG
141ST MDG DETACHMENT 1 COMMANDER**

Welcome to October RSD! Fall is in the air, and I love it! The cooler mornings and afternoon sun, back to school (thank goodness), beautiful fall leaves changing colors, football season is going strong (Go GRIZ!), Halloween décor is coming out and pumpkin spice is everywhere! One of my favorite parts of living in the Pacific Northwest is the changing seasons. It is always a reminder that change is constant and always coming.

I'm looking forward to seeing you all this RSD and having the opportunity to spend more time together with our new four-day weekend training schedule. I am very excited about having more consolidated AFSC training time. If you know me, you know that I'm passionate about training. With the high ops tempo of taking care of our members in the wing and executing the mission, our AFSC training sometimes ends up taking the backseat. This is our chance to dive in and reinvigorate our knowledge and skills.

Training for MEDIC-X will be front and center for the MDG's training plan over the next year. MEDIC-X is the Air Force Surgeon General's initiative to ensure that all medical personnel are

equipped with foundational skills to elevate patient care, readiness, and casualty management. Together with the life-sustaining skills learned in Tactical Combat Casualty Care, MEDIC-X enables collaborative responses needed for a challenging and dynamic future battlefield where resources may be limited. With MEDIC-X, all personnel within the MDG, including administrators, public health, etc., will participate in this training.

The training includes 52 skills that can be taught through hands-on, in-person training. These skills include assessing pain levels, administering some medications, infection control, taking a patient's vital signs, wound care, assisting with spinal immobilization, patient movement, and respiratory care. This is the Air Force Medical Service's response to the demand for multi-capable Airmen.

The Air Force is asking these Airmen to become the Agile Combat Element that we will need by being able to accomplish tasks outside of their core Air Force specialty to be ready to provide combat service in the next fight. As stated by Lt. Gen. Robert Miller, U.S. Air Force Surgeon General, "We know the future



fight will be different and so will the idea of what it will take for us to sustain readiness. I believe we are taking the necessary steps to do that.”

Lastly, it is easy to feel like drill weekends are a little bit like a whirlwind and go by so quickly. So many things to do and not enough time to get it all done. Regardless of what is on your ‘To Do’ list, please take advantage of this extra day that we have together and grab coffee or lunch with a friend/colleague or someone that you would like to get to know better. When I was a commuting DSG for 18 years, I really looked forward to and enjoyed dinner nights out with members from our Guard Family. Use this valuable time we have together to enjoy yourself and connect with others. That is what makes our Guard Family so unique and special.

Have a great drill!

~Kandace

A U.S. Navy Boeing EA-18G Growler aircraft is refueled by a KC-135 Stratotanker aircraft from Fairchild Air Force Base, Washington, Dec. 13, 2022. Crews from Fairchild provided air refueling support during a training mission, allowing the EA-18G crews to maintain mission readiness. (U.S. Air Force Photo by Airman 1st Class Haiden Morris)

CHIEF'S CORNER

SENIOR MASTER SGT. ADAM BRUNNEMANN
141ST DET 1 SENIOR ENLISTED LEADER



GUARD FAMILY

August 8, 2001 is one of the most significant days of my life. That is the day I left for basic training and everything changed.

I am SMSgt Adam Brunnemann, and I have the privilege of serving alongside members of the 141st Medical Group and as the Senior Enlisted Leader for Detachment 1.

I was born and raised in Fresno, California but could not wait to get out on my own after high school. I knew that college was not right for me at the time and the only sure thing to get me out of town was to join the Air Force. Joining and becoming a KC-135 Crew Chief was one of the best decisions I have ever made. Over the past couple of years, I have found myself reflecting on why that day was so important to me and how that has evolved throughout my 22-year career. In those thoughts, I have always found a single thread that ties everything together and that was family.

Once I got to basic training, I quickly realized that being on my own was not the greatest after all, but I simply left my family to join another. Active duty is much like our own families; we do not get to choose who those family members are. We are thrust into them, and you make the best of it for however long you are there. What makes the Air National Guard unique

is that we are afforded the luxury of touring any squadron we want. We can meet and talk to those we'd potentially work with and it's not just about choosing what job we want to do. I've learned that the most important piece of all is choosing who you want to learn and grow with, depend on when times are difficult, share the good times with, and who you can trust to be there for you no matter what. All are an obligation and responsibility that we have to one another.

So, what does that obligation and responsibility look like? Contrary to what some may think, I firmly believe that it is established by a unit but is maintained and grown at the individual level. A unit establishes a culture woven together by inclusion, equal opportunity for personal and professional growth, accountability to one another and the mission, and an environment that affords every single Airman an opportunity to provide input and constructive feedback.

Being afforded the privilege to choose which unit we want to join comes with the obligation that we do our part in creating a family like thread that can tie it all together. We cannot rely on a select few to do or maintain it all, it must be a collective effort to ensure that it is enduring. During August RSD, this family thread was reinforced after having a conversation



with SrA Kovacich from the 141st Medical Group Detachment 1. She had mentioned that being a part of the Air Guard is all about the family you choose. I had never really thought about it in that way, but I could not think of a better way to summarize the “guard family” culture.

Throughout my career I’ve been a part of many different families. In 2001 I was an active duty KC-135 crew chief for 4 years traveling the world, then joined the Fresno Air Guard as a medical logistician in 2006. After a nine-month break in service, I made my way to the 141st MDG family in 2009. As for my immediate family, I have two amazing kids named Dakota and Clementine. Dakota is a freshman at WSU (Go Cougs!) and he loves it.

Clementine lives the farm life in Ellensburg, and I cannot wait to see her show her first sheep at the Ellensburg fair next year.

I’m a big fan of spending time with family and friends, doing various activities as long as it doesn’t entail me freezing my a** off. In my free time I love playing soccer despite my body trying to tell me I’m too old and Chief Burnett making fun of me for not playing a “real sport”.

I have been a part of the Homeland Response Force (HRF) family since 2012 and currently serve as the full time HRF Air Force Senior Enlisted Advisor. I bring that up because I’ll take any chance to recruit for our amazing HRF Search and Extraction team. Please contact

MSgt Joy Quam if you are interested in being a part of the S&E family.

Thank you all for allowing me to be a part of your guard family, I am so grateful to be a part of the 141st because it has provided me with so many opportunities, challenges, and lifelong friends. I hope that your experience in the wing is one that you’d love to share too. Please feel free to stop me if you see me or email me and tell me how the guard family has woven its way into your life, I’d love to hear it!

SMSgt Adam Brunnemann



ENDURING PARTNERS 2023

WAANG, ORANG, AND ROYAL THAI AIR FORCE PARTICIPATE IN FIRST EVER SPP ENGAGEMENT

STORY BY MASTER SGT. STEPH SAWYER AND LT. COLONEL ALYSON TEETER
WASHINGTON AIR NATIONAL GUARD

F-15 Eagles from the 142nd Wing, Portland, Oregon and F-16 Vipers from the Royal Thai Air Force fly in formation over Korat Air Base Royal Kingdom of Thailand during Enduring Partners 2023, Sept. 20, 2023. The two-week engagement served as an opportunity to gain valuable training through combined dissimilar air combat training, air-to-air refueling and ground-controlled interception for the Washington and Oregon Air National Guard and the Royal Thai Air Force. (U.S. Air National Guard photo by Senior Airman Yuki Klein)

Airmen from the Washington Air National Guard's 141st Air Refueling Wing and the Oregon Air National Guard's 142nd Wing participated in the first ever Enduring Partners engagement with the Royal Thai Air Force Sept. 11-21 at Korat Royal Thai Air Base in Thailand.

Enduring Partners 2023 was a National Guard-sponsored State Partnership Program engagement aimed at improving combat readiness and combined and joint interoperability between participants while enhancing strong defense relations and the State Partnership Program between the Washington Air National Guard and Thailand.

This engagement included participation from approximately 230 U.S. Airmen, five F-15Cs from the ORANG's 142nd Wing, two KC-135

Stratotankers from the WAANG's 141st Air Refueling Wing, and 20 F-5, JAS-39, and F-16 fighters from the Royal Thai Air Force.

Brig. Gen. Gent Welsh, commander of the Washington Air National Guard and EP23 creator, oversaw the execution of the engagement and was impressed by the teamwork demonstrated by the American and Thai servicemembers.

"During the exercise, between U.S. and Thai airmen, there was a lot of learning and working through problems together," Welsh said. "Strengthening that alliance and becoming better allies and partners... It was probably one of the best experiences in my career."

142nd Wing Commander, Col. Todd Hofford, reflected on the value of partaking in an engagement of this caliber and what it meant for the airmen involved.

"The overall goal and objective of this was of course training, relationship building, but [also] experience," said Hofford. "It was really important to get my Airmen there, primarily for the adventure, to get into the Southeast Asia Indo-PACOM theater, be able to operate and do their jobs in a foreign country, and then come back. Those experiences are valuable."

Pilots gained critical training experience through combined Dissimilar Air Combat Training or DACT, air-to-air refueling, and ground-controlled interception.

Other Airmen worked in supporting roles on the ground, ensuring the ability to safely and efficiently execute the day-to-day mission. Maj. Jon Taylor, the assistant director of operations for the 142nd Operations Group, was heavily

Robert Goodec, United States Ambassador to Thailand, aircraft crew members, and other Airmen pose in front of a KC-135 Stratotanker, Korat Air Base, Kingdom of Thailand, Sept. 18, 2023. (U.S. Air National Guard photo by Senior Airman Yuki Klein)



involved in the planning of this engagement. Having recently transferred from active duty Air Force to the Air National Guard, he brought years of experience in planning and executing events like EP23 to this endeavor.

Taylor spoke of the importance of these kinds of engagements and the benefits they hold for participants.

“[Training engagements] like this bring us and our foreign partners to a common level,” said Taylor. “There’s a language barrier to get through. There’s also a cultural barrier, so essentially, participating in exercises like this with them builds the relationship between the two countries.”

In addition to the daily flying operations, there were a number of events that took place throughout the engagement which were aimed at enhancing relationships between U.S. and Thai people.

The Washington and Oregon Air National Guard, along with the Royal Thai Air Force, visited Nong

Phluang Yai primary school in Korat during the first week of the engagement.

The visit to the school gave military members the chance to engage with local community members in an effort to build positive relationships and trust.

Military personnel brought soccer balls, volleyballs, toys, and educational materials to distribute to the children at the school. A Royal Thai Air Force band played as some military members and children ran out to play soccer and volleyball.

Staff Sgt. Darius Carlton, a host aviation resource manager with the 141st Operations Group, reflected on the opportunity to interact and have fun with the kids during the visit.

“This is by far one of the coolest things I have been able to do in the military,” said Carlton. “Those kids really wore me down.”

The second week of EP 23 culminated with separate visits from Robert Goodec, United States Ambassador to Thailand; Lt. Gen. Michael Loh,

Director, Air National Guard; and Chief Master Sgt. Maurice Williams, Air National Guard Command Chief.

Welsh commented on what a rare honor it was to have Mr. Goodec on a flight during this engagement.

“Having the ambassador on a flight, taking the time that he did out of his busy schedule and going up there with us was really cool,” Welsh said. “Very rarely – at least to my knowledge – do any events rise to the level of the ambassador attending.”

EP23 concluded with 123 total sorties flown across 11 missions and seven days of flying.

Overall, Welsh noted that EP23 was executed exactly as planners had hoped, and planning for future iterations is already in the works.

“We were able to exercise multi-state, multinational, much the same way that we’d planned,” Welsh said. “It was really cool, kind of a proud dad moment.”

Brig. Gen. Gent Welsh, commander of the Washington Air National Guard, is pictured in the cockpit of a Royal Thai Air Force F-16 Fighting Falcon aircraft over Thailand during Enduring Partners 2023, Sept. 20, 2023. The F-16 was refueled by a 141st Air Refueling Wing KC-135 Stratotanker from Fairchild Air Force Base, Wash. The two-week engagement served as an opportunity to gain valuable training through combined dissimilar air combat training, air-to-air refueling and ground-controlled interception for the Washington and Oregon Air National Guard and the Royal Thai Air Force. [U.S. Air National Guard photo by Brig. General Gent Welsh]



Service members from the Washington and Oregon Air National Guard stand alongside the Royal Thai Air Force members on Korat Air Base Royal Kingdom of Thailand during the closing ceremony for the Enduring Partners engagement 2023, Sept. 21, 2023. The two-week engagement strengthened the relationship between the United States and Thailand, while gaining valuable mission readiness training.
(U.S. Air National Guard photo by Senior Airman Yuki Klein)



Washington Air National Guard Staff Sgt. Mitch Walker, KC-135 Stratotanker boom operator, waits for receivers in the boom pod while Robert Godec, United States Ambassador to Thailand, looks on during an aerial refueling mission over Korat Air Base, Kingdom of Thailand, Sept. 18, 2023. (U.S. Air National Guard photo by Senior Airman Yuki Klein)



Lt. Gen. Michael Loh, Director Air National Guard, views the refueling of U.S. Air Force F-15 Eagles and Royal Thai Air Force F-16 Vipers from the boom pod, alongside Senior Airman Eric Porter, 116th Air Refueling Squadron boom operator, near Korat Air Base, Royal Kingdom of Thailand for Enduring Partners 2023, Sept. 19, 2023.
[U.S. Air National Guard photo by Senior Airman Yuki Klein]





MAGA

STORY BY TECH SGT. KAYLEIGH PHILLIPS
PHOTOS BY MASTER SGT. MICHAEL STEWART

PHOTO ILLUSTRATION BY
MASTER SGT. MICHAEL STEWART

A viation in itself is not inherently dangerous. But to an even greater degree than the sea, it is terribly unforgiving of any carelessness, incapacity, or neglect.”

– Capt Alfred ‘Lamps’ Lamplugh, Royal Flying Corps 1913

Airmen of the 141st Air Refueling Wing safety office promote a community of safe aviators by strengthening communication between civilian and military aviators during a meet and greet outing to a regional airfield on June 14, 2023, in Sandpoint, Idaho.

Fairchild Air Force Base and the surrounding region host a variety of different aviation activities. Between military training, commercial airline

operations, and recreational aviation a lot of activities can happen in a small airspace. The 141st safety office aims to help mitigate safety concerns by increasing aviators’ knowledge of military activities by supplying regional airfields with Mid-Air Collision Avoidance pamphlets that supply information about the regional military operating areas, training routes, and helpful aviation safety information.

Fairchild is home to the 92nd ARW and 141st ARW which fly the KC-135 Stratotanker; and the 36th Rescue Squadron and Army Aviation Support Flight-2 which fly Bell UH-1 Huey and UH-72 Lakota helicopters. Local aviators are encouraged to know Military Operations Areas (MOAs), Military Training Routes

(MTRs), and the military aircraft that are commonly operating out of FAFB.

The regional MOAs are Roosevelt and Okanogan and are established to facilitate specialized training in those areas. Training types include air combat tactics, air intercepts, aerobatics, formation flying, and low altitude tactics. Military pilots use these spaces to hone their combat skills to meet the demands of current and future military challenges.

“The MACA program brings vital awareness to our region’s aviation community,” said SMSgt Jess Peterson, Occupational Safety Manager. “When aviators know what to expect in the skies, they can identify and avoid hazardous situations.”

U.S. Airmen from the 36th Rescue Squadron and the 141st Air Refueling Wing safety office depart the regional airfield in Sandpoint, Idaho June 14, 2023. The purpose of the visit was to provide information exchange concerning MOAs, MTRs, and the military aircraft that are commonly operating out of FAFB. [U.S. Air National Guard photo by Senior Master Sgt. Jess Peterson]





ARMED FORCES APPRECIATION NIGHT

SPOKANE INDIANS HOST MEMBERS OF THE 141ST FOR RECOGNITION DURING BASEBALL GAME

STORY BY TECH. SGT. KAYLEIGH PHILLIPS



Military and baseball were the themes of the night as 141st Air Refueling Wing commander Colonel James McGovern kicked off the Spokane Indians Armed Forces appreciation game by administering the enlistment oath to three airmen committing to the Air National Guard on September 1, 2023, at Avista Stadium, Spokane, Washington.

There was no denying a military presence at the game. A military wrecker truck, military police car, and ANG recruitment trailer were parked in front of the stadium along with Air National Guard recruiters handing out swag at the entrance.

After the on-field enlistments, McGovern donned

an Indians hat and took to the mound to throw out the first pitch—a strike! The national anthem followed and a KC-135 Stratotanker flyover with pilots Lt Colonel Matt Dean and Lt Colonel Tiffany Pence and boom operator Staff Sgt. Thomas Gantt aboard, passed overhead evoking loud cheers from the stands.

Continuing with the Armed Forces theme, Vice Commander Colonel Angela O'Connell answered questions about the military while live on the game's radio broadcast. She shared on topics from recruitment, the up-and-coming generation, and military camaraderie.

Spokane Indians Armed Forces appreciation

games stem from Operation Fly Together. This campaign celebrates the history between Team Fairchild and Spokane Indians Baseball. Aimed to build pride around the KC-135, "KC" the airplane mascot, was created as a symbol of the campaign to spread the message around the vital role that the KC-135 and Fairchild AFB has for national security.

The Spokane Indians organization has teamed up with Fairchild Air Force Base to lead community projects, honor veterans, educate the community, support veterans, and celebrate military families and veterans in the Spokane region.

PHOTO BY TECH. SGT. KAYLEIGH PHILLIPS



FLYOVER VIDEO



Tech. Sgt. Tayn Waterworth

Master Sgt. Jake Young

Lt. Colonel Matthew Dean

Lt. Colonel Tiffany Pence

Staff Sgt. Thomas Gantt

Col. McGovern administers the enlistment oath before the start of the Spokane Indians military appreciation game. (U.S. Air Force photo by Col. Angela O'Connell)





AIRMAN SPOTLIGHT

SRA CONNOR MCMURRAY

UNIT: 141ST MEDICAL GROUP DET 1

JOB: AREOSPACE MEDICAL TECHNICIAN

"The guard has given me different opportunities that I normally wouldn't have had. The certifications I've gotten and trainings I've been able to attend have advanced my life not only in the military but in my civilian life as well."

SAFETY FIRST

141st Wing Safety Office

Here's a scary statistic: Children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year. In 2017, October ranked No. 2 in motor vehicle deaths by month, with 3,700. July is No. 1, with 3,830 deaths.

-A responsible adult should accompany young children on the neighborhood rounds

-If your older children are going alone, plan and review a route acceptable to you

-Agree on a specific time children should return home

-Teach your children never to enter a stranger's home or car

-Instruct children to travel only in familiar, well-lit areas and stick with their friends

-Tell your children not to eat any treats until they return home

-All costumes, wigs and accessories should be fire-resistant

-Avoid masks, which can obstruct vision

-If children are allowed out after dark, fasten reflective tape to their costumes and bags, or give them glow sticks

-When buying Halloween makeup, make sure it is nontoxic and always test it in a small area first

-Remove all makeup before children go to bed to prevent skin and eye irritation

-Children and adults are reminded to put electronic devices down, keep heads up and walk, don't run, across the street.





That was one of the greatest honors of my life today," said attorney Paul Mack after being presented the certificate of appreciation and 141st Air Refueling Wing commander's coin during a ceremony held at his law firm commending him for his support during an employee's military family emergency on September 27, 2023 in Spokane, Washington.

In October of 2022, Master Sgt. Craig Minnihan, Heating Ventilation and Air Conditioning

superintendent for the 141st Air Refueling Wing, suffered injuries to his hand after an equipment malfunction while on a six-month deployment in Kenya. After being transported to Landstuhl, Germany where he underwent surgery, his wife, Jayme Minnihan a lawyer at Paul Mack's law firm, flew to Germany to support and help her husband.

Minnihan's recovery didn't start until he went to Walter Reed National Military Medical Center in Bethesda, Maryland to receive occupational therapy,

which lasted nearly nine months. Throughout the entirety of his stay at Water Reed, Jayme was able to remain by his side to support him as she worked remotely for Mack.

Recognizing Paul was important because of the support Jayme had received throughout my recovery process, said Minnihan. What the spouse's employer does for the spouse in these kinds of circumstances is just another extension of the military family; we must recognize and appreciate it.

NORTH AMERICAN F-86

A JOURNEY OF RESTORATION AND CONNECTION

STORY BY LT. COLONEL ALYSON TEETER
PHOTOS BY MASTER SGT. MICHAEL STEWART



RESTORATION
VIDEO





For the month of October 2023 at the Fairchild Air Force Base Heritage Airpark, passers by will see multiple teams of conservators restoring static aircraft on display. These dedicated individuals from across the country have been researching, removing paint and re-decals the aircraft so that they're historically correct and can be viewed in their original glory.

The leader of the overall restoration effort, Mr. Gordon Ponsford, is a nationally-recognized conservator who has restored projects for not only the U.S. military, but also commercial buildings, museums and the National Park Service.

GORDON PONSFORD'S JOURNEY

Ponsford's origin story coincidentally begins at Fairchild AFB. "My father was stationed here [Fairchild AFB] and I was born here on Halloween," Ponsford said. Ponsford, who speaks with a slight British accent, noted, "Mother's English and right after I was born here, we went back to England at Mildenhall."

His maternal grandfather owned a body shop and gas station in England, which was a family business. His mother, aunts and cousins worked in different parts of the company so Ponsford grew up within the business and was drawn to the body shop. When he was 12 years old, his father returned from service in the Korean War and the family needed to return to the U.S. Although he left England, the affinity for restoration and England was forever ingrained in him.

In high school, Ponsford worked at the Exotic Car Store in Atlanta and after school and on weekends he would do panel beating, in other words straightening out metal on cars.

"I was considered as good as the store's expert because I'd already been doing it in England," he said.

Ponsford was working on a DeLorean at the store and the car's owner asked if he could do work on elevators. "Something metal on metal, doesn't matter what the shape is. So I said 'sure,'" he said.

He realized the business potential in Atlanta was greater for projects other than exotic cars so he started his own commercial building restoration company working with architectural metals. His business expanded to Washington, D.C., due to a romantic relationship and his business continued to grow.

While working on a railing project at Arlington National Cemetery, he was asked if he could restore a sculpture there. "I thought, again, metal is metal," he said. Ponsford trained with a metal sculpture restoration expert in New York and learned how to color bronze sculptures. He then pivoted his business from commercial building to sculpture restoration and had a federal contract with Arlington to maintain their sculptures and stonework, like headstones, for 22 years.

Ponsford's team stayed busy restoring sculptures and eventually landed a contract restoring armaments for the U.S. Army in South Carolina. Soon after he started bidding on contracts for military planes and historical artifact restoration.

Ponsford listed Martin Luther King's bible restoration and Titanic artifacts preservation as top career achievements, yet the highlight of his career

was restoring the Tomb of the Unknown Soldier at Arlington Cemetery.

"The honor of maintaining the military's highest monument is a hell of an honor. I think there's only been just a handful of people who have preserved it. It represents all the military, so that's easily my number one [highlight]," he said.

FAIRCHILD HERITAGE AIRPARK RESTORATION

Ponsford's team has been performing restorative work at the Fairchild AFB Heritage Airpark for four years now. "Our first plane that we maintained here was the F-101 Voodoo," he said. They followed with the F-105D Thunderchief and the C-47D Skytrain.

This month the team is restoring the park's F-86E Sabre, T-33A Shooting Star, T-37B Tweet and the B-52D Stratofortress.

Ponsford noted that restoration of the F-86 is the



trickiest of the bunch. "It has the most colors on it. There's a total of eight colors on this thing," he said. "So this one is taking the most time and detail. It will also look the prettiest."

The Heritage Airpark B-52D Stratofortress, also known as 677, is special too but for a different reason. "That's kind of unique because it's a MiG killer," Ponsford said. There have only been two B-52 MiG kills in military history, according to the Fairchild AFB Heritage Airpark pamphlet. 676 was the first and the other is on display at the Air Force Academy in Colorado Springs, CO.

Before the team arrives at a site to start the hands-on work, in-depth research is done so that the final product is historically accurate, he said. This not only includes academic research, but also crowdsourcing historical photos from social media groups. This is especially true for planes that have had belly art painted over.

Ponsford said the team hopes to wrap up their work by the end of October but there's a chance

he'll be at his birthplace on his birthday.

"I love it...I feel like it's my second home," he said. In years past he's always just missed being there on his birthday because they try to complete the work when the weather is pleasant in early fall. "There's a pride of being the one who takes care of these planes here...there's the personal connection to it all."

THE F-86 CONNECTION TO THE WA ANG

The Heritage Airpark F-86, which is an aircraft dedicated to the airmen of the Washington Air National Guard, was also an aircraft assigned to the WA ANG when airmen were stationed at nearby Geiger Airfield in the 1950s.

The Sabre's history with the WA ANG was short-lived but historic in nature. According to the 141st Air Refueling Wing's history page on their website, the WA ANG's 116th Fighter Squadron, equipped with F-86D Sabres, was called to active duty as a result of the Korean Conflict.

But they went in the opposite direction to England, to bolster NATO forces.

"The move was the first time in aviation history a National Guard fighter squadron would cross over to the European Theater under its own power and only the second time such a move was ever attempted without air refueling," according to the website. "The unit was released from active duty [sic] November 1952, but the aircraft remained in England. The unit returned to Geiger Field and was later reequipped."



PRESERVING HISTORY FOR THE PUBLIC

When it comes to preserving military aviation history and the crucial role that static displays, such as the F-86, play in educating the public, Ponsford emphasizes that his foremost priority is honoring veterans through historically accurate aircraft restoration.

"You get veterans walking by here and they tell you their stories on these planes: sometimes a crew chief on one just like it or sometimes that particular plane... and they're proud to see them restored properly," he said.

"Then you have the grandfathers bringing their children by, showing them what planes they flew on, and you see how proud they are when they're talking to the kids and discussing the planes."

Ponsford observed how sad it is to see static displays not taken care of and the resulting pride he takes in giving the gift of a historically accurate aircraft to veterans and the public.

"When they look good, they're more inspiring," he said. "That also means a lot to the servicemen, I know, because I hear from them."

Ponsford said that he loves doing his conservation work and it's his life passion, "After you get done painting the planes and start pulling up all your masking paper, it's like unwrapping a present and there's instantaneous gratification."

The Heritage Airpark at Fairchild Air Force Base, prominently located between Mitchell and Elm Streets and Eaker Avenue, allows visitors to step back in time and pay respect to those who served. More information about the park and its aircraft are available at <https://www.fairchild.af.mil/>.





PHOTO ILLUSTRATION BY
MASTER SGT. MICHAEL STEWART

I knew coming into the Command Chief job that my time would be shorter with the movement of the Wing Commanders. I figured the time would go by fast, but I didn't realize just how fast. It seems like just yesterday I first sat in the office. It is now time for me to move on and make room for your new Command Chief.

Thankfully, knowing the time was going to speed by, I made a deliberate effort to slow things down and enjoy all the moments. Moments like walking through Capitol Hill and taking in the history of that building. Flying on a familiarization flight with the 36th Rescue Squadron and the impromptu rescue of a stranded motorist in forest near Cusick.

I thoroughly enjoyed every promotion and enlistment I was able to witness. There is nothing like seeing the parent's pride when their young son or daughter raises their right hand and becomes a part of something so meaningful. I will miss those moments.

I am excited for Chief Webster to serve as your next Command Chief. He is most definitely the right person at the right time. You will not find a nicer person with a bigger heart and love for this wing. I am confident he is going to do amazing things for all of you. I am truly grateful for the opportunity Col. Gardner gave me to serve in this role. It has been an honor to serve as the Command Chief of the 141st.

Jen and I will be forever grateful for the support we received from day one. If you ever find yourself in the beautiful Knoxville area, please do not hesitate to reach out. We would be happy to treat you to some true southern hospitality.

God speed and Go VOLS!
Chief Ed Pohl



THE 141 ARW WELCOMES OUR NEW PRIMARY PREVENTION SPECIALIST ALEXA SPIELHAGEN

Alexa Spielhagen is the new Primary Prevention Specialist for the Washington National Guard at Fairchild. She comes to the Spokane area from Arizona, where she had been working on her PhD in sociocultural anthropology and guiding the Colorado River through Grand Canyon.

Born in South Korea, Alexa then lived in California, Hungary, Washington State, Korea, and Washington again, finishing high school in New Mexico and college in New Hampshire. She has also lived and worked for stints in Australia, New Zealand, and Ecuador, ultimately transitioning from Washington down to Arizona for a graduate program in sociocultural anthropology.

Alexa started whitewater kayaking in college because, for some reason, she just really wanted to. Ten years later, she was rowing big, heavy boats for paying customers down the Grand Canyon, often spending up to 100 nights of the year sleeping on a raft under the stars. She's been a trip leader and an advocate and consultant for workplace change in the outdoor industry. Most importantly, however, she was on TV as the trip leader for a Danish reality show about celebrities rafting down Grand Canyon.

She learned two things: (1) she's apparently good on camera, and (2) filming reality TV is very annoying.

The Integrated Primary Prevention (IPP) team is based out of Camp Murray, with Alexa currently the lone representative on the east side. A new program, IPP's intent is to prevent self-harm and prohibited acts of abuse and violence in a research- and evidence-driven way. In other words, Alexa's work will involve gathering all kinds of information, analyzing it, and building better strategies for violence prevention.

As an anthropological researcher, i.e., someone who specializes in local culture, and as someone who's done change work in another intense subculture, Alexa knows her efforts will only be as good and as relevant as the relationships she can build here at Fairchild. You'll see her out and about as much as possible, learning about everyone's work and helping with different events. On top of that, her door is open any time, for whatever reason, whether to talk about prevention, about your experiences, or even just about things like dogs, backcountry rescue, Formula 1: Drive to Survive, books, whitewater, bad jokes, and more.

Finally, as someone new to the area, Alexa will take any and all food recommendations, please and thank you!

Veterans of Foreign Wars



of the United States

Let it be known that

VFW Post 3386

does hereby adopt

141 Air Refueling Wing

In accordance with the Adopt-A-Unit program of the Veterans of Foreign Wars of the United States, this certificate along with assistance and support is given to the officers, noncommissioned officers, and enlisted men and women of this unit, to show the concern, gratitude and admiration felt for those serving this great nation.

Commander-in-Chief

February 23, 2022

National President



THE 141 ARW WELCOMES OUR NEW DIRECTOR OF PSYCHOLOGICAL HEALTH AARON MCCORMICK

My name is Aaron McCormick. I am happy to be a part of the team here at the 141st Air Refueling Wing in the role of the DPH.

A bit about me. I grew up in Pocatello, Idaho. After high school, I attended Idaho State University for a year. Needless to say, that year did not go as planned and I was asked to sit out a year before re-enrolling. I spent that summer working odd jobs. In the fall of 1991, I was still living at home in between jobs and made a bet with my mom that I would be employed by the end of the week or join the military. The end of the week came, and I found myself meeting with an Air Force recruiter, ultimately signing paperwork to enlist.

Looking back, that was the best decision I could have made for myself at the time. I spent four years as a dental assistant in the Air Force, stationed at Ramstein AFB, Germany and Offutt AFB, Nebraska. After my first term, I decided to not re-enlist and decided to go to college instead. I had gotten married while in Germany and my wife was active duty as well. My wife did the palace chase program to get off of active duty. That decision brought us to Spokane.

My wife joined the 242nd Combat Communications Squadron to finish out her palace chase contract. After being out of the military for about 6 years, I enlisted in the 242, as well, and spent 6 years serving with the great men and women of that squadron.

In 2017 I earned a bachelor's degree in social work from Eastern Washington University and a master's degree in social work from Arizona State University. I have been working in the social work field since 2002. I earned my Social Work Clinical License in 2021. I have worked in the mental health arena, was a state probation/parole officer, program manager, and most recently with the Dept of Veteran's Affairs working as a homeless veteran's case manager and a rural health social worker.

A lot in my life has changed since the fall of 1991, when I left for BMT. I got married, had 3 children, moved multiple times, got a master's degree, and became a licensed clinical social worker. I have recently celebrated my 30th wedding anniversary, and I can tell you, the path that got me here did not always go the way that I planned. Some days it was hard, and I wanted to give up, but with the help and support from those around me, I would not have made it to where I am today. I feel blessed every day.

We all have stressful lives and sometimes that stress can have negative impacts on all aspects of our lives. It's during those times that you need someone, a "wingman" as they would say, to help and support you. As the newest DPH for the 141st ARW, I want to be available to help and support you. I look forward to meeting you all.

URINALYSIS

141ST JUDGE ADVOCATE OFFICE

STORY BY: LT. COLONEL RICHARD FREUDENBERG

As we move into the holiday season, we will all have the opportunity to spend time with friends and family and take much needed time to rest and relax. However, while enjoying this time, as members of the Washington Air National Guard, we need to be careful what we eat, drink, and put in or on our bodies. There are dangers that could cause you to test positive on the Air Force drug test everywhere. It is becoming more difficult to avoid these concerns, which means additional diligence on your part.

By now we should all know that Cannabidiol (CBD) and hemp products are not authorized. You cannot eat them, you cannot drink them, and you cannot put them on your skin. You need to be careful of food supplements, food from any source, and even lotions or massage oils. These products are common in our society but can pose a significant risk of causing you to test positive.

Just because you can buy it on-line or you obtained it at your favorite grocery store, does not mean you can use it. You need to read product labels. Do not depend on anyone telling you that a given product with hemp or CBD in it is “safe” for drug testing purposes.

Simply put, these products must be avoided as you are specifically barred from taking or using them. Moreover, the levels of these substances you can have in your body that would cause you to test positive are often lower than what would be allowed by civilian employers.

You have all heard that poppy seeds can cause you test positive. That is still true. The Air Force still has not published guidance on how to address this issue. Yes, you can lawfully ingest poppy seeds, but if you test positive you will then go down a path that will pose significant risk to your career. Until the Air Force can provide better guidance, it is best to avoid poppy seeds in all products at this time. Lastly, we all go to the doctor. Those prescriptions we receive need to be turned over to the 141st Medical Group.

If you are taking a prescription and it is not in your medical record, you will cause multiple people and your chain of command to have to figure out what happened. The loss of time that will impede our members from getting the mission done can be easily avoided by simply taking a few minutes to turn in your prescriptions. Get it done before you test and keep those records updated. By regulation,

many prescriptions must be renewed every six months even if a doctor prescribes them on an “AS NEEDED” basis. Talk to the 141 MDG if you have questions about your specific prescription.

Your commanders want you to enjoy the holidays. Don’t make them stressful by testing positive on a drug test. Please enjoy them, but stay alert.



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THE 141ST AIR REFUELING WING

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SANTA PHOTOS ■ GIFT BASKET SILENT AUCTION ■ BINGO
ROCK&ROLL SUGAR STROLL ■ FISHING BOOTH ■ CORNHOLE
LETTERS TO SANTA ■ COOKIE CONTEST ■ SNACK SHACK

POC: SMSGT PAULA GRIESEMER 509-247-8840/paula.griesemer@us.af.mil

THE 141ST AIR REFUELING WING

DRILL SCHEDULE CHANGE WAS 4-7 APRIL



NOW 11-14 APRIL 2024