

THE JET GAZETTE

READY TO SERVE...NEIGHBOR & NATION

OFFICIAL PUBLICATION OF THE 141ST AIR REFUELING WING

OCTOBER 2024



RENTAL CAR RULES

LEGAL ADVICE TO STAY OUT OF TROUBLE ON A TDY

NOTES FROM THE TOP

COL. MCNAMARA SHARES THOUGHTS ON "WHY WE SERVE"

MIND GYM

EXERCISE YOUR BRAIN WITH THE NEWEST TOOL IN THE AIR NATIONAL GUARD

THE JET GAZETTE

THE OFFICIAL PUBLICATION OF THE 141ST AIR REFUELING WING

VOLUME 61 ISSUE 4 · OCT 2024

COMMANDER COL. JAMES MCGOVERN
VICE COMMANDER COL. ANGELA O'CONNELL
EXECUTIVE OFFICER LT. COL. MICHAEL HART
COMMAND CHIEF CHIEF MASTER SGT. STEVE WEBSTER

JET GAZETTE STAFF

PUBLIC AFFAIRS OFFICER CAPT. TERI BUNCE
PUBLIC AFFAIRS OFFICER 1ST LT. HOLLY HANSEN
PUBLIC AFFAIRS SUPERINTENDENT MASTER SGT. MICHAEL STEWART
PUBLIC AFFAIRS SPECIALIST TECH. SGT. MICHAEL BROWN
PUBLIC AFFAIRS SPECIALIST TECH. SGT. KAYLEIGH PHILLIPS
PUBLIC AFFAIRS SPECIALIST STAFF SGT. JORDAN POLLOCK
PUBLIC AFFAIRS SPECIALIST STAFF SGT. RICKY ARNOLD
PUBLIC AFFAIRS SPECIALIST SENIOR AIRMAN ANNELIESE KAISER
PUBLIC AFFAIRS ADMIN SENIOR AIRMAN TRAVIS MILLER

THE MISSION

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.

CONTENTS OF THE JET GAZETTE ARE NOT NECESSARILY THE OFFICIAL VIEW OF OR
ENDORSED BY, THE U.S. GOVERNMENT, THE DEPARTMENT OF DEFENSE, THE DEPARTMENT
OF THE AIR FORCE, OR THE AIR NATIONAL GUARD.

THE EDITORIAL CONTENT IS EDITED, PREPARED, AND PROVIDED BY THE PUBLIC AFFAIRS
OFFICE OF THE 141ST AIR REFUELING WING, 1 EAST BONG STREET, FAIRCHILD AFB, WA.,
99011-9417. ALL PHOTOS ARE AIR FORCE OR AIR NATIONAL GUARD PHOTOS UNLESS
OTHERWISE INDICATED.

THE JET GAZETTE WELCOMES ARTICLES AND IDEAS THAT WILL ENHANCE THE
PUBLICATION. IF YOU HAVE SUGGESTIONS FOR FEATURES OR SPECIFIC ARTICLES, PLEASE
CONTACT THE PUBLIC AFFAIRS OFFICE AT 247-7345 OR 247-7003 ON
UTA WEEKENDS.

FRONT COVER PHOTO BY TECH. SGT. CHRISTOPHER BOITZ



WHY WE SERVE

COLONEL RON MCNAMARA 141ST MEDICAL GROUP COMMANDER

It's hard to believe that in about 16 months my guard career is going to end after serving for 30 years. I have many fond memories and have made so many endearing friendships that I will cherish. People always ask me why I joined the military and why I've done this for so long. Looking back, and thinking about why I serve, for me, it's really evolved over time. My father was in the Navy and when I was growing up, he always told me that the military would be a good option. But like most kids, when I was 17 years old, I knew best, and I didn't listen.

Fast forward 14 years and wanting to make a career change from engineering to physical therapy I was told that if I joined the New York State Air National Guard I could go to any one of the 26 State Universities in NY for free. Where do I sign?

I began basic training in 1996. There I became the dorm chief and one night our TI rudely woke us all up, got in front of me, and asked me in a low groveling voice "why did you join my Air Force?" I gave my reporting statement, and I said money to go to college Sir. He then screamed at me what about serving your *** **** country! I said, "and that too Sir!" After that he went and messed with a few other people, trashed our dorm, and left. The person in the bunk next to me turned and said it's always about serving

god, mother, and country.

I joined the 174th Fighter Wing in Syracuse NY as a 4F medic so I could participate in the flying mission. Once I was accepted into PT school in Buffalo, NY, I transferred to the 107th Air Refueling Wing out of Niagara Falls. To be quite honest I didn't enjoy being a medic; I never felt proficient enough to draw blood, start IV's, or suture people, all of which I did and most of my patients weren't that impressed.

I grew up in a rural area of New York State, I could see cows across the road from my bedroom window. I had motorcycles, snowmobiles, and went hunting and fishing. My engineering career had me working outside, which I really enjoyed. My thought process was that in becoming a PT I would work inside the rest of my life so I might as well do something in the Guard that had me working outside. So, I changed careers and joined the Security Forces Squadron. I was warned not to but I didn't listen. SFS were always shooting guns, riding ATVs, and looked to be having a fun time, plus there was a financial incentive to join SFS, \$20,000 sign on bonus and double my GI bill. Sign me up!

Looking back, money was the wrong motivating factor. When 9/11 happened every Security Forces Squadron in the

Air National Guard and Air Force Reserve was activated under title 10. PT school was derailed and I was deployed for almost two years and was in harm's way a number of times. This experience made me realize that free college tuition and sign on bonuses should never be the reason to serve.

Fast forward to 2024, I work in home health, so I see patients in their homes. One day, in February I had a new patient, I can't say his name, let's just call him Bob. When I called to schedule the appointment I spoke to his daughter and she said, "Make sure you pound really hard on the door because he lives alone and he's extremely hard of hearing." From his medical record I could see that Bob was 98 years old, so I figured that's why he's hard of hearing. Just as in the military, in home health we're taught situational awareness. When I arrived I noticed an old Ford pickup truck in his driveway with a faded Army bumper sticker in the rear window. As I walked past it towards the front door I thought to myself, "Yeah, he was a tank commander in World War II that's why he can't hear anymore." When I approached the door I could hear the TV blaring so I banged on the door and there was a pause. The television turned off, the door opened, and there was this 5 foot 8, 120 pound old guy, nicely dressed with a baseball hat on. He greeted me and

let me into his home.

We sat down to start our visit and I looked around the living room and I saw a photo of Bob on the pitchers' mound at T-Mobile Park. The picture was taken of him attempting to throw out the first pitch at a Seattle Mariners game in April of 2019 against the Houston Astros. The thing that struck me about this picture is I remember that day because I was at that game! It was an armed forces appreciation game and I remember Bob didn't throw out the first pitch. He simply set it down on the pitcher's mound and the catcher came out and picked it up, they took a picture, everyone cheered, and he walked off the field. After this encounter I started asking all of my new patient questions about their experience.

Bob stopped me and said, "Can I tell you my story?" I said please do. Bob went on to tell me that he joined the Army when he was 17 years old and he landed on Utah Beach on D-Day. When Bob landed on Utah Beach he said that over half of the people on his landing craft didn't make it to the beach because they drowned due to the weight of their packs. Bob made it to the beach, fought his way to a bluff, linked up with some other soldiers and started pushing their way inland. That afternoon he ended up joining some of the folks from the





101st Airborne that had parachuted in the night before. As they pushed inland they came to a series of fields that had telephone poles strategically placed about. Strewn through the telephone poles were the wreckage of American gliders. The Germans knew that we were going to use gliders to bring troops in so they set the poles up in areas where the Americans were likely to land. Gliders are fragile aircraft; they flew in at night and couldn't see the poles. Bob said that the casualties he encountered there were some of the worst carnage that he ever saw and to this day it haunts him more than anything else he experienced.

They kept pushing inland after that; nightfall was approaching so they dug in. Bob was sent out as a forward sentry about three quarters of a mile out from the main body of American soldiers. He was in a foxhole and at about 3:00 AM two columns of German soldiers started approaching him. He could hear

them talking and they were heading right towards the American lines. He didn't know what to do, he feared for his life, and he knew that if he jumped up and started firing, he would be killed. Working up the courage he stood up and started shooting and was promptly cut down by machine gunfire and left for dead. He showed me the scars on his legs and you can see the tissue loss in his legs where the bullets ripped through him. The Germans engaged the American line but the Americans repelled them. The next day medics found Bob barely alive and airlifted him back to England and his life was saved.

After convalescing in England Bob got sent back to the front lines in Bastogne, Belgium, where he was thrown into in the Battle of the Bulge. During fierce German shelling he was running for cover and ordinance exploded in front of him severely injuring his left arm and hand. He showed me how he can no longer fully open his hand but said he could still hold

his rifle. I said to him, "so you're one of the battling bastards of Bastogne!"

He said no, "I was one of the blown-up bastards at Bastogne!" That injury got him another trip back to England and off the front lines. In England medics patched him up and he worked with an occupational therapist to regain use of his left hand and then the army sent him to Paris. The war was about to be over, and Bob told me that being an 18-year-old in Paris when the war ended was about the most fun you could ever have!

Bob went on to say that he was fortunate to get the medical attention that he did. He said that without the medics in the field he wouldn't be here today. To this point, Bob didn't know that I was in the military. I told him that I was once a medic and he looked at me and said "really?"

I said, "Don't you believe me?" And he laughed. I had my backpack with all my medical gear and my wallet so I grabbed my wallet and pulled out my military ID

and handed it to him. He looked it over, stood up from his chair, handed it to me, and then saluted me and said it was an honor to have a senior officer in his home. It was all I could do to hold back tears. I told Bob the honor is all mine- to be in the presence of a true hero and a national treasure. He shrugged that off and said he just did what he had to do. I asked him, "what exactly did you feel you had to do?" and he said "I had to help end tyranny in the world." Seventeen years old and he was wanted to help end tyranny in the world. He didn't say serve his country; at 17 he was thinking globally. I sat there in awe of this man then he showed me around his home and some of his military accolades. He served for 27 years in the Army; he went to Korea as an MP and went to Vietnam as an advisor.

When I was 17 years old I wanted nothing to do with the military, I was selfish and only looking out for myself. Bob is the true measure of a man and embodies what it means to serve. Last month Bob celebrated his 99th birthday. A member of the greatest generation, he is a different breed. The courage it took for him, and countless others that have served before us, to take the viewpoint of saving the world from tyranny is unfathomable and I am completely in awe of this man and the generation he represents. We need to look within and ask ourselves why we serve and over time hope that we finally get to the right reason.

Ron



CHIEF'S CORNER

CHIEF MASTER SGT. KELLIE BARTON
141ST MEDICAL GROUP



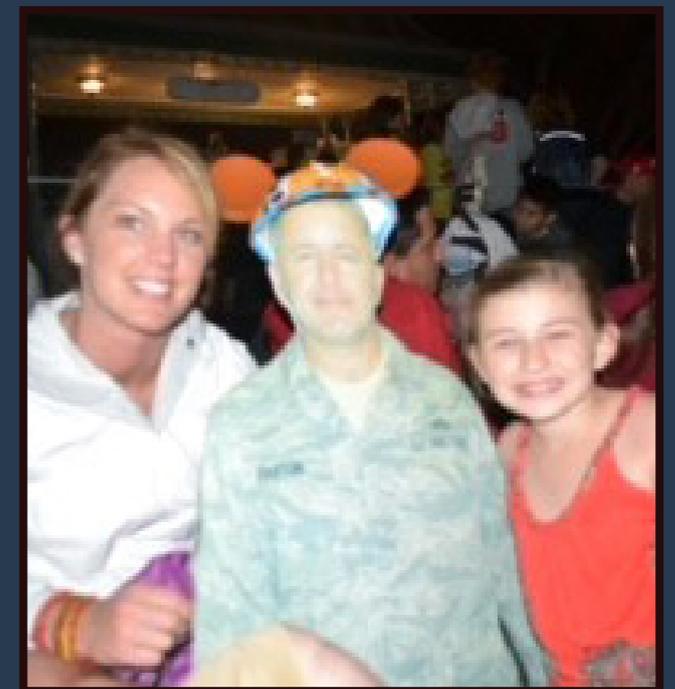
I would like to start off drill by recognizing the combined efforts from members across the Wing who recently worked so diligently to deploy our fellow Airmen downrange.

I am proud of the collaboration from each unit who prepared and equipped our team for the fight. To the brave men and women of the 141st Air Refueling Wing, thank you for your dedication to our country.

For those of us at home, watching a friend, coworker, or loved one deploy can be tough. We pick up the pieces and fill the roles they have left. In the office we may have more additional duties or we're just missing the workplace dynamics. On a personal level you may be the spouse who is left at home. You may have felt you did everything around the home before, but are now realizing the roles your spouse did- now you have to make your own dinner, walk the dog, and mow the lawn on top of everything else!

As a military spouse who has perspective on both sides of a deployment I'd like to say, whether you are preparing yourself or your family for your absence, it is

important to remember this journey is something we all experience together. We find our own strength and draw resilience from the love and support we share. As we head into the holiday season, I will be giving thanks for the courage of those deployed and the families who stay behind, our 141st family, our guard culture, and our flat daddy!



Tree Stand Safety Tips

Provided by the Air Force Safety Center

PLAN AHEAD

Read, understand, and follow manufacturer's instructions.

Practice using equipment at ground level with a partner, including suspension release while in the harness and recovering from the suspended position.

Inspect equipment before each use.

Have a plan and let someone know where you'll be and when you plan to return.

Keep emergency equipment such as a knife, cellphone, flashlight or whistle on you.

Select a healthy, straight tree that is large enough to support your weight.

CLIMBING

Always use a Full Body Fall Arrest Harness (FBH).

When climbing, keep three points of contact with the ladder at all times (both feet and one hand or two hands and one foot).

Keep your weight centered.

Always use a haul line to raise and lower equipment; never carry equipment while climbing. Firearms should be unloaded and arrows should be quivered while using a haul line.

IN THE STAND

Never place your stand higher than 16 feet.

Remain attached to the tree at all times.

Adjust the tether of your FBH so that you will not hang lower than your stand in the event of a fall. There should be very little slack while seated.

IF YOU FALL

Attempt to recover and return to your stand.

Stay calm and call for help.

Relieve pressure on your legs using your suspension relief device or exercise your legs by pushing against the tree until help arrives.



MINDGYM

STORY AND PHOTOS BY TECH. SGT. KAYLEIGH PHILLIPS

141st Air Refueling Wing celebrated the grand opening of the first and only National Guard owned MindGym, a virtual mental fitness trainer, on October 18, 2024, at Fairchild Air Force Base, Washington.

How do we measure our ability to manage stress and how can we improve upon those skills?

MindGym by Lumena is a sensory immersive cube that was created around neurofeedback, focused attention meditation, sensory deprivation and binaural beats. Isolation, reflection, light, sound and feedback are the five components to the MindGym.

“The idea behind MindGym is as a preventative tool, somewhere our airmen can go to build mental fitness before the need for further assistance from the helping agencies arises,” said Col James McGovern 141st Air Refueling Wing Commander. “We needed the space for airmen to go to relax and destress.”

There are only 16 MindGyms across the Department of Defense.

The gym’s interior surfaces are mirrored creating a reflective, immersive experience that creates a perception of infinite space. A single chair sits in the middle to create isolation, and when the door is closed the space is in complete darkness. Each training session utilizes low light to help stimulate and relax the brain. Ambient noise, guided prompts and composed music are pumped in through noise cancelling headphones to help relax.

“The military and Air Force is used to physically training the body and skills for work, but we don’t dedicate much time towards training the mind,” said





Brandon Murphy Lumena's Head of Growth. "We came up with a tool that was designed to be comforting and familiar to our servicemembers. Somewhere they can go to expand the skills that harness their attention, train their brain and monitor their cognitive function to improve it over time."

The core objective of MindGym, focused attention meditation, involves directing one's attention to a specific point, object or thought; such as breathing patterns or a specific mantra to cultivate mindfulness and concentration. Lumena states that when practiced regularly, meditation is shown to improve symptoms of anxiety, depression, inattentiveness and other forms of cognitive dysfunction.

According to Lumena, sensory deprivation during each session creates an environment with minimal or no sensory input. Within MindGym the individual is deprived of external stimuli to induce a transcendental state of deep relaxation, altered consciousness, and heightened introspection.

Through the headphones, binaural beats are an auditory illusion created when two slightly different frequencies mimic the frequency of brain waves are simultaneously presented separately to each ear. The brain perceives a third tone, the binaural beat, which Lumena says can improve cognition, memory, and mood depending on the frequency of the generated beat. MindGym integrates binaural beats in training modules to engage the subconscious and promote healing.

To track progress that is made overtime, the headband sensor delivers biofeedback that measures brain wave activity. Data is captured real-time and delivered after session completion.

"Often, we let our intentions get hijacked by an emotion or something that you don't like," said Murphy. "If you practice the discipline in the MindGym so that you're prepared to for those external factors that disrupt you, you can use that mental muscle to get your attention back to the thing you need it to—which is serving you."

30th Chief of National Guard Bureau takes the helm

By Army Sgt. 1st Class Zach Sheely

Air Force Gen. Steven Nordhaus assumed responsibility as chief of the National Guard Bureau during a ceremony Tuesday at Joint Base Myer-Henderson Hall.

Navy Adm. Christopher Grady, the vice chairman of the Joint Chiefs of Staff, presided over the ceremony following an earlier promotion ceremony in which Nordhaus received his fourth star.

“To the Citizen-Soldiers, the 430,000 men and women of the National Guard, thank you for manning the watch as we sit here today. Thank you for being Always Ready, Always There,” Grady said.

Nordhaus takes the helm as the National Guard’s top officer and a member of the Joint Chiefs of Staff, succeeding Army Gen. Daniel Hokanson, who retired in August.

“I’d like to thank the men and women of the National Guard — an elite and ready warfighting force,” Nordhaus said. “They are well-integrated with the Joint Force, our allies and partners, the interagency and local communities.

“They are critical to our national defense, and I am proud to represent them,” he said.

Nordhaus most recently served as the commander of the Continental U.S. North American Aerospace Defense Command Region – First Air Force (Air Forces Northern & Air Forces Space), Tyndall Air Force Base, Florida.

He brings experience working at the National Guard Bureau in and around the Pentagon, having served as the NGB’s director of operations from 2019 to 2022 and commander of the Air National Guard Readiness Center, Joint Base Andrews, Maryland, from 2017 to 2019. He was an executive assistant to Army Gen. Frank Grass, the 27th chief of the National Guard Bureau, from 2013 to 2015.

Nordhaus has served at every level of Air Force command and is rated as a command pilot, with more than 3,000 flight hours in various aircraft, including T-37, T-38, F-16A, F-16C/D Block 30/40/42/50/52 and F-35A. He has flown combat missions in operations Southern Watch, Vigilant Warrior, Northern Watch, Iraqi Freedom and Enduring Freedom.

Nordhaus, a Putnam County, Ohio, native, was inspired to fly fighter jets at a young age and earned his commission through the U.S. Air Force Academy in 1989.

“Over the course of my service flying in the active duty and the National Guard, my experiences took me far beyond the cockpit when Gen. Grass brought me to the Pentagon,” Nordhaus said.

“There, I learned just how dynamic, versatile, resilient and responsive our National Guard is as a warfighting force, with strategic depth and as an operational reserve for our services, yet able to respond across our nation



from over 2,500 communities to serve our citizens," he said.

As Nordhaus takes the office of the chief of the National Guard Bureau, there are about 46,000 Guardsmen on duty. More than 7,400 Guardsmen from 17 states are mobilized to the Southeast to help communities devastated by Hurricane Helene and Hurricane Milton. Another 9,000 are focused on steady-state homeland defense and security. More than 21,000 are deployed worldwide in support of geographic combatant commands.

Thousands more stand ready to answer the call at home and abroad. Nordhaus shared his first personal encounter with the National Guard. It came in 1992 when, as a young officer in the active-duty Air Force, Hurricane Andrew destroyed his first home and two cars at Homestead Air Force Base in South Florida.

"The National Guard was there for me," he said. "Just as right now, our Guardsmen are working tirelessly to respond to Hurricane Helene and Hurricane Milton. They are saving families in devastated communities. They are clearing roads and establishing distribution sites so our fellow Americans can regain access to life-saving food and water.

"They are not only bringing supplies and expertise to these communities — they are bringing hope and compassion to our neighbors in need," he said.

That hope is part of Nordhaus' philosophy — three tenets he calls his standard operating procedures: service, optimism and passion.

"I am committed to bringing service, optimism and passion to each day as I serve alongside you in my new role," he said.

Nordhaus said he will be focused on people, readiness, partnerships and modernization to ensure the National Guard remains well-postured in a time of great power competition globally and responsive in times of crisis at home.

"Everything I do in this role will be in the service of our people so we can ensure mission success," he said. "Every policy we improve, every nation and community we visit and every decision we make will put our elite Soldiers, Airmen and civilians front and center.

"You bring strength, courage and honor to this organization; without you, we cannot succeed," he said.

The chief of the National Guard and the National Guard Bureau ensure proper training, equipping and staffing of the Army and the Air National Guard so they can perform their missions as the primary combat reserve of the Army and the Air Force to fight and win the nation's wars, protect the homeland and assist communities in times of natural or human-caused disaster.

Nordhaus is the fifth chief of the National Guard Bureau to serve as a member of the Joint Chiefs of Staff, which Congress elevated to a four-star position in 2012.

Gen. Nordhaus takes the Guidon during a change of command ceremony at NGB.



LEGAL

RULES FOR RENTAL CAR USE WHILE TDY
PROVIDED BY 141ST LEGAL OFFICE

Most of us have been on a temporary duty (TDY) assignment. Often times, we are away from family, maybe we are with other members. At times, we might have some free time. One thing that members might consider is touring the local area. Maybe you want to take your government funded rental vehicle to the local watering hole, a local beach, or just to see some sights. It is important to remember there are rules that govern what you can and cannot do. Failure to follow these rules can have significant consequences. So, let's review rental vehicle use.

A rental vehicle is limited in use for only official purposes. According to the Joint Travel Regulation paragraph 020209, official purposes include: transportation to and from duty sites, lodgings, dining facilities, drugstores, barber shops, places of worship, cleaning establishments, and similar places required for the traveler's subsistence, health, or comfort. Now, what does that mean? In the legal world, it all depends.

A good way to consider if a given trip would be authorized would be to consider if you need whatever it is you are going to get. Some of the places listed are explicitly authorized. Areas of concern are likely going to involve "comfort". Always consider the purpose of the trip. Did you forget to pack socks or need warmer clothes? You can go purchase some. Do you need to go to the beach or visit the local tourist attractions? Probably not. Is your unit or class having a morale event? Yes, you can attend assuming it is a reasonable event that meets military standards. If you are in Germany, can you go visit Paris? No.

So, what do you do when you have a free weekend and want to go touring around? You need to pay for your transportation yourself. When in doubt, pay for it, or do not go. You should do this because it is the right thing to do and because the consequences of violations can be severe.

When you take a personal trip at government expense you have basically stolen from the government. You can be held accountable for that. Not only can you receive paperwork, but you could potentially be held financially liable if you have an accident. No one wants that.

Simply put, follow the rules for rental vehicle use. Make sure your next official travel is great experience that does not become a negative one. Remember, when in doubt, pay for the trip yourself.



* This or any other article provided by the legal office should not be considered as legal advice. If you have any questions regarding this or any other article, discuss it with your chain-of-command. If they have questions, they can contact the legal office.

HISTORY

2008-2009 RECORD SNOWFALL CREATES A
STATE OF EMERGENCY

141st Air Refueling Wing volunteers recently answered the community's call to service. Snowfall is usually not big news for Spokane, Washington, but this year the snow created a state of emergency. The last week in January the snow began to fall and before snowplows could clear the roads the next storm came through. After three major storms hit the area within a week, Governor Chris Gregoire declared a state of emergency for Eastern Washington counties.

The governor called the 141st Air Refueling Wing, Washington Air National Guard into service with industrial snow blowing equipment. In rural areas of





Spokane County, snow drifts deeply covered roads and people were homebound for days, some without electrical power.

Elderly residents were concerned that emergency vehicles would not be able to reach them if needed. The rotary blades were able to cut through the accumulation of snow, 8 - 9 feet in areas. High winds continually blew roads closed and the snow blowing equipment needed to return to many of the same areas already serviced. Washington Air National Guard snow crews worked for two weeks and cleared more than 80 miles of roadways.

This wasn't the first time the Washington Air Guard answered the Governor's call for help due to weather-related emergencies. In 1996, Spokane residents remember the Ice Storm that was known as the worst winter storm in the history of the Inland Northwest. The combination of wet snow and freezing rain caused power outages to roughly 100,000 homes, some for two weeks.

The unit supplied emergency generators at that time and has also been called to help during floods and wild fires and the notorious Mt. St. Helens eruption in 1980. "It feels good to get out and help our hometown. That's why they call us the hometown Air Force," snow crewmember Technical Sergeant Rick Hewson said. Hewson has returned from driving convoys in Iraq, where he survived an explosion from a roadside improvised explosive device. He especially enjoyed being able to rescue his own community residents, "It's a great feeling to be able to help out," Hewson concluded. Spokane County Commissioner Mark Richard met with the members of the 141st Air Refueling Wing to personally thank them for their assistance during the January snow emergency.

Commissioner Richard presented a trophy that read "For generous service to the citizens of Spokane County during the Snow Emergency of February 2008, presented with gratitude by the Board of County Commissioners on March 18th.





