

B-Course series: Students take first flight

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

KINGSLEY FIELD, Ore. -- After a month of intensive academics and many, many trips to the simulator 1st Lt. Scott McGowen arrived at the pre-flight brief for his maiden flight in the F-15 Eagle.

He describes the journey to this point as an uphill climb, one that's lasted nearly three years.

It began for him as an enlisted member at Barnes ANG base in Massachusetts, where he developed a passion for flying that has fueled his dream of one day piloting the Eagle.

The first item on the agenda was his bachelor's degree, followed by the expense and rigor of earning a private pilot's license—something nearly all Air National Guard accessions to pilot training have in common.

And today, Dec. 10, 2015, McGowen and

(Continues on page 3)



Class 16-ABK began their seven-month journey to earn the F-15 Eagle patch worn by rated pilots, Nov. 2, 2015. In this story we cover the first flight for 1st Lt. Scott McGowen (inset). (Photo by James "Hazy" Haseltine, High-G Productions)

F-15 Depot visits 173rd, gets ground-level input from maintainers



Maj. Gen. T. Glenn Davis, the mobilization assistant to the commander, Air Force Life Cycle Management Center, and a select team of F-15 Sustainment professionals, visited the wing in what was billed as a customer service visit, Dec. 5, 2015. Many line-level maintainers explained the current problems with keeping a legacy aircraft, some as old as 37 years, aloft. (U.S. Air National Guard photo by Master Sgt. Jennifer Shirar, 173rd Fighter Wing Public Affairs)

Story by Master Sgt. Jennifer Shirar, 173rd Fighter Wing Public Affairs

KINGSLEY FIELD, Ore. -- The 173rd Fighter Wing hosted a group of F-15 Sustainment professionals for a customer service visit Dec. 5, 2015. The group consisted of individuals from the Air Logistics Center and System Program Office. Among the group was Maj. Gen. T. Glenn Davis, the mobilization assistant to the commander, Air Force Life Cycle Management Center.

Kingsley Field was one of the few F-15 bases the group was touring to garner a direct look at the mission and needs of the F-15 community.

Davis said it is important that they "get out from behind our desks and see the mission firsthand."

Col. Jeffrey Smith, 173rd Maintenance Group commander said this tour helps these staff members "reconnect with the operational units so they can see the tangible effects of the decisions and policies."

Smith directed the tour, leading them through the different areas of the maintenance group and providing an overall view of the mission. However, it was the individual maintainers that spent the majority of the time talking.

Davis and the group listened as the

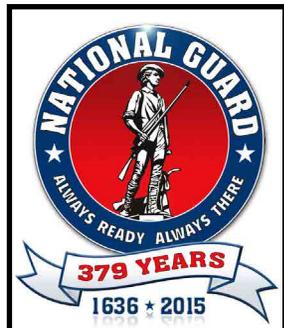
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2015 AOY
(Click here)
Airmen of the Year for 2015 selected



2016 BAH
(Click here)
DoD increases BAH rates across board



Guard B-Day
(Click here)
Dec. 13, 2015 marked 379th birthday

F-15 Sustainment visit gets straight-talk from maintainers



Master Sgt. David Chinander explains to Maj. Gen. T. Glenn Davis, the mobilization assistant to the commander, Air Force Life Cycle Management Center, how a tool designed and fabricated locally in the 173rd Sheet Metal shop helps save lost sorties, manpower and perhaps millions of dollars. Without this fixture an aircraft has to go to depot maintenance in Georgia incurring those costs and removing it from the fleet until it returns. (U.S. Air National Guard photo by Master Sgt. Jennifer Shirar)



(Continued from front page)

Airmen that turn the wrenches explained the daily challenge of maintaining aircraft that are up to 37 years old. They showed the visitors how they grapple with these issues, innovating ways to keep aircraft flying. One example of this was the way Kingsley maintainers pioneered a process to inspect wing spars on the aircraft, an area that stress tests showed vulnerable to cracking as flight hours climb past the original service-life estimates.

This particular problem revolved around the need to send the aircraft off station to maintenance depot at Robins Air Force Base in Georgia where they remove the entire wing to inspect the wing spars. In February 2015 members of the 173rd sheet metal shop created a tool that allows them to remove a small area of the aircraft's titanium skin without damaging the wing spar it touches, thus giving them access to inspect it. This simple invention saves countless man-hours and months of aircraft down time, not to mention costs that could run to the millions.

Davis applauded the sheet metal shop for their innovative thinking and precision work, helping to maintain airworthiness for the legacy aircraft. However, these maintainers stressed the fact that despite such innovations the need for spare parts hampers the mission and keeps otherwise good jets on the ground.

In the previous issue of the [Kingsley Chronicle](#) Smith outlined a steadily declining mission capable

rate, the ratio of actual flyable aircraft to the total number of aircraft on the ramp, and its correlation to the lack of available parts in the supply system.

This was one of the primary messages Smith and the maintainers shared with the group. "A significant Service Life Enhancement Program is needed for both structural and systems modernization," said Smith. "We also stressed the fact that supply inefficiencies are crippling our ability to produce sufficient sorties and add risk to the already risky business of flying and fixing 35 plus year old fighter aircraft."

Smith says the tour was a huge success and really helped these individuals connect with our mission needs. "I was proud to watch our maintainers discuss their concerns with a 2-star general and multiple colonels from across the country—our personnel clearly communicated and demonstrated many current issues at hand. Maj. Gen. Davis conveyed how impressed he was the skill and dedication of our maintenance group professionals," he added.

The F-15 Sustainment group wrapped up their tour at Kingsley and headed north the next day to tour the 142nd Fighter Wing in Portland. Both the 173rd Fighter Wing and 142nd Fighter Wing fly the F-15 Eagle. The 173rd FW is home to the premier school house for the United States Air Force and the 142nd FW is responsible for providing continuous air defense and air superiority capabilities over the Pacific Northwest.



Top: The fixture is designed from a machined aluminum block which precisely holds a cutting tool suitable for titanium. Chinander demonstrates for Davis how it is mounted directly to the wing and used to successively remove fine layers of titanium from the wing's skin exposing the wing spar beneath. Through the opening maintainers can use various inspection techniques such as an eddy current tester to determine if the spar is sound, however without this small opening it is not possible to conduct any meaningful inspection. (U.S. Air National Guard photo by Master Sgt. Jennifer Shirar)

Bottom: Tech. Sgt. Justin Cunningham, a 173rd Repair and Reclamation technician, explains how parts originally designated as "fly-to-fail", in other words lasting for the entire life of the aircraft, are now failing, due in large part to using the airframes well past the original service life. (U.S. Air National Guard photo by Master Sgt. Jennifer Shirar)

Newest challenge for B-Course students? The first real flight



1st Lt. Scott McGowen sits in the cockpit of a waiting F-15 aircraft while preparing to make his first flight at the controls of the Eagle, Dec. 10, 2015. His instructor pilot Maj. Victor Knill, will ride in the backseat to ensure safety and provide feedback upon landing. (U.S. Air National Guard photo by Tech. Sgt. Jefferson Thompson)

(Continued from front page)

his instructor pilot Maj. Victor Knill walk to a waiting F-15, greet the crew chief, and climb aboard the aircraft.

“The only thing I was thinking about, the only thing you can think about when you climb into the cockpit, was making sure to do everything right, just the way you cover in the brief,” said McGowen. The preflight brief for this flight lasted nearly an hour and a half and the first hour was largely devoted to checklist items that have to happen before the jet moves an inch.

Knill rapid-fired a technical litany ranging from the simple to the complex, beginning with the walk-around and progressing to preparing all of the aircrafts different systems to take flight.

One interchange sounds like this: “... with the course align we are gonna go to our HMD pitch, we

are going to containerize record, we are recording on the RMM, we are gonna hit align. When you do this the HUD is basically blanked, all you are doing with that is superimposing them on each other. ‘have you done this in the SIM? You have, ok.’ Then you go down long left for greater than two seconds what you’ll see is align, aligning, align ok, fine align, so deselect align here and you should be good to go, any questions?” asks Knill.

To the uninitiated this technospeak is nearly impossible to decrypt, but Knill says he is merely reiterating steps that the students have committed to memory over the past month since their arrival. They do this by repeated trips to the simulator logging two to three times the number of required simulator sessions, by sitting-in while classmates do their simulator sessions and by “chair flying” or practicing their procedures in a chair at home when

they are off-duty.

Mentally all of these procedures are second nature, and during the entire brief McGowen does not ask a single question, but the test of the first flight is seeing if that cognition can survive contact with the real thing.

“Everything changes when you feel the power of the aircraft, when being safe isn’t just something you talk about in a classroom anymore but an actual life-and-death consideration for you and others you fly with. For some it makes them better and for others it presents a hurdle,” says Knill.

On this particular day McGowen completes his checklists and taxis to the north end of the runway. A few minutes later he engages the afterburner on both engines and rockets south, taking to the air for his first time at the controls of an F-15.

“It was a good flight; he was well prepared and confident and those

Everything changes when you feel the power of the aircraft, when being safe isn’t just something you talk about in a classroom.

-- Maj. Victor Knill

On a students first time at the controls of the F-15

can be keys to having a good first flight,” said Knill. He goes on to say that this particular juncture in the course can be the most challenging psychologically as a student moves from a sterile academic environment to the rigors of the cockpit. Students are often surprised when during a break in the action they realize they are soaked in their own perspiration—brought on by a combination of stress and exertion. And it’s in that environment that an instructor pilot needs to see their preparation shine through. They need to have command of their procedures and excellent situation awareness even as they fight off task saturation.

At this point, for this B-course, flying is primarily just that—flying—but just on the horizon is the next big challenge, which is employing the aircraft as a weapon. When that day arrives all of this flying should be second nature as well.



Icy roads force renewed focus on winter safety

Commentary by
2nd Lt. Adrian Mateos,
173rd Medical Group

KLAMATH FALLS, Ore. -- Fog blanketed the Klamath Basin, Oct. 30. The spouse of a 173rd Medical Group Airman was traveling to work, only one mile away from Kingsley Field.

Suddenly, she saw a stop sign emerge from the fog and she realized too late that road was covered in black ice. She was traveling too fast to stop, and to make matters worse an oncoming car was converging on the intersection at the same time. In an attempt to evade the vehicle, in which a mother and her two young children were traveling, she accelerated through the intersection.

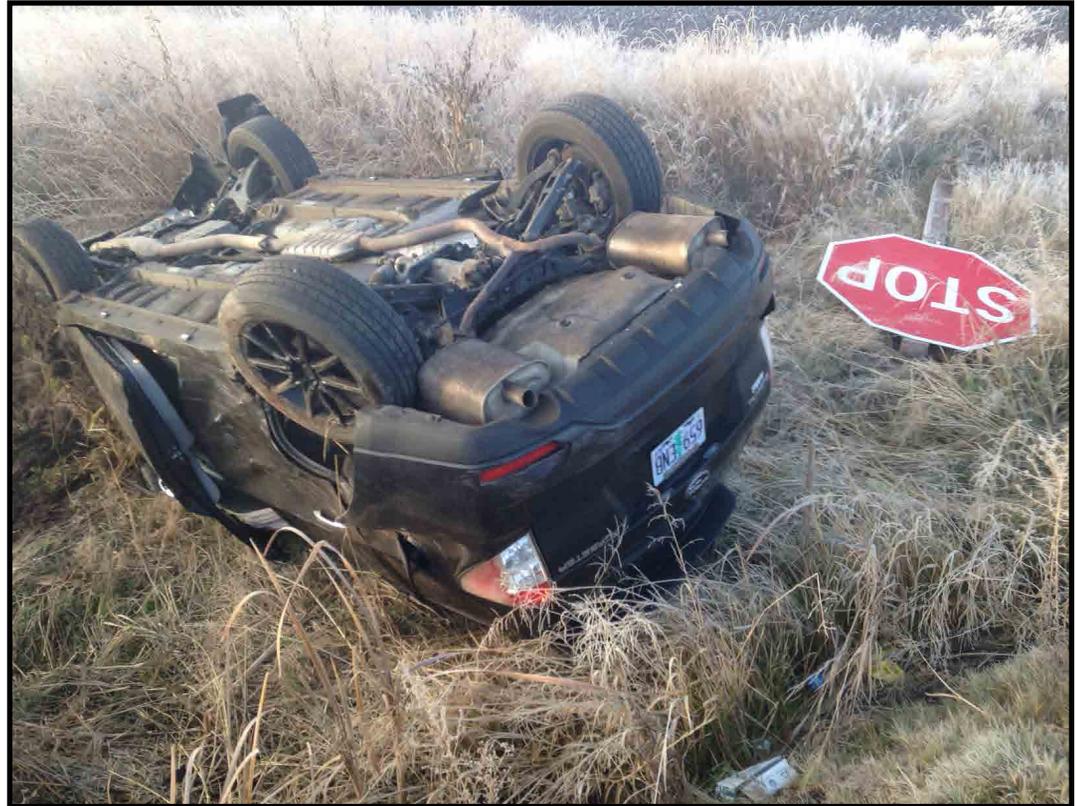
In any event her effort proved futile; she impacted the car on the front, sending it into a spin. The violence of that impact sent the Airman's wife into a canal, narrowly missing a telephone pole that killed someone last year in a similar accident. The steep angle of the canal caused the vehicle to flip over and it came to rest on its roof.

Both cars were a total loss but no significant injuries occurred due to

God's will and the fact that everyone was using seatbelts and the cars were well maintained. Law enforcement stated that if any of these were not the case, fatalities were highly likely.

We can all learn from this situation; here are a few important points to take from this accident.

First, many traffic accidents happen within a two-mile radius of our final destination because we get complacent when habit takes over our driving. Don't let your guard down just because you've driven a particular stretch of road hundreds of times. Also, take the time to inspect your car, understand its safety features and what they do to protect you in an accident, and be prepared in the event you need to free yourself from these safety mechanisms in a time-critical situation. Take advantage of modern technology to enhance your situational awareness by checking road conditions using a smart phone or a navigator, or check <https://tripcheck.com> before driving in cold weather.



A foggy day and freezing temperatures conspired to make driving hazardous not two miles from the front gate at Kingsley Field. The top photo is the vehicle of a 173rd Fighter Wing spouse. Although no one was hurt both vehicles were too badly damaged to be repaired. (Photo courtesy 2nd Lt. Adrian Mateos)



Finally, communicate to prevent placing yourself or others in risky travel situations. Speak with your supervisor if the road conditions or the weather require extra caution.

Local airport policies adapt to growing drone popularity

Commentary by
Douglas M. Cunningham,
270th Air Traffic Control Squadron
Air Traffic Manager

KLAMATH FALLS, Ore. -- The regulations associated with unmanned aircraft systems, better known as drones, are constantly changing in a struggle to keep up with their increasing popularity, availability and proliferation.

Drone operations now include responsibilities related to that of manned flight and stiff penalties for operators who deviate from those responsibilities.

Like manned aircraft pilots, all drone operators are required to register their UAS aircraft with the federal government. The registration requirement applies to all

UAS aircraft that weigh more than .55 pounds which for comparison sake is the same weight as two sticks of butter. Failure to register is a criminal offense and punishable by up to three years in prison and may include up to a \$250,000 fine.

Once registered, operating restrictions apply and it is the onus of the operator to know and understand these restrictions.

One of the most important restrictions for the local area is the airspace restriction.

Drone operators may not fly their aircraft within five miles of the Klamath Falls airport without approval from air traffic control. It is important to note that at this time air traffic control is not ap-



proving UAS operations within five miles of the airport without additional FAA approval.

Failure to operate drones in accordance with federal law will

result in criminal prosecution. For more information please visit the Federal Aviation Administration webpage at: <http://www.faa.gov/uas/>

173rd Fighter Wing hosts major accident response exercise



Top: Tech. Sgt. Michael James, 173rd Security Forces Squadron, is the first on-scene following a report of package delivery leaking an unidentified substance on Kingsley Field, during a hazardous response exercise, Nov. 18, 2015. The exercise featured two different scenarios involving suspected hazardous material and helped emergency responders hone their skills in the event they have to respond to such an emergency.

Above: 173rd Security Forces member Staff Sgt. Will Griffith coordinates with the Kingsley Fire Department on setting up a cordon to keep people safe from possible effects of a hazardous substance during the exercise.

Middle Right: Kingsley Fire Department firefighters set up an initial decontamination site where those affected by a possible hazardous substance will be cleaned during an exercise to test the emergency responses of first responders.

Bottom Right: A U.S. Army North observer and Tech. Sgt. Jason Carlisle of the 173rd Fighter Wing kick off the exercise by staging a package with a white, milky substance the morning of Nov. 18, 2015.

Right: James and the first Kingsley Fire department official to arrive on-scene ask for a cordon and decontamination area during the initial response to a suspect package leaking a white, milky substance as part of an emergency response exercise. (U.S. Air National Guard photos by Tech. Sgt. Jefferson Thompson)



Senior Center, 173rd FW partner to brighten senior's Christmas

Story and photos by
Staff Sgt. Penny Snoozy,
173rd Fighter Wing Public Affairs

KLAMATH FALLS, Ore. -- Oregon Air National Guardsmen from the 173rd Fighter Wing, and Active Duty members from the 56th Operations Group Detachment 2 assembled at the Arthur Street Senior Center, Dec. 16, 2015, with hopes of bringing Christmas joy to senior citizens in the Klamath Basin.

Linda Breeden, Arthur Street Senior Center, explains that the senior center purchases and collects anywhere between 150 and 175 gifts annually between the months of October and December to deliver to Meals on Wheels clients and shut-in seniors who are often without family. "We sent out 142 this year," she says.

The planning of this event starts long before the holidays. "We start this event in October with raffles at the Senior Center to raise funds," Breeden says. "We then put up a giving tree after Thanksgiving to get some donated gifts and we buy the rest with the raffle funds."

As it gets closer to the December delivery date the Arthur Street Senior Center wraps and packages all the gifts, making sure they have enough gifts for all the seniors on their list. Before any of the Kingsley Field members arrive to assist with the disbursement of the gifts, the members at the senior center print out the directions, addresses, and names for each package and staple it to the outside of the gift to make the delivery process as

smooth as possible.

The 173rd Fighter Wing has partnered with the Arthur Street Senior Center for over 15 years to make this event a success.

"I've been here 15 years and I know we've done it since then," says Breeden. After thinking about it momentarily, she adds that she believes this event has been in place for at least the last twenty years.

The members at the senior center are not the only ones who enjoy making this event a success.

Tech. Sgt. Christin Davila, a 173rd FW volunteer for this event, says, "...it definitely strengthens our community relations when we participate in these sorts of events."

"The best reaction was from a woman that her husband had served and her son was born overseas. She said that since he wasn't born on U.S. soil that he could never run for president," Davila says reflecting on her experience.

As with most volunteer opportunities, this event gives military members a chance to reach out and support the community; additionally, volunteering during holiday events can be a very personal gift during a sometimes lonely holiday season for local seniors.

"This [event] is a great way for our service men and women to give back to the community," adds Davilla. "Our community is very military oriented and it brings a lot of joy to people not only seeing us out and about, but personally delivering them a basket full of gifts and goodies."



Top: U.S. Air Force Senior Airman Logan Stack, 56th Operations Group Detachment 2, and Staff Sgt. Tylor Strop, 173rd Fighter Wing, pick up Christmas gifts from the Arthur Street Senior Center to deliver to Meals on Wheels Association clients Dec. 16, 2015, in Klamath Falls, Ore. The 173rd FW has partnered with the Arthur Street Senior Center for over 15 years to distribute the holiday gifts collected by the center.

Bottom: 173rd Fighter Wing Fire Department members, Howard Owens, the assistant Chief, and Derek Sherrell, the assistant chief of training lend a helping hand to provide some Christmas cheer for Meals on Wheels recipients in Klamath Falls, Ore.

Bottom Right: U.S. Air Force Master Sgt. Joseph McKenzie and Tech. Sgt. Kayla McKenzie of the 173rd Fighter Wing pick up Christmas gifts from the Arthur Street Senior Center to deliver to Meals on Wheels clients Dec. 16, 2015.



Drug testing pitfalls can prove costly to servicemembers

Commentary by Maj. (Dr.) Earnest O'Neal,
Det. 2, 56th Operations Group

KINGSLEY FIELD, Ore. -- We all know that at any time we can be required to undergo a urine drug screen. There is no question about whether we are allowed to use any drugs of abuse, such as cocaine or marijuana.

However, there are a couple of potential pitfalls that every Airman should be familiar with. These have to do with prescription medications (narcotics) and supplements.

The Department of Defense expects that if you are given a prescription for narcotics such as pain medications (hydrocodone, codeine, oxycodone, etc.), anxiety medications (benzodiazepines), sleep medications (benzodiazepines), and certain ADHD medications (amphetamines), you will use it as prescribed.

If you use it outside of how it is prescribed, you set yourself up for trouble. It is safe to say that if it is used incorrectly, at the very least, you will be in the uncomfortable position of having to offer an explanation to your commander and there will likely be some form of discipline administered. So, how do you set yourself up for success?

When you are given a prescription from your doctor, you should familiarize yourself with what the medication is, how it is meant to be used, and understand the basics of its risks and benefits.

If you are drug tested while you are correctly using the drug, the testing process will show what was taken. This is then compared to the prescription and it is validated that there is not abuse or misuse of the drug... case closed.

So what are some potential scenarios that could get you into trouble? An example is as follows: You are seen in the ER for an injury and given a prescription for Vicodin. The prescription says, "Take 1-2 tablets every 6 hours as needed for pain for 10 days". You recover from the injury, but 5 months down the road

you hurt your back (or maybe have a flare-up of the original pain) and remember that you didn't finish the original Vicodin prescription. You take one before bed to help you sleep and the next day you are drug tested.

You will end up in the commander's office explaining yourself. I am not sure how that will go, but I can say that this is a case of misuse.

The bottom line is this: If you felt bad enough to need pain medicine, you should have gone to the doctor and been given a prescription.

The other potential pitfall that Airmen should consider is supplement use. This is not necessarily as straight-forward as pain pills or other prescription medication. You can buy supplements over the counter that can get you into trouble on a drug screen. Fortunately, the DoD has recognized the challenge of navigating the supplement isle and has come up with a very helpful resource for us to use.

There is a website that can be accessed through non-DoD channels (at home) that is very useful. A Google search of "Human Performance Resource Center" will take you to the <http://hprc-online.org/> page. To avoid using a banned or risky substance, navigate to the dietary supplement page and access the "Operation Supplement Safety (OPSS)" tools. There is a further link to an OPSS high risk supplement list. If there is still some question, come by the medical group and ask the question.

I hope that you now feel a little more confident stepping up to take a drug test. You can feel confident that if you have nothing to hide, you have nothing to worry about. However, before you make a bad decision, be aware that if you are tested within an unsaid period of time afterwards, you will be answering for it.



You can buy supplements over the counter that can get you into trouble on a drug screen



-- Maj. (Dr.) Earnest O'Neal,
On a potential drug testing problem caused by legal supplements which are widely available

Junior Enlisted Council donates to local charities



Top: The Kingsley Field Junior Enlisted Council invited the charities they supported with the Kingsley Field Duathlon to the base to present them each with a check for \$600, Nov. 8, 2015. The charities they supported are Badger Run Wildlife Rehab, CARES, CASA, and Veterans Outreach of the Klamath Basin. (U.S. Air National Guard photo by Tech. Sgt. Jefferson Thompson)

Above: Staff Sgt. Jared Boyer, the Kingsley Junior Enlisted Council President, presents a check for \$600 to Karin Hughes and Nancy Zarosinski, of Court Appointed Special Advocates which the JENC raised through the Kingsley Field Duathlon, Nov. 7, 2015. The JENC raised enough through the endeavor they presented four different charities with equivalent checks. (U.S. Air National Guard photo by Tech. Sgt. Jefferson Thompson)

173rd Finance office supports local food bank



Members of the 173rd Fighter Wing Finance Office braved freezing temperatures and a cold wind to collect canned goods in support of basin hunger relief during the Christmas season, Dec. 5, 2015. The collected food will help support the Klamath-Lake County Food Bank during the holidays which is a time of high need. (U.S. Air National Guard photo by Tech. Sgt. Jefferson Thompson)

The National Guard, older than the U.S. Constitution

Commentary by Maj. David E. Leiva, Mississippi Army National Guard

Oregon Army National Guard Spc. Aleksander Skarlatos rushed to his feet on that fateful August day, witnessing an atrocity beginning to unfold, and he reportedly boomed to his friends, “Let’s Go!” before the three sprinted toward an armed gunman on a Paris-bound train.

The rest, as they say, is history, or a part of it. As the National Guard celebrates its 379th birthday Dec. 13, the quiet service of Citizen-Soldiers, like Skarlatos, is a reminder of the men and women who make up the ranks of these units – always ready, always there. They have been there since the Minutemen mustered up. Guardsmen were there at the Meuse-Argonne, on Omaha Beach, at Anzio and in the Battles of St. Lo, Vire, Mortain and Brest. And, they were there on that train unarmed, saving the lives of hundreds of potential victims when Skarlatos placed himself in mortal danger while subduing a terrorist, officials said.

As part of the birthday celebration this month, U.S. Army Central plans to host senior leaders from the National Guard, organize a 10K race at Camp Arifjan, press conference and celebrate with large cakes at the dining facilities throughout the Middle East to commemorate nearly

four centuries of continuous service to the country.

These scheduled events come just months after Command Sgt. Maj. Brunk Conley, the top enlisted Soldier in the Army National Guard, visited troops at Camp Arifjan over Easter weekend. He saved his most fervent discussions for the role that reserve component Soldiers play in the defense of the nation, even displaying a pocket-sized version of the Constitution he carries with him to illustrate his point: “You’re a Citizen-Soldier. You should wear this (moniker) as a badge of honor. It’s noble. It’s romantic. It’s honorable,” he said. “We are in the Constitution.”

In September, Skarlatos, age 23, was recognized for living up to that

creed. He and his childhood friends, Airmen 1st Class Spencer Stone and Anthony Sadler, received the highest awards for non-combat bravery that the Defense Department can bestow for their actions. French

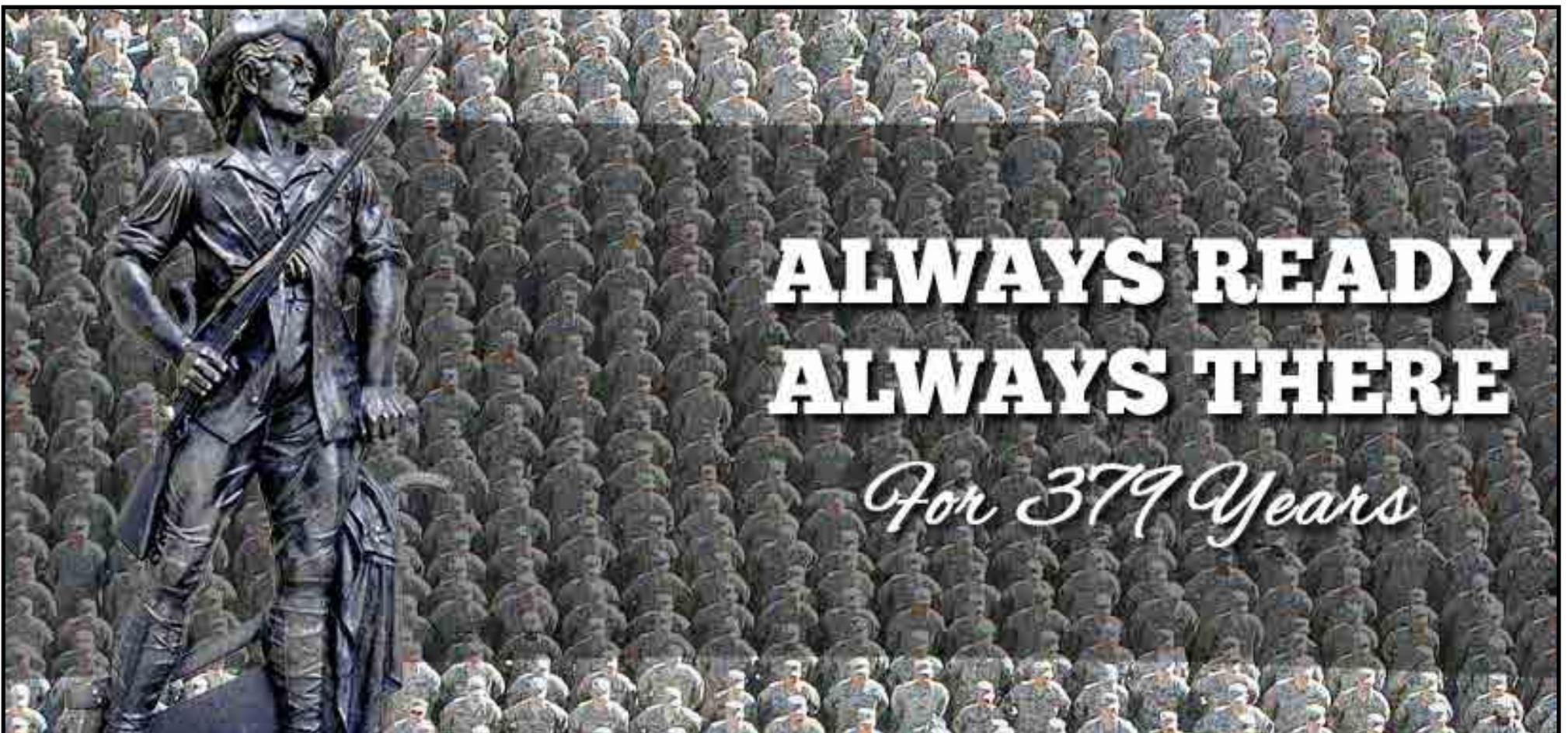
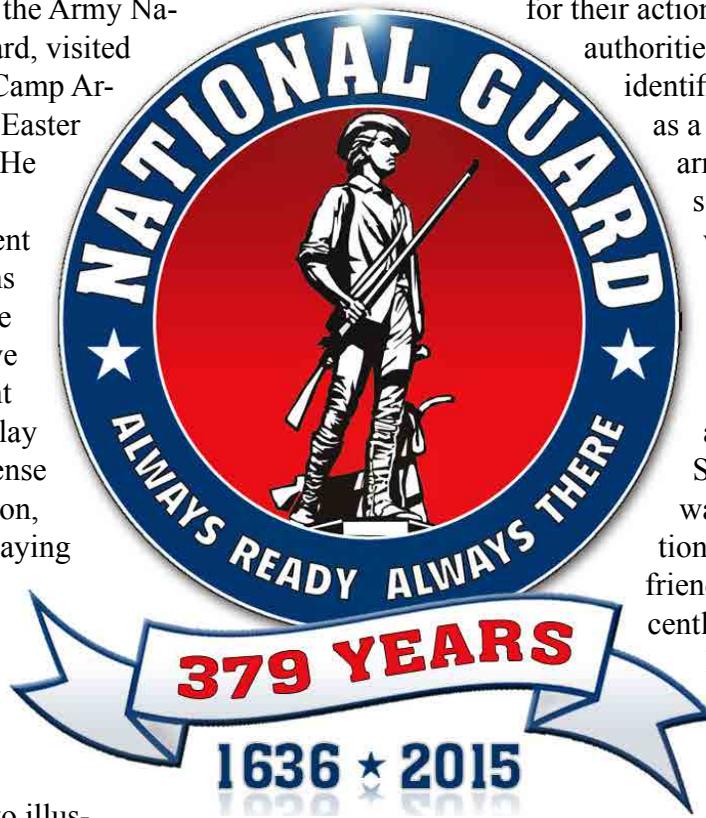
authorities later identified the man as a terrorist armed with several weapons and hundreds of rounds, including an AK-47. Skarlatos was on vacation with his friends after recently returning home from a deployment to Afghanistan earlier this summer.

Wittingly or not, when Skarlatos bellowed the words, “Let’s Go!” on that August day, he tapped into National Guard lore, echoing a battle cry that traces its roots to World War

I, World War II, and the 29th Infantry Division, a National Guard division, now based at Fort Belvoir, Va., and comprised of units from Maryland and Virginia. The first documented use of the term, “Let’s Go!” by the 29th was in July 1917 at Camp McClellan, Ala. by Doughboys preparing to go to France, according to retired Chief Warrant Officer 4 Al Barnes, command historian of the Virginia National Guard and coauthor of the book, “Let’s Go! The History of the 29th Infantry Division 1917-2001.”

The phrase was revived for use again in World War II. It became the slogan and battle cry of the 29th Infantry Division, while training in England from 1942-1944, said Maj. Gen. Timothy P. Williams, the current Adjutant General of Virginia and coauthor of the division’s history with Barnes. General Williams also noted that Maj. Gen. Charles Gerhardt, the commanding general of the 29th during WWII, directed that units yell the slogan at every opportunity. It served as a signal for rallying the troops and to attack. The slogan is pronounced “Two Nine, Let’s Go!” according to Williams.

On Aug. 21, 2015, Skarlatos and his friends did just that! Let’s go!



Winter changes landscape, fitness pursuits for Airmen



**Commentary by
Tech. Sgt. Jefferson Thompson,
173rd Fighter Wing Public Affairs**

KLAMATH FALLS, Ore. -- Although the Klamath Basin usually proves cold and often snowy for nearly half the year, many Airmen find winter pursuits that are fun and help them stay in shape. One of the premiere facilities the basin boasts is the Bill Collier Ice Arena which features lessons on everything from hockey to figure skating. A pick-up league offers a chance for adults who like to play hockey every Wednesday evening and a number of 173rd Fighter Wing members play on a team.

Lt. Col. Ed Tuhy, 173rd FW Ophthalmologist, informally organizes base players and welcomes those who want to participate.

"This is open to all levels even those who have never tried it before," he said.

173rd FW members Maj. Jon Vanbragt, Maj. Kevin Welch, and Lt. Col. Stephen Schultz participate regularly and showcase their skills at the goalie position.

For those who aren't inclined to hit the ice rink the basin also has an indoor sports park, Steen Sports Complex which has indoor softball, baseball and soccer for all ages from

Above: Chad Steiner, a Klamath Union High School former hockey player fires the puck at the goal guarded by goalie Stephen Schultz a lieutenant colonel at the 173rd Fighter Wing during a scrimmage game held at Collier Ice Arena, Nov. 11, 2015. Although many of the summer fitness pursuits end with the arrival of cold weather many welcome this time of year to pursue activities that require colder temps. (U.S. Air National Guard photo by Tech. Sgt. Jefferson Thompson)

Top Right: Lt. Col. Edwin Tuhy, a 173rd Fighter Wing Ophthalmologist, skates during a warm-up session prior to the very first face-off of the year heading into the winter of 2015, Dec. 11. The league will play until March of 2016 when the ice rink closes for the summer. (U.S. Air National Guard photo by Tech. Sgt. Jefferson Thompson)

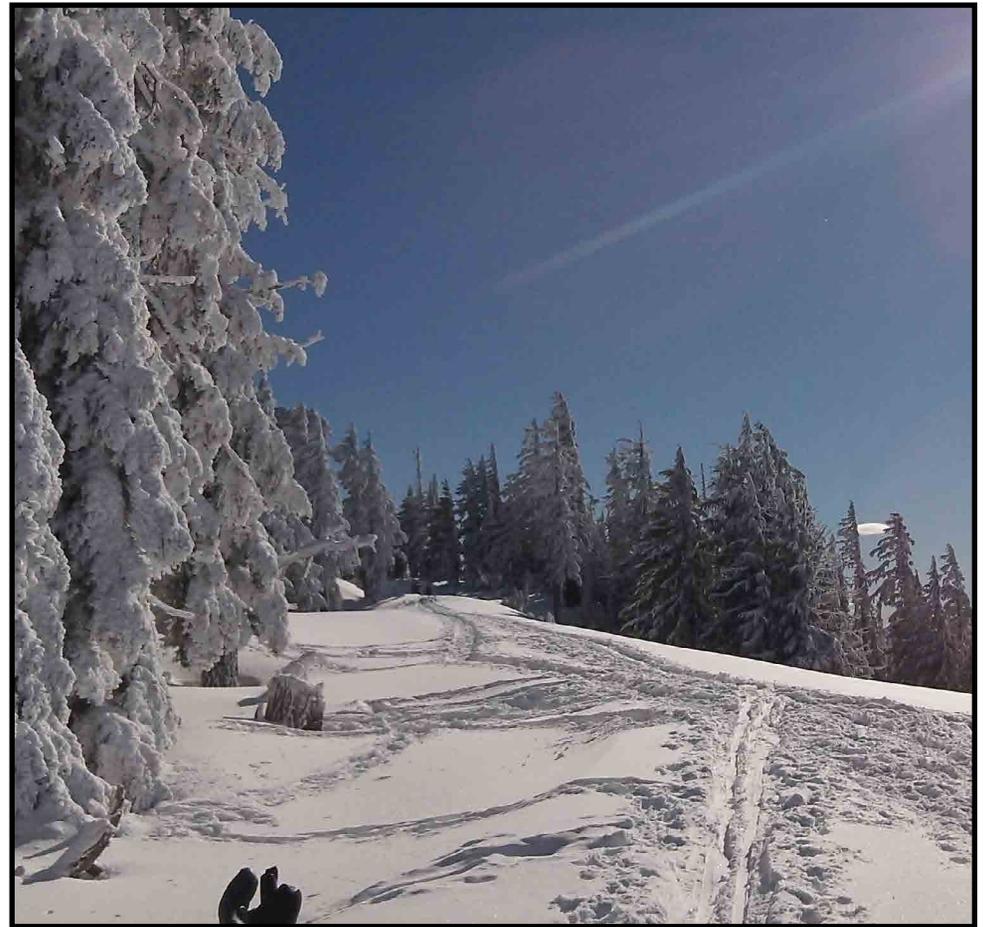
Right: Although many don't realize it Crater Lake park provides recreational opportunities year-round, here a photo taken by Senior Airman Seena Barleen and her husband Staff Sgt. Cameron Barleen during a cross-country skiing trek at the lake shows a well-defined ski trail during the winter months.

3-years and up.

There are also a number of ski resorts in the area who offer [discounts](#) to military members. Master Sgt. Brad Hammack compiles a list of resorts that offer a discount for military members. He says it's hard to beat Mt. Shasta which is an hour and a half drive and a \$25 lift ticket with a military ID.

"It's tremendous exercise, a whole body work out focusing on legs, but it works the core very well," he said. Aside from the exercise he says there's mountain exploration, and plenty of speed if you like a thrill.

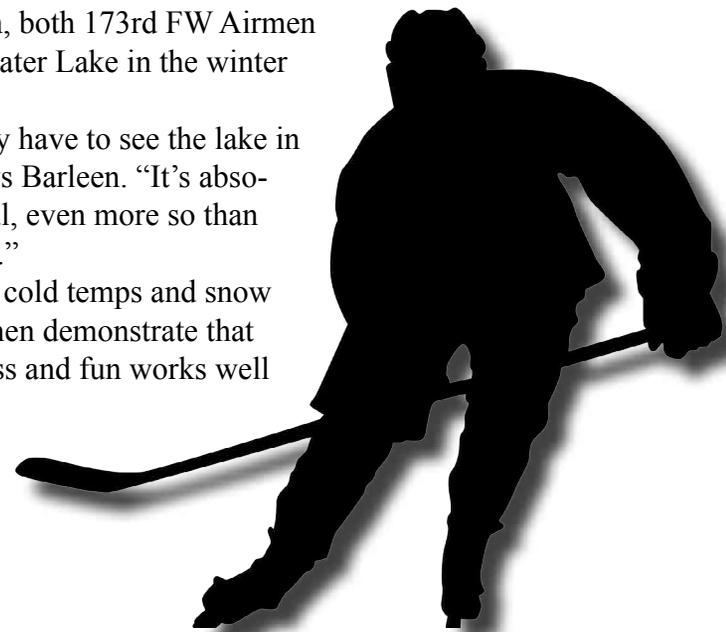
Others pursue cross country skiing, and Senior Airman Seena Barleen and her hus-



band Cameron, both 173rd FW Airmen like to visit Crater Lake in the winter months.

"You really have to see the lake in the snow," says Barleen. "It's absolutely beautiful, even more so than in the summer."

So despite cold temps and snow Kingsley Airmen demonstrate that pursuing fitness and fun works well in any season.



Kingsley Lifestyle: Culture of Fitness

DoD increases 2016 basic allowance for housing rates across board

Story courtesy Department of Defense press release

WASHINGTON -- The Department of Defense has increased the 2016 Basic Allowance for Housing rates an average of 3.4 percent when the new rates take effect on Jan. 1.

On average, Basic Allowance for Housing rates will increase approximately \$54 per month. An estimated \$21 billion will be paid to approximately one million service members.

Continuing to slow the growth in compensation costs, the 2016 Basic Allowance for Housing Program expands the member cost-sharing element (out-of-pocket expense). Based on the authority provided in the FY 2016 National Defense Authorization Act, the cost-sharing element was increased to two percent. The cost-sharing amounts incorporated in the 2016 Basic Allowance for Housing rates vary by grade and dependency status and range from \$24 to \$57 monthly. This means for 2016, a typical member will need to absorb two percent of the national average housing cost by pay grade. This rate computation change slows the growth of certain military pay and benefits in a fair, responsible, and sustainable way. Even with these nominal changes, the overall military pay and benefits package remains robust and healthy.

Housing cost data are collected annually for over 300 Military Housing Areas in the United States, including Alaska and Hawaii. An important part of the Basic Allowance for Housing process is the cooperation from the Services and local military housing offices in the data collection effort. Input from local commands is used to determine in what neighborhoods data is collected and to direct the data collection effort towards adequate apartment complexes and individual housing units.

Median current market rent and average utilities (including electricity, heat, and water/sewer) comprise the total housing cost for each military housing area and are included in the Basic Allowance for Housing computation. Total housing costs are developed for six housing profiles (based on dwelling type and number of bedrooms) in each military housing area. Basic Allowance for Hous-



ing rates are then calculated for each pay grade, both with and without dependents.

An integral part of the Basic Allowance for Housing program is the provision of individual rate protection to all members. No matter what happens to measured housing costs – including the out-of-pocket cost sharing adjustment noted above, an individual member who maintains uninterrupted Basic Allowance for Housing eligibility in a given location will not see his/her Basic Allowance for Housing rate decrease. This ensures that members who have made long-term commitments in the form of a lease or contract are not penalized if the area's housing costs

decrease.

The Department is committed to the preservation of a compensation and benefit structure that provides members with a suitable and secure standard of living to sustain a trained, experienced, and ready force now and in the future.

For more information on Basic Allowance for Housing, including the 2016 Basic Allowance for Housing rates and 2016 Basic Allowance for Housing rate component breakdown, visit <https://www.defensetravel.dod.mil/site/bah.cfm> servicemembers can calculate their BAH payment by using the Basic Allowance for Housing calculator at: <http://www.defensetravel.dod.mil/site/bahCalc.cfm>

19th Air Force Commander visits Kingsley Field, talks BAH



KINGSLEY FIELD, Ore. -- U.S. Air Force Capt. Ryan Reeves, 173rd Fighter Wing F-15 pilot, and Maj. Gen. James Hecker, the 19th Air Force commander, walk off the flight line following their flight in an F-15 Eagle at Kingsley Field in Klamath Falls, Ore. Nov. 19, 2015.

Hecker is a former F-15 Eagle pilot and had the chance to get back into the seat of the Eagle during his visit to the 173rd FW.

Hecker spent two days at Kingsley Field seeing the wing's mission first hand, meeting the Airmen, and learning about the issues they face.

Among the most pressing issues at Kingsley, especially for the new Airmen of Det. 2, 56th Operations Group, the low basic allowance for housing rates for the junior enlisted that have forced some into poor housing in at-risk neighborhoods.

During his stay, Hecker personally visited those areas. Currently he and other officials are working to find a solution to that problem. (U.S. Air National Guard photo by Master Sgt. Jennifer Shirar)

Kingsley supports annual downtown Snowflake Parade



Top: The 173rd Operations Group built a float for the 2015 Snowflake Parade featuring a sleigh pulled by a team of F-15s and on the back a large flag formed from Christmas lights and the "No-Slack" slogan, Dec. 10, 2015. (U.S. Air National Guard photo by Tech. Sgt. Jefferson Thompson)

Above: The 173rd Fighter Wing Honor Guard opened the 2015 Snowflake Parade in downtown Klamath Falls, Ore., Dec. 10, 2015, Senior Airman Kanee Chocktoot marches nearest the camera. The annual event features entries from all over the basin including several entries from Kingsley Field: the operations group, security forces squadron, the maintenance group and the fire department all brought parade floats to the event. (U.S. Air National Guard photo by Tech. Sgt. Jefferson Thompson)

Right: 173rd Fighter Wing Security Forces Member Master Sgt. Levi Clarey passes out candy to children attending the 2015 Annual Snowflake Parade, Dec. 10, 2015. The squadron brought out a number of all-terrain vehicles in addition to a large float for the parade. (U.S. Air National Guard photo by Tech. Sgt. Jefferson Thompson)





AIRMAN SPOTLIGHT

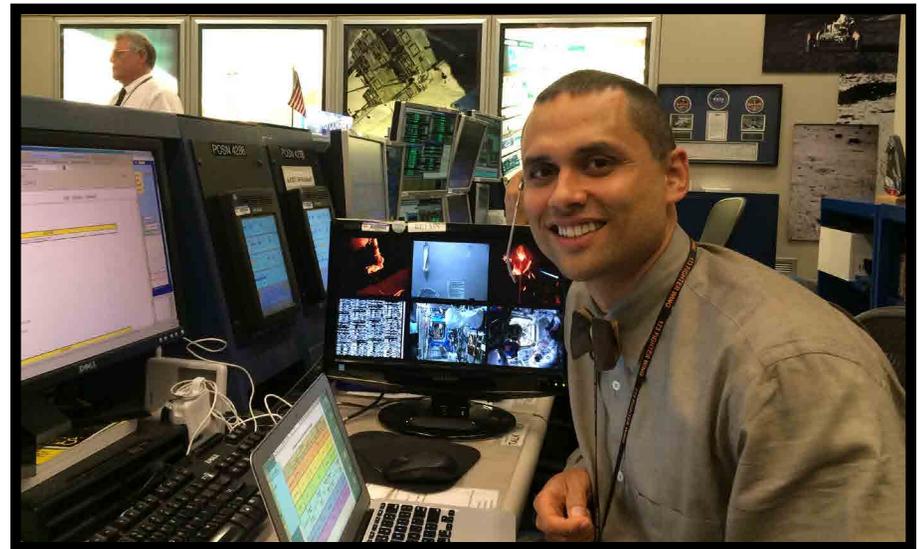
Maj. (Dr.) Anil Menon *173rd Medical Group* *Flight Surgeon*

Airman in the Spotlight – Maj (Dr.) Anil Menon
Maj (Dr.) Anil Menon is a Citizen-Airman with a tremendous breadth of experience. He is residency trained and board certified in Emergency Medicine and Aerospace Medicine. He lives and works in Houston, Texas as an emergency room doctor and as a Flight Surgeon certified to work in Mission Control for NASA. There, Menon supports the International Space Station and travels to Russia to support launch and landing. In the last two years he has lived at the Gagarin Training Center near Moscow for six months. He travelled to Baikanour, Kazakhstan, four times for launches and landings. He also helped design the medical kit used for contingency operations.

Menon is a flight surgeon in the 173rd Medical Group and is a member of the Critical Care Air Transport Team (CCATT). He has deployed three times with CCATT, transporting critically wounded soldiers from Iraq and Afghanistan to Germany.

After his most recent CCATT deployment in April 2015, he and his fiancée Anna flew to Bagdogra, India, to provide race support for an ultramarathon called Windchasers. Ten minutes after arriving at Bagdogra airport, they felt the airport shake. Those tremors were from a 7.8 magnitude earthquake that struck Nepal causing more than 8,000 fatalities and 22,000 injuries. Menon and Anna made the decision to give up race support and venture to Kathmandu. After 24 hours of driving, they reached the outskirts of Kathmandu, found housing, and identified themselves to a Non-Governmental Organization (NGO) providing relief to disaster victims. Menon organized the early medical response amongst other volunteers, and Anna worked on waste and sanitation.

Dr. Menon is no stranger to medical humanitarian missions. He was also a volunteer in the Haitian 2010 earthquake, providing desperately needed medical care to earthquake survivors in austere conditions.



173rd Fighter Wing

173rd Fighter Wing Airmen of the Year for 2015

173rd Fighter Wing



Category I: Airman of the Year

Senior Airman Jared Boyer,
173rd Fighter Wing
Maintenance Group



Field Grade Officer of the Year

Maj. Dreama Hutchison
173rd Fighter Wing
Mission Support Group



Chester E. McCarty Superior Performance (Maintenance)

Senior Master Sgt. Brett Lundberg
173rd Fighter Wing
Maintenance Group



First Sergeant of the Year

Master Sgt. Laduska Wright
173rd Fighter Wing
Operations Group



Category II: NCO of the Year

Staff Sgt. Derik Trumbell
173rd Fighter Wing
Maintenance Group



Chester E. McCarty Superior Performance (Logistics)

Tech. Sgt. Colin Carr,
173rd Fighter Wing
Mission Support Group



Wingman Award

Master Sgt. Jay Bosse
173rd Fighter Wing
Maintenance Group



Honor Guard member of the Year

Senior Airman Kanee Chocktoot
173rd Fighter Wing
Mission Support Group



Category III: Senior NCO of the Year

Master Sgt. Rene Horne
173rd Fighter Wing
Medical Group



Chester E. McCarty Superior Performance (Knowledge Operations Management)

Master Sgt. Aimee Whaling
173rd Fighter Wing
Maintenance Group



Civilian of the Year

Brett Hulstrum,
173rd Fighter Wing
Mission Support Group



See details for the Oregon Air National Guard
Award Banquet on following page

OREGON AIR NATIONAL GUARD 22nd ANNUAL AWARDS BANQUET

Honoring our Outstanding Airmen, Units and 2015 Retirees

On-Line Registration and Payment Preferred – use the EANGOR website (link below), major credit cards accepted

Registration closes **7 March 2016**, **No refunds after 8 March 2016**

For fast and easy on-line registration, click on the following link or paste into web browser:

<http://eangor.org/>



Date:	12 March 2016, Saturday	
Time:	1800 – 2300	
Location:	Salem Convention Center 200 Commercial Street SE, Salem, OR 97301	
Dress:	Military:	Service Dress (Class A)
	Civilian:	Semi-Formal
Cost:	E1-E6 and Guests:	\$25.00 Per Person
	E7-O3, and Guests:	\$35.00 Per Person
	O4 & Above and Guests :	\$45.00 Per Person
	Civilians (non-affiliated only):	\$35.00 Per Person

Menu:

Rib Eye Steak (gluten free)

Smoked Rogue Bleu Butter
Charred Scallion Mashed Potatoes
& Marsala Mushrooms

Italian Stuffed Chicken

Stuffed with Italian Sausage &
Telligano, Creamy Polenta &
Seasonal Vegetables

Vegetarian Option – Pesto Bucatini

Bucatini with Sun Dried Tomato
Pesto, Oil Cured Olives, Roasted
Artichokes, Seasonal Roasted
Vegetables, Grated Parmesan & Pine
nuts on a Bed of Grilled Radicchio

All Ranks Welcome!

1800-1845 No Host Cocktails

1845-1900 Opening Ceremony / ORANG 75th Birthday Cake Cutting

1900-2000 Dinner

2000-2130 Awards

2130-2300 No Host Cocktails



For More Information call:

CMSgt Tim Gilbert (142FW/CE) 503-545-8293, timothy.l.gilbert1.mil@mail.mil (AAB Committee Chairman)

CMSgt Norm Olson (JFHQ) 503-584-2226, norman.a.olson.mil@mail.mil (Registration POC)

CMSgt Ulana Cole (JFHQ) 503-584-2221, ulana.m.cole.mil@mail.mil (Registration POC)

CMSgt Rebecca Marshall (JFHQ-CD) 503-584-3351, rebecca.l.marshall10.mil@mail.mil (Table Reservations)

(Table Reservation \$10/table w/10 paid registrations)

19th AF Commander flies T-38 to 173rd FW



Members of the 173rd Fighter Wing command wait to greet Maj. Gen. James Hecker, the 19th Air Force commander, as he taxis a U.S. Air Force T-38 Talon to a stop at Kingsley Field in Klamath Falls, Ore. Nov. 18, 2015. Hecker has flown a long list of aircraft to include all of the following: F-15 Eagle A/B/C/D, F-22 Raptor, MQ-1B Predator, E-3A Sentry (AWACS), KC-135 Stratotanker, HH-60G PAVE Hawk helicopter, C-12 Huron, T-38 Talon, T-37 Tweet, and the AT-38 Talon. (U.S. Air National Guard photo by Master Sgt. Jennifer Shirar)

January Drill weekend lunch menu

Meal Cost For All Officers, AGRs, and Civilians \$5.55, Holiday Meal \$9.05

Saturday, Jan. 9

- Swedish Meatballs
- Orange Glazed Chicken Breast
- Steamed Rice
- Roasted Red Skin Potatoes
- Glazed Carrots
- Zucchini Squash
- Turkey Noodle Soup
- Gravy
- Assorted Desserts

Sunday, Jan. 10

- Chicken Cordon Bleu
- BBQ Spareribs
- Cornbread
- Gumbo
- Black Eyed Peas
- Calico Corn
- Baked Macaroni and Cheese
- Spicy Brown Rice Pilaf
- Assorted Desserts

Mental Health Resource The Strong Seek Help

**Kingsley's Director of Psychological Health
Mariana Peoples**



- * Available to Support You
- * Consultation
- * Referral
- * Free
- * Dedicated to the Wing
- * Confidential

**For mental health needs please call:
(541) 885-6644; this number reaches my cell phone**

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Basic Haircut \$10.95 - Style Cut \$13

Open Mon. - Fri. 8:30-4:30
Open Drill Weekends
Open Down Mondays

Barber Shop located next to the BX
New barber - 14 years experience
in Klamath Falls!

Phone 885-6370

SLACK

The 173rd Fighter Wing

State Commander in Chief
Governor Kate Brown

The Adjutant General
Brig. Gen. Michael Stencil

ORANG Commander (Interim)
Brig. Gen. Jeffrey Silver

173rd Fighter Wing Commander
Col. Kirk S. Pierce

Wing Command Chief
Chief Master Sgt. Mark McDaniel

173rd Fighter Wing Public Affairs

Wing Executive Support Officer
Capt. Nikki Jackson

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The Kingsley Chronicle is distributed to members of the 173rd Fighter Wing and other interested persons by request, free of charge. Paid advertising is strictly prohibited in the Kingsley Chronicle. However, announcements which benefit Oregon Guardsmen and their families are allowed, at the discretion of the editorial staff.

Members of the 173rd Fighter Wing and their families are encouraged to submit articles and story ideas. Stories from any source, military or civilian, are accepted. Letters to the editor are also welcome. All submissions must include the author's name, mailing address and daytime phone number. Names may be withheld in print upon request. All submissions are subject to editing prior to publication. The Public Affairs staff reserves the right to print or reprint submissions at any time. For publication schedules, or for any other questions, or contact 173rd Fighter Wing Public Affairs Office or the editor at the e-mail address listed above.

The Kingsley Chronicle adheres to guidance found in DoD Instruction 5120.4, "Department of Defense Newspapers and Civilian Enterprise Publications." The Kingsley Chronicle utilizes Times New Roman, Garamond Pro and fonts, and is designed using Adobe InDesign.

Story files must be submitted in Microsoft Word format, with all formatting turned off. Photos must be high-resolution color JPEG files, and must be accompanied by caption information containing the following: full name, rank, and unit of person(s) depicted in the photo, along with a short description of what is happening in the photo. This caption can be a part of the overall story file. All hard-copy files submitted to the Kingsley Chronicle become the property of the 173rd Fighter Wing Public Affairs Office unless prior arrangements are made with the Public Affairs staff. Stories and photos appearing in the Kingsley Chronicle may be reprinted with permission.



Santa Clause taxis in the backseat of an F-15 Eagle to greet a throng of waiting children Dec. 6, 2015 at Kingsley Field, Ore. The 173rd Fighter hosted a children's Christmas party during the December drill weekend, complete with Santa, games, and crafts. (U.S. Air National Guard photo by Master Sgt. Jennifer Shirar)

