

MOHAWK



**442nd MDS
operates
Yellow
Ribbon
Success**

Real-time personal safety outweighs exercise scenarios

By Lt. Col. Joanie Peterson
442nd Medical Squadron

“A sense of urgency!” We all have heard it from the exercise evaluation team; our commanders reiterate the charge and each of us who takes pride in our role in the Operational Readiness Inspection are more than happy to comply. But the Wing Safety officer, Col. Pat Murphy, urges and the Command Staff agrees, that avoidance of accident or injury is more paramount than any score given. Specifically, there should be no stoic measures taken when wearing mission-oriented protective posture, most particularly, MOPP 4.

Wing leadership understands the potential problems associated with heat stress in MOPP, and urges all Airmen not to have unrealistic expectations when performing operational readiness duties. The realities of MOPP gear are that it restricts your body’s natural heat loss mechanism.

Soldiers train extensively in protective gear and acclimate to wearing the ensemble. Your only hope to increase acclimation occurs with progressive wearing of the suit for seven to 14 consecutive days. Therefore, unless you are consistently wearing MOPP ensemble on your own time, none of us are spared from potential for developing heat exhaustion.

Your body cools itself by evaporation of sweat and radiation of heat through our skin surface—both are greatly restricted by the insulation and impermeability of the chemical ensemble. Protective clothing is heavy and cumbersome resulting in increased body heat and restricted movement. Because of the higher body temperature from wearing MOPP ensemble and greater effort to move around, you will sweat more than usual. Water must be consumed to replace this additional fluid loss or dehydration will follow. The slightest degree of dehydration does affect your body’s ability to regulate and reduces your work capacity and alertness.

Dehydration is insidious, in that it will sneak up on you. By the time you actually are thirsty, you are behind in fluid replacement. The difficulty drinking while in MOPP 4 adds to the complexity. Therefore, chain of command at every level must enforce self aid and buddy care for regular and timely fluid replacement. The luxury of not having to make bathroom trips in MOPP gear is not a game anyone should boast—if you do not feel the urge to urinate every hour in MOPP, then you are not taking in replacement fluids. When urine color is golden as opposed to clear or light yellow, you are dehydrated. The mandatory equipment includes a canteen of water for good reason.



Lt. Col. Joanie Peterson, 442nd Medical Squadron

Dehydration symptoms (see graphic below) will affect your ability to perform safely and safety will make or break the ORE/ORI.

Heat exhaustion occurs when your body gets too hot. Normally, the body cools itself by sweating. But if you are exposed to high temperatures for a long time ... working in MOPP, for example ... and don’t replace the fluids you lose, the body systems that regulate temperature become overwhelmed. As a result, your body

produces more heat than it can release. Heat exhaustion requires immediate attention because it can progress to heat stroke, a life-threatening illness. In addition to other symptoms, the skin may be cool and moist. The breathing will be fast and shallow. If heat exhaustion is untreated, it may progress to heat stroke, which is a medical emergency.

Be suspicious of personnel who appear to be dozing off while waiting out MOPP 4. They could actually be in the late stages of dehydration and experiencing heat exhaustion. Check on these folks, push water and have them take off their gear.

Your body’s demand for fluid replacement must be correlated to work intensity—the more activity, the greater heat buildup. The likelihood of heat-related stress injury is greater for those actively working on a flight-line as opposed to those sitting in the emergency operation center. Therefore, leadership at every level must be vigilant in observing for signs of heat

stress even in mild to moderate outside temperatures. Command staff will continually monitor the heat index and work activity levels to make decisions to initiate work-rest cycles. Command can also adjust the MOPP level by measures such as opening the BDO jacket, taking off the BDU/ABU top, rolling up or taking off the mask hoods, all to reduce incidents of heat exhaustion. Leadership has the latitude and authorization from wing command-level to direct those individuals demonstrating difficulty to ventilate or even come out of their ensemble.

Bottom-line, the Airman who is in good physical condition will acclimate more quickly to wearing MOPP than the Airman who is less fit. The Airman who can recognize his own symptoms and who is vigilant in replenishing insidious fluid loss will have reduced likelihood avoiding heat exhaustion. And finally, it is every Airman’s responsibility to practice real-world SABC, take care of yourself and look out for your buddy. No one, absolutely no one is immune to the potential for heat exhaustion while in MOPP. The Wing does not need heroes—they need personnel to be safe and to be able to perform their best for this inspection.

DEHYDRATION SYMPTOMS

Lightheadedness
Inability to concentrate
Tiredness
Confusion
Irritability

Loss of appetite
Empty-stomach feeling
Abdominal pain
HEAT EXHAUSTION SIGNS

Heavy sweating
Paleness
Muscle cramps
Tiredness
Weakness
Dizziness
Headache
Nausea
Vomiting
Fainting

AN OUNCE OF PREVENTION

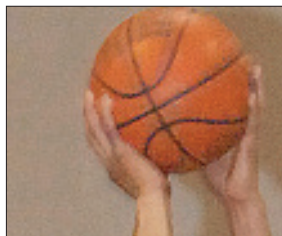
Prepare
Stay fit
Hydrate, Hydrate, Hydrate
Look out for yourself
Practice Buddy Care

MOHAWK

442nd Fighter Wing

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T 442nd Fighter Wing Tip of the Spear

TECH. SGT. TAMIKI JACOBS
442ND FIGHTER WING

Tech. Sgt. Tamiki Jacobs, with her pleasant personality, knowledge and experience and her outstanding work ethic makes her a natural selection for Tip of the Spear.

As a paralegal assistant, she ensures our Airmen are ready to go to war on a moment's notice by keeping their personal legal documents up to date. When our warriors deploy they can rest confident that Sergeant Jacobs, and the entire judge advocate general office, have ensured their wills, power of attorneys and other documents are current and legally binding.

Sergeant Jacobs has gone above and beyond her regular Air Force Reserve job. She volunteered, with minimal preparation, to offer her assistance to the installation control center ensuring the wing's senior leadership has the most up-to-date information to help in their decision-making processes during our multiple Phase II Operational Readiness Exercises that will culminate with the Operational Readiness Inspection in October. Her assistance in the ICC is invaluable and would be missed if she were not there. Sergeant Jacobs well deserves to receive the Tip of the Spear award.

April 2009
Charge-of-quarters



MASTER SGT. HEATHER SELLS
442ND MISSION SUPPORT FLIGHT

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COVER PHOTO: Tech. Sgt. Margaret Madsen, 442nd Medical Squadron, performs a PAR sweep following an attack during the March UTA. For more on the 442nd MDS, see pages six and seven. (Photo by Senior Airman Danielle Wolf)

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CHAMPS!



Kellie Askew, 442nd Fighter Wing, takes a running jump shot during the first half of the Whiteman Air Force Base Over-30 Extramural Basketball championship game Feb. 23. Askew ended up with five points in the game, which the 442nd squad won 45 to 42 over the 509th Force Support Squadron. The game went to overtime after a Jeff Pahl sank a three-point shot with one second left in regulation to tie-up the score. This is the fifth championship for the 442nd team in seven years.

PHOTOS BY MAJ. DAVE KOWAL

442nd wins 5th title in seven years

By Maj. David Kurlle

The Whiteman Air Force Base Over-30 Basketball championship trophy is back in the hands of the 442nd Fighter Wing for the fifth time in seven years, after a thrilling overtime win in the league's championship game Feb. 23.

The 442nd defeated the 509th Force Support Squadron 45-42 after trailing the entire game then forcing overtime thanks to a three-point shot by Jeff Pahl with only one second left in regulation.

The FSS led 42-39 when the 442nd squad called a timeout after grabbing a defensive rebound with three seconds left in regulation. After inbounding the ball, Mark "Rags" Ernewein passed the ball to Pahl who sank the game-tying shot from beyond the three-point to even the score at 42 apiece.

"During the timeout, Rags told me to slide down and set a pick on his man, allowing Rags to receive the ball inbounds," Pahl said. "As soon as his man was stopped by me, he had a couple of seconds to receive the ball.

"I flared out and caught the pass from Rags and released the ball for the shot," he said. "I saw their big guy coming toward me but I just shot the ball and this one went in."

Once in overtime both teams staged a defensive battle. The only points during the two-minute period came from the Fighter Wing's Kellie Askew, who put in a two-pointer along the base line with 1:12 left in the game. He was fouled during the shot and made his free throw to put the 442nd up by three, 45-42.

The FSS had three chances to close the gap or tie the game but couldn't connect on their shots and failed to grab any offensive rebounds. The FSS was forced to call a timeout with 5.2 seconds remaining. After the timeout, the Force Support Squadron's Vernon Ivy missed a three-point attempt with one second remaining, which sealed the victory for the 442nd Fighter Wing.

It took the 442nd almost three quarters of play to find its three-point shooting groove, as the first half was marked by cold shooting by both teams – especially the 442nd, which scored only seven points in the first quarter. At the end of one, FSS led 12-7.

"Our three-point shooting was off in the first half," said Carl Clark, the 442nd Fighter Wing coach. "It was frustrating because they were letting us shoot and we weren't hitting shots."

Scoring picked up in the second quarter but the entire first half was dominated by defense, with the Fighter Wing's Todd Riddle seemingly picking up more than his share of defensive rebounds when the FSS team missed shots.

Both teams scored nine points each in the second quarter and went to their benches at halftime with the score 21-16 in favor of the FSS.

During halftime the 442nd reviewed its game plan, according to Coach Clark.

"We were trying to get them a little bit tired because they

only had six players," he said. "We played hard on defense, put a lot of pressure on them and made them work hard for their shots.

"At halftime we knew that we had run them pretty hard and they were starting to get tired," Clark said. "We also knew that our shots would start falling."

And in the third quarter the shots did start falling – for both teams. Ernewein came out and scored the half's first points with a three-pointer, then almost a minute later stole the ball, ran the length of the court and scored a lay-in cutting the FSS lead to two, 23-21.

With 5:40 to play in the nine-minute third quarter, Stephen Nester tied the game from the foul line 23-23, but the tenacious FSS kept hitting jump-shots and went back up by four, 27-23. Then, Riddle hit on a three-pointer with 1:37 remaining to keep the 442nd within one point, 27-26.

FSS answered with a three-pointer of its own, then with 39 seconds remaining grabbed an offensive rebound and put the ball back in the hoop to make the score 32-28 going into the fourth quarter.

"I think what got us back in the game were the three-point shots," Clark said afterward. "We have some good three-point shooters so whatever FSS was going to give us, that's what we were going to take."

Coach Clark's analysis seemed to be correct – during the course of the fourth quarter the 442nd hit four, three-point shots. Nester scored three, three-point shots from the right-side baseline. But the most crucial three-point play came from Pahl's last-second effort to tie the game and force the overtime.

"It felt pretty good, I don't know how else to explain it," Clark said about Pahl's game-tying shot. "It really looked like we were going to lose at that point with three seconds left and three points down."

The 442nd team had a 6-2 record in the Over-30

League's regular season, and had lost by 10 to the FSS during their regular-season match-up.

"They pretty well handled us in the regular season," Clark said.

Coach Clark credits the entire 442nd team with its successful 2009 season.

"A lot of players throughout the season provided the opportunity to win the championship," he said.

For the championship effort, Nester led the 442nd in scoring with 13 points; John Schriever scored 11; Ernewein 7; Pahl 6; Askew 5 and Riddle 3.

Contributing during the season for the 2009 442nd Over-30 team were Paul Amey, Kellie Askew, Carl Clark, Rik Davis, Earl Dundas III, Mark Ernewein, Terry Gostomski, Steven Miller, Mark Mock, Pat Murphy, Stephen Nester, Jeff Pahl, James Rice, Todd Riddle, John Schriever, Keith Yersak, and VerNessa Stoudermire, the 442nd FW sports representative.



The 2009 Whiteman Air Force Base Over-30 Extramural Basketball champion team from the 442nd Fighter Wing.

442nd medics save 'victim'



Tech. Sgt. Greg Stephens and Staff Sgt. Callie Brockman, 442nd Medical Squadron, carry a litter with an 'injured' Airman to the medical services tent during the march Operational Readiness Exercise. The 442nd medics

treated a variety of injuries and wounds during the two-day exercise and often had to respond in their full chemical warfare protection clothing while in mission oriented protection posture number four.

Story and photos by Senior Airman Danielle Wolf

Capt. Sabrina Hawkins, a nurse in the 442nd Medical Squadron, felt prepared for the wing's operational readiness exercise – after all, she'd been faced with a similar situation in the "real world."

Her medical knowledge was put to the ultimate test during Hurricane Katrina nearly four years ago. As a nurse with the 926th Fighter Wing out of New Orleans Naval Air Station, Captain Hawkins was responsible for attending to severely injured civilians – and just like an actual contingency, the wing's exercise, March 13-15, called for quick thinking and urgent responses.

"(During the hurricane) we set up an outside hospital and worked out of tents," Captain Hawkins said. "Just like that, we have minimal resources to work with for these exercises."

The medical-services Airmen had only four mobile litters, which were used both as carriers and operating tables, and a few small boxes of supplies to work with. While a regular hospital has a variety of medical equipment and supplies, these Airmen were

required to improvise with the resources they had in the field.

The nurses, doctors and medical technicians were practically silent during the exercise's chemical and missile attacks. But the atmosphere changed dramatically once the first victim arrived at the medical tent set up in front of the wing's 5-Bay Hangar.

Played by Tech. Sgt. James Young, the simulated victim had severe intestinal injuries, but was quickly cared for by Captain Hawkins and Staff Sgt. Callie Brockman.

With minimal assistance, the Airmen rolled Sergeant Young from the ground onto the litter and carried him to the mobile operating table where they attended to his wounds. After a quick assessment, they began traumatic-injury procedures, which included giving him oxygen and bandaging his wounds.

The squadron was divided into two teams: the trauma team and the medical team. The trauma team dealt with injuries directly related to combat, while the medical team dealt with injuries as a result of physical or pre-existing conditions.

Another injured Airman, played by Staff Sgt. Carl Hawke, required assistance from both teams. While he simulated a complicated cardiac arrest, medical teams worked together to treat

times' during March ORE

him. Maj. Shawn Zembles read from a treatment pathway checklist while instructed each team member on the next step in the procedure.

"The initial stuff, we have memorized," Major Zembles said. "The point is to make this as realistic as possible, just short of actually using (the emergency equipment) on our patient."

The major said Citizen Airmen received an array of hands-on cases, all realistic to what they would see in a combat zone. Airmen that work on trauma cases would see injuries like lacerations and fractures, while those who work on conditional cases would see injuries associated with chest pains or asthma.

According to Major Zembles, the medical squadron provided definitive care and treated patients within their abilities, which often meant simulating air evacuations for patients with circumstances that exceeded the medical capabilities in a deployed location.

Amn. Sorocco Mercado has been an Air Force medical technician for less than two years. But as the youngest member of the medical squadron who will be participating in the operational readiness inspection, she is gaining first-hand experience that will benefit her military and civilian career.

As a first responder for the fire department, Airman Mercado said she is receiving significant training on medical traumas and appropriate responses to different situations.

"The standards are different on the military and civilian sides," Airman Mercado said. "As a civilian, we don't work as much as a team, but here you have someone to help you and teach you along the way."

Several Citizen Airmen from the medical squadron work in the field for their civilian career as well. Because of their Air Force training, many of them are qualified beyond their civilian employers' requirements.

"The education I've received has been more broad in the military," Sergeant Hawke said. "There have been times I've tried to get a (civilian) job and actually been overqualified because of my military experience."

One officer with a great deal of experience is Lt. Col. Alfred Garcia. The colonel was a civilian emergency room doctor for 20 years. For the last eight years, Colonel Garcia has worked as a physician in a prison.

Although he does this type of work daily, the colonel said the exercises are still beneficial refreshers for him and the scenarios can still be difficult to work with.

"It's always difficult trying to get the equipment you need in a timely manner," he said.

Despite their challenges, the medical squadron assisted several injured patients at a time, and ultimately succeeded in their mission.

Master Sgt. Charles Roller, exercise evaluation team member who acts as an inspector, said there are still some challenges facing the Airmen, like continuing to develop a greater sense of urgency.

"They can do their medical work; we just have to work on more scenarios," Sergeant Roller said. "They are very skilled at their jobs though."

As the reservists of the 442nd Medical Squadron gain more experience during exercises, it will prepare them not only for the wing's ORI in October, but also for the real thing during the next "Hurricane Katrina."



Above: Maj. Debra Pease, 442nd Medical Squadron chief nurse, assesses Airman 1st Class Matthew Bounds' head injury as she prepares him for treatment. To add a sense of realism, moulages that mimic real wounds or injuries are used.

Below: Dressed out for mission oriented protection posture level four, Senior Airman Joanne Bedgood and Tech. Sgt. Michael Pratt discuss an exercise input card presented by exercise evaluation team members.



Life

*Story and photos by
Staff Sgt. Kent Kagarise*

The 442nd Fighter Wing's chaplains and Airmen and Family Readiness office organized the wing's first-ever, overnight workshop for Citizen Airmen and their families to adapt to civilian life following deployments.

Dubbed "Yellow Ribbon," the workshop was held Valentine's Day for approximately 400 of the wing's Citizen Airmen and their families at the Marriott Hotel in the Power and Light District of Kansas City, Mo.

The workshop allowed Airmen and their spouses an opportunity to bond and share commonalities with other members of the wing, as well as get updated on benefits and attend a job fair while their children participated in Operation Military Kids.

Many of the Airmen who attended the workshop did not know what to expect, but found the experience enriching, which is the purpose of the Yellow Ribbon Program.

"The Yellow Ribbon Program is designed to support Airmen and their loved one's spiritual, financial and emotional needs," said 442nd FW Chaplain (Maj.) James Buckman. "Our goal is to have healthy Airmen who are deployable worldwide and able to focus on the mission while looking forward to a healthy reintegration upon their return.

"It's practical stuff that we are hoping will help our folks succeed," Chaplain Buckman said. "The Department of Defense has devoted 60 million dollars to this program for guard and Reserve members who have been



Yellow Ribbon

Wing works to resolve woes stemming from deployment

asked to do a lot since 9/11. Deep down inside I'm just glad we're doing this."

Spouses of Airmen who attended gained a lot from the workshop as well.

"It's allowed spouses to connect with other husbands and wives who have endured a deployment or may be pondering a loved one's absence," Chaplain Buckman said. "This weekend has allowed them to build future support groups and learn about Air Force benefits that apply to them.

"In the past it has been tough to get family members to feel involved at an event like this," he said. "It was really neat to talk with the employers here who made it clear they don't only want to talk with airmen, but are really looking forward to speaking with their family members about possible job oppor-

tunities."

Months of planning and hard work went into making sure the event happened without a hitch. One of those who ensured the workshop's success was Master Sgt. Vickie Chambers, chief of the wing's Airmen and Family Readiness section.

"When we see the room full tomorrow it'll all be so worth it," Sergeant Chambers said.

"If our people walk away knowing that their deployments were worth it," she said. "And they leave here understanding there are things out there in place to make them and their families stronger then we were a great success."

Based on his experiences with previous deployments, Col. Mark Clemons, wing commander, is encour-

aged by the program and all it has to offer.

"I deployed in '89 and we didn't have anything like this," he said. "It was on us to explain to our families what we were going to be doing and how they could cope in our absence."

"Sometimes folks can be reluctant to ask for help. This lets our reservists and their families know—they are not alone."

One of those families in attendance was Staff Sgt. Clarissa Hawkins, 442nd Aircraft Maintenance Squadron, and her husband, Craig, who is prior-service Army.

"This is the first time we attended an event like this," Sergeant Hawkins said. "I was worried it might be awk-

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Left: Capt. Mike Larimore, 442nd Logistics Readiness Squadron, places a ring on his wife, Kim's, finger as they and other couples renew their marriage commitment at the Yellow Ribbon workshop.

Below: Children were able to participate in Operation Military Kid while parents and single Wing members attended workshops which allowed Airmen to share commonalities with other members of the wing.



March ORE tested Wing's capabilities

By Staff Sgt. Kent Kagarise

The 442nd Fighter Wing was tasked to fly 111 sorties in 48 hours during the March Operational Readiness Exercise.

This was a mission with many obstacles and required the efforts of many Airmen to keep the A-10 Warthogs in the air.

The flight line was a busy place with various teams doing a variety of jobs to overcome the odds.

"We've been busy going back and forth to the bomb dump, but it's all coming together. We only have five drivers so we gotta keep moving," said Staff Sgt. Zachary Dryer, line driver.

Although the pressures of the job were high, loading teams found a way to cope.

"We just don't stop. You keep a steady pace. 111 sorties in 48 hours — can we do it? I'd say we have a good chance," said Tech. Sgt. Randall Kennedy, loader.

"The way I see it we don't have a choice," he said. "We gotta make it happen — right?"

Tech. Sgt. Scott Avery, another loader, talked about the camaraderie built during a training exercise of this magnitude.

"From our stand-point things are going great right now. I love this stuff," Sergeant Avery said. "It's stress, but its good stress when you're working with a lot of guys who all know their job."



PHOTO BY MASTER SGT. BILL HUNTINGTON

An A-10 crew chief salutes his aircraft as it taxis out on a mission.

Staff Sgt. Nick McRoberts, an A-10 crew chief working with the loaders, explained how things had been pretty easy without having to go to mission oriented protection posture level four but added that he expected MOPP four at any moment.

"111 sorties in 48 hours for some might sound absurd," Sergeant McRoberts said, "but it's attainable. Non-broke aircraft come to us and we get [them] back in the air as soon as possible. That's our mission to accomplish,"

Staff Sgt. Richard Fennewald, a weapons load crew member said, "There are times where a guy can lose track of time. We keep a pretty positive attitude along with a sense of urgency and have a lot of fun with it."

A few A-10 crew chiefs huddled together in heated simulated bunkers on the

flight line and discussed the day's events.

"The stress hasn't been too bad yet, but it'll pick up, you can bet on that," Staff Sgt. Donald Johnston, A-10 crew chief, said. "I'm looking forward to the chemical attacks at any second. So far the weather's been our worst enemy, but the heater in here sure helps,"

No matter the MOPP level, the A-10 crews were ready to adapt and overcome all forms of adversity.

"If we are in MOPP four and actively engaged in a launch or recovery, we'll drive on until the job at hand is done and then head for a bunker," said Staff Sgt. Jason McLendon, A-10 crew chief.

"Keeping a positive mental attitude is very important so we joke around a lot. All things considered it's a full day so at the end of the day it's all about resting up for tomorrow," Sergeant McLendon added.

442nd maintainer earns AF-level award



COURTESY PHOTO

Master Sgt. Brian Bass

By Senior Master Sgt. Mark Mock
442nd Maintenance Squadron

Master Sgt. Brian Bass, 442d Maintenance Squadron structural maintenance supervisor, was recognized by the Air Force as he was awarded the "Hog Star" award, Jan. 27., at the annual World Wide Review conference held at Hill Air Force Base, Utah.

The award was for a single individual of outstanding contribution to the overall improvement for the combined Air Force.

Sergeant Bass was requested by the A-10 Systems Program Office Engineering and the Chief of Air Combat Command to participate on three different validation/verifications for the center wing crack repair designs.

"I believe the reason I was selected is the 442d has continually been observed as the lead participant providing changes and improvement inputs to the SPO Engineering at Hill AFB," Sergeant Bass said. "Our involvement at A-10 product improvement working group conferences and for the new Boeing wing designs."

According to Sergeant Bass he was able to provide 30 years of field level experience and capability to the engineers that would normally not be visible to them.

"The 442nd never has been a unit to brag on themselves," Sergeant Bass said. "Our expertise and aircraft speak for themselves and always has."

Sergeant Bass, an Air Reserve Technician, was selected from nominees throughout the Guard, Reserve and active duty forces.

Family care plan helps bring peace of mind

By Senior Airman Danielle Wolf

The Air Force is a mobile force. With only 72 hours notice, Airmen can be headed to a deployment anywhere in the world. These locations often have little access to technology or outside communication.

Having an up-to-date Family Care Plan is one of the most important ways Airmen will contribute to the Air Force mission and ensure their family's well-being. The commander of the 442nd FW, Col. Mark Clemons, said taking care of families is the responsibility of Airmen and is highly-encouraged by wing officials.

"If something happens we need to be able to take care of your family to take care of the mission," he said.

The plan is mandatory for all single parents with custody of dependents and those who are married military-to-military with dependents. While many Airmen may still have a plan in order from the recent AEF, Chief Sturges said it still needs to be frequently updated.

"We talk about the importance of the plan, but if we don't keep it current, it does no good," he said. "You need to check your information for correctness; any changes need to be updated and you have to periodically verify the data."

An Air Force auditor recently worked with Senior Master Sgt. Timothy Storms, First Sergeant of the 442nd



PHOTO BY MASTER SGT. BILL HUNTINGTON

Maintenance Squadron, to verify the data of members' Family Care plans.

"We saw that there are a lot of things that need to be cleaned up," he said.

"When you know you had a change, you need to tell us because we're not going to know."

Colonel Clemons and Chief Sturges agreed the life of a reservist is three-tiered. They must balance their civilian career, family life and military life. An important part of this is making sure dependents are cared for at all times.

"If we don't balance all three, we're not effective reservists for the (operational readiness inspection) or the global war on terrorism," the Chief said.

Family preparedness is not only important for deployments, he said, but also for day-to-day life.

"We don't want to look at the dark side, the 'what-if,' but we have to," he said. "This needs to be looked at like a will and constantly maintained."

Along with the Family Care Plan, members are encouraged to keep their spouses updated on family and financial affairs.

"You don't want to wait to get your affairs in order," Chief Sturges said. "Bank account passwords, combinations to the safe, do they know how to do everything they would need to do, right now?"

The Family Care Plan will not only assist reservists that are being deployed, but also those who are faced with unexpected situations. Anyone wanting more information should speak with their First Sergeant.

Yellow Ribbon CONTINUED FROM PAGE 9

ward to share experiences in the small group setting, but it was a lot of fun."

"It gives people an opportunity to renew closeness with their spouse and it has been really nice to make new friends within the wing," Mr. Hawkins said.

Chaplain (Capt.) Ben Hayden, 442nd FW, worked with singles while the married couples were meeting and was enlightened to some of their struggles.

"Many times we forget about the single during a deployment," he said. "We assume they are doing alright because they don't have the worries a married person may have.

"A lot of singles feel disconnected," Chaplain Hayden said. "People ask them how their family is, but nobody asks them about their dog or aging parents. These are very real issues for a single person who is deployed."

"This weekend has helped us bridge the gap between Airmen who are married and those who are single and has helped us understand that a single person's problems are just as real as a married person's," he said.

Senior Airman Kevin Frye, 442nd Maintenance Squadron, was one single who found the Yellow Ribbon Workshop very beneficial to him during difficult economic times.

"The program was right on time for me, because I just got laid-off. It's really comforting to see the Air Force reaching out to us," he said.

Col. Mary Hill, Air Force Reserve Command, director of deployment cycle support attended the event and was very impressed with the wing's efforts.

"There are so many ways to spend the allotted finances and they've jumped in with both feet," she said. "I'm impressed with their patience, diligence and all that they've done."

"This is a good program and it is important that Airmen and their families understand this is not just a time where you are asked to come and listen to someone speak," she said. "It is about partaking."

For the 442nd FW, Valentine's Day brought love in Air Force fashion. A yellow ribbon drawn tight, united the Wing and her families and shined a light on a deployment landscape, which can sometimes seem filled with darkness.

Airman Skyler Weston, 442nd Maintenance Squadron, loads a sandbag onto a pallet as he and other 442nd members worked to fill more than 1500 sandbags in preparation for the wing's Operational Readiness Inspection in October. (US Air Force photo by Master Sgt. Bill Huntington)

**DEPARTMENT OF THE AIR FORCE
442ND FIGHTER WING PUBLIC AFFAIRS
931 ARNOLD AVE.
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TO THE FAMILY OF:



**"The Air Force is all about performance, excellence and demanding the best from one another."
- Gen. Norton Schwartz,
Chief of Staff, U.S. Air Force**

442nd Fighter Wing on line -- www.442fw.afrc.af.mil