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Newsletter of the 155th Air Refueling Wing

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Nebraska National Guard marathon team demonstrates a 'Fit to Fight' mentality

By Senior Airman Mary Thach, Public Affairs Photojournalist

Overcast skies and a chilled breeze provided an opportune environment for nearly 10,000 runners geared to tear up the pavement at the 36th Annual Lincoln National Guard Marathon May 5, in Lincoln, Neb.

The Army and Air National Guard presence was felt dramatically with more than 200 guard runners from 44 states and two territories in addition to security and marathon support.

Eight Soldiers and Airmen from the Nebraska National Guard made up the 2013 Nebraska National Guard Marathon team with an average time of 3 hours, 10 minutes and 21 seconds. Of the eight team members, two men and one woman's run time earned three slots on the All Guard Marathon team, and one male alternate.

Nebraska National Guard's marathon team coordinator, Army Sgt. 1st Class Bill Norris, said there was plenty of friendly competition between the National Guard states during the marathon and everyone exhibited professionalism and good sportsmanship.

"It's a cool event to have all these teams come in here and they all wear their state's jerseys. There is a lot of pride going on," said Norris. "We are lucky to have this program."

Though Norris previously ran in numerous half-marathons, the 2013 Lincoln Marathon was only his second full-marathon. Norris said he felt he should run the full marathon since he is the program coordinator and the Nebraska National Guard team captain. He said he was hurting badly toward the end of the race, but his motivation to continue through each mile was to break his personal record and run under four hours. Norris said he was proud of the Nebraska National Guard team's performance as individuals and as a team.

"I am proud of them. It's not easy doing this," said Norris. "Only one percent of the population runs marathons. I know their times have improved and I appreciate them being on the team."

Despite the cool air for the spectators, Norris said the weather was perfect for staying comfortable while running and he felt safe with the presence of additional security and Guard personnel.

Nebraska Army Sgt. 1st Class Tarissa Batenhorst, a personnel noncommissioned officer from the 734th Battalion, was the only Nebraska Guard female to qualify for the All Guard Marathon team this year, with a time of 3:41:33. She said what inspired her to push forward during the race was her goal to make the team.

"It means a lot, I have been wanting this," said Batenhorst. "That was what I was thinking about to keep me going. 'I really want to make this team. You want to make this team. You're going to make this team. Come on, you can do it.'"

"You have worked so hard for it and when you make it, then it just keeps pushing you to still be competitive and you are representing," she said.



U.S. Air National Guard photo by Master Sgt. Vern Moore
Army and Air National Guard members cross the starting line at the 36th Annual Lincoln National Guard Marathon, May 5, Lincoln, Neb. Forty-four states and two territories represented their units with pride.

Batenhorst made the All Guard team twice before in 2006 and 2007, and she said she is proud to be a part of the team again.

"It's more than just about running, it's about representing the importance of why people stay fit to be in the military," said Batenhorst. "We are the small percentage that say 'I will. I do,' that join the guard. We gotta be above, we gotta represent the rest of the world in every category that we can and this is just one aspect. Fitness."

Air Force Maj. Karl Duerk, a chief pilot from the 238th Combat Training Squadron, said he is a fairly new marathon runner, having only run in two other marathons previously. Duerk began training for the Lincoln Marathon in January. He simply ran the pace he trained to run, during the race on Sunday, resulting in a 3:05:14 finish, qualifying to place him on the All Guard Marathon Team.

"The second half of the race, seeing the National Guard presence from all the guys, from all of the different states competing to make the National Guard team really pulled me along and that's really motivating," said Duerk. "It was a really good feeling coming in to the Memorial Stadium knowing that I had a pretty good shot."

Duerk said, initially it was difficult to adjust to a slower pace at the beginning of the race, because his body wanted go faster. However, he said he was able to push through the second half of the marathon because of the friendly competition of his fellow

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Marathon cont.

guard members.

“I was really excited just to wear the Nebraska state team shirt out there in the race on the course,” Duerk added. “To hear all the people out there saying ‘Go Guard’ and seeing all the guardsmen out there representing something bigger than yourself, it was really cool to represent good people you are proud of and proud to wear that shirt. It was a really cool day just to represent the Nebraska Guard.”

Army Capt. Robb Campbell, 35th Infantry Division assistant operations officer, was the final male qualifier from the Nebraska Guard to earn a slot on the All Guard Marathon team finishing with 3:03:11. Campbell has run in the Lincoln Marathon for 10 years and surpassed his personal record which he set 13 years prior by five minutes.

“It’s quite an honor. I am really beside myself,” said Campbell.



U.S. Air National Guard photo by Senior Airman Mary Thach

Air Force Senior Master Sgt. Scott Tontegode, the grounds safety manager for the 155th Air Refueling Wing, waiving as he sports his festive hawaiian attire at the 36th Annual Lincoln National Guard Marathon, Neb., May 5, 2013. Tontegode’s wingman, Master Sgt. Megan Zuver, strides with valor to guide the safety manager to the finish line.

“I can’t describe how awesome it is to make the All Guard team, and set a personal best by almost five minutes. I was on cloud nine, especially after crossing that finish line.”

“I was so overjoyed, I just could not believe that I ran that well that day,” Campbell said. “It was almost like a dream come true. It was one of the best experiences I have ever had.”

The Nebraska National Guard Marathon team had both experienced marathon runners and a few members who were fairly new to competitive running. But, the three who qualified for the All Guard team shared the same mentality.

“You have to make the decision for yourself,” said Batenhorst. “Do you want to do this or not? You can do it if you put your mind to it.”

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Prairie Guardian

2420 West Butler Avenue, Lincoln, Nebraska 68524-1888
DSN 279-1039, phone (402) 309-1039, and facsimile (402) 309-1456

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Editorial Staff:

Wing Commander	Col. Keith Schell
Chief, Public Affairs	2nd Lt. Alex Salmon
Public Affairs Superintendent	Master Sgt. Shannon Nielsen
Public Affairs Specialist	Senior Airman Mary Thach
Photographers	Master Sgt. Vernon Moore Staff Sgt. James Lieth
TV/Radio Broadcasters	Staff Sgt. Denise Knickerbocker Senior Airman Bristol Prai

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Upcoming Events

- June 8 - 1000** - MSgt. Jeffery Hart - Retirement Fabrication Classroom
- 1430** - Chief Kerns Retirement - OPS Auditorium
- June 9 - 0730** - Tsgt. Brandon Viet - Promotion to MSgt. @ AGE
- 0730** - TSgt. Brad Sharp - Promotion to MSgt. @ MXG Conf. Room
- 1000** - TSgt. Ward Lyman - Retirement Fabrication Classroom
- 1430** - Lt. Col John Buhrmann - Retirement 155th MDG Classroom

Training, ORE's and Graduation Advice

By Colonel Bob Stevenson, Vice Commander

Welcome to June Drill and the home-station ATSO/ORE training. Graduation season is just ending and I had the pleasure of sitting through three commencement ceremonies and speeches this year. Pleasure? Actually, two thirds pleasure but I was pleasantly surprised by two of the speeches as there were some pearls of wisdom that you can apply to this weekend and the coming week's important training for everyone in our organization.

We know we will have a major inspection in June of 2014. We know it will have an OPLAN 8010 NORI and will involve the IG checking that this Wing's leadership has properly prepared the unit's members for our wartime missions under the worst combat conditions. This week is part of establishing that assurance. We also know the IG will want to ensure we are compliant with USAF instructions and regulations and further that we are documenting that compliance. So what does that have to do with graduation speeches? Well, high school, college and graduate school are courses of study intended to impart proficiency in a field. This week's ORE, the NORI in August, and the MICT self-inspections over the next year are the same thing. We have to do the work now to prepare for war and in so doing, we'll be prepared for inspection. With that in mind, consider the following advice I compiled from the two best commencement speeches I heard this year, then apply it to your own and our collective preparations.

1. Do what you say you will do. (and if you can't for some reason, communicate early) That seems simple but you'd be surprised how rare consistency is in this area. We all rely on each other to perform our jobs to get the mission done. You need to do your job so others can do theirs. We need each other to deliver or communicate if we cannot.

2. Go out to others – Reach out. We call that being a good Wingman, or in Nebraska being a good neighbor. Don't be shy

about helping each other and make sure you include everyone.

3. Listen – Listening is a skill. Practice listening and concentrating on what is being said but also on what is not being said. Listen twice, speak once. It's key to numbers 1 and 2 above.

4. Be objective, avoid condemnation. Criticism of our performance is necessary. Criticism of people is not and it will eat at our team like a cancer. Everyone is learning. Everyone has a unique struggle in life. Be objective and keep the goal in mind; a mission ready force.

5. Live with gratitude. MOPP 4 stinks but it doesn't have to change your perspective. Were there real chemicals flying, you'd really be thankful for that mask and suit. In a crisis, leaders will demand and issue orders and directions. Even then, one can show appreciation for the efforts of others to handle the chaos. Gratitude goes a long way in cementing a team. Be gracious.

6. Take responsibility for your actions – whiners and blamers are losers. Fault and blame are not as important to a team as fixing the problem. Solve problems. Work to get out of Black and back to Yellow.

7. You might only need two of three traits to survive in the world but three of three nearly always leads to success: Be On Time, Do Good Work, & Get Along with Others.

If we can work together under the principles above, I'm positive this Wing will rock our inspection because we'll be more than ready to execute our wartime missions. Have a Great Training Week.



From the First Sergeants

By Senior Master Sgt. Jason Schroeder, Wing/OG Frist Sergeant

“Keep calm and breathe.” This phrase is seen on T-Shirts, bumper stickers and elsewhere. It seems to be the current buzz phrase. In reality, it sounds like sage advice.

A simple, relevant message for our age that reminds us all to take a time out when things are stressful. The demands of family, work and military service may cause extra stress and anxiety. For many of us, it is difficult to accomplish an action list at work and the demands at home. The cycle gets repeated daily and one may ask themselves when they can relax or take a moment for themselves?

Just say to yourself, “keep calm and breathe.” This little phrase will jar you into remembering to pause, think about the positive and to take a

few breaths to reset yourself. Try it and see if it works!

Add this small exercise into your daily routine and store it in your mental tool box to use when you need to stop and take a break. It is a simple phrase and sometimes it is the simple things that work best.

This is not a long article because it does not need to be. The message is clear, concise and necessary.

Because this phrase is seen on bumper stickers and T-shirts, many believe this to be another gimmick. However, this phrase speaks profound truth. In today's culture, keeping calm can be challenging. Someone was wise enough to put out a message that everyone should use daily. Remember, “keep calm and breathe.”





Senior Master Sgt. Scott Tontegode

Safety News

Mission First - Safety Always



Lt. Col. Kathryn Milwood

101 Critical Days of Summer

By Master Sgt. Megan Zuver, Safety

The Critical 101 Days of Summer are here! With that comes fun-in-the sun, family vacations, and social gatherings. One of the most popular activities to do in the sunshine is swimming.

Swimming is a great recreational sport that can be enjoyed by people of all ages. But it's important to know how to be safe while you're in the water. You can greatly reduce the chances of you or your friends and family becoming drowning or near-drowning victims by following a few simple safety tips:

- Keep an eye on friends and family. Drowning can occur in as little as 20 seconds for children and 60 seconds for an adult. Drowning is known as the "silent killer" because most victims slip beneath the water without a sound. Paying close attention to those around you can drastically reduce such accidents. If a child is missing, check the water first. Seconds count in preventing death or disability.
- Learn to swim! The American Red Cross has swimming courses for people of any age and swimming ability.
- Swim in designated swim areas. Whether you're at the pool, or the lake, make sure that you're swimming in a place meant for swimming. When swimming out in nature, these areas should be properly marked, and motor boats should be prohibited.
- Swim near the shore. Drowning most often occurs within



about 10 feet of safety and usually within about 50 feet from shore.

- Never swim alone. Always swim with a buddy; do not allow anyone to swim alone.
- Be prepared for emergencies. Have appropriate equipment, such as reaching or throwing equipment, a cell phone, life jackets and a first aid kit.
- Learn to perform CPR (or cardio-pulmonary resuscitation). Check Red Cross CPR training programs. In an emergency, always have someone call 911.
- If you are an inexperienced swimmer, wear an approved life jacket.
- Remember that swimming and alcohol can be a deadly combination.
- Swimming in a river, lake or pond

always carries some risk of exposure. Unlike swimming pools, natural waters are not chlorinated or disinfected. The risk is higher after heavy rains when bacteria levels are elevated due to fecal matter washed into the lakes and streams. People who go into the water do so at their own risk.

Swimming is the third most popular recreational activity in the United States. An estimated 301 million Americans visit swimming pools, lakes, beaches and other bodies of water each year, according to the U.S. Census Bureau. Enjoy the water, and stay safe these 101 Days of Summer!

New Phase for My Pay

The Spring 2013 myPay release will affect all users and be phased in over the next five months, beginning May 11. It requires users to change their passwords every 60 days using stronger 15- to 30-character passwords. Beginning in May, groups of users will be required to establish new passwords when they attempt to access their accounts. The Defense Finance and Accounting Service (DFAS) expects it will take four months before all users have updated their passwords. DFAS plans to send email alerts 10 days before expiration of a user's password. Customers logging into myPay using DOD computer access cards (CAC) or a similarly encrypted federal identification card

will not be required to enter a password to log in to myPay. Please note it is extremely important for those retiring or separating to ensure they know their user id and password as they will not have the option to log in with a CAC card during the next tax season for their W-2s after their separation from the military. More information on the myPay Spring 2013 release and the new password requirements is available at the DFAS website <http://www.dfas.mil/dfas/mypayinfo.html>. For more updates on military pay and other benefits, visit the Military Advantage Blog <http://www.military.com/military-report/new-phase-for-mypay?ESRC=mr.nl>.

A Few Habits that Can Cause Financial Stress

By Angela Meza, Director of Psychological Health

Whether you are single, married, or in a relationship, many of us experience difficulty with our finances at some point in our lives. In the weeks ahead, Airmen & Family Readiness will be offering some great Lunch & Learn presentations with valuable information on budgeting and financial management. Knowledge is important when it comes to making changes in behaviors, however understanding our attitudes and habits related to money is more than half the battle. We often know what we should be doing if we want to become financially fit. But if you don't have the attitude, it's going to be really hard to follow a budget, keep yourself out of debt, or meet your financial goals.

The following are a few of the attitudes, taken from Carrie Rocha's book: *Pocket Your Dollars* (2013), which often get us and others into trouble with our finances.

"If only I had more money." Ever thought to yourself: If I could just get that promotion, get my tax refund, or win the lottery? And, then eventually realizing that the extra money never makes a difference? Our tendency to focus on money as the problem and or solution is really only a clever distraction from looking at our spending patterns. In this line of thinking, we deny the fact that the power for changing our financial situation lies within us. You must be open to the idea that you play a role in creating your present situation. The goal here is to change your habits, rather than continually look for ways to increase your income.

"I deserve a treat." I deserve a pick-me-up at the end of a rough day/week. I need something to get me through the day. When you hear the words "I deserve" run through your mind, you are being tempted to make an impulse purchase and you are looking for justification. For some, treating one's self is a coping skill that is used to manage stress and disappointment. However, it's the impulse buys, even the small ones, that add up and make us wonder why we don't have enough money to pay the bills. Suppressing your

desire does not make it go away; instead, you will want to find a way to practice moderation and find a small place in your finances that will allow you to indulge.

"It won't happen to me." We tend to manage our money as if everything in life were predictable. When unfortunate events happen, we never seem to have enough to cover those extra expenses such as trips to the ER, car repairs or furloughs. Financial setbacks are a part of life, our personal growth, and learning. When these things happen, it is not unusual to want to blame something or someone such as our spouse. However, when we believe that our financial problems are solely caused by unfortunate circumstances, it keeps us from moving forward with plans and solutions to better our financial situation. Having a small emergency fund or contributing to an HSA or Flex Spending account can be an excellent way to offset those costly occurrences that catch us off guard.

Need help with financial management or budgeting? Please consider utilizing the following resources: Military One Source 1-800-342-9647, Offutt Airman & Family Readiness Financial Counseling Department 402-294-4329, 155 ARW Airman & Family Readiness 402-309-1588.

The Psychological Health Program can be a resource by providing ideas on how to identify and work through some of the attitudes that may be getting you into trouble with your finances. Whether it is needing information on a referral for counseling services, a onetime consultation, or on-going guidance and support, Angela Meza, WDPH, can be contacted at 402-219-3567 / 402-309-1698, by e-mail: angela.meza.ctr@ang.af.mil, or just stop by her office: room 148 Medical Clinic.



Life is like.....

By Chief Nancy Vondrasek, Wing Command Chief

Very recently I was having a conversation with another military member and he made a statement that I initially thought amusing. After further reflection I realized that his observation was spot on. He said that, "Life was like a pinball machine," and he considered himself the flipper. The visual you get involves a large game or machine with a tilted table-like area. The ball inside the machine is hurled around the machine in an effort to hit a specific spot that in turn, helps accumulate points before falling in the hole at the front of the machine. Then the whole process starts over with another ball. Did this mean he liked to smack things around with abandon? Not quite. This very senior ranking individual was comparing himself to a flipper in a pinball machine! He continued our discussion by explaining that he felt that part of his purpose at this point in his career was to redirect those junior members when he observed them traveling in the wrong direction. That redirection sometimes necessitates a rather quick and fast strike to get the member's attention, just like a pinball flipper. Maybe he would catch them making decisions that weren't in their or the unit's best interest. Maybe they weren't taking care of the things in life that were important. This type of redirection sometimes involved a hard lesson when the recipient recognized the reality in front of them or the consequences of their ill thought through decisions.

So this begs many questions. Should I be looking for the flippers in my unit? How would I go about finding someone who would help flip me in the right direction? What does a flipper look like? Believe it or not, there are a lot of people in this unit who are looking for the opportunity to flip

someone. The flippers are looking for the opportunity to impart wisdom on those who are new to the game. All flippers know that our unit's future depends on their ability to mentor those who are less experienced. Flippers know how difficult the future might be and are out front willing to train, teach and impart some wisdom.

Flippers are easily spotted. Look for those individuals who are developing themselves in some way. People who have successfully developed their own careers will be able to flip you in a positive direction because they have already made mistakes and can save you some heartache. They generally will not be following the crowd and will make independent decisions for the good of the unit or the mission. They will generally be out front making things happen rather than sitting in the back waiting to take instructions from others.

Those flippers who have an interest in helping members grow will offer assistance. Just recently our Wing HRA, Chief Albrecht, made a presentation on how to use the Enlisted Development Plan to the members' advantage. There are many of these kinds of flippers (resources) all over our unit. They are involved in what is happening at the unit, both mission centered and organizationally centered. First Sergeants are great flippers and are at the top of my list of folks that are specifically trained in the art of flipping.

I am so very proud of this unit and all that is accomplished here every day. We continue to win awards at the 155th and achieve great things despite some negative influences that have been thrown at us recently. Thanks for all of your hard work and thanks for being in the Nebraska Air National Guard.

6 Reasons to Ditch the Gym and Exercise Outside

By Jaylin Allen, Booteique Fitness

Are you sick of the gym? Are you in need of a change to your workout routine? If so, why not take your fitness outside? Here are six reasons why you should ditch the gym and exercise outside.

1. It feels less routine than working out in the same environment every day. Unpredictability is essential for the human spirit. When you exercise outside, every day the environment is a little bit different. Even if you work out at the same park, chances are the weather and surroundings will never be quite the same as they were the day before.

2. You breathe better air outside. There is no doubt that fresh air outside is superior to the recycled air you breathe inside of a building. Fresh air will even give you more energy. Just 20 minutes of working out outside is equivalent to drinking one cup of coffee in terms of its energy-boosting effects.

3. You'll burn more calories. You are pretty limited on the treadmill or elliptical. Sure you can adjust the incline, but nothing beats the complex terrain of the outdoors. Working out outside promotes "muscle confusion," which can help your body burn more calories.

While outside, you will probably also work out longer than you would indoors at a gym because indoors you're probably constantly checking how much time you have left. It's easy to lose track of time and exercise longer when you're working out in a beautiful environment, like a park.

More: Skip Away the Pounds: 10-Minute Jump Rope Workout

4. It's good to disconnect and be in nature. We spend essentially most of our days indoors using technology for work-related or personal reasons. It's way too easy for someone to spend days or weeks at a time barely going outside. It's always a good thing to stop and disconnect from

our virtual worlds in order to step outside and soak up the benefits of the outdoors. Working out outside helps clear your mind while reducing stress. Being outdoors in an environment like the park also helps with focus, which will probably in turn help with your professional and personal life.

5. It promotes higher vitamin D levels. Vitamin D, also known as the "sunshine vitamin" has recently been proven to affect everything from cancer development to mental health. Many Americans are not getting sufficient vitamin D from spending too much time indoors. Overweight people are almost twice as likely to not get enough vitamin D. The more you absorb vitamin D through your skin from outside, the better your body is able to absorb it.

6. It just makes you feel good. Scottish researchers discovered that working out outside has a 50 percent greater positive effect on mental health than just going to the gym. Outdoor exercise is linked to stress reduction, a decrease in feelings of tension and anger, and less symptoms of depression.

4 Key Hydration Tips for Runners

So what's a sweaty endurance runner supposed to do during prolonged exercise? Learn your sweat rate and drink accordingly.

If fluid in your stomach starts "sloshing", stop drinking! The body can absorb about 600 to 1,000 ml/hour (women/ men).

Adding carbohydrates and sodium to the water enhances fluid absorption as well as palatability and performance. Consuming "real" foods (salty pretzels, pickles, chicken broth, ham-cheese-mustard wrap) during endurance events can do a fine job of providing needed electrolytes.

Just don't get too aggressive with water or sodium intake—and have fun!

myPERs - Correction to DD form 214 online

The DD Form 214, "Certificate of Release or Discharge from Active Duty" is provided on your release from active duty, discharge, separation, or retirement. The information on your DD Forms 214 is used for benefits eligibility and legal verification of your military service. It is important to keep your military personnel records accurate.

If while you are in service, you find any information that needs to be corrected or added on any of your DD Forms 214; you can submit a request online to have a DD Form 215, "Correction to DD Form 214, Certificate of Release or Discharge from Active Duty" prepared for that form and distributed. Usually your need for a DD Form 215 is to document information that wasn't available when the original DD Form 214 was produced; but it can also be used to correct certain

specific pieces of information that are in error.

To submit your request, log on to myPers at mypers.af.mil. From the myPers homepage, go to the "I Would Like To..." section and select "Access the vPC-GR Dashboard" link, choose the "Action Request" tab, and select "Correction to My DD Form 214." Fill out the information in the "DD Form 215 Request Worksheet" and attach any required documentation.

If you need assistance at any time when submitting your request, click on the "Contact Us" link from the myPers website to reach a customer service representative.

Go check it out!



Base entry project

By Maj. Berry Veen, Civil Engineer Commander

To the men and women of the Nebraska National Guard, "it" is finally upon us. What is "it" you may ask? Well, we have been talking about "it" for a couple of years now. The "it" I am referring to is a complete renovation of the Main Gate to the installation here at the Lincoln National Guard Base. Over the next few months the installation will begin a media campaign to inform all of you as to what exactly is happening with the gate project. First and foremost, the gate is not going to be closed tomorrow or next week; but on or about the end of May, I will shut the main gate down completely. You will see a temporary fence erected around the construction site. This area will be turned over to the contractor for the duration of the project. This area will be completely off limits to all personnel with the exception of emergency services, the 155th Security Forces Squadron, the USP&FO Contracting Officer and staff from the Base Civil Engineer office. Access to and from the site will be controlled by the 155th SFS on a daily basis.

Now you might be asking how will this impact me. The biggest impact will be to retrain your brain, at least for a little while. All access to the installation for both POVs and commercial traffic will come through the North gate. Many of the more seasoned members of our organization can remember the days when the North gate was the only way to get on the base. For the newest members, you might be saying to yourself, "we have a North Gate?" The answer is yes we do have a North gate, and for roughly six months over the summer and into the fall, it will be the only way you will enter and leave the installation. Those of us that work out here full time might see it as a nuisance and/or an inconvenience, but the temporary day-to-day pain will pay big dividends when the project is complete. For the Traditional members, the inconvenience will only last 12 days or six drill weekends. In either case, there is some significant information

you will need in order to safely and efficiently come and go to and from the installation.

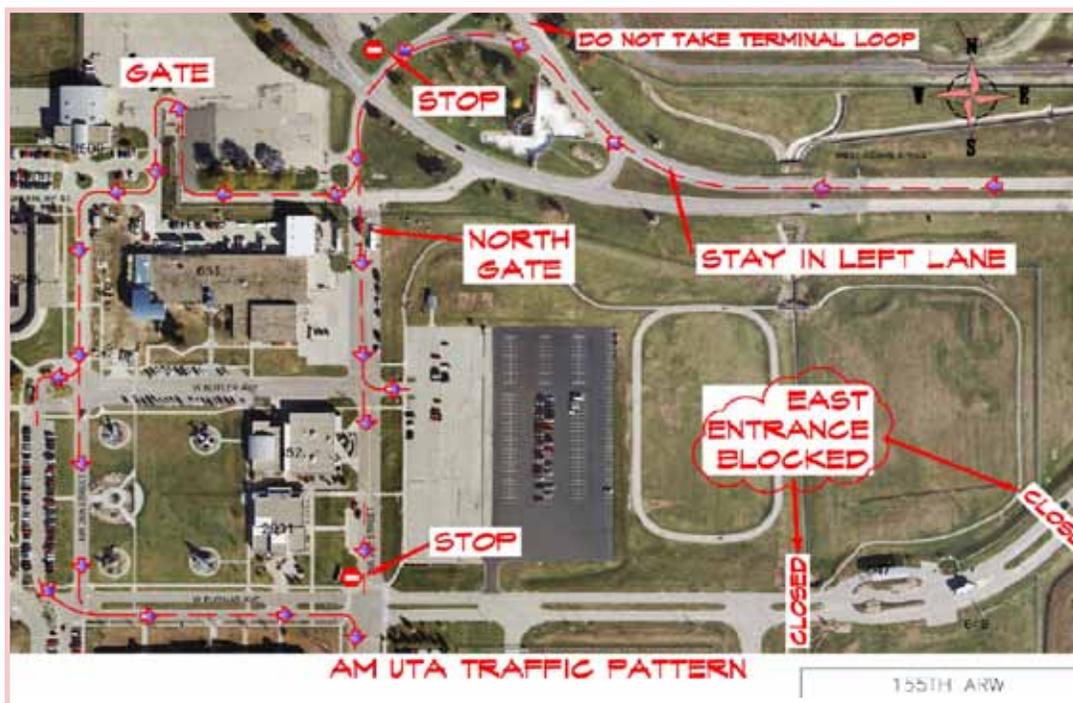
First, don't take the left turn off West Adams onto Airpark Road, because you will have to turn around and most likely get stuck in line trying to turn left onto West Adams from Airpark Road to get to the North gate. Make sure you stay in the left lane. Signs will be posted to indicate where you need to turn left towards the North gate. We will have cones out on the street to divide the traffic. The left lane will be for the installation and the right lane will be for the airport and airport traffic only. DO NOT, I REPEAT DO NOT loop around the airport to try and get in the gate quicker. Both the 155th SFS and the Lincoln Police Department will be watching for vehicles attempting to circumvent the traffic plan. In addition, speeders beware! I ask that everyone mind your speed and adhere

to the posted speed limits. Take extra care when approaching the North/South lane that leads directly to the gate. SLOW DOWN and give our security a little break. In addition, the lane just before the gate will be divided into two lanes via concrete jersey barriers. The right lane will be for commercial vehicle inspection ONLY! The left lane will be for POV traffic ONLY. On drill weekend, you may be routed to the West upon coming towards the gate (please see the visual image for traffic patterns). This is to alleviate congestion and vehicle stacking in front of the gate.

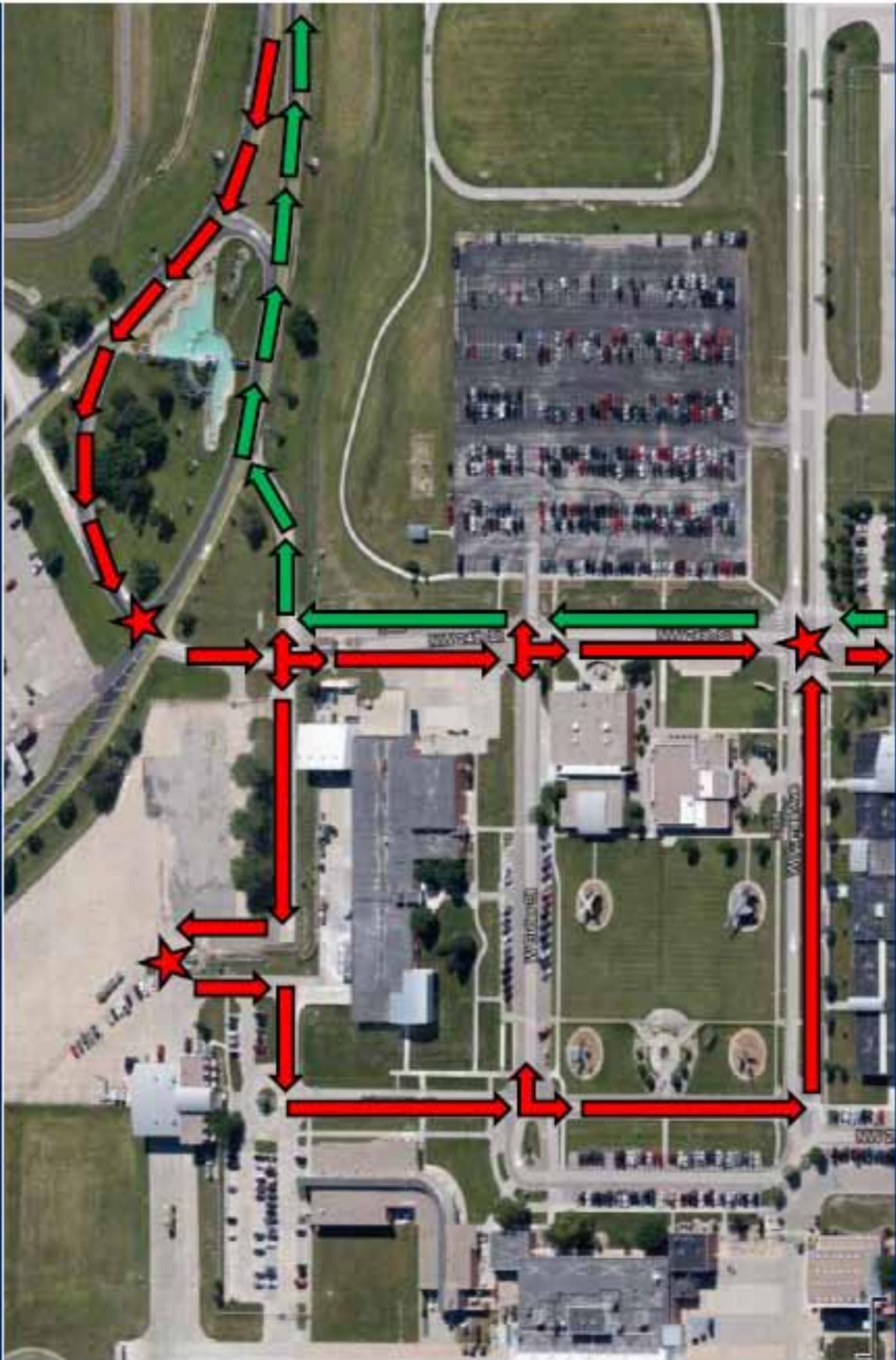
Please direct all question to Maj Barry Veen, 155th Civil Engineer Squadron, 402-309-1502.

For security or gate operations question, please contact CMSgt Carl Oestmann, 402-309-1560.

Remember, this is a temporary situation and I ask for your cooperation during this period so we can safely and efficiently process all traffic on and off the installation. Thanks



UTA Weekend Traffic Route



As of 25-Feb-13

Ready and Able!

UNCLASSIFIED



ORE Information

The information below are excerpts only from the 2013 ATSO Letter of Standards for the 10-12 Jun home station ORE. The ATSO Letter of Standards should be reviewed by all players and EET in its entirety. From the Sharepoint home page click on Basewide Announcements, ORE Info – ATSO Letter of Standards.docx.

<https://eis.ang.af.mil/org/155ARW/Pages/default.aspx>

1. Need to Know Information:
 - a. Duty hours on the Exercise Set-Up/Training day, Monday, 10 June, are at your supervisor's direction.
 - b. Unless otherwise directed, duty hours are 0600-1800 Tues, 11 June and 0600-1600 Wednesday, 12 June.
 - c. You are responsible for bringing your own lunch on 11 & 12 June; meals will not be provided and you will not be authorized to depart the base during the ATSO exercise days. Additionally, the BX is off limits to players during the ATSO exercise. Meals will not be provided on the Exercise Set-Up day, however, you are authorized to use the BX or depart the installation for lunch.

2. The following standards enable a realistic ATSO exercise which is conducted in a safe and controlled environment ensuring uniformity throughout the 155ARW.
 - a. All personnel will use tape with black lettering to mark helmets and chemical suits:
 - (1) Mark USAF, rank, first and last name on front and back of helmet.
 - (2) Mark USAF, rank, first and last name horizontally above the eye lens in the front and in the approximate middle of the back of the protective hood. Aircrew and JFIRE suits will attempt to conform to these standards as appropriate.
 - (3) Mark USAF, rank, first and last name on the right breast pocket of the chemical suit and flak vest, when worn. Aircrew and JFIRE suits will attempt to conform to this standard as appropriate. (For assistance, refer to Airman's Manual, pgs 24-27)
 - b. M9 Tape Markings: 2" Masking tape (white/cream) will be used to simulate M9 tape on both biceps, both wrists, and both calves. Do not write on the tape. In a real world environment, you would not put the tape on your garments until an initial MOPP level is announced. For purposes of this exercise, the war has been ongoing and you have been at your location for a period of time and operating in MOPP gear. Therefore, ORE participants should ensure simulated M9 tape is placed appropriately prior to reporting for duty on Tuesday. Real World M-9 tape may be issued to participants. If issued, place M-9 tape on the right wrist and use masking tape for all other M-9 locations.
 - c. Wear ID arm band on the RIGHT bicep. The arm band carrier will contain your Military ID card and the Troop Accountability Card (TAC). Members may wear a second armband on the right bicep for their line badge (if needed).
 - d. Individual Equipment Carrier Items. The following items will be stored in the Individual Equipment Carrier issued with the M50 Gas Mask:
 - (1) AFMAN 10-100.
 - (2) Simulated Combat Wallet. The simulated combat wallet will be issued at the Mayor's Cell check-in. The wallet will have P-Tabs, Cipro, M-291, M-295, and M-8 paper annotated on it.
 - (3) Simulated Antidote Treatment – Will be simulated for this exercise. EET personnel will have simulated injectors for demonstration and training purposes.
 - e. Mask Carrier Items. The following items will be located in the exterior velcro pocket of the mask carrier:
 - (1) Military Drivers License and Flightline Driving Competency, if required.
 - (2) DD form 1574, Serviceable Tag. You would have signed the DD1574 on the day of your deployment to the AOR and once every 7 days thereafter. For the purposes of this exercise, you should inspect and document your mask serviceability NET 6 June.
 - (3) Quantitative Fit Test Certificate card.
 - f. All personnel will wear your orange reflective belt at all times (if you don't have orange, wear what you have).
 - g. Check in instructions for Mayor's Cell: Players must report to the Mayor's Cell PRIOR to reporting to their work areas. The Mayor's Cell is located in the Medical Group Classroom. Enter the MDG building from the South door (patio area between the DFAC and the MDG). TAC cards will be issued each day at the Mayor's Cell; combat wallets will be issued on the first day of the exercise (Tuesday).
 - h. Check out instructions for the Mayor's Cell: Players must report to the Mayor's Cell at the end of each war day. Enter the building from the South door. TAC cards will be collected from players at the end of each day. Combat wallets will be collected from players at the end of the second day for reuse in future exercises.

MEDICAL NEWS



MEDICAL READINESS IS **YOUR** RESPONSIBILITY

Immunization Clinic: (Lt Troy Stauffer): troy.stauffer@ang.af.mil- (TSgt Jordan): matthew.jordan@ang.af.mil

SATURDAY:

0800-1130 – Clinic--- all shots except smallpox and Yellow Fever (NOTE: Yellow Fever was distributed as a vial and will ONLY be administered from 1030-1130 on Saturday, NO EXCEPTIONS!

SUNDAY: Smallpox will be given @1300 on Sunday June 9th .

HA's/ Fly HA's and WEBHA+ - Medical Admin: ext 1485 (NCOIC: SMSgt Lyle Newburn, full time SMSgt Scott Boden)

SATURDAY:

0800-1130- Check in for FLY and HA+ is located at the ADMIN window. * Be sure to have your I.D. card, no I.D. means, no HA+/FLY physical. You must have your WebHa completed before you show to the 155th MDG.

NOTE: All unit members due RCPHA within one month (Flyers must complete the day of exam or no earlier than one day prior) or overdue, must complete the AFWEBHA. Please complete the AFWEBHA prior to your appointment. The MDG will have your print out available for your appointment. WEBHA how-to: 1. Go to Air Force Portal. 2. Click on the "Life and Career" tab. 3. Scroll down to "Health Links". 4. Under featured items "AF Web Based Health Assessment, click Start AF WEB HA (in blue)". 5. Select "Patient Log In". 6. Register yourself in the database. 7. Complete questionnaire. 8. Provided registration is correct, info automatically flows to the 155th MDG; refer questions to ext 1485

Dental: ext 2770 (OIC: Dr. Shaddy) raymond.shaddy@ang.af.mil

By Appointment 0800-1130 on Saturday Only If you have a scheduled HA+, then you are already scheduled for Dental.

SATURDAY:

0800-1130 - Please drop off yearly dental forms (DD Form 2813) in lock box in MDG lobby or scan and email to Dr. Shaddy. Note: new requirement: All unit members will receive military dental exam every 5 years in conjunction with HA+.

All Fly personnel (not AGR) may get credit for their annual dental exam from their civilian dentist by using the DD 2813 form. The requirement for a military dental exam is every 5 years.

Public Health: ext 1487 (SSgt Ashly Johnson) ashly.johnson@ang.af.mil

Occupational Health appointments are made in advance, please call 1487. Pregnancy notifications must be made to Public Health as soon as member is notified of a positive pregnancy. Deployers: When coming to the clinic to receive MDG services, bring your deployer worksheet in order to be signed off. If you require a NCAT, please call ext 1487 in order to schedule this. *Call SSgt Ashly Johnson or SSgt Courtney Sheldon for any questions ext 1487 or 1571.*

Fitness Questionnaires: ext 1485 OIC: Dr. (LtCol Amyot) and PA (Lt Russell): kathleen.amyot@ang.af.mil

SATURDAY: Fitness WALK- IN: 1300-1330 – to expedite, call ahead to have your record ready for the provider. UHM's call for 2nd fitness failure appointments.

--- Please stop at admin counter to get medical record and proceed to instructed area to see provider. PLEASE NOTE: if you are referred to the clinic to see a provider, they will review your record and recommend next course of action. The 155MDG will not clear anyone to complete the run without member's personal physician recommendation. If you are taking your PT test and are on a profile, you must bring a copy of your 422, you can download it from ASIMS.

Profile Process: ext 1485 (MSgt Bovinet): kristin.bovinet@ang.af.mil

Commanders/UHM/UDMs will see 469's (profile and fitness restrictions) in their MS Outlook inbox. Commanders - if you concur with 469: you can now go into ASIMS and digitally sign the 469. Bring up the 469 in ASIMS and double click.

For non-concurrence, please call 1485 for appointment with medical provider. Commander or designated representative should issue 469 to unit member.

Lab: (NCOIC: TSgt Salmon): nathan.salmon@ang.af.mil -- please report to "Lab Check-In" window, no need to grab medical record.

SATURDAY: 0800-1130

Gas mask fit testing (QNFT): ext 1499 (NCOIC MSgt Holsten: We'll offer fit-testing from 0800-1030 in the BIO office, Saturday only.

Check out your individual medical readiness (with your CAC reader) at this website:

<https://asims.afms.mil/webapp/AppDir.aspx> -- IMR is your responsibility!

8 June, SAT CALENDAR	
0800-1600	ID Card Service
0830-1530	Student Flight Class, CES Classroom
1100 - 1300	Hot lunch Served at JFHQ Drill Floor: Transportation will be provided by LRS and begin at 1050. There will be three pickup/drop off points. Between LRS and the Meds, Circle drive in front of the Main Hanger, and in front of CE.
Meal Schedule	1100-1115:HQ(10), Wing(25), MXQ(3) 1115-1130:OG(15),COMM(20),MXS(25) 1130-1145:CE(85) 1145-1200:SFS(25), MXS(25) 1200-1215:Meds(15),LRS(54),Student Flight(20) 1215-1230:Meds(10), MOF(8) 1230-1245:Meds(10), MXS(25) 1245-1300:FSS(10), FSS(5), MXS(13)

9 June, SUN CALENDAR	
0800-1600	ID Card Service
0830-1230	Student Flight Class, LRS Classroom
1000	Commanders Meeting, Wing Conf Room
1100 - 1300	Hot lunch Served at JFHQ Drill Floor: Transportation will be provided by LRS and begin at 1050. There will be three pickup/drop off points. Between LRS and the Meds, Circle drive in front of the Main Hanger, and in front of CE.
Meal Schedule	1100-1115:HQ(10), Wing(25), MXQ(3) 1115-1130:OG(15),COMM(20),MXS(25) 1130-1145:CE(85) 1145-1200:SFS(25), MXS(25) 1200-1215:Meds(15),LRS(54),Student Flight(20) 1215-1230:Meds(10), MOF(8) 1230-1245:Meds(10), MXS(25) 1245-1300:FSS(10), FSS(5), MXS(13)
1200	Catholic Mass - LRS Classroom
1400	Protestant Service- LRS Classroom
1400	Holiday Party Planning Committee, Wing Conf Room

Fitness Schedule :

8-Jun-13 Run Only 0730 NEANG- meet @ gym
0900 Run/Walk
9-Jun-13 Run Only 0900 NEANG- meet @ gym



Congratulations and Welcome

New Members

2nd Lieutenant

Kyle Linden

1st Lieutenant

Bryan Allebone

Staff Sergeant

Shawn Patsios, Matthew Bahr

Senior Airman

James Cherecwich

Airman First Class

Olivia Robbins, Allen Seburg

PROMOTIONS

1st Lieutenant

Kathryn Score

Master Sergeant

Craig Moseman, Bradley Sharp, Brandon Viet

Technical Sergeant

Patrick Geren, Dustin Frey

Senior Airman

Luis Contreras Lopez, Matthew Cook, Joseph Naumann,

Hillary Dolan

Airman First Class

Mattie Schake, Timothy Davis

NEBRASKA AIR NATIONAL GUARD VACANCIES

Career Field	Description	Squadron
2T2X1	Vehicle Ops	LRS
3E4X1	Water & Fuel Systems Maint	CES
3E8X1	EOD	CES
3E9X1	Emergency Mgmt	CES
3P0X1	Security Forces	SFS

FINANCIAL READINESS LUNCH AND LEARNS



155th Air Refueling Wing
Main Hangar Bldg, Distance Learning Classroom
11:30-12:30

Schedule:

June 19: Nikky Pierce, ChicksDigDeals.com—How couponing can help stretch your shopping dollars. *LRS Classroom

June 26: Vicki Rethmeier, SECC Instructor—Nutritionist/ Dietician—Making healthy and economical meals to make your food budget go farther.

July 10: TSgt. Suzanne Baden, FM - Basic Financial Readiness & Budgeting 101. *LRS Classroom

July 14: (UTA Weekend): TSgt. Suzanne Baden, FM - Basic Financial Readiness & Budgeting 101. **OPS Auditorium

*LRS Classroom : Logistics Readiness Squadron Classroom, 2420 W. Butler Ave, Bldg 651 Room 122A

**OPS Auditorium: 2945 NW 25th St, Bldg 2945.

Contact Karen, in the Family Readiness Center for more information and/or to RSVP for any of the sessions.

Karen.jordan@ang.af.mil

402-309-1588