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Newsletter of the 155th Air Refueling Wing

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ATTITUDE IS EVERYTHING DURING ATSO TRAINING

By Senior Airman Mary Thach, Public Affaris Photojournalist



U.S. Air National Guard Photo by Staff Sgt. James Lieth

U.S Air Force Airman Sean Pozehl, a member of the Nebraska Air National Guard's 155th Security Forces Squadron, stands guard in a full chemical suit outside a simulated bunker during an Ability to Survive and Operate exercise at the Nebraska National Guard air base in Lincoln, Neb., June 11, 2013.

Thunder showers, lightning warnings and thick humidity did not stop members of the 155th Air Refueling Wing from proving they had the ability to survive and operate in a hostile environment during an ATSO exercise held June 10-12, at the Nebraska National Guard air base in Lincoln, Neb.

More than 300 Airmen from the 155th ARW simulated a deployment to Southwest Asia to practice their war skills and ability to remain fully functional during confusing and disorienting scenarios. An additional 40 to 50 155th ARW senior personnel participated as an exercise evaluation team (EET) to observe and assist the "deployed" members.

Col. Keith Schell, 155th ARW commander and leader of the simulated "155th Air Expeditionary Wing" at the airbase, said the exercise was designed to test the unit's ability to conduct chemical defense and defend against ground attacks.

"One of the biggest things we are going to do is practice our ATSO skills, which is our ability to survive and operate," said Schell. "Based on the simulated attacks, you'll see us dressing out in multiple levels of (chemical gear)."

The scenarios simulated chemical attacks – requiring full mission oriented protective posture gear to include the M-50 gas mask – and ground attacks from snipers, hostile individuals and groups. The goal of the exercise was to practice reacting to unpredictable enemy actions.

Schell said he had four goals he wanted to accomplish during the exercise.

He said his number one concern was safety because the

Nebraska Air Guard does not wear MOPP gear on a regular basis and with high humidity and heat, heat illness was a concern. The second goal was to learn.

"I know we have a lot of experts on EET. We have a lot of new people, too. So, I want them to come in with an open mind and think," said Schell. "Bring all of that stuff you remember from past experiences, even though this is home station, because it is different than a deployed exercise. A lot of things we are doing here, we've done before. Now we have to think how we do it locally."

Schell emphasized how important it was for those who have gone through these exercises before to take inexperienced Airmen under their wing.

"I want people to go into it as mentors," said Schell. "There are a lot of new people, so the people that have been through this, they need to be mentors to everybody else... If people aren't doing things right, we need to point that out."

Schell said the final goal was using the buddy system and communication.

"We have to rely on each other to make sure we do it correct," said Schell. "Our buddies have to be there. The first person we should be talking to is our buddy. You check your buddy and he checks you as well."

Schell offered advice to all ATSO players, new and experienced.

"Be open to advice," said Schell. "This is a training opportunity. If you have individuals who have not been through



U.S. Air National Guard photo by Staff Sgt. James Lieth
Col. Chris Collins (left), commander of the Nebraska Air National Guard's 155th Air Refueling Wing Operations Group, and Maj. Bryan Scholtes, a wing plans officer, communicate in full chemical suits as they participate in an Ability to Survive and Operate exercise at the Nebraska National Guard air base in Lincoln, Neb., June 11, 2013. Members of the 155th ARW participated in the ATSO to evaluate and improve their capabilities and skills in a wartime scenario.

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Nebraska Air National Guard Airman's Life Celebrated with Final Roll Call Ceremony

By Senior Airman Mary Thach, Public Affairs Photojournalist

More than a month has passed since Senior Airman Dale Butler, of the 155th Air Refueling Wing Fuel Shop, lost his life in a private plane accident. Members of the Nebraska Air National Guard's 155th ARW celebrated Butler's life and service with his family, front and center, during a memorial ceremony at the Nebraska National Guard air base in Lincoln, Neb., June 8.

Butler, 26, and his friend Amy Rose Brobst, 23, died April 27, when the Piper PA-28 Butler was piloting crashed in a soybean field shortly after takeoff from Norfolk, Neb. Both Butler and Brobst were from Omaha.

A popular saying in the National Guard is, "Guard is Family." Jeanette Butler, Dale's mother, agrees. She said the 155th ARW helped ease the burden of the loss of her son and friend. Jeanette said she was impressed with how quickly the Guard reached out to her family and assisted them wherever possible. She felt as if the unit had embraced her family and made them part of the Guard family.

Jeanette described her son as a servant-leader with a passion for flying and a passion for people.

"If he saw someone who needed help, he stopped and helped," said Jeanette. "He was a servant. He just loved to help people out. He saw a need and he did it."

The "home-going ceremony," as Jeanette called it, was held to celebrate the life and service of Butler and give members of the 155th ARW some

closure.

During the ceremony, Master Sgt. Brandon Viet, Butler's first sergeant, gave the final roll call for the fuel shop, reading Butler's name repeatedly, but no answer came.

Dale's mother said she was grateful for the ceremony to honor her son. She said he was thrilled to be a part of the Nebraska Air National Guard.

"He was so proud to be in the Air Guard," Jeanette said. "He thought about it for a long time before joining... I was supportive. We are so incredibly proud of him and what he has done."

Butler joined the 155th ARW in March 2010, was a basic military training student leader and an honor graduate, finishing in the top 10 percent of his class. His fellow fuels troops at the 155th ARW said he was a vital asset of the fuels shop.

Jeanette Butler extended her appreciation to Capt. Lloyd Blessington, who served as a family assistance officer to the Butler family, for his support and constant contact with the family during this difficult time.

"Captain Blessington has lived up to his name. He is a blessing," said Jeanette. "I tip my hat to him. He has accepted our hugs. He

and everyone have been so wonderful."

"They have enfolded us. They have bent over backwards to support us."



U.S. Air National Guard photo by Staff Sgt. James Lieth U.S. Air Force Tech. Sgt. Brandon Viet, of the Nebraska Air National Guard's 155th Air Refueling Wing, performs a ceremonious roll call during a memorial service for Senior Airman Dale Butler at the Nebraska National Guard air base in Lincoln, Neb., June 8, 2013. The memorial ceremony honored Butler who was killed in a civilian aircraft accident near Norfolk, Neb., April 27, 2013.

Prairie Guardian

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Upcoming Events

- July 12 - 1430 - SMSgt. Leighton Michaelson promotion (AGE)
- July 13 - 0900 - MSgt. Vern Moore Retirement Open House (PA)
- 1400 - SMSgt. Jim Boeselager's retirement ceremony, (CES Classroom)
- 1500 - 1st Lt. Melissa Miller's promotion to Captain, DL Classroom (Chapel side)
- 1530 - SMSgt. Matthew Mittlestadt Promotion (LRS Classroom)
- July 14 - 1000 - The Adjutant General Change of Command (Mall)

Fitness Schedule :

- 13 July - 8:00 A.M. - Run/Walk
- 9:30 A.M. - Run/Walk
- 14 July - 7:30 A.M. - Run/Walk

All fitness tests will meet at the gym prior to testing.

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of mentorship and the power of positivity.



U.S. Air National Guard photo by Senior Airman Mary Thach
Members of the Nebraska Air National Guard's 155th Air Refueling Wing participate in an Ability to Survive and Operate exercise at the Nebraska National Guard air base in Lincoln, Neb., June 11, 2013. The 155th ARW participated in the ATSO to evaluate and improve their capabilities and skills in a wartime scenario.

this, they can monitor or watch part of it. Be mentors to them.”

During the exercise, heat and lightening warnings were minor setbacks, but the 155th ARW was prepared.

“We knew it was going to be hot. We used the work-rest cycles,” Schell said. “You have to be more keenly aware of your partner, because with heat, it can sneak up on you. Heat exhaustion, heat stroke, those are a couple big points.”

In line with the heat index, Airmen worked outside for 20 minutes and then came inside to cool off. Schell cautioned his Airmen to be aware of how work-rest cycles are going to affect job performance and getting the mission accomplished. He added, as individuals, Airmen need to be aware of potential heat illnesses and to seek help right away if feeling ill.

“The reason we are doing this is if we ever have to go to war, we want to make sure that we can do it,” said Schell. “So, that’s why we are here and why the inspection members are here.”

Whether simulated or real-world situations, attitude plays a major factor in successful results.

Airman 1st Class Danielle Boger, a bioenvironmental engineer and simulated door guard and post attack reconnaissance team member during the exercise, said a good attitude along with teamwork were the most important parts of succeeding in this exercise.

“I think a positive attitude is really important. If people are negative, then they are not going to want to help their buddies or do their job very well,” said Boger. “But, if everyone has a positive attitude toward the exercise and real world stuff, I think the end product is going to be a lot better.”

Master Sgt. Benjamin Venteicher, the 155th Services Flight dining facility manager and the simulated mortuary noncommissioned officer in charge, touched on the importance

Venteicher said exercises like the ATSO give the services flight a chance to perform tasks they don’t do on a regular basis. During normal drills, he said the routine is to serve a hot meal and make sure everyone is satisfied. However, during a deployment there are a wide variety of things the services flight is tasked to perform.

“I have been really impressed by the scenario and the fact that it’s pushed us. The scenario really does cater to the mortuary process for this particular exercise,” said Venteicher. “I was very impressed with our Airmen. They really did a good job and really got their stuff together and got to get out and do their thing. It was good and I’m proud of them.”

“There is a lot to forget. There is always a checklist. There is always a process that you are not involved in regularly,” added Venteicher. “So, to be able to do this in an exercise environment, you are going to be able to get a lot more out of that and be able to practice that when you are under duress and stress.”

The scenarios during the exercise were designed to be stressful and hectic, which creates a legitimate training environment for Airmen who are new to the Air Force or new to their specific job.

“The biggest lesson really is training those Airmen underneath you (making) sure they know their stuff,” said Venteicher. “I feel like it’s something I knew, but seeing it in action has been really good. We have

a lot of new folks who have been getting good training from this exercise, so it is good to see.”

Venteicher also stressed the importance of having a positive attitude.

“Attitude is number one, especially when you are wearing the chem. gear and you are sitting in the sun, baking,” said Venteicher. “Having that smile on your face and your thumbs up, you’re doing well and your folks are doing well. So, attitude has a lot to do with it, because it’s a mental game.”



U.S. Air National Guard photo by Staff Sgt. James Lieth
U.S. Air Force 2nd Lt. Brian Obermeier and Airman 1st Class Danielle Boger, members of the Nebraska Air National Guard's 155th Air Refueling Wing, operate a wet bulb globe temperature meter while preparing for an Ability to Survive and Operate exercise at the Nebraska National Guard air base in Lincoln, Neb., June 11, 2013.



Senior Master Sgt. Scott Tontegode

Safety News

Mission First - Safety Always



Lt. Col. Kathryn Milwood

Water Safety - 101 Critical Days of Summer

By Senior Master Sgt. Scott Tontegode, 155th ARW Ground and Weapons Safety Manager

We are well into the 101 Critical Days of Summer and the hot days are upon us. Hanging out around the water is a favorite activity during this time. Pools and lakes are highly populated with people lounging, swimming and partaking in water sports like boating and jet skiing. If proper risk management is in place, water can be deemed reasonably safe. However, water is dangerous.

Below are facts about drowning from the Centers for Disease Control (CDC):

- Every day, an average of 10 people die from drowning.
- One in five of those who drown are children ages 14 or younger.
- Drowning is the fifth leading cause of unintentional death in the U.S.
- Eighty percent of people who die from drowning are male.
- Children 1-4 years old have the highest drowning rates.

There are multiple factors that influence drowning risks:

- Lack of swimming ability: learn to swim, ensure your children know how to swim.
- Lack of barriers around pools
- Location – most children age 1-4 drown in home swimming pool;



percentage of drownings in natural water (lakes, rivers, oceans) increases with age.

- Failure to wear life jackets
- Alcohol use
- Seizure disorders

As with everything we do, risk management is integral in keeping you and your family safe while swimming, boating or just floating.

Apply these tips to help reduce the risk of an accidental drowning:

- Supervise when in or around water. Watch your youngsters in the water – keep your eyes on them at all times.
- Use the buddy system always; never swim alone
- Learn to swim
- Learn cardiopulmonary resuscitation (CPR)
- Avoid alcohol when in and around water
- Know the characteristics of the water you are swimming in (rip tides, steep drop offs, etc)
- Wear approved flotation devices (foam and blow up

“toys” do not provide adequate protection)

Enjoy the water this summer, but keep the dangers in mind. With proper risk management, water can be enjoyable, safe and fun! Have a great summer.

-Your 155th Safety Office

Overcoming Complacency

By Senior Master Sgt. Jason Schroeder, 155th ARW Antiterrorism Officer

Complacency. This word is currently a buzz-word throughout the United States. Many people are beginning to forget the hard lessons learned from past terrorist attacks in the U.S. Throughout history, a major event or paradigm shift will occur and the American people will do their best to rise to the occasion. However, as time goes by, it is human nature to begin to “draw down” or lose a steely resolve.

Consequently, it can be more difficult to maintain security than it is to establish it. Again, one word provides the answer. Complacency. It has been a difficult process to obtain the current level of security found throughout the country. It would be unfortunate to lose security and have to experience a tragic event to reacquire it.

Terrorists will always be planning new and more destructive ways to harm Americans. We can not become complacent and must always be proactive or “one-step-ahead” in order to protect ourselves, our families and resources.

Understandably, it is difficult to always maintain a high level of security awareness and this should be reserved for times when a credible threat is present. However, general security awareness has

to be maintained by everyone in order to safeguard the homeland. Below are a few things everyone should do to maintain general security awareness.

- Watch the news and stay current with local, regional and global events.
 - Be alert for anything suspicious or out of place.
 - Report all suspicious persons or vehicles loitering near your home, workplace or in unauthorized areas. Attempt to provide a complete description of the person and/or vehicle to local law enforcement or security personnel.
 - Do not open doors to strangers and report unsolicited contacts to local law enforcement or military police.
 - Question people who do not appear to belong in your workplace. Ask for identification or contact police/security personnel if you feel uncomfortable doing it.
 - Avoid giving unnecessary personal details to anyone unless their identity can be verified.
 - Memorize key phone numbers – local law enforcement, fire, military police, and other first responders.
- Remember, Force Protection is everyone’s business.



U.S. AIR FORCE

Fitness Corner

Fit to fight



U.S. AIR FORCE

Run Strong at Any Age

By Patricia Wuest, Active.com

Next time you line up at the start of a race, take a look around. Chances are there are women of all ages standing near you, from young girls to women who put on their first pair of running shoes more than 40 years ago. What is it about running that appeals to so many women, from teenagers to seniors, recreational joggers to elite athletes?

"It's a lifelong passion for me," says 52-year-old Joan Benoit Samuelson, who won the first Olympic women's marathon in 1984 at age 27 and held the American record in the marathon for 18 years.

At age 50, she competed in the 2008 Olympic Marathon Trials in Boston, meeting her goal of finishing the race under 2:50. "The important thing is I still make running a priority in my life. It's not about how much you run, it's about the act of running and reaping the benefits."

You have to train and eat right to be a long-term runner like Samuelson. Here's our decade-by-decade guide to help you run for life.

In Your 20s

If you're younger than 30, you're strong, flexible and have stamina in spades, so you can train hard, recover quickly and perform well.

Bone density and muscle mass are at their highest at this age," says running coach Christine

Hinton. "This translates to better strength, reduced injury risk and increased speed."

VO2 max (maximal oxygen uptake)--essentially, your cardiovascular fitness and aerobic endurance--is also at its best.

But there can be a downside to all these advantages.

"If you increase your mileage and intensity too much, too soon, you put yourself at serious risk for injuries, from shin splints to stress fractures," says running coach Christine Luff. While this is true for runners of all ages, women in their 20s often keep irregular schedules, whether it's sleeping, eating or training, says Luff.

To avoid overtraining and injury, take at least one easy day between hard runs and incorporate cross training into your routine. "Cross-training is important," says Luff, "because it helps strengthen non-running muscles while giving running muscles a chance to rest and recover."

Try cycling or swimming: "These allow runners to continue to develop their cardiovascular systems," says Hinton, and gives the hips, knees and ankles a rest.

In addition to training, get educated about healthy eating, says Lisa Dorfman, director of sports nutrition and performance at the University of Miami. "Women coming out of their college years have erratic eating habits," she says. "They grab ice cream after being at the club, but ignore fruits, veggies and whole grains. Good eating

habits support running and prevent injuries."

In Your 30s

This decade is a study in contrasts. At 30, a woman is often at her physical peak, but by 40, her aerobic capacity and muscle mass declines. Ball State University researchers found athletes who train vigorously often don't experience significant drop-offs in performance until they reach their middle 40s or early 50s. By logging miles, pushing the pace and adding cross-training, a woman in her 30s can be competitive, especially at longer distances.

"Women who had 5k PRs in their 20s," Hinton says, "can now look to 10k and longer races to perform their best." Why? Thank the "10-year rule," says Dr. David Brock, assistant professor of exercise and movement science at the University of Vermont.

"It's not that women in their 30s necessarily do better at longer distances," he says. "You reach your peak potential about 10 years after you start running, no matter what decade you start. If everything else is relatively equal, a 30-year-old woman who has been training for 10 years will do better in a race than a 22-year-old training for two years."

By the late 30s, it's harder to recover from a long run or race. That's because muscles

store glycogen, the fuel your body uses during exercise, so when you lose muscle mass with age, you also lose some of your glycogen reserves. This means it takes longer to replenish them after a hard effort.

The best way to refuel: Eat carbohydrates such as fruits, vegetables, yogurt, whole grains or beans.

"Women this age lose track of what they're eating because they're so busy," says Dorfman. "It's important to eat healthy on a regular schedule."

Don't neglect strength training even if you're busy juggling a career, family and workouts.

"Good strength-building moves include lunges, squats, crunches, leg lifts and biceps curls," says Hinton. "If time is tight, be creative: Add 30 minutes of strength training two to three times a week while you're watching TV."

In Your 40s

By the time you're a masters runner (40 and older), your aerobic capacity, muscle mass and ability to recover decline, but all of these variables can be mitigated. The bottom line: Keep running and you'll get solid race results.

Your resting heart rate doesn't change as you age, but your heart doesn't pump as fast as it once did. "Get out of your comfort zone to improve your aerobic capacity," says Dr. Stephen Pribut, clinical assistant professor of surgery at George Washington University Medical Center

"If you've been walking, try adding some running. If you've been running at an easy pace, try doing some gentle fartleks." Fartleks combine aerobic and anaerobic training. To perform them, jog for 10 minutes as a warm-up, then run hard for four minutes with a one-minute recovery. Repeat two to three times and finish with a 10-minute cool down.

Muscles become accustomed to a training program very quickly, says Hinton, "so by changing your routine every six to eight weeks, you keep your muscles guessing and continue to build strength."

It's not too late to start running and see benefits. Begin with walking, Hinton says. Once you can walk four times a week for at least 30 minutes, incorporate some short run segments. Each week, slowly increase the run segments and decrease the walk segments. Build to a 30-minute run over an eight- to 10-week period.

In Your 50s and Beyond

You may not sprint as fast as you once did, but you can still run well at longer distances as long as you get adequate rest and recovery time. A University of Florida study showed that VO2 max dips by 10 percent between the ages of 50 and 60 and then drops 12 to 15 percent during the 70s. For a runner, this is equivalent to losing 30

seconds per year from a 10k PR.

Most women experience menopause during these years--the average age is 51--and "running can alleviate mood swings, sleep problems and other side effects of menopause," says Hinton. Post menopause, women lose 2 to 5 percent of bone mass. The good news: Running helps strengthen bones and slows down the rate of bone loss.

"Running makes bone compress on impact and then relax between strides, stimulating the bone to grow," says Pribut. "To help bone retain its strength, slowly increase the amount of running you're doing."

Cross-training and strength training are essential, says Hinton. "Strength training, at least three times a week, will help you avoid losing as much muscle mass as those who are sedentary," she says. "And flexibility decreases as we age. Stretch after every single run. Doing so will help keep you from developing the old lady shuffle."

As you get older, nutrient needs are higher even though caloric needs are lower. Women age 50 and older require 1,600 calories to 2,200 calories a day depending on their activity levels, according to the National Institute on Aging. "Choose nutrient-dense foods like whole grains, cereals, beans and fresh fruit," Dorfman advises. "If you've been taking care of yourself for the last 20 or 30 years, you're ready to keep running in these years and beyond."

Nebraska Air National Guardsman receives Presidential Unit citation for Afghanistan efforts

By Master Sgt. Shannon Nielsen, Public Affairs Superintendent

A Nebraska Air National Guardsman now owns an award not many Airmen can boast they have.

Staff Sgt. Jason Johnson, a pavement and construction equipment operator, from the 155th Air Refueling Wing Civil Engineer Squadron, received the Navy's Presidential Unit Citation during a ceremony held June 9, 2013, at the Nebraska Air National Guard Base in Lincoln, Neb., for supporting Operation Enduring Freedom. Johnson helped build a new runway that would allow heavier aircraft to land and bring supplies to the Marines.

The Presidential Unit Citation is awarded in the name of the President of the United States

to units of the U.S. Armed Forces and friendly foreign nations for extraordinary heroism in action against an armed enemy. The unit must display gallantry, determination and 'esprit de corps' in accomplishing its mission, under extremely difficult and hazardous conditions, to have set it apart from and above other units participating in the same campaign. The degree of heroism required is the same as the Navy Cross awarded to an individual according to amtrac.org.

"It's a pretty significant thing, not just for CE, but for the wing (and) for the state," said Maj. Barry Veen, 155th Civil Engineer commander.

"What read in the citation is equivalent to

the Navy Cross, which isn't handed out to very many people," added Veen. "For me, this validates that the engineer mission supports the war fighters and what we do is not just bedding down the Air Force but supporting all the branches, getting outside the wire and being put in harms way to support the war fighters."

Johnson described the difficulty and tight time constraints that were given to accomplish their mission of putting down 'AM-2' matting for a runway. AM-2 matting consists of steel rectangles coated with a epoxy nonskid material, available in both 6 and 12 foot lengths, and are assembled in a brickwork pattern to form runways,

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Compassion Fatigue

By Angela Meza, Director of Psychological Health

How many of you are supporting someone who has experienced hardship? Chances are, most of us. Believe it or not, as a friend, parent, sibling, co-worker or wingman, when we are supporting someone through their hardships or difficult times, their stress can easily become our stress. Over time, we begin to feel the weight of that burden and if you do not take care of yourself, you will be not be in a good position to take care of your own family or the other members in your squadron.

Compassion fatigue is stress that lingers when working with those who have endured suffering, trauma or emotionally charged events. We experience the emotions of others on top of our own emotions. Compassion fatigue can occur when working directly with others or indirectly when hearing the stories of others.

You might be at risk for compassion fatigue if:

- Your work is intensely involved with people
- Your work involves giving emotional support to others
- You tend to be highly motivated and idealistic
- Your job entails: long hours, lack of control over schedule, emotionally draining, organizational red tape

Signs and Symptoms of Compassion Fatigue: Difficulty separating personal life from professional life. Feeling overwhelmed with the person you are helping. You begin to distance yourself from the person, fake an interest in helping them, reduced ability to feel empathy or sympathy.

What helps in my work?

- Have a clear mission and purpose regarding your role as a helper. When you begin working with someone, discuss with them upfront what you can provide for them as well as areas

where you may not be able to help them.

- Have realistic goals and expectations for yourself and others.
 - Be flexible with those you are helping and allow them to make their own choices and mistakes. Are you responsible to others or for others?
 - Rely on your fellow colleagues for support and help each other problem solve. If possible, set limits on the amount of time you devote to helping others.
 - Set healthy boundaries when helping others and remember that we cannot be all things to all people.
 - Whatever you like to do to relax and unwind, do it consistently!
 - Check in with yourself from time to time and develop your own warning system for compassion fatigue/burnout.
- Do you think you might be experiencing compassion fatigue or burnout? Visit with your Wing Director of Psychological Health and ask about completing the Professional Quality of Life Scale to determine where you are at with this. The Psychological Health Program can be a resource by providing ideas on how to practice good self care while you are being a wingman to others. Whether it is needing information on a referral for counseling services, a onetime consultation or an 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.



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taxiways, parking and other areas required for aircraft operations and maintenance. AM-2 matting forms the foundation that allows military commanders to configure an airfield to ever-changing front line conditions.

“It was Super Bowl Sunday of 2010. We had a huge rain storm and mud started pumping through the AM-2 and the Marines were getting ready to do a big operation,” said Johnson. “The 4,200-foot AM-2 runway was the means for the Marines to receive their supplies. Helicopters and C-130’s were the only thing that could land on that mat.”

Johnson said the Marines needed to get their supplies on the ground but it was impossible until the 8,500 foot concrete runway was complete. After the rain storm no planes were able to land making the mission more critical.

“The Navy said to our unit ‘you have 30 days to get this done so we can get troops, supplies and all this stuff to send to the field,’” said Johnson. “We were then tasked to build an actual concrete 8,500 foot runway that originally would take 179 days. There was still 4,200 feet of AM-2

mat that was on the ground and needed to be torn up so we could start the rebuild of the runway.”



U.S. Air National Guard photo by Master Sgt. Shannon Nielsen

Col. Keith Schell, commander of the 155th Air Refueling Wing gives Staff Sgt. Jason Johnson of the 155th Civil Engineer Squadron his coin upon Johnson receiving the Navy Presidential Citation award for his service in Afghanistan in a ceremony June 8, 2013, at the Nebraska National Guard air

“The Marines came in and took up the 4,200 foot runway in one day, which is unbelievable,” Johnson said. “The unit began working 24/7 shifts until we got the 8,500 foot concrete runway finished, and we got it done in a little over two weeks.”

Veen said he was proud of the work Johnson accomplished, especially in such a challenging environment.

“For somebody to actually have been tasked to deploy with that type of mission and then be engaged with enemy contact and perform the way they were trained to do and do a good job and be recognized for that I think it’s pretty significant,” said Veen.

“This validates how we train our members, and how this wing really looks at training every Airman to be ready to go do our war time mission,” said Veen. “To be able to present the award to him is probably one of the best things I have done since I have been here.”

Acting SECAF/CSAF Furlough Message

Washington (AFNS)

Acting Secretary of the Air Force Eric Fanning and Air Force Chief of Staff Gen. Mark A. Welsh III send the following furlough message to the Airmen of the United States Air Force:

As you all know, Department of Defense civilian furloughs begin this week. With few exceptions, our civilian Airmen face involuntary furlough one day per week from the pay period starting July 8 through the pay period ending September 21.

Civilian furloughs are a measure of last resort and we deeply regret that the arbitrary across-the-board cuts imposed by sequestration led to this result. Despite standing down combat flying units, reducing space and mobility operations, reducing weapon system support, cutting installation support and facility repairs and cancelling most travel, training and exercises, we must still take this painful action. We recognize that this

action inflicts personal and financial hardships on our civilian Airmen and their families. We need all of our great Airmen to do the Nation’s work, and furlough is not the way to reward our dedicated civilian workforce for their service. We’re sorry this is happening.

While furloughs have real consequences for civilian Airmen, the reduction in productivity and capability resulting from this action will affect all Airmen. We appreciate your professionalism in dealing with this situation and promise we will continue to work with DoD and Congress to seek repeal of sequestration and an end to the frustration and mission impact it causes.

We could not be the world’s greatest Air Force without the contributions of every part of our Total Force - active duty, Guard, Reserve, and civilian Airmen. Thank you for your service to our Air Force and our Nation. We’re proud to stand beside you.

Financial Readiness Lunch and Learn



Schedule:

July 14: (UTA Weekend): 11:30-12:30 Tech. Sgt. Suzanne Baden, FM - Basic Financial Readiness & Budgeting 101 (OPS Auditorium)

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

Karen.jordan@ang.af.mil
402-309-1588

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!

SATURDAY: Smallpox will be given @1300 on Saturday July 13th .

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!

13 July, SAT CALENDAR

0800-1600	ID Card Service
0830-1430	Student Flight Class, LRS Classroom
1030	Gen. Bohac pre-brief for SAPR Stand-Down with G Series CCs/Chiefs/Shirts (OG Auditorium)
1100	UTA Commander's meeting (Wing conference room)
1200-1300	Lunch - MREs distributed outdoors in the circle drive. In the case of inclement weather lunches will be served from the vehicle maintenance bay.
1300-1400	Testing Base Training

14 July, SUN CALENDAR

0830-1230	Student Flight Class, LRS Classroom
1130 - 1230	Lunch - MREs distributed outdoors in the circle drive. In the case of inclement weather lunches will be served from the vehicle maintenance bay.
1200	Catholic Mass - Chapel
1300	Wing Commander's Call for SAPR Stand-Down (Fuels Hangar)
1300-1630	SAPR Stand-Down for 155 ARW members (Wing CC Call, Small Group discussions, Group/Squadron CC calls) Fuels Hangar
1330-1530	ID Card Service

Congratulations and Welcome

New Members

Major

John Newham

2nd Lieutenant

Myron Acosta

Senior Airman

Anthony Ewing, Brian Melvin, Wade Kellett

Airman First Class

Andrew Workman, Samuel Ascherl, Reid Dalton,

Ryan Dalton, Megan McGahan, John Leverage,

David Coffin II, Gary Perry, Tanner Boyle,

Samantha Nice, Austin Nelson

Airman Basic

Samuel Albertson

Promotions

Colonel

Robert Hargens

Lieutenant Colonel

Sheryl Wohleb

Major

John Loken

Captain

Edwin Martens, Melissa Miller

1st Lieutenant

Aaron Chalstrom

Chief Master Sergeant

Leighton Michaelson, Matthew Mittelstadt

Technical Sergeant

Chad Peterson

Staff Sergeant

Brittany Bedor, Robert Simon

Senior Airman

Kenneth Morrison, Michael Morrison, Tyler Lemke, Anthony

Lehl, Alonzo Blount, Melinda Hoelsing, Benjamin Wright

Airman First Class

James Witter, Allen Seburg, William Deardoff, Justin Percival,

Richard Shilling, Leilani Beal

NEBRASKA AIR NATIONAL GUARD VACANCIES

Career Field	Description	Rank	ASVAB	Squadron
2T151	Vehicle Operations	E-5	M-40	LRS
3E851	EOD	E-5	M-60 & G-64	CES
3E851	EOD	E-5	M-60 & G-64	CES
3E851	EOD	E-5	M-60 & G-64	CES
3E871	EOD	E-6	M-60 & G-64	CES
3E951	Emergency Management	E-5	G-62	CES
3P051	Security Forces	E-5	G-33	SFS