Plane Talk

June 2004 | 167th Airlift Wing, WVANG | Next UTAs 10-11 July

Martz Receives Bronze Star in Ceremony Held on Base

Chief is first enlisted member to receive award while stationed at 167th

Chief Master Sgt. Harry F. Martz Jr. of the 167th Aeromedical Evacuation Squadron was awarded the Bronze Star by Brig. Gen. James B. Crawford, assistant adjutant general, at a ceremony held on base Saturday evening.

Chief Martz became the first enlisted member of the 167th to win the award while a member of the unit.

The Bronze Star is awarded for performing duties of great responsibility during wartime conditions. Chief Martz received the award for outstanding service while deployed in support of Operation Enduring Freedom.

"We use the word freedom often," said Gen. Crawford. "It's second nature to us and is our vision for the world. But the 'free' in freedom is not free. It demands sacrifice."

"The words on this commendation don't properly convey the many sacrifices that Harry has made for his country," he said.

"This award is for Harry's outstanding performance while deployed in the 'stans," said Col. Brooke Taylor, commander of the Aeromedical Evacuation Squadron. "I'm extremely proud of my chief and all that he has accomplished."

(Phot by Staff Sgt. Emily Beightol, 167th Multimedia Support Unit)

Chief Master Sgt. Harry F. Martz, Jr.

Guard Officials Stress Physical Fitness

by Army Master Sgt. Bob Haskell
National Guard Bureau

5/28/2004 - **KEYSTONE, Colo. (AFPN)** — Qatar is not as hot in November and December as it is in July and August; but the 80- to 90-degree days and the 40-degree nights in that small desert land between Saudi Arabia and the Persian Gulf can raise havoc with people who are not physically fit.

That is a lesson some Airmen of the New York Air National Guard at Syracuse learned for themselves in Qatar during the last two months of 2003, said Col. (Dr.) Reid Muller, commander of the 174th Fighter Wing's medical group. He is also a practicing cardiologist.

"There was a period of adjustment, and it would have been a little easier for some of the people if they had been paying better attention to their physical fitness," said Dr. Muller, who is an advocate for the Air National Guard's new fitness program.

Continued on page 6.

Mountaineer Pride Worldwide

Commander's View

Another drill weekend is upon us, and we are another month closer to the ORI. I have been receiving reports that we are well on-track to success. We will continue to conduct warrior training to ensure the highest possible rating when the evaluation occurs.

Once again, it may seem unusual to focus on an exercise when we are involved in so many real-world situations. However, we are learning from our people deployed to combat areas in Southwest Asia of the vital importance of such training. Many unit personnel find themselves today in challenging and dangerous situations where following military training is of the utmost importance.

When you are sitting in refresher classes, putting on MOPP gear or firing at the range, try to think of how this training could help you in the event you find yourself in a similar situation. Don't only think of training as something you need to do to excel in the ORI - think of how it will make you a better airman and warrior.

Training exercises go hand-in-hand with deployments and are an absolutely vital component in winning the War on Terrorism. As President Bush said last week, this war is as important as any in our nation's history. We need to do our part - including training - to ensure victory in this fight.

Finally, we should all stop and reflect today on two momentous events: the 60th anniversary of the invasion of Normandy, and the passing yesterday of one of this nation's greatest presidents. President Reagan showed the impact that one man with strong principles can have on this country. He led us to victory in the Cold War, a fight that helped define American just as World War II did — and as the War on Terrorism will do.

PLANE TALK is an authorized Air Force publication for the members of the 167th Airlift Wing, West Virginia Air National Guard. Contents of ***PLANE TALK*** are not necessarily the official views of, or endorsed by the U.S. Government, Department of Defense, or the Department of the Air Force.

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CHAPEL NEWS

By Chaplain (Capt.) David Reynolds

A Beagle at Heart

I like our family beagle. I really do! She's so cute. She greets us each and every day loyally. She watches our house and children dutifully. The family has taught her to sit, lie down, sit up, roll over, shake and even "speak." In many ways she has become an integral part of the Reynolds family. She even has her "own chair," which delights my wife — the rest of the household furniture is spared short black and brown beagle hair.

I really do like "Muffy" (that's her name). The other night, however, her true beagle "colors and heart" shown brightly, nearly causing me to reevaluate my fond affection. It was 11:00 p.m. My wife and I, being early risers, had long ago gone to bed. Suddenly, the doorbell started ringing. Our house is in a bit of disarray because of unexpected remodeling. Hearing the doorbell, I scrambled first for my pants and then the door. As I was struggling to both find my way and the buttons on my pants, the doorbell ringing stopped. In its place a loud knocking began. In my mind's eye all I could see was a trooper or some law enforcement officer there to inform us of a terrible tragedy that had just occurred.

When I finally made it to our door, it wasn't a constable that met me, but an older lady with a flashlight. "Do you know your beagle is outside barking?" As I stared in unbelief, all I could muster was — "No ma'am." "Your beagle is outside and she is barking and I have to get up in the morning!" she continued as she shined her flashlight in my bewildered face. Finally I muttered, "I'm terribly sorry, I will get her right in." Post haste I went to the back door and called our beloved Muffy. She came running with tail wagging. She had no idea that she had been acting rudely and disturbing our poor elderly neighbor. She was just being **a beagle at heart.** Howling and barking comes naturally to a beagle. All the tricks she learned, all the bathes she'd had; even having her own family chair did not change the fact that she was still **a beagle at heart.**

The Bible speaks of humanity having a heart problem. It's not clogged arteries or coronary disease that the scriptures refer to as the problem. The problem is what theologians call original sin. It is the state of disobedience and sinfulness that all humanity is born with and in. Don't you find it interesting that you don't have to teach a child to lie, or be selfish? It just comes naturally. Our hearts are born in

See Chaplain page 2.

167th AW Promotions

TO LIEUTENANT COLONEL
William W. Whittington, Jr. CF

TO MAJOR

Carla D. Riner	*AS*
Martin E. Timko	*AS*

TO CAPTAIN

Andy R. Carattini	*AS*
Kenneth L. Durr	*APS*
Howard M. Gorberg	*AS*
Melissa G. Shade	*MSF*
Michael L. Swift	*AS*

TO FIRST LIEUTENANT

Jason B. Seibert	*AS*

TO SECOND LIEUTENANT

Frank B. Preston	*AS*

TO MASTER SERGEANT

Ruth A. Grubb	*MSG*
Richard T. Feltner	*SFS*
Denise C. Nowakowski	*MSF*

TO TECHNICAL SERGEANT

Arthur J. Barrick	*APS*
Thomas L. Powell	*LRS*
William J. Pugh	*APS*
Jeffery J. Romoko	*AS*

TO STAFF SERGEANT

Keely M. Andrews	*LRS*
William J. Beattie	*MXS*
Derek J. Brown	*LRS*
Christopher R. Cain	*MDS*
Eric L. Christophel	*MXS*
Jeremy Creason	*APS*
Justin E. Darby	*SFS*
Shad R. Jenkins	*LRS*
Eric B. Neal	*SVF*
Brad E. Runkles	*LRS*
Michael A. Seavolt	*SFS*
Ryan R. Taylor	*MXS*
Roderick M. Toms, Jr.	*AS*
James J. Wood	*LRS*

TO SENIOR AIRMAN

Stephanie L. Butcher	*MDG*
Tara M. Bryant	*AES*
Robert A. Cochran	*AES*
David S. Cruden	*AES*
Tracie M. Engle	*MDG*
Seth O. Green	*AS*
David J. Groom	*AS*
Jacob A. Marquis	*SFS*
Nicholas J. McFadden	*MXS*
Joshua L. Nelson	*MXS*
Mark A. Roberts	*AES*
Amanda G. Schildt	*MDG*
Joseph P. Windle	*AS*

TO AIRMAN FIRST CLASS

Calvin C. Barrett III	*Stu Flt*
Robert L. Duckwall	*Stu Flt*
Mark E. Kackley	*Stu Flt*
Zachary A. Kell	*Stu Flt*
Ryan A. Owens	*Stu Flt*
Trebor B. Taylor	*Stu Flt*

Welcome to the 167th Airlift Wing

Chad E. Care	MXS
Kenneth S. Casey	LRS
Samuel D. Deverell	CES
Andre Fisher	SFS
Charles S. Galarneau	SFS
Charles F. Harvey	MXS
James V. Henry	CES
Jarrod C. Plotner	MXS
Daniel M. Reynolds	MXS
Samantha K. Schmit	AES
Stephen R. Smith	SFS
Jason M. Whetstone	LRS

Chaplain *continued from page 2*

sin. No amount of "self-imposed baths or tricks" can cure the in-born sin problem.

God offers the cure. Through faith a "new heart" is imparted. One that is directed by the scriptures replaces one that is directed by selfishness. A heart that deals truthfully replaces the heart that deals in lies. A new heart motivated by love, not fear, is the cure God offers. A new heart created by faith in God empowers all those who through their own self-effort could not change their old heart. Now that's good news — why not accept God's graceful offer for a new heart today?

Safety Notes

Common Sense Key To Safety

Air Force officials want Airmen to use common sense and not fall victim to accidents during the "101 Critical Days of Summer," that fall between Memorial Day and Labor Day. This is the period when the Air Force sees a rise in off-duty injuries caused by increased activity and risk taking.

An average of 25 Airmen died during the summer months over the past five years. Most of these losses occurred in personal motor vehicle accidents, including motorcycles. These accidents are largely preventable if Airmen will:

— Wear seatbelts
— Remain alert while at the wheel
— Plan breaks at frequent intervals
— Do not speed to arrive early
— Do not drink alcohol and drive
— Anticipate the unexpected and be ready to react

For more information, read the Air Force Print News story at http://www.af.mil/news/story.asp?storyID=123007801.

Air Force to Switch to New Uniforms

Air Force leaders are pushing ahead with plans to outfit personnel with new combat fatigues, which seems like an innocent enough undertaking. Far from it. Right now, nearly 600 personnel at nine Air Force bases are modeling the tiger-striped utility uniforms of blue, gray and green. The fatigues not only look and feel good, according to Air Force brass, but they're made of a more durable wash-and-wear material. This saves time — and potentially saves the wearer $180 to $240 each year on dry cleaning. The new design also would give the Air Force a distinctive look. Airmen now wear the same woodland-pattern fatigues the Army uses — too much of a reminder, it seems, that the air service was once part of the ground service. For more information, see http://www.military.com/NewsContent/0,13319,FL_uniform_052104,00.html.

Base Inspector General Retires

Major Gober receives a shadow box to honor her career from Col. Vollmecke and Headquarters Squadron. (Photo by SRA Melissa Ayala)

Maj. Lynne Gober, inspector general of the 167th AW, retired from the Air National Guard Saturday after 23 years of service in the military.

She joined the 167th in 1996 as a military equal opportunity officer after serving in the U.S. Army Reserve and D.C. Army National Guard. During her tenure, Maj. Gober helped establish and was active in the 167th Diversity Council and took a strong interest in social justice issues on base. She became wing inspector general in 2001.

Maj. Gober originally enlisted as a private first class (E-3) in the Army in 1981, serving as a medical specialist and training NCO. She received her commission as a second lieutenant in 1985, serving in a variety of roles for the Army Reserve and, later, the D.C. Army National Guard, including environmental science officer and training officer.

A large group of friends, family and peers was on hand to recognize her retirement at a ceremony held on base Saturday. "I take this opportunity to express my deepest and most sincere appreciation to each of you … I have truly enjoyed each and every year and I thank God for giving me the strength, endurance, talent and the opportunities that I have never taken for granted," she said. "I have been so proud to have served in the Army Reserve, D.C. Army National Guard and the West Virginia Air National Guard."

Que Pasa!

Headquarters Squadron — Chaplain (Lt. Col) Dennis Yocum and 1st Lt. Andrew Schmidt

Master Sgt. Murray Romig completed the six-week chaplain's assistant's course at Maxwell Air Force Base, AL. Not only was was he the class leader out of about 30 students, but he was the honor graduate as well. We welcome back Murray and congratulate him on his success.

We congratulate Tech. Sgt. Tom Hansen on his promotion to sergeant with the Jefferson County Sheriff's department. Tom had to beat out a very competitive field to win the position, and we are proud of his accomplishment.

Maintenance Squadron – Maj. Robert Barrat

What are two words that get every maintenance troop on base excited? PIG ROAST! The maintenance squadron pig roast is tentatively scheduled for the Saturday of August drill and will feature a main course of pork with all the trimmings. Word is that Master Sgt. Dougie Catrow will be preparing the beans and rice, with horseshoes and volleyball on the side.

Quality Assurance Tech Sgts. Gary Diffenderfer and William Crites are heading to a five-day aircraft weights and balances course in Rhode Island next week.

Also in QA, Master Sgt. Todd Lewis has been hired as the full-time QA inspection technician, replacing Senior Master Sgt. Gary Pugh. He will be missed on the flight line where he was a long time crew chief.

We welcome aboard Maj. David Paulsgrove, who was recently selected as the quality assurance flying officer, replacing Lt. Col. Dick Jaklitch

Tech Sgt. John Hook and James Domenico and their wives have both just had new babies arrive; congrats and best wishes to them all. John and James will both make good daddies.

Welcome to AB Jacob Plotner in the engine shop. He is heading for basic training in a few months.

And goodbye to Tech Sgt. James Steir from the fuel cell and Tech Sgt. Steve Mills from the ISO dock, who are both retiring this month. James has more than 21 years in and Steve has 22 years in service.

In the safety department: be careful driving up and down the West Virginia portion of Interstate 81, as lots of construction is taking place on the highway.

Logistics Readiness Squadron – Master Sgt. Gene Kesecker

A BIG "Welcome Home" goes out to two of our fuels personnel, Tech Sgts. Gerald Rhodes and Mark Jordan, who recently returned from Iraq, where they were assigned to the Baghdad International Airport for aircraft fuel support and assisted in many others areas where needed. We congratulate them on a job well done and are glad they are home safely.

We also welcome to our squadron new enlistees Airman First Class Jason Whetstone, who will be assigned to supply's administration area, and Airman First Class Kenneth Casey, who will be assigned to the Logistical Plans section.

Congratulations go out to Tech. Sgt. Thomas Powell and 2nd Lt. Chris Croson, who recently became dads for the first time.

Mark your Calendars

Volk Field
18-24 September 2004

Operation Readiness Exercise
13-17 October 2004

Operational Readiness Inspection
6-15 December 2004

Check with your Unit Commander or First Sgt. to verify your involvement during these times.

AIR NATIONAL GUARD Air National Guard
Americans At Their Best.

Retirements

Maintenance Squadron
Master Sgt. Dirk T. Stymiest June 2
Tech. Sgt. Stephen Mills June 9
Tech. Sgt. James E. Stier June 9

Airlift Wing
Major Lynne D. Gober June 18

Physical Fitness...

continued from page 1.

Dr. Muller helped prepare the program that Col. Sylvia Nye is administering for 108,000 Air National Guardsmen. Colonel Nye is a nurse and fitness advocate who said she feels good physical fitness enhances people's overall health and quality of life.

The long-range benefit of the Air Guard program started last year focusing on five areas: body composition, cardio-respiratory, flexibility, muscular strength and endurance, Colonel Nye said during the Air Guard's Readiness Frontiers Medical Conference here.

"This isn't just about taking an annual physical fitness test," Colonel Nye said. "This is about enhancing our Guard members' lifestyles. We can help people … improve their diets and exercise programs so they will feel better about themselves and perform better in their everyday activities, thus improving their test scores."

The more pressing objective, however, is to improve the physical fitness of guardsmen who are being deployed to harsh terrain during the war on terrorism.

"Physical fitness is a command program, because commanders need to know the fitness of their people as well as their airplanes and other equipment," Colonel Nye said.

"We have to become a more fit force," said Col. (Dr.) Randall Falk, the National Guard Bureau's air surgeon. "We are deploying to rugged and remote areas. We're serving under austere conditions. We're not going just to Ramstein Air Base in Germany or to Andrews Air Force Base in Maryland that have all of the creature comforts, advanced medical support and neighborhood pharmacies. A fit force suffers fewer occupational injuries and illnesses."

Air Force Chief of Staff Gen. John P. Jumper is emphasizing improved fitness for all Airmen in active and reserve components, so they are ready to deploy, Colonel Nye said.

This message led to a standard physical-fitness test for all Airmen, as well as the idea that everyone develop a workout schedule for at least three times each week, Colonel Nye said.

The test includes running or a three-minute step test, abdominal circumference measurements, push-ups, sit-ups and stretching.

Guardsmen go a step further with the fitness age program, she said. The program is a way to determine how each Airman's fitness score compares with their chronological ages.

The average age for the 67,000 people tested last year was 36, Colonel Nye said. The average fitness age was also 36, she said.

That is a pretty good sign that, overall, guardsmen are in pretty good physical condition; but fitness is a personal matter, and some people are in considerably better shape than others, Colonel Nye said.

Those who are not physically fit may find the adjustment considerably harder in hot or cold or high-altitude environments than those who are, officials said.

"If you want to thrive and make your life a lot more enjoyable, it's better to be in shape and stay in shape," Dr. Muller said. "There is no excuse for not being fit. If you are not in shape, you will be mission ineffective."

Retention Issues

By Master Sgt. Mark Kesecker

The unit commander will conduct retention interviews as soon as possible but not later than three months following the member's enlistment (prior service) or the member's return to the unit following IADT (non-prior service).

This interview is intended to introduce the unit commander and provide an understanding of local and ANG policy and member and unit expectations and to address any issues or concerns the member may have.

New MRE Drink Pouches to Be Fielded

Pouches that can be resealed may soon change the way troops drink in the field. Drink pouches developed at the U.S. Army Soldier Systems Center in Natick, Mass., in partnership with packaging companies, allow warfighters to pour water into a package holding a powder mix, shake and consume the beverage from the opening. If they want to save some for a little later, the plastic zipper seal holds it in.

Field data showed that about half of the Soldiers are not consuming the Meal, Ready-to-Eat or MRE beverage base mix because of the inconvenience of using and cleaning the canteen cup. The 12-ounce beverage pouch is the first project of the Individual Combat Ration Team's Improved Packaging for Combat Rations program aimed at reducing packaging and increasing consumption. An order of 7,000 beverage pouches has been placed for two Combat Feeding developmental products, the Remote Unit Self Heated Meal and First Strike Ration. For more information, see http://www4.army.mil/ocpa/read.php?story_id_key=5989.

The Enlisted Perspective

By CMSAF Gerald R. Murray

10 May 2004

Leadership and Force Development Doctrine

Leadership has always been deeply seeded in the soil of our Air Force. From the early leaders who transitioned us from the Army Air Corps into a separate service, to those who lead our Airmen on today's battlefields around the world—strong, committed leadership has always been essential to our combat capability.

While leadership is not a new concept, we must continuously improve the way we mature and develop our Airmen to lead, so they will be best prepared to meet the demands of the future. Force Development gives us a framework in which to do that. It allows us to take the great capability of our Airmen, and couple it with the right education, training, and experience to produce world-class leaders – our Airmen deserve nothing less.

For the first time, the essence of Air Force Leadership and Force Development has been captured and published in a core doctrine document – AFDD 1-1. This recently created document formally establishes, for the first time, the leadership levels – Tactical, Operational, and Strategic - and the force development principles that apply to all Airmen serving in our Air Force. It provides the correct focus for leaders at all levels, and provides the foundation for leadership development across the Air Force.

Please don't let the word "doctrine" scare you off. The information is readable, credible and extremely relevant for today's Airmen, regardless of rank or position. I encourage each of you to take the time to read it and digest it. Within the doctrine, you should be able to find yourself in your current role, and apply the principles described to your mission today. AFDD 1-1 is available electronically at: http://www.e-publishing.af.mil/pubfiles/af/dd/afdd1-1/afdd1-1.pdf

It is through our leadership today that future generations will continue to serve in the Greatest Air Force in the World.

GERALD R. MURRAY

Tricare Retail Pharmacy Program

The Department of Defense announced today that on June 1, 2004, the new Tricare Retail Pharmacy (TRRx) contract takes effect for Tricare beneficiaries located in the 50 United States, the District of Columbia, Puerto Rico, the U.S. Virgin Islands and Guam. The contract, awarded last year to Express Scripts Inc. of Maryland Heights, Mo., has approximately 53,000 civilian pharmacies in the nationwide network. In the past, the Tricare regional managed care support contractors provided retail pharmacy services and most beneficiaries should not notice the change in services with the new contract. To use the new retail pharmacy program, as with all other DoD health programs, beneficiaries must be eligible and enrolled in the Defense Enrollment Eligibility Reporting System or DEERS.

"The new single contract integrates the previous regional contracts into one uniform retail pharmacy benefit across all Tricare regions," said Army Col. William Davies, director, DoD pharmacy programs.

The TRRx program has many new enhancements. Pharmacy claims processing is now centralized and beneficiaries no longer have to mail pharmacy claims to multiple sites for processing or call various telephone numbers to get assistance filling a prescription when using the retail network. Patient safety has also been enhanced by use of the Pharmacy Data Transaction Service to process all pharmacy claims, including paper claims.

For a single co-payment of $3 for generic or $9 for a brand-name prescription, eligible TRRx beneficiaries may continue to receive a 30-day supply of their prescription medication from the new network of retail pharmacies. To use this benefit, a written pharmacy prescription and a uniformed services identification card are required. Tricare beneficiaries who used a retail pharmacy last year will receive, by mail, a pharmacy identification card, a TRRx benefit guide and a letter listing the twelve network pharmacies close to their home.

The TRRx benefit is now portable. Beneficiaries traveling outside of their designated Tricare region who need to fill a prescription are no longer required to pay the full prescription price, or file a Tricare claim to get reimbursed for their out-of-pocket expenses when they use a Tricare retail network pharmacy. Pharmacy co-payments are the same in every location where the TRRx is available.

To locate a network pharmacy, beneficiaries may use the Tricare pharmacy locator service available on the Express Scripts Web site at http://www.express-scripts.com/TRICARE [http://www.express-scripts.com/TRICARE], or they may call (866) 363-8779 or, using the letters on the telephone keypad, spell (866) "DoD-TRRx."

For eligible beneficiaries with other health insurance (OHI), Tricare pays after all other insurance plans have paid. To use Tricare as the secondary payer or to obtain reimbursement for their out-of pocket pharmacy expenses, beneficiaries will need to submit a Tricare claim form (DD Form 2642) and a receipt for their prescription medication to Express Scripts for processing. If the medication under the beneficiary's OHI is not a covered benefit or if the beneficiary's prescription coverage has ended for the year, Tricare will pay as the primary insurance payer.

The TRRx benefit is not available for beneficiaries who reside or travel outside the U.S. or its territories. These beneficiaries are encouraged to use a military treatment facility, if available, or the Tricare Mail Order Pharmacy program to fill their prescription medications. Express Scripts can mail prescription medications to any U.S. postal address or to an APO/FPO address.

However, Express Scripts cannot send prescriptions to a private, foreign address. Prescriptions mailed to beneficiaries in overseas locations must be prescribed by providers who are licensed to practice in the United States.

A downloadable Tricare claim form is available on the Express Scripts Web site at http://www.express-scripts.com/TRICARE or on the Tricare Web site at http://www.tricare.osd.mil/claims [http://www.tricare.osd.mil/claims]. Pharmacy claims filed with Express Scripts should be mailed to: Express Scripts, P. O. Box 66518, St. Louis, Mo., 63166-6518.

Beneficiaries residing in overseas locations, other than Puerto Rico, Guam and the U.S. Virgin Island, do not have access to Tricare retail pharmacy networks. Therefore, they must pay for their prescription medications upfront and submit a claim with Tricare overseas claims processor to be reimbursed. For reimbursement rates or assistance processing a non-network overseas retail pharmacy claim, beneficiaries may contact the overseas Tricare Service Center at http://www.tricare.osd.mil/overseas/index.cfm.

TRICARE Benefits While Traveling

Accessing health benefits while on vacation can get complicated. Tricare Prime covers emergencies including injuries threatening someone's life, limb or eyesight, but the beneficiary still has some responsibility for getting in touch with the medical facility at his or her home base.

Members should notify their primary care manager within 24 hours to initiate a record of the care they receive. Members on the personnel reliability program or flying status must notify the PRP section or flight medicine as soon as possible after receiving treatment. Although urgent care is also covered, Tricare Prime beneficiaries must contact their primary care manager to obtain authorization before seeking care.

For more information, call the local Tricare office or read the Air Force Print News story at http://www.af.mil/news/story.asp?storyID=123007599.

Thrift Savings Plan (TSP) Open Season Update

As a reminder, the TSP Open Season started 15 Apr 04 and runs through 30 Jun 04. Defense officials are seeing a big problem concerning the Thrift Savings Plan (TSP): Not enough service members are taking advantage of the program. "We're trying to convince people that TSP is a good vehicle for savings," said Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council. "The great thing about TSP is that it's tax-deferred in pretax dollar savings. So it comes out of your income, and you're not taxed on it until you use that money later, hopefully in your retirement." TSP is also a good idea for people who don't plan to make a career of the military, because they can take their TSP with them when they leave active duty. Those who leave active duty before retirement could roll their TSP into a 401K plan of a new civilian employer. It could be put into an IRA, or even left in TSP, but no more funds could be added to the account. More than 220,000 service members signed up for TSP in 2002, the first year the savings plan was opened to military personnel. That figure jumped to more than 390,000 at the end of the open season, which ended in December. For more information, see http://www.military.com/NewsContent/0,13319,dod2_042304.00.html.

To learn more about pay and money, see our Pay & Money section: http://www.military.com/Resources/ResourcesContent/0,13964,30821—1,00.html

Access to Pay Information Gets Easier

Defense Finance and Accounting Service officials announced that Airmen can now receive personal identification numbers for myPay through their official Air Force e-mail accounts. Airmen can expect to receive a new or updated PIN within two hours of requesting it on the myPay Website. The e-mail PIN delivery process is a simpler, faster alternative to the direct mail and in-person request methods previously available, DFAS officials said. This capability is especially timely as more people are realizing the benefits of accessing myPay from remote and deployed sites.

Customers can view, print and save leave and earnings statements, make adjustments to federal and state tax withholdings, update bank account and electronic transfers and change address information, all online at https://mypay.dfas.mil.

The Website is available to all service members, military retirees and annuitants, and Departments of Defense and Energy civilian employees.

For more on pay, visit our Pay Overview section at: http://www.military.com/Resources/ResourcesContent/0,13964,30821,00.html

House, Senate Agree to 3.5% Raise for Service Members

The House and Senate armed services committees have agreed to an across-the-board 3.5 percent pay raise for service members in 2005, as well as making permanent increases in deployment-related pays. The pay provisions are part of the fiscal 2005 defense authorization bill passed recently by the House Armed Services Committee; and a different version of the same bill passed last week by the Senate Armed Services Committee. Both bills add money to the Bush administration's proposals for military heath care, especially for reservists and their families, and for force protection measures, including more armored Humvees and armor kits for other vehicles for troops in Iraq. Both committees authorized $422.2 billion for the Department of Defense in 2005, the full amount requested by the Bush administration and $20.9 billion more than the amount authorized by the Congress for fiscal 2004. But because the administration's 2005 proposal did not include funding for operations in Iraq or Afghanistan, the House bill also adds an additional $25 billion in "emergency" money for those missions. For more information, see http://www.estripes.com/article.asp?section=104&article=21351&archive=true.

To read the armed services committee press release, see http://armedservices.house.gov/pressreleases/2004/04-05-05mchugh.htm

Air National Guard
A World Class Organization

Blood Donors Necessary In War, Peace

There is a constant need for blood. According to the Armed Services Blood Program Web site, trauma victims may use up to 40 units of blood, and that does not include the number of surgical procedures that require blood transfusions.

The main purpose of blood drives is to maintain medical readiness. The need for units of blood extends outside the immediate vicinity. In the current world climate, many ongoing operations in hostile environments require blood donations.

For more information, read the Air Force Print News story at http://www.af.mil/news/story.asp?storyID=123007688

Stars And Stripes Offers Free Electronic Newspapers

Service members who do not have access to the Stars and Stripes newspaper but do have access to a computer can now go online to read or download an exact replica of the paper at no charge. Free online versions of the newspaper's European, Pacific and Middle East editions became available April 26.

The electronic newspaper is a cost-effective way to get the Stars and Stripes to service members at bases in isolated places overseas, such as Iceland or Crete, where delivery is expensive.

For more information, visit the electronic Stars and Stripes Web site at http://estripes.osd.mil/.

Senators Announce Passage of Medal Bill

United States Representative Vic Snyder and Senators Blanche Lincoln and Mark Pryor announced that Snyder's legislation to authorize separate campaign medals for military personnel who participated in Operation Enduring Freedom and Operation Iraqi Freedom passed the United States Senate today by a vote of 98-0. The legislation, H.R. 3104, would authorize separate medals for the Iraq and Afghan campaigns. The President and the Pentagon would be charged with determining who would receive the medals.

Representative Snyder is the primary sponsor of the House legislation, which has 103 cosponsors-both Republicans and Democrats. Senators Lincoln and Pryor cosponsored the Senate version of the bill. For more information, see http://www.house.gov/snyder/news_views/press_releases/pr05_18_04.html. For more on recent legislation affecting the military community, see http://capwiz.com/military/issues/bills/

Free Admission to Colonial Williamsburg for Military

Colonial Williamsburg is offering a 2 day consecutive Special Free Admission for active-duty, retired, guard and reserve personnel and their families on Independence Day - July 1 and Veterans day - November 11.

All members must go to the Visitor Center to pick up their tickets. The member and all immediate military dependents in the family can get the free tickets!

Two consecutive days include the dates in the original email AND either the day before or day after, as long as they are consecutive.

Visit the Colonial Williamsburg web site yet for information or call 1-800 HISTORY and ask for the ticket office. You must have a current military or dependent ID CARD for admission.

DeCA Action Line for Customer Comments and Feedback

Have a commissary story or comment to share? Voice your comments through the agency's Your Action Line, a program providing two-way communication between customers and agency officials. There are two ways to transmit comments: by "snail mail" or e-mail.

Pick up a postage-paid Your Action Line card at the commissary, fill it out and drop it in the mail, or go online at http://www.commissaries.com/YAL/customer_comments.cfm and send your comments electronically. If communicating by mail, please write as neatly as possible and provide a return address.

AIR NATIONAL GUARD
Together We Succeed

Improved Scholarship Finder Available

Military.com has released a new and improved online Scholarship Finder, which helps service members, veterans and their families search millions of dollars in military-related scholarships. Military.com Scholarship Finder is the definitive guide to military scholarships on the web, including the most comprehensive information presented in a searchable and user-friendly format. Many organizations and educational institutions offer scholarships based on military affinity, but they can be hard to find.

Military.com has aggregated this information in one searchable, online database, with detailed descriptions, eligibility criteria, application deadlines and contact information. Go to our Scholarship Finder: http://www.military.com/Education/ScholarShip/newsearch?ESRC=mr.txt

Quotable

"If you can do for the nation or do for the family, if you can be a part of something that has goals that transcend your own personal well being or interests, then you have arrived in life. That's what I think we do for our people in uniform. I think that pride that they feel is knowing that they are part of something bigger than themselves and that's what they relish."

General John P. Jumper, Air Force chief of staff

Mosquito Season and West Nile Virus

West Nile virus (WNV) is a mosquito-borne virus that was first seen in the United States in 1999. The most effective way to control West Nile Virus is to control mosquitoes around the home by eliminate their breeding sites. All mosquitoes pass through four life stages: egg, larva, pupa and adult. The first three stages must have water for development. After the eggs hatch, the larval stage begins. Mosquito larvae are often called "wrigglers". Wrigglers are most commonly seen just below the surface of the water. The larvae feed on microorganisms found in the water and grow rapidly. The mature larvae transform into pupae. Mosquito pupae are also quite active and are often called "tumblers" because of their tumbling motion in water when disturbed. After a few days the pupae transform into adults.

Homeowners can take the following steps to prevent mosquito breeding on their property:

The best option for mosquito control is to target the larval stage. The larval stage develops in the water.

· Remove standing water that may accumulate on the property (e.g., lawn ornaments, flower pots, etc.)

· Destroy or dispose of tin cans, plastic containers or any other object that can hold water. Pay special attention to old tires.

· Empty and refresh pet water dishes, watering troughs and birdbaths at least once a week.

· Ensure that garbage cans, receptacles have tight fitting lids.

· Clean debris from rain gutters and remove any standing water under or around structures or on flat roofs. Check around faucets and air conditioner units and repair leaks or puddles that remain for several days.

· If you have a swimming pool or spa, keep it chlorinated. If not in use, cover. Make sure water does not collect on the cover.

· Irrigate lawns and gardens carefully to prevent standing water.

· Empty children wading pools immediately after use.

· Store small boats upside down. Cover large boats. Make sure the drain plug is removed so water can drain out of the boat. Make sure water does not collect on the cover.

· Stock ornamental pools with "Mosquito Fish". Contact your local health department or mosquito abatement district for information on acquiring these fish.

Adult Mosquito Control

· Keep adult mosquitoes out of the home by using screens on doors and windows.

· Use repellents such as DEET if you are working or playing in mosquito infested areas.

· Adult mosquitoes rest on weeds and other vegetation. Homeowners can reduce the number of areas where adult mosquitoes rest by removing brushy areas from around structures and regularly mowing the lawn.

Privately Owned Weapons Restricted on Base

Unit members should remember that there is a long-standing policy on base regarding the possession of privately owned weapons (POWs) on base. With the exception of sworn law enforcement personnel, privately owned weapons are not routinely authorized beyond the installation entry gates.

Personnel who have such weapons in their possession must park in the North Lot prior to entering base. Additionally, unit members must notify security police and their supervisors of the weapons being housed in the vehicle.

The following items are considered dangerous weapons and with the scope of POWs:

*Projectile weapons such as firearms, paint ball guns, pellet guns, BB guns, blowguns, bows and arrows, underwater spear guns, hunting slingshots and throwing spears. Weapons in this category may be used on the base during supervised and sanctioned activities, if approved by a group commander. If approved, the group commander will provide Security Forces in writing with the circumstances surrounding the approval. The letter will as a minimum include the name, rank, section, description of the item(s) location of the item(s) to be utilized/displayed, duration of activity and supervisor's name. Personnel occupying on-base dormitory rooms may not possess these weapons in their rooms at any time.

*Instruments with the capacity to inflict death such as knives in excess of three inches, spring-loaded knives (switchblades), swords, blackjacks, metal knuckles, "Nunchacku" fighting sticks, kung-fu stars, boomerangs, chains (wrapped) and billy clubs. Possession of these items is expressly prohibited at all times, except when they are in use as part of the bearer's lawful "tools of the trade" such as craftsmen (electricians, carpenters, or other such trades) or if approved by a group commander for a supervised and sanctioned activity.

*Explosive material such as ammunition, gunpowder, firecrackers and similar items. Activities sponsored by an authorized and sanctioned pyrotechnic displays are exceptions to this category of weapons. Personnel occupying on-base dorms may not possess these materials in their rooms.

This policy is to be briefed to all wing personnel through the use of briefings, bulletins, notices, commander's call and squadron in processing.

Fuel Your Future
Air National Guard

Air Force History and Heritage

June 6, 1944 - Army Air Forces and Allied aircraft flew approximately 15,000 sorties in support of the D-Day invasion.

June 1, 1948 - U.S. Navy and Air Force air transport systems consolidate into Military Air Transport Service under the U.S. Air Force.

June 12, 1948 - Congress passes the Women's Armed Service Integration Act, establishing Women in the Air Force.

June 26, 1948 - The Berlin Airlift initiated in response to Russian blockade.

June 26, 1948 - Strategic Air Command's 7th Bombardment Group receives the first operational B-36 Peacemaker heavy bomber. With a length of 160 feet and wings spanning 230 feet, the Peacemaker is the world's largest bomber with intercontinental capability.

June 2, 1949 - Gen Henry H. Arnold given the permanent rank of General of the Air Force.

June 29, 1949 - The U.S. Air Force became the first service to announce an end to racial segregation in its ranks.

June 27, 1950 - President Harry S. Truman announced he had ordered the U.S. Air Force to aid South Korea.

June 8, 1953 - At Luke Air Force Base, Ariz., the U.S. Air Force Thunderbirds, officially designated the 3600th Air Demonstration Flight, perform for the first time.

June 24, 1954 - Secretary of the Air Force Harold E. Talbott announces the permanent location of the U.S. Air Force Academy will be a 15,000-acre tract of land six miles north of Colorado Springs, Colo.

June 29, 1955 - The first Boeing B-52 Stratofortress to enter U.S. Air Force operational service delivered to the 93rd Bombardment Wing, Castle AFB, Calif.

June 27, 1958 - The 556th Strategic Missile Squadron successfully completes the first military launching of a Snark intercontinental cruise missile at Cape Canaveral.

June 3, 1959 - The U.S. Air Force Academy graduates the first class of 207 graduates. Two hundred and five receive commissions as regular officers in U.S. Air Force.

June 9, 1961 - Delivery of the first C-135 Stratolifter jet cargo aircraft marks the beginning of modernization of Military Air Transport Service's former all-propeller-driven fleet.

June 29, 1962 - A U.S. Air Force team fires the first Minuteman from an underground silo at Cape Canaveral to a target area 2,300 miles downrange. This is the first Minuteman launched by a military crew.

June 18, 1965 - Strategic Air Command B-52s used for the first time in Vietnam when 28 aircraft flying from Guam strike Vietcong targets near Saigon.

June 16, 1966 - U.S. Air Force's Titan IIIC boosts seven experimental communications satellites and one gravity gradient satellite into orbit 18,000 nautical miles above the equator. The satellites demonstrate the feasibility of a global military communications satellite system.

June 1, 1967 - U.S. Air Force crews fly two HH-3E helicopters nonstop from New York to Paris in 30 hours, 46 minutes and 10 seconds with nine air refuelings.

June 30, 1968 - The Lockheed C-5 Galaxy, the U.S. Air Force's newest and largest aircraft, makes its first flight.

June 28, 1976 - The U.S. Air Force Academy becomes the first of the big three service academies to admit women cadets when it admits Joan Olsen.

June 10, 1989 - Capt. Jacqueline S. Parker became the first female pilot to graduate from U.S. Air Force Test Pilot School.

June 2, 1991 - The eruption, more than 100,000 feet high, of Mount Pinatubo begins on the island of Luzon, the Philippines, covers Clark Air Base and two other U.S. military bases with two feet of volcanic ash.

June 1, 1992 - Military Airlift Command, Tactical Air Command and Strategic Air Command stood down and Air Combat Command and Air Mobility Command stood up.

June 30, 1994 - The U.S. Air Forces in Europe ends its presence in Berlin, 46 years after the beginning of the Berlin airlift, with the inactivation of Det. 1, 435th Airlift Wing.

167th AIRLIFT WING
VISION 2004
A WORLD CLASS AIRLIFT WING
CAPITALIZING ON OUR
STRENGTHS AS A MILITIA
FORCE TO ACCOMPLISH ANY
MISSION, ANY PLACE, ANY TIME