

## Wing Packs Up & Moves Out for Sentry Displacement

By Tech. Sgt. Jefferson Thompson, 173rd Fighter Wing Public Affairs



Photo by Tech. Sgt. Jennifer Shirar

Staff Sgt. George Mullen, 173rd Fighter Wing engine shop, Tech. Sgt. Jason Witts, 173rd FW Traffic Management Office, Tech. Sgt. Bill Byrnes and Staff Sgt. Dave Telle, 173rd FW engine shop, arrange cargo netting on a pallet of maintenance equipment.

KLAMATH FALLS, Ore. -- For the first time in many years, there will be no F-15s flying in or out of Kingsley Field. The pending removal and reconstruction of the old runway has forced the 173rd Fighter Wing to move its flight operations to the 124th Wing at Gowen Field, Idaho.

"We're deploying all of our jets and about 225 people during the last week in April," said Maj. Gregory Johnson, 173rd Operations Support Officer and deployment project officer for Sentry Displacement. Johnson said there were a variety of reasons for choosing Gowen Field, located near Boise, including affordability and the ability to accommodate the 22 Kingsley Field F-15 Eagle aircraft.

"We selected the location based upon three criteria: mission, money and people," said Johnson. "Ultimately, Boise was the best at satisfying all three."

"Without the support from the 124th Wing we wouldn't be able to accomplish our mission," said Col. Jim Miller, 173rd FW Commander.

"We are grateful to them for accepting us. The Guard is a wonderful (See **MOVE** Page 5)

## 173rd Medical Group Trains in Puerto Rico

Photos & Story by Tech. Sgt. Jennifer Shirar, 173rd Fighter Wing Public Affairs

SAN JUAN, Puerto Rico – Sandy beaches, warm weather and blue seas, why else would you plan a trip to San Juan, Puerto Rico? But these pleasant embellishments were not the reason 41 Airmen from the Oregon and Washington Air National Guard deployed to San Juan, Puerto Rico.

Members of the 173rd Medical Group from Kingsley Field, the 142nd Medical Group at Portland Air Base, and the 194th Medical Group based at Camp Murray, Wash., participated in hands-on medical training during their two-week deployment to Puerto Rico from March 25 to April 9.

The Puerto Rico Aeromedical Trauma Training Center of (See **MEDIC** Page 6)



Senior Airmen Annie Dunbar, 173rd Medical Group medic, tests a patient's blood sugar level.



Lt Col. Robert Gentry, 173rd Medical Group Commander, shows a patient's x-ray to Staff Sgt. Cint Emmons, 173rd MDG medic, Tech. Sgt. Elizabeth Flogerzi and Airman First Class Diana Davies, 173rd MDG Administrators.

# EDITORIAL

## Farewell From Chief Master Sgt. Walsh

By Chief Master Sgt. Patrick Walsh, Former 173rd Fight Wing Command Chief

Team Kingsley,



Photo by Tech. Sgt. Jennifer Shirar  
Chief Master Sgt. Pat Walsh, 173rd  
Fighter Wing Command Chief,  
salutes during a retreat ceremony  
honoring his service.

Well, it had to happen one day. My time here is coming to an end. I can't believe it's all over. 24 years ago, I first put my hand in the air and swore to support and defend the Constitution of the United States of America. It seems like just yesterday. I truly have enjoyed my time here at Kingsley Field and especially the past few years of serving as your Command Chief. I am extremely fortunate to have reached the pinnacle of our great Air Force enlisted corps; however I did not make it to the Command Chief position without the help and support of great subordinates, co-workers and commanders. You can call me lucky, if you believe in luck. You could say that I have been extremely lucky to have had great leaders, co-workers, peers and subordinates. These are the people who taught me the virtue of hard work, dedication and service to country. You now recognize this as "Integrity, Service Before Self and Excellence." None of us got here alone, and we should always be thankful for those who helped us succeed. I believe that I was greatly blessed by all of you. That luck, or blessedness, applies beyond my relationships at work. I would not have been able to achieve the success I've had without the tremendous support of my family, from my beautiful wife, Cindy, to my daughter Amelia who held down the home front on my many deployments and TDYs. Thank you Cindy, for the wonderful years we've had and will have together.

What will stand out these past 24 years of service? First, I thank you for all the work you do behind the scene. I will not forget the several individual and wing accolades these past few years while serving as the Command Chief. From the Excellent Operational Readiness Inspection in 2006, best fighter squadron in Air Education Training Command, Air National Guard Fire Department of the year, aircrew flight equipment of the year, American Petroleum Institute Fuels shop of the year, air-

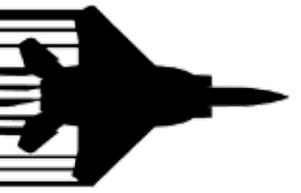
field operations complex of the year, Outstanding on the Health Services Inspection, and etc; to the several individual national awards that are too many to mention. You truly have put Kingsley on the national map with all your tremendous successes and I can say first hand we are well respected throughout the ANG and especially AETC. You have set the benchmark for other units to follow. I've been very fortunate to have worked with such talented and dedicated individuals. Further, you all have been outstanding in your support to the community at large. From Start Making A Reader Today reading, mentoring, coaching, 4-H, veteran's memorial, United Way and all the other countless hours you have donated your time for. One event, I'm most proud of is having the opportunity to work on the Veterans Memorial and its dedication. It was humbling speaking with World War II, Korea and Vietnam veterans about their tours and experiences, to see their tears; to relive the memories through their words was very moving. A lot of sacrifice was made and a lot of blood has been spilled throughout the history of our country for the sake of the freedom we all have today. This was our chance to give something back for everything the community does for us. I hope you all continue "giving back" to the community, so that the sacrifices of yesterday are not forgotten tomorrow. I know at times you may feel that all the hard work goes unnoticed – but I assure you it does not go unnoticed by the individuals your service has affected. On behalf of all of them, to all of you - Thank You.

I will also remember the challenging times. Those that



Photo by Tech. Sgt. Jennifer Shirar  
Chief Master Sgt. Pat Walsh salutes as the flag is lowered by the Kingsley Honor Guard.

# Command Corner



## A Message From the Command Chief

By Chief Master Sgt. Cynthia Gauntz, 173rd Fighter Wing Command Chief

I want to thank all of you who were able to be at the Change of Authority; our enlisted traditions define where we've been and who we are. Anytime you can witness that in action I encourage you to do so. I am very lucky to know many of you personally. I have a personal goal to get to know many more of you- all of you if I can. I could definitely use your help, so please don't be shy. Feel free to email, telephone, stop me on the street or come by my office; I want to talk to you! I want your suggestions, I need your support and I will be asking for your help. I know that all of our goals can be accomplished. We have problems that can be solved, but nothing happens without participation and tenacity by all of us together.

This is a challenging time for the 173rd Fighter Wing. As the incoming Command Chief, I want to be sure that the 173rd FW goals are not forgotten and that we continue to use them as a guide for day to day operations here and in Idaho. It will be important that we keep all of our

initiatives moving forward- committees need to continue to meet, our members receive timely performance feedbacks, physical fitness must improve, and our traditional guardsman need to be included in all aspects of our mission. Team Kingsley must continue to be one team, separated by distance but united in spirit. I know we will (See GAUNTZ Page 5)



## Civil Engineers Test Skills at Silver Flag

By Major Lance McCuiston, 173rd Civil Engineer

February 2009 the 173rd Civil Engineer Squadron deployed for the first time as a collective unit to Silver Flag, also known as "The Home of the Readiness Challenge." Silver Flag is the Air Force's bien-

nial contingency support competition held at the Silver Flag Exercise Site, located at Tyndall Air Force Base, Florida, with the Detachment 1, 823rd Rapid Engineer Deployable Heavy Operational Repair Squadron Engineers. This international competition is designed to test the leadership, teamwork and war-fighting skills of Civil Engineering, Services, and Personnel Support for Contingency Operations personnel. All Guard, Reserve and Active-Duty Civil Engineer units must attend a Silver Flag

Exercise every 45 months to be tested on warrior skills and to ensure that they are worldwide deployable.

During the one week exercise personnel learn how to plan, build and maintain bare-base operations at a forward-deployed location during normal and hostile operations. Teams forward deploy as a combined combat Mission Support Group known as the 99th Air Expeditionary Group. Over the years, the exercise has been critical in support of Operation Iraqi Freedom and Operation Enduring Freedom.

Both United States and Canadian military members formed the 150 personnel 99th Air Expeditionary Group. The 173rd civil engineers filled (See CES Page 14)



The 173rd CES member who participated in Silver Flag pose for a group photo.

# Important H1N1 Swine Flu Virus Information

**With everything you might be hearing in the news about the latest outbreak of swine flue, you may have some questions. Here is some background information on this virus. Remember if anyone feels that they have any of the signs or symptoms below please come to the clinic and to be evaluated. We will send you home if needed with a mask.**

What is swine flu? - Swine Influenza (swine flu) is a respiratory disease of pigs caused by type A influenza viruses that causes regular outbreaks in pigs. People do not normally get swine flu, but human infections can and do happen. Swine flu viruses have been reported to spread from person-to-person, but in the past, this transmission was limited and not sustained beyond three people.

Are there human infections with swine flu in the U.S.? - In late March and early April 2009, cases of human infection with swine influenza A (H1N1) viruses were first reported in Southern California and near San Antonio, Texas. Other U.S. states have reported cases of swine flu infection in humans and cases have been reported internationally as well. An updated case count of confirmed swine flu infections in the United States is kept at <http://www.cdc.gov/swineflu/investigation.htm>. The Center for Disease Control and local and state health agencies are working together to investigate this situation.

Is this swine flu virus contagious? - CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, at this time, it's not known how easily the virus spreads between people.

What are the signs and symptoms of swine flu in people? - The symptoms of swine flu in people are similar to the symptoms of regular human flu and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea

and vomiting associated with swine flu. In the past, severe illness (pneumonia and respiratory failure) and deaths have been reported with swine flu infection in people. Like seasonal flu, swine flu may cause a worsening of underlying chronic medical conditions.

How does swine flu spread? - Spread of this swine influenza A (H1N1) virus is thought to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

How can someone with the flu infect someone else? - Infected people may be able to infect others beginning 1 day before symptoms develop and up to 7 or more days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

Are there medicines to treat swine flu? - Yes. CDC recommends the use of oseltamivir or zanamivir for the treatment and/or prevention of infection with these swine influenza viruses. Antiviral drugs are prescription medicines (pills, liquid or an inhaler) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. For treatment, antiviral drugs work best if started soon after getting sick (within 2 days of symptoms).

What surfaces are most likely to be sources of contamination? - Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another

person on a surface like a desk and then touches their own eyes, mouth or nose before washing their hands.

What can I do to protect myself from getting sick? - There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- \* Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- \* Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- \* Avoid touching your eyes, nose or mouth. Germs spread this way.
- \* Try to avoid close contact with sick people.
- \* If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

What should I do if I get sick? - If you live in areas where swine influenza cases have been identified and become ill with influenza-like symptoms, including fever, body aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you may want to contact their health care provider, particularly if you are worried about your symptoms. Your health care provider will determine whether influenza testing or treatment is needed.

If you are sick, you should stay home and avoid contact with other people as much as possible. If you become ill and experience any of the following warning (See FLU Page 15)

(GAUNTZ, continued from page 3)

succeed and be enriched by the experience.

I am very excited to be able to serve in the capacity of Command Chief. As I've said before, I believe that the position belongs to all the enlisted members and if we take our responsibilities seriously, if we hold ourselves accountable, we will continue to be respected and heard as a group. I encourage each of you to read Air National Guard Instruction 36-2109, paragraphs four and six. This regulation lists my responsibilities, all of which affect you. I intend to fulfill those responsibilities to the best of my ability. I challenge you to hold me to that goal.

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***I want to be sure that the 173rd FW goals are not forgotten and that we continue to use them as a guide***

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Photo by Tech. Sgt. Jennifer Shirar  
Col. James Miller, 173rd Fighter Wing Commander, passes the wing flag to Chief Master Sgt. Cynthia Gauntz during the wing Change of Authority ceremony.

(MOVE, continued from page 1)  
network of support in times like this and during state or national emergencies.”

The logistics involved in relocating the unit make it a highly unusual deployment.

“The number-one challenge is simply the magnitude of it all. We never deploy this many for this long, to accomplish our primary mission,” Johnson said.

That mission is to train the best air-to air combat pilots to fly one of the most sophisticated air defense aircraft in the world.

“What many don't realize is that for all of that metal in the air, there

is an entire support structure that enables it: maintenance equipment, computers, vehicles, emergency landing cables, runway sweepers-all-in-all nearly 50 trucks worth of equipment, not to mention all the people, have to be transported to Gowen Field,” he added.

During the deployment most non-flying support functions, such as the military personnel flight and the finance office, will continue to operate normally. The Idaho deployment is planned to run through the end of November 2009, but Johnson says he expects to finish the deployment before then.



Photo by Tech. Sgt. Jennifer Shirar  
Tech. Sgt. Jason Witts, 173rd Fighter Wing Traffic Management Office, arranges cargo netting on a pallet of maintenance equipment

“Thankfully there are a lot of

people here with years of expertise in their primary duties as well as in peripheral areas,” said Johnson. “Their job skills and knowledge are directly responsible for getting this accomplished, for taking processes that normally take six months to a year, and truncating them to two or three months.”

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***“The number-one challenge is simply the magnitude of it all. We never deploy this many for this long, to accomplish our primary mission.”***

***- Maj. Greg Johnson***

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Photo by Tech. Sgt. Jennifer Shirar  
An F-15 Eagle from Kingsley Field, Ore. takes off down the runway at Kingsley Field for the last time for a few months, as the base prepares to deploy its jets to Gowen Field, Boise, Idaho.

(MEDIC, continued from page 1) Excellence, also known as PRATT-COE, gave Oregon and Washington military medical personnel the opportunity to treat real-world trauma such as gunshot wounds, stabbings and severe motor vehicle accidents.

The Airmen worked alongside local medical staff during their two-week training, “with exposure to medical emergencies they may not always see,” said Master Sgt. Jerod Taylor, a 173rd Medical Group medical technician.

Centro Medico is the central trauma medical care facility of the entire Northeastern Caribbean. Dr. Saul Irizarry, the head trauma physician for the hospital said there are approximately 50,000 emergency room visits per year and 120 trauma admissions every month at the facility. With such a high volume of severe trauma admissions to Centro Medico, the Airmen could take part in nearly

Medical Groups could sharpen and maintain the essential trauma and critical care skills needed to support Homeland Defense Operations. The training is designed to prepare military medical personnel for the demanding high stress scenarios and severe traumatic casualties encountered today in combat zones.

Guard members assisted in procedures ranging from suturing or stitching wounds to implanting chest tubes, which are inserted between a patient’s ribs to allow fluid or air to drain from the area around the lungs. They



Senior Airmen Tristan Threlkeld (left), 194th Medical Dental Group medic, puts on a pair of gloves while Staff Sgt. Brett Flory (right), 173rd Medical Group medic, assists a nurse with a patient in the intensive care unit.



Senior Airmen Tristan Threlkeld, 194th Medical Dental Group medic, assists Dr. Saul Irizarry, the head physician for the Centro Medico Trauma Center, with numbing a patient.

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***“This experience will help Airmen prepare for a deployment.”***

***-Staff Sgt. Anna Hawkins, 173rd MG***

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continuous clinical opportunities at PRATT-COE.

Deployment organizers say PRATT-COE was developed so that Aeromedical Evacuation units and

also participated in patient resuscitation--a clinical description of heroic efforts used to save a person who is literally dying on the spot.

“We don’t see or do these types of procedures every day,” said Senior Airman Tristan Threlkeld, a medic from the 194th Medical Group. “It has been a great opportunity for me.”

PRATT-COE is mutually beneficial for both the participants and the hospital staff at Centro Medico said Senior Master Sgt. Roberto Davilla, PRATT-COE Program

Director and deployment coordinator. “Military medical personnel are given the chance to work directly on high trauma cases, an important preparation for them as they prepare to deploy in support of Homeland Defense Operations.”

“Here you can get your hands in there, where as back in the United States you are just standing there and watching,” Taylor said.

“This experience will help airmen prepare for a deployment,” said Staff Sgt. Anna Hawkins, a 173rd Medical Group cardio pulmonary technician. “Here I am being exposed to trauma that is similar to the injuries seen in a combat-zone, such as Iraq.”

Irizarry added that with such a heavy workload the additional help is always welcome.



Senior Airman Annie Dunbar, 173rd Medical Group medic, watches as Dr. Saul Gomez, the on-duty physician for Centro Medico Trauma Center, instructs Staff Sgt. Holly Wasche, 173rd Medical Group medic, on how to suture a patient's neck.

## Attention Motorists!

It's that time of year again – the weather is getting nice (some days), the sun stays up longer, and we're all a little restless to be done with winter and start enjoying the many summertime activities our community has to offer. So as we approach the 101 critical days of summer, now is a good time to review some of the security and safety rules that pertain to Kingsley Field.

### General

- Remember the speed limit on Kingsley Field is 25 miles per hour unless otherwise posted.
- During adverse or inclement weather conditions, adjust your speed accordingly.
- Security Forces members DO conduct traffic stops. Follow these rules to avoid being stopped:

- Obey the posted speed limit. Speeding can be detected with radar devices.
- Obey all traffic signs. DO NOT run stop signs.
- Obey all pavement markings (crosswalks, lane delineation, parking areas).
- DO NOT drive through parking lots. Trying to avoid traffic or take a short cut is a major safety concern and will only save you about 30 seconds.
- Always give right of way to pedestrians and bicycles.
- Fighter Alley (inbound lane) and McConnell Ave. (outbound lane) are ONE WAY streets.

### Inbound

- When entering the installation, proceed to the main gate with your ID card ready.

- In hours of darkness, please turn off your lights when approaching the SF member at the gate (don't forget to turn your lights back on when past the guard).
- At the intersection of Fighter Alley and Arnold Ave. the roadway is marked with white stripes forming TWO lanes (one to turn left, one to turn right). Pick a lane and ensure you come to a COMPLETE stop (as always, use your blinkers). And don't forget the Commander can see you!

### Outbound

- When exiting the base, please use common sense/courtesy towards other drivers.
  - From Arnold Ave. ensure you use blinkers and give appropriate right of way to opposing traffic.
- (See SAFETY Page 11)

## Security Forces Member Supports International Peacekeeping

By Senior Master Sgt. Joseph Stickel, 173rd Fighter Wing Security Forces Squadron Operations Superintendent

Master Sgt. Cody Pemberton, 173rd Fighter Wing Security Forces Squadron, was selected as the only U.S. Air Force Security Forces Non-Commissioned Office to participate in the U.S. State Department's Global Peace Operations Initiative train-the-trainer program, also known as the T3 program in July 2008.

This program was established by the United States in 2004 in response to the Group of Eight Sea Island Summit. The GPOI is working to train 75,000 international peacekeepers by 2010 and was a signature initiative to build international peacekeeping capabilities.

In July 2005, the U.S. State Department initiated training for countries within Asia and South Asia. Currently, there are 14 partner states in these re-

gions: Bangladesh, Cambodia, Indonesia, Kazakhstan, Malaysia, Mongolia, Nepal, Pakistan, Philippines, Sri Lanka, Tajikistan, Thailand, Tonga, and Vietnam.

The program provides instruction on designing and developing peacekeeping operations in support of U.N. Peacekeeping Missions.

"Cody has had a busy couple of years-- his willingness to volunteer whenever the mission needs him is truly selfless," said Chief Master Sgt. Robert Petchell, the 173rd SFS Superintendent. "Training is where MSgt Pemberton excels; he is one of our primary trainers in both Law Enforcements and Ground Combat Skills. His leadership is top notch along with his ability to supervise and coordinate schedules... he was the

(See GPOI Page 9)



# May Focus: Force Development



Over the past few years, we have initiated a number of educational initiatives for Force Development, focusing on changing the way we develop and train our people to meet the challenges of the Expeditionary Air Force. Force Development takes a deliberate approach to providing Airmen the training and experience they need to succeed in delivering air and space power now and in the future. We must make sure Airmen get the training and education required for their specialty or area of expertise. If an Airman needs additional education or training -- they will get it.

Force Development is a recognition that we need to continu-

***Each of you make our unit the best!***

# June Focus: High Performance Teams

Today's Air National Guard is comprised of our community's finest men and women. From all walks of life – rural farms, inner cities and every place in between – young Americans are drawn to the call of Integrity, Service and Excellence. We celebrate this diversity, recognizing that such a mix of experience leads to a breadth of perspective and broader horizons, and ultimately innovative ways to maximize our combat capabilities for the Joint Team.

As individuals you are each a national asset and essential to accomplishing the ANG's mission. As a seamless team, we are able to overcome any challenge. A disciplined force puts mission first; flies, fights, and wins

As a team; knows the rules; pays meticulous attention to details; and is accountable for the final results. A leader's ability to form a complementary, winning team happens as the leader gets to know individuals and engages their full potential towards the goals of the team. The point is to find peoples unique talents and distill that into their highest contribution that

## Flywheel Challenge:

Ask yourself: *"What did I do today to push on the flywheel?"*

- \* What am I doing as a leader, team member, Airman, friend and person to continuously improve in each of these areas? Remember, in order to do something that you have never done before, you must become someone that you have never been before!
  - Do I consistently set goals on which I will base progress in my evolution as a leader?
  - Am I open to feedback and review, however unfair? Do I give honest feedback for growth?
  - Do you mentor and prepare Airman for possible future opportunities?
- \* Are performance appraisals completed in fairly and executed on?
- \* Move your standards beyond your comfort or achievement levels.

ously improve because we never achieve zero defect! Leadership constantly evolves to new and emergent challenges.

The goal of Force Development is clear -- develop professional Airmen who will collectively leverage their respective strengths to accomplish the mission of the Air National Guard. Each of you make our unit the best!



they are passionate to give.

We must continue to show determination and focus on (See TEAMS Page 9)

(TEAMS, continued from page 8)

creating inclusive teams to ensure no one gets left behind. We, as the Air National Guard cannot claim to be inclusive yet have structures and policies in place that are non inclusive!

1. Do work teams have clear, measurable goals?
2. Do individuals stay diligently focused on the most important goals?
3. Are success measures tracked accurately and openly?
4. Do work teams plan together how to achieve their goals?

The United States' first national motto, "E pluribus unim," means, "out of many, one." Initially, this motto referred to the formation of our great nation from the 13 colonies. Today, that phrase reminds us that we're in this fight together. Harnessing our magnificent differences into an effective, coherent team takes solid leadership, quality training and a conscious effort toward mutual respect on all our parts.

### Flywheel Challenge:

Ask yourself: "What did I do today to push on the flywheel?"

- \* As a seamless team, we are able to overcome any challenge. We must continue to show the same resolve and determination towards
  - Excellence- Do I go beyond competitive standards?
  - Teamwork - Is our team, a team that produces superior results?
  - Empowerment- Are all teams of Airman provided freedom, decision authority and resources to excel?

(GPOI, continued from page 7)

right choice for this assignment."

Pemberton along with Sgt. 1st Class Vinny Jacques and Staff Sgt. Steven Warming of the Oregon Army National Guard were deployed Aug. 15, 2008, to Dhaka, Bangladesh for their initial GPOI T3 program as well as providing their expertise in training and developing Tactics Techniques Procedures to the Bangladesh Officers going through the program.

"Master Sgt. Pemberton is a key member of the best small team I have ever had the pleasure to work with, I would go to war with him anytime," said Jacques, who was a Bronze Star with Valor recipient for his actions during Operation Iraqi Freedom.

Pemberton spent two weeks at the Bangladesh Institute of Peace Support Operations Training center instructing 24 Bangladesh Officers. During this time Pemberton participated in classes ranging from U.N. system and peace support operations to top-down training development. Pemberton was able to develop a professional military relationship with the officers that promoted U.S. military relations with the country of Bangladesh.

"I believe the GPOI T3 program is critical to the training development process of these countries in the international peace process. The quality of NCO's the Oregon National Guard sent

to represent the U.S. military and Oregon National Guard was above reproach, Sgt. 1st Class Jacques and Staff Sgt. Warming are two excellent Army NCO's that made my GPOI deployments some of the best experiences of my military career. It was an honor working with these two outstanding NCO's," said Pemberton.

Pemberton also deployed to Phnom Penh, Cambodia where he provided instruction and acted as an observer/facilitator for the GPOI T3 program being held for the Royal Cambodian Armed Forces peace keeping instructors.

There, students developed a course of instruction on four lanes of training and initiated that training for four RCAF Platoons. Pemberton worked along side two Oregon NG soldiers, a Nepalese captain and two peacekeeping contractors. Pemberton and other GPOI instructors were recognized for their excellent service by the Cambodian Defense minister, several top General's from the RCAF, and representatives from the U.S. Embassy.

Most recently GPOI T3 program Pemberton attended was to Bandung, Indonesia in March. He was hand picked by GPOI leadership as the NCO in-charge for the mission where he worked



Photo by Sgt. David House, U.S. Army U.S. Army Staff Sgt. Christopher Jenkins, of 1st Platoon, 57th Military Police Company, 8th Military Police Brigade, interacts with a role-player during cordon and search lane training at Rajendrapur Cantonment in Bangladesh April 13, 2008. The training is part of Shanti Doot 2, a United Nations global peace operations initiative program exercise hosted by the Bangladesh army and sponsored by U.S. Pacific Command.

to ensure proper training for 34 Indonesian Armed Forces personnel and seven Guam Army National Guard Soldiers in preparation for the upcoming multinational peacekeeping exercise "Garuda Shield."

"Master Sgt. Pemberton provided outstanding leadership and administrative skills during his deployment," said Petchell. "He has been requested for several future GPOI train the trainer missions. [His] continued efforts with this initiative will be felt for years to come as U.N. Peacekeepers are deployed to hotspots throughout the world."

# SPOTLIGHT: Deployed Airman Preventive Medicine Mentor

By Tech. Sgt. Jennifer Shirar, 173rd Fighter Wing Public Affairs

Lt. Col Richard Long, 173rd Fighter Wing Public Health Officer, is deployed to Afghanistan for approximately eight months. Long is working as the Preventative Medicine Mentor in Kabul as part of the Afghan National Police Expeditionary Transition Team Command Surgeon, ANP ETT CMD SG.

The ANP ETT CMD SG is part of the United States Army's Combined Security Transition Command Afghanistan mission to assist Afghanistan with building and maintaining a viable security system to counteract the Taliban insurgency in Afghanistan. The ANP ETT CMD SG, a 12-person team, has the primary task of assisting the Afghan people in the establishment of a medical system at the Afghan National Police (ANP) Hospital in Kabul as well as the Afghan National Police Training Academy. This team is also responsible for mentoring the development of medical facilities, manning and doctrine at the Ministry of Interior level for the ANP across the country.

Long assists with all aspects of medical entrance processing as well as

mentoring the Preventative Medicine department of the Office of the Surgeon General.

"Every week there are Afghan Uniformed Police (AUP) training schools that start in various parts of the country. I try to ensure a standard process is followed, get the Afghan medical team coordinated, supply the Regional ETT teams with supplies, gather AAR's and try to help smooth the transition between Coalition Forces Teams doing processing and Afghan teams taking it over," said Long.

After years of Russian and then Taliban occupation, the basic healthcare infrastructure of Afghanistan was reduced to ineffective. With the establishment of the ANP to provide security for the country, there became a glaring need to rebuild Afghanistan's medical system. And so, this team's mission began 20 months ago to rebuild the ANP medical system.

The current team is made up of two General Medical Officers, eight Medical Service Core Officers, a nurse and Lt. Col. Richard Long. As a team they

deal with facilities, staffing, budgeting, contracting, supply, entrance processing, information technology, education and training and Doctrine and Policy.

Each team member assigned to mentor an individual or two, providing resources and expertise towards solving their problems.

"Mentoring is the fun part of my job. Working along side of my mentee, Pir Mohammad, the Director of Preventative Medicine at the OTSG, is extremely rewarding. Pir is very appreciative and a joy to work with," said Long.

Each mentor has a medically trained Language Assistant that provides them the ability to communicate.

"Although the Afghans can speak general greetings in English and we can speak general greetings in Dari, without the language assistant, there could not possibly be any progress made," said Long.

Progress can be slow due to language, security, and Afghan societal issues that impede actual mentoring time; however, they are taking things one small step at a time to slowly improve the Preventative Medicine Program.

When asked what his objectives are, Long replied, "I have several mentoring objectives. However, decreasing Disease Non Battle Injury (DNBI) is at the top of my list for my personal short term goal. Hepatitis is rampant and sharps control and standard precautions are not in the vocabulary of the Afghan medical community. My pet project to try to make a difference with standard precautions awareness."

"All said, this is a great assignment. It has many positives to it in terms of jointness, international relations, and working with the Afghan people. And yes, the nanne and kababs are great eating," added Long.



U.S. Air Force Photo by Tech. Sgt. Cecilio M. Ricardo

Master Sgt. Craig Abrom asks random medical questions during a hands-on vital signs training course with Afghan National Army Soldiers participating in the Combat Medic Course in Kabul. Sergeant Abrom is a mentor assigned to the Combat Medic School.

(SAFETY, continued from page 7)

- When exiting billeting, yield to out-bound traffic.
- If you intend to move your vehicle from the billeting parking lot back onto the base remember you can only turn right out of the parking lot. You must proceed around the DRK Memorial and merge into the inbound lane. Don't attempt to make a left from the parking lot as McConnell is a one way street.
- Proceed slowly past the Main Gate.
- Pay attention to pedestrians in the crosswalks.
- Ensure SF member does not require you to stop.

### Motorcycle Safety Requirements

- Must have attended a motorcycle safety course
- Headlights ON

- Must have rear view mirrors
- Operator and passenger must wear an approved helmet.
- Operator and passenger must wear impact resistant goggles or full-face shield.
- Brightly colored or contrasting vest or jacket as an outer upper garment during the day and reflective during night. Outer upper garment will be clearly visible and not covered.
  - For DAWN/DAYLIGHT hours
    - Contrast may be in the form of striping, emblems/ patches, or contrasting color variations. Camouflaged or subdued colors must have a contrasting vest or large article (patch/emblem/striping) displayed conspicuously over top of or attached to the upper outer garment.
  - For DUSK/NIGHTTIME hours
    - Clearly visible reflective jacket

or vest as an outer upper garment.

A reflective belt may be worn as a sash to meet this requirement.

- Long sleeved shirts or jackets, full-fingered motorcycle gloves or mittens, and long trousers. Sturdy footwear. Leather boots or over the ankle shoes are highly encouraged.

Security Forces personnel will check riders for compliance with the above rules. Violations will be reported to the Safety Office and individual supervisors.

For more information or questions regarding the motorcycle Safety Requirements, please contact the Safety Office at x56360 or via email.

For more information or questions regarding traffic rules/violations, please contact Central Security Center at x56663. Let's all do our part to keep ourselves and each other safe!

(See WALSH Page 11)

(WALSH, continued from page 2)

*challenged my skills as a professional and those that challenged my heart as a whole. I can think of a few incredibly tough jobs that really taxed my abilities. Each one taught me something new, about my systems, and more importantly, about myself. But even more, I will remember those with whom I had the honor of serving with during those challenging times.*

*I will never forget the events of September 11. I thank all of you who activated in support of Operation NOBLE EA-*

*GLE after the horrific events that Tuesday morning. From the flight line personnel who prepared the jets, to operations and the aircrew who flew Combat Air Patrol missions, to support personnel, I will be forever grateful to you all. It was not easy, however nothing worthwhile is easy. In addition, to all of you who have deployed or are preparing to deploy in support of Operation IRAQI FREEDOM and ENDURING FREEDOM, let me tell you that what you do has a direct impact on the security and freedom of our country and our world. Even though many people do not understand what you do*

*or appreciate your service, never forget that what you are doing is honorable work. Nothing worth our time and energy comes without true effort and sacrifice. You make a difference!*

*Finally, in the past 24 years the Air Force has been through many changes. Although there have been a lot of changes these past three decades, one thing hasn't changed and that is the important role the enlisted force has had and continues to have today. As I have stated in the past, the major-*

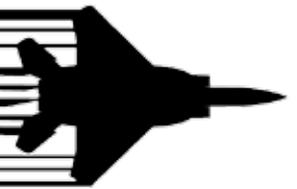
*ity of the successes the past few years in this wing have been on the backs of our enlisted force, for that I'm truly grateful. I've been fortunate to have worked with some wonderful people over the past 24 years and I can speak from personal experience as to how much your work has affected the future well-being of the 173rd Fighter Wing and the Kingsley Family. Your dedication and devotion to this wing is inspiring. I'm truly honored to serve with fine professionals like the men and women of Team Kingsley.*

*I never planned to make the military a career. I took it one job at a time and if you know my history I had several of them, from my days in Survival Equipment, to Life Support, to Civil Engineering, and finally to the Command Chief. I say with great sadness, the day has come for me to take off this uniform.*

*And so, as I prepare to retire after 24 years of service, I leave with a couple more inches around my waist, a few less hairs on my head, some more wisdom in my soul and a few less defenses around my heart. I leave with high hopes and with deep humility. It truly has been an honor to have served with such fine professionals as you all. Thank you all very*



Photo by Tech. Sgt. Jennifer Shirar  
Col. James Miller, 173rd Fighter Wing Commander, hands Chief Master Sgt. Pat Walsh the folded flag.



**A**ttention AGRs: Are you considering refractive surgery? Please visit the link below for all necessary information. A point to remember is that you need to stop ALL contact lens wear for a minimum of 30 days prior to being evaluated for the

procedure. Also note that while the waiting list at Travis is fairly short, you need to plan to be TDY for 2 full weeks at the time of surgery.

<http://airforcemedicine.afms.mil/USAF-RS>

## Quarters and Convalescent Leave Information

### Quarters *(reference AFI 41-210)*

- Quarters is a full duty excuse provided to Active Guard Reserve members and members in an inactive or active military status who are receiving medical or dental treatment for an illness or injury that does not require hospitalization.
- While on quarters status the member is to remain in their residence or billeting for the duration specified by the treating provider.
- Medical Group Independent

Duty Medical Technicians (Master Sgt. Taylor and Tech. Sgt. Neisner) may authorize quarters for up to 48 hours with extensions if required.

- Commanders and supervisors may authorize up to 24 hours sick status at their discretion if a member's illness or injury that does not require medical intervention. If the illness/injury persists beyond 24 hours the Commander/Supervisor must refer the member to the Medical Group for treatment and subsequent quarters authorization.

### Convalescent Leave *(reference AFI 36-3003 and AFI 44-102)*

Convalescent Leave is an authorized absence (non-chargeable leave) for the minimal time essential to meet the medical needs for recuperation.

- Convalescent leave is not to be used as an alternative for placing a member in an excused from duty status, when an individual could instead be returned to limited duty without adversely affecting full recovery.

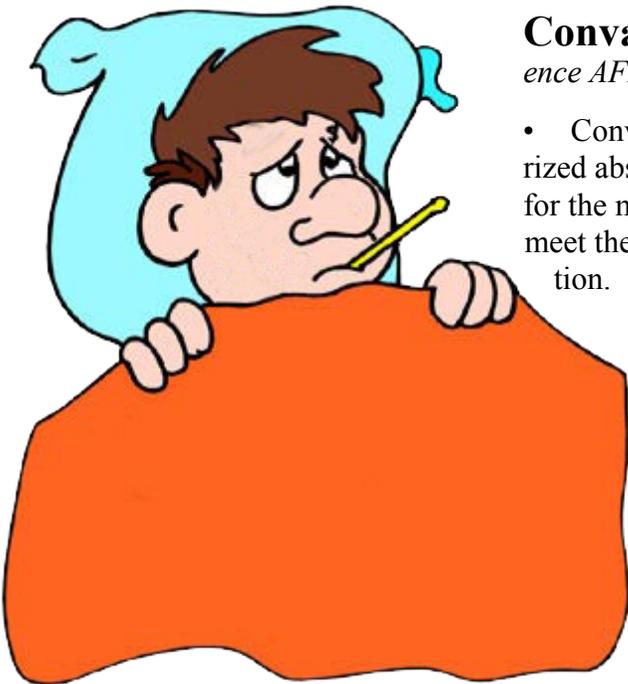
- AGR members who are recommended convalescent leave after an illness, injury or required surgical procedure must submit a note from their treating physician stating the estimated dates or time period of convalescent leave. Bring the note along with an Air Force Form 988 to the Medical Group for certification prior to the unit commander signing off on the AF 988.

- The completed AF 988 is then submitted to the unit Commanders Support Staff for processing.

- Convalescent leave is approved for a maximum of 30 days at a time (exception post-child birth 42 days). Extensions beyond 30 days require a new note from the treating physician. A new AF 988 does not have to be initiated.

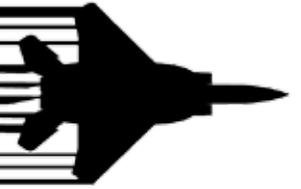
- Members electing to have a medical procedure that is not medically necessary (recommended as being required by the physician) must take ordinary leave to cover the period of absence.

- A member may request voluntary termination from convalescent leave with a note of approval from the treating physician.





# CHAPLAIN'S CHATTER



## Wake-Up Call

By Capt. Kraig Kroeker, 173rd Fighter Wing Chaplain

I have been reading a book lately by Stu Weber, a former army ranger during the Vietnam War serving in the 5th Special Forces group as the Group Intelligence Operations Officer. He describes a battle in which he found himself and his comrades surrounded by the enemy and waiting for what they knew would be a battle with a force of superior numbers. There was no doubt that soldiers were going to die and he may be one of them. He asks himself the question, "If a young captain by the name of Stuart K. Weber died in the Dak Poko Valley, what would he have accomplished during his quarter century on earth?"

Stu describes this as his wake-up call and a time when he really had to look at what mattered in his life. How did he want to be remembered or will he even be remembered? Does his life matter? Has he really made a difference?

I know that I have been through wake-up times as well. When I found myself standing in front of a judge bankrupt and unable to do my mill job because of a serious knee injury, I really questioned what was next. And in my questioning I found that I had a chance to start over. This led to a journey of seven long years of college and graduate level schooling, a teaching

job, and now my time here at Kingsley. However, I have to wonder why I waited so long for a disaster to come into my life in order to

***We have a choice each day to make the most of it.***

be awakened.

It seems that many of us, and I include myself, have a unique gift of falling asleep in the midst of the battle of our lives. We forget that we are unique and special people who have so much to offer to the world. We find our selves unprepared and groggy, living just the day to day. The reality: we have a choice each day to make the most of it. What happens when we choose not to live each day with purpose? We will more than likely find ourselves in situations and experiences of heartache, emotional defeat and uselessness.

My encouragement is for you to make the most of this day, even from this very moment. Give someone a compliment. Say thank you to someone who offered you assistance. Go the extra mile in your work even when it was not required. Choose what you know is right. Smile when you want to frown. Lavish your family with praise. Show an interest in your kids even when you feel you don't have the strength. Do something special for your spouse today, not just on your anniversary. Make the most of each opportunity and you just might find that you were really living all along.



# FINANCE & TRAVEL



To avoid delays in processing, please review all pay documents before submitting to finance. Please make sure that all documents are signed with appropriate signatures and orders are attached if they are required. Travel vouchers need to be signed by the supervisor, and the Authorizing Official if needed and orders and receipts need to be included. Split



Disbursement amount needs to be annotated; if it is left blank, 100% will be applied to the Government Travel card. And as a reminder, "Member Not Available" will not be accepted and will be returned the next business day.

Please register your Government Travel Card (GTC) as soon as you receive it. Register your card at: <https://home.cards.citidirect.com/CommercialCard/Cards.html>.

A current statement is not needed to register. If you have any questions or need assistance please contact your Government Travel Card Representative.

As a reminder, the Finance Customer Service number is x5-6309. The customer service hours remain: Monday, Wednesday - Friday 0730 - 1600 (short Fridays we close at 1500), Tuesday 1000 - 1600, and drill weekend 730 - 1530.

(CES, continued from page 3)  
critical leadership positions during the exercise enabling everyone to sharpen leadership and combat skills.

During the first four days combat planning was executed in a hostile theater of operations. Participants had to prepare mission plans and deploy a full theater beddown package for the acceptance of 696 personnel, four C-130's and four F-16s. The final day required a full convoy into the bare base and beddown execution for acceptance of all the aircraft. The week included busy days lasting on average 14-16 hours while living in combat field conditions. The exercise included full combat and chemical gear requirements in hostile territory while living in tents with good ole' Meals Ready to Eat..

At the end of the planning exercise during the first few days, the AEG convoyed into theater and began

the bare base construction while theater attacks were in progress.

On War Day, beginning at 0500 and ending 16 hours later, every Civil Engineer function was fully exercised. Everything from the command element, Explosive Ordnance Disposal, base construction, water purification unit installations, emergency generator assemblies, firefighter aircrew extractions and many more areas were tested.

According to Senior Airmen Eve Wasche, 173rd Emergency Management Apprentice, "It became an endurance test through the whole week carrying over into the last war day; everyone spent many hours in their combat and chemical gear while under full attack."

During these attacks, the team still had to do their mission and accept aircraft, support the flying mission and base operations. Many moving parts functioned simultaneously at feverish paces.

"This training provided invaluable real world experience for future Joint Expeditionary and NATO Tasking operations," said 1st Lt. Joshua Downs, 173rd CES. He added, that this experience provided a "big picture" view of the complex scope of de-



Firefighters from the 99th AEG put out a fire in a helicopter.

ployed operations in hostile territory which have been witnessed and tested in operations such as OIF and OEF.

As par for the course, the 173rd CES personnel that deployed to the Silver Flag exercise stood out among their peers. They set the example for the whole AEG and were the key leadership for the entire deployed 99th AEG during the Silver Flag exercise. The 823rd RED HORSE commander had many accolades for each Kingsley member. The Mountain Lions showed their dedication, spirit, leadership, wingmanship as they carried the "173rd Fighter Wing" flag amongst our active duty brethren and multi-national forces.

This opportunity has prepared the 173rd CES for their future deployments to Afghanistan and other places in the combat world where they are needed. Outstanding job, Mountain Lions!



Members of the 99th AEG build up a Small Shelter System during the Silver Flag exercise.

## AAFES Case Lot Sale Notice!

National Guard and Reserve members, military retirees, and active-duty military service members can take advantage of savings during a Travis Air Force Base "Bringing the Benefit and Savings to You", joint commissary and exchange sale, scheduled for 10 a.m. to 5 p.m. May 1 and 2 at Kingsley Airfield in the main hangar.

Commissaries, operated by the Defense Commissary Agency, provide groceries to military personnel, retirees and their family members at U.S. military in-

stallations around the world, saving shoppers an average of 30 percent or more on their purchases compared to commercial prices.

DeCA has expanded its reach to members by bringing sales to areas with military populations not served by a nearby commissary. The Travis exchange operated by the Army Air Force Exchange System will be joining the Travis commissary in hosting the event.

Commissary sale items include meats, produce, dry grocery items, club

packs, frozen and chilled foods, at savings up

to 50 percent off of regular grocery store prices. The exchange will be offering cameras, large and small appliances, patio sets, grills, X-Boxs, TV's, clothing, baby needs, and a whole lot more.

Payment is by cash, check, or credit card. Sale limited to authorized ID card holders only.



# Announcements



**CHIEFS' ADVISORY COUNCIL 2009**  
**SCHOLARSHIP OPPORTUNITY**  
**\$1000.00**

**Eligibility:** Applicants must be affiliated with the Oregon Air National Guard as either a member or dependent and have a GPA of 2.0 or higher.

**Scholarship Use:** Cash award will be used for tuition and books towards an undergraduate/technical program

**Selection Criteria:** Applicants must fill out a questionnaire and submit a summary of their educational goals.

Application Deadline is 31 May 2009

Mail applications to the following address:  
CAC Scholarship Opportunity  
216 Gentile Street, Suite 36  
Klamath Falls, OR 97603

or Email applications to:  
leslie.tyree.1@orklam.ang.af.mil

For more information contact any Oregon Air National Guard Chief



**CHIEFS' ADVISORY COUNCIL**

**Free Friday Night Movies!!!**

Join us every Friday, 7:00pm at the Kingsley theater for free movies

Volunteers are needed to keep this program going. Please contact the Public Affairs office at x5-6677 if you would like to volunteer or learn more about the Friday Night Movies.

Movies subject to change or cancellation without notice.



**Craylene's Family Haircare**

Haircuts for Men, Women and Children  
Basic Haircut \$9.00 - Style Cut \$13.00

**Open Mon. through Fri. 9-3**  
**Closed Down Mondays**

Located in the Barber Shop next to the BX

*If you have any questions please call 885-6370.*

(FLU, continued from page 4)

signs, seek emergency medical care.

In children emergency warning signs that need urgent medical attention include:

- \* Fast breathing or trouble breathing
- \* Bluish skin color
- \* Not drinking enough fluids
- \* Not waking up or not interacting
- \* Being so irritable that the child does not want to be held
- \* Flu-like symptoms improve but then return with fever and worse cough
- \* Fever with a rash

In adults, emergency warning signs that need urgent medical attention include:

- \* Difficulty breathing or shortness of breath
- \* Pain or pressure in the chest or abdomen
- \* Sudden dizziness
- \* Confusion
- \* Severe or persistent vomiting

How serious is swine flu infection? Like seasonal flu, swine flu in humans can vary in severity from mild to severe. Between 2005 until January 2009, 12 human cases of swine flu were detected in the U.S. with no deaths occurring. However, swine flu infection can be serious. In September 1988, a previously healthy 32 year old pregnant woman in Wisconsin was hospitalized for pneumonia after being infected with swine flu and died 8 days later. A swine flu outbreak in Fort Dix, New Jersey occurred in 1976 that caused more than 200 cases with serious illness in several people and one death.



Photo by Master Sgt. Jerry Bynum

An Oregon Air National Guard F-15 Eagle, based out of Kingsley Field prepares to refuel during a training mission in Australia.

*The views expressed, stated or implied in this publication are not necessarily the views of the Department of Defense, the U.S. Air Force or the Oregon Air National Guard. Circulation: 1,000. All photographs are U.S. Air Force or Air National Guard photographs unless otherwise indicated. Story submissions, letters to the editor or other comments are encouraged and may be directed to:*



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