

# Large-force exercise set to begin, spans 30 years



The 2017 Sentry Eagle open house will feature static F-35 Aircraft, an F-18 demonstration flight and numerous vendors and booths. (Graphic illustration by Master Sgt. Jennifer Shirar)

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

**KINGSLEY FIELD, Ore.** -- Once again, fighter aircraft from around the country are converging on Kingsley Field for one of the largest Air National Guard's large-force exercises in the continental United States, Sentry Eagle 2017 held July 20-22.

This year's open house will include F-35 static displays for the first time, and a demonstration flight by an F-18 Super Hornet from Oceana Naval Air Station, Saturday, July 22.

This year marks a 30-year-span

*(Continues on page 2)*

## TRAPPERS SOCIAL CLUB

Thursday, July 20	Friday, July 21	Saturday, July 22
Live Music	Battle of the Bands!!!	Music, Horseshoes...
5 p.m. until Late	Doors open at 5 p.m.	5 p.m. - Late
Pulled Pork catered by Operations Group	Smoked Tri Tip catered by Maintenance Group	Shrimp Boil catered by Support Group
		

Tickets For Sale Now! Purchase online until July 20! (Click Here) E5 and below \$50, E6-9-\$55, Officers- \$60



## Airman retires with nearly 50 years in service



U.S. Air Force Col. Daniel Skotte, the commander of the 146th Airlift Wing Medical Group, accepts his certificate of retirement from Brig. Gen. Clay Garrison, the commander of the California Air National Guard, at Kingsley Field, June 3, 2017. Skotte tallies just days short of a full 50 years of service and is likely the longest serving Airman to date. (U.S. Air National Guard photo by Senior Airman Riley Johnson)

### Story by

Senior Airman Riley Johnson,  
173rd Fighter Wing Public Affairs

**KINGSLEY FIELD, Ore.** -- Col. Daniel M. Skotte, 146th Medical Group commander, officially retired from the Air National Guard as potentially the longest serving member from the National Guard and the United States Air Force June 3, 2017, at Kingsley Field in Klamath Falls, Ore.

During the ceremony he recounted that it all began as a 7-year-old gopher hunter in Minnesota.

"When I looked up and saw those jets, I thought maybe I could give up gopher hunting so I could fly a fighter jet," he said.

Skotte joined the community of Airmen half a century ago, at the age of 17, when he arrived at Lackland Air Force Base, Texas for Basic Military Training in June, 1967. In 1968 he attended United States Air Force Academy Preparatory School and then the United States Air Force Academy where he earned a degree and a commission in 1972.

While at the Academy his stature allowed him to play left tackle, but unfortunately this kept him from

the cockpit as he was too tall for the airframes of that time. He mentioned this frustratingly derailed his plans to fly.

"At this point I was a morale case and I would have separated from the Air Force if I could," he said.

Instead, his career took him to El Segundo, Calif., where he served in Space and Missile Systems Organization, and Skotte noted that his perspective on his career shifted and he happily stepped into his new role.

He went on to say that in one of life's surprising twists he became a Doctor of Osteopathy and that nearly anyone who knew him then could not have foreseen that happening. This in turn led him to the 173rd Fighter Wing at Kingsley Field in 1995, where he became a flight surgeon.

Over the ensuing years he flew in the back seat, and attained more than 900 hours in the F-15D Eagle, F-16 Falcon, and C-130 Hercules. His duties took him to places like Iraq, New Guinea, Kuwait, Poland and Finland and to various stations in the United States.

His last duty station was at Channel Islands ANG, Calif., where he served as the 146th Wing Medical

Group commander. However, he chose to conduct his retirement ceremony at the 173rd FW at Kingsley Field to commemorate an association spanning more than 20 years.

Skotte's years in service span from June of 1967 to June of 2017; records show him a scant few days short of 50 years of service. Efforts are still underway to determine if he was indeed the longest serving Airman in the history of either the U.S. Air Force or the Air National Guard.

**When I looked up and saw those jets, I thought maybe I could give up gopher hunting so I could fly a fighter jet**

-- Col. Skotte,  
At 7 years-of-age thinking of trading one passion for another

## Sentry Eagle 2017



(Continued from front page)

for the exercise, which began in 1987, featuring dissimilar air combat techniques among fighter airframes.

Organizations around base are sponsoring activities to include dinners and entertainment at Trappers Social Club Thursday, Friday and Saturday nights. If you wish to purchase tickets for the meals please visit <https://www.eventbrite.com/e/sentry-eagle-2017-tickets-35406925066>

The tickets are only available until Thursday, July 20.

The cost is structured according to rank with junior enlisted paying \$50 for all three nights, E-6 and above pay \$55, and officers pay \$60. Tickets for a single event are available and cost \$22.

The cost of the ticket features dinner to include soft drinks and beer. Wine and mixed drinks will be available for an additional charge.

The open house on Saturday is free to everyone with gates will open to the public at 9 a.m. Parking is provided off-base near the main entrance, with the exception of handicap parking which will be provided to those with the proper car placard, on base. The event will run until 3 p.m. at which time the base will be closed to the general public once again.



## 173rd FW Weapons Troops Travel to Israel, collaborate on gun maintenance



assist [the Israelis],” said Master Sgt. Brian Monson, the armament shop lead at the 173rd FW. “They said they were impressed with Kingsley from the delivery of the nine jets back in September, so they asked for our help again.”

Two weapons Airmen made the journey to the small, allied country in the Middle East to share techniques for keeping the 20mm gun system in perfect working order.

“It’s a lot about timing and proper lubrication; timing all of the different units to work together; the handoff of the round has to be perfect between the units, there are a lot of gears in the unit and they have to be aligned just right,” Monson said. With that in mind Master Sgt. Greg Carte accompanied him on the trip. “He’s the most proficient gun technician in the shop,” added Monson.

“Greg’s experience really shone through as he demonstrated our maintenance procedures for them,” said Monson. “His hands-on training really helped us get past the language barrier.”

That language barrier showed itself in several ways; Monson noted that their Technical Orders are translated from English into Hebrew and it’s not always a perfect translation. Additionally, Hebrew reads right to left, which is opposite the English language; despite the differences he said they have much in common.

“Their maintenance culture is very similar to ours,” said Monson. “It’s their life, they are really about taking care of each other, maybe even more so than us. I was very impressed.”

The schedule was tight with the exception of one day off to adjust to the local time zone. After that, it was a long five days and after a full-day’s work on the last day, Monson and Carte boarded a plane at 1 a.m. They arrived back in Klamath Falls Friday evening after being in transit for more than 30 hours.

“That was one of the most satisfying training experiences I’ve ever had,” said Monson. “They were really glad we came, and we worked really hard to share everything with them in five days.”

**Top:** Master Sgts. Brian Monson and Greg Carte stand with their munitions counterparts in the Israeli Air Force, while on a joint training trip to the country, May 15, 2017. The Kingsley troops were asked to participate in the bilateral training because the jets originally belonged to the 173rd Fighter Wing and were transferred to Israel in an historic agreement last September. (Photo courtesy Master Sgt. Brian Monson)

**Left:** Master Sgts. Brian Monson and Greg Carte look over the feeding mechanism for the 20mm Gatling rotary gun which can fire at a rate of 6,000 rounds a minute, during a trip to Israel to help train their airmen on maintenance techniques, May 16, 2017. The Kingsley troops were asked to participate in the bilateral training because the jets originally belonged to the 173rd Fighter Wing and were transferred to Israel in an historic agreement last September. (Photo courtesy Master Sgt. Brian Monson)

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

**TEL AVIV, Israel --** A recent, historic transfer of operational F-15 aircraft from the 173rd Fighter Wing to Israel has facilitated an ongoing relationship as American Airmen assist the Israelis on care and maintenance of the Eagle.

“The F-15 Technical Coordination Program Office out of Robbins Air Force Base asked for Kingsley to





# 173rd Medical Group command changes hands

Story by  
Staff Sgt. Penny Snoozy,  
173rd FW Public Affairs

**KINGSLEY FIELD, Ore.** -- The 173rd Fighter Wing Medical Group officially welcomed a new commander June 4, 2017. Lt. Col. Ed Tuhy accepted command of the group with the symbolic passing of the guidon to Col. Jeff Smith, 173rd Fighter Wing commander, during a change of command ceremony at Kingsley Field, Ore.

Tuhy is a traditional guardsman and works in the community as an optometrist. He joined the Air National Guard at the age of 39 and started his career at Kingsley Field in the medical group.

"He joined the unit because he sees the military as a noble cause and because he was so impressed by the quality and caliber of people he met who were associated with the base," said Smith. "The volunteer force

that we have is unique—it attracts talented, educated professionals like Dr. Tuhy to the team. We're lucky to have him!"

Tuhy replaced Col. Kristin Leist who served as the commander of the 173rd Medical Group since April 2014. During her time in command, she has been involved in acquiring additional resources and manning for Kingsley Field's medical group due to the growing number of active duty detachment members in need of care.

"We expect Dr. Tuhy to be humble, approachable, credible, and accountable as a leader in the organization," added Smith. "We look forward to his continued collaboration and innovation to help meet the medical needs and requirements of our Air National Guard and Regular Air Force Airmen across the base."

Tuhy will be supported in his transition into his command position by Leist as she prepares to retire in November.



U.S. Air Force Lt. Col. Edwin Tuhy assumes command of the 173rd Fighter Wing Medical Group with the symbolic passing of the guidon from Col. Jeff Smith, 173rd Fighter Wing Commander, during a change of command ceremony, June 4, 2017, at Kingsley Field, Ore. Col. Kristin Leist, the previous medical group commander, relinquished command to Tuhy during the ceremony. (U.S. Air National Guard photo by Staff Sgt. Penny Snoozy)

## B-Course students and instructor pilot volunteer at local school

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

**KLAMATH FALLS, Ore.**—Conger Elementary School hosted a family literacy night where they invited a group of student pilots from the 114th Fighter Squadron at Kingsley Field to read with 2nd graders, June 5, 2017.

The event dubbed "Read with a Local Hero", provided an opportunity for aspiring fighter pilots and other organizations to read with the students.

"We got to meet the real heroes," said 2nd Lt. Charlie Jameson, an F-15 student pilot. "A wounded veteran, firefighters and police officers; we do not consider ourselves heroes."

But for the 2nd graders it was a chance to show off their reading and listening skills.

Maj. Vic Knill, the flight instructor for this particular F-15 student class, said a young man approached him with a book

depicting the Marines raising the flag on Iwo Jima during WWII.

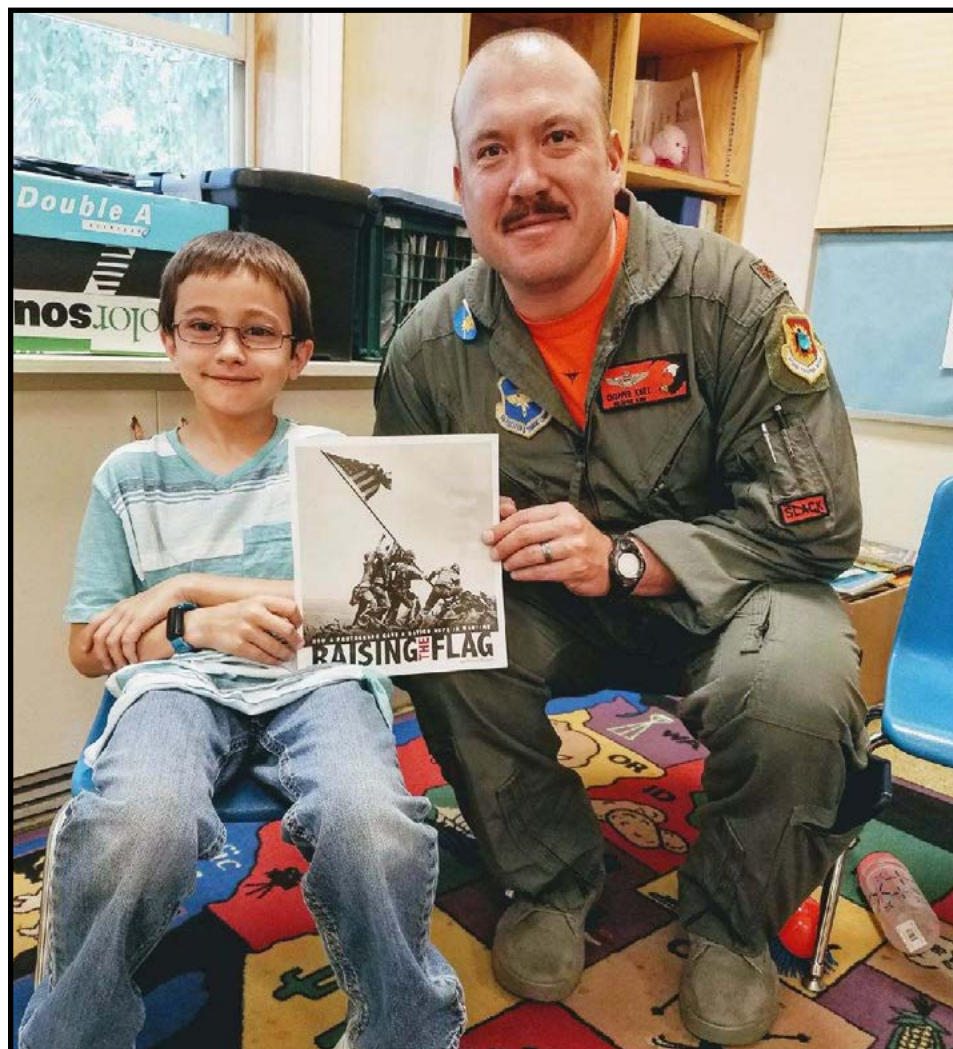
"I was impressed; he knew who the President and Vice President were during the war, and he knew about the battle of Iwo Jima," he said. "He actually read the book to me and did a very good job."

It was fitting as Knill is interested in history and holds a college degree in the subject.

"They seemed really comfortable with the interaction and very engaged," said 2nd Lt. Logan Smith, another F-15 student pilot. "We actually got to know them rather than just read to them for a few minutes."

The goal of the program is to enhance literacy, and this group of aviators agreed that something is working.

"I thought the general reading level was very good for 2nd graders," said Capt. Andrew Smith; to which both Jameson and L. Smith agreed with head nods and an emphatic yesses. "I don't know if it's just a product of Klamath Country schools or what, but it's working," he added.



Maj. Victor Knill, a history major, takes a photo with an aspiring historian, who was familiar with the Battle of Iwo Jima and the famous photo of the Marines raising the flag over the island. (Photo courtesy Maj. Victor Knill)



# Major Accident Response Exercise tests readiness



Incident Commander Richard Fuller, a Kingslet Field firefighter, briefs emergency responders at Miller Island during the on-scene portion of the exercise, June 23, 2017. The exercise simulated an F-15 crash into the Klamath River requiring a dive team, security forces, local sheriff's office and other local, civilian first responders. (U.S. Air National Guard photo by Staff Sgt. Penny Snoozy)

## Story by

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

**MILLER ISLAND, Ore.** -- The 173rd Fighter Wing conducted a Major Accident Response Exercise to test off-base responsiveness to a disaster scenario, June 23, 2017.

Although unpleasant, officials assert that preparing for the worst is a critical responsibility for the flying mission; this exercise is a simulated aircraft crash into the Klamath River, not far from Kingsley Field.

"In crash rescue we don't really get a lot of incidents—which is a good thing," said Richard Fuller, from the Kingsley Fire Department and the incident commander for this exercise. "However it's really good for us to come out and train and get out all of our equipment, all of our checklists, all of our IC experience and mitigate an incident as if it were

live."

Although an exercise is still a simulation, planners say it serves to enhance actual responses far more than academics, or tabletop exercises.

"The neat thing about today's exercise is we are working with our off-base partners," said Tech. Sgt. Morgan Lindsay, the exercise planner. "Air Link Helicopter Rescue, EMS, fire, as well as emergency management off base to make sure that we can communicate with those partners, because in the event we have an aircraft crash, we're really going to be relying a lot on our civilian agencies to respond and to make sure that life safety is taken care of before the scene is turned over to the military."

First responders mobilized their resources to the scene exercised tasks such as on-scene command and coordination while providing medi-

cal care, securing the site, and ensuring public safety.

Additionally, the exercise tested emergency operations at Kingsley Field, including the Emergency Operations Center and Crisis Action Team, the command and control aspects of the response. Their emphasis was on communication, resource allocation, and the accountability aspects of emergency management.

"The role of the EOC is to coordinate resources for the on-scene commander as well as to help facilitate what the Crisis Action Team requests in terms of strategic direction for the developing situation," said Lt. Col. Martin Balakas, the director of the emergency operations center. "The biggest benefit from this exercise is practicing and refining our communication with our Kingsley Field first responders and our first responder partners in the community."

Balakas noted that one of the ma-

jor roles of the EOC is to take broken up pieces of information and synthesize them in to a comprehensive view so that all responders will have a clear picture of what is happening during an emergency response.

"There is always going to be chaos in the beginning of any major accident response and of course we saw a little bit of that today but it went away relatively quickly and the transfer of command between civilian agencies and the military happened rapidly, as well," said Lindsay. They had a good game plan and they executed it very well."

According to Lindsay, each exercise proves its value by showing areas where confusion and poor communication can arise, and by addressing them for future responses.

"It's good to know we can be confident in our first responder's abilities to handle situations like this," she said.



# Summer brings historic levels of new construction to base

Story by

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

**KINGSLEY FIELD, Ore.** -- Kingsley Field is subject to four seasons, sometimes three when spring never decides to show up. So we count on three every year: fall, winter and construction season.

Because our winter weather can be quite cold, any concrete and paving work, or work on the outside of buildings needs to happen in the warm summer months. Over the last several years this warm weather rolls in along with trucks loaded with tools, contractors wearing hardhats, and loads of heavy equipment.

This year is busier than last and several projects have already been completed. The latest is a renovation of the parachute shop where the very tall tower originally built for drying the F-4 Phantom drogue chutes was cut down in pieces to a single story using a large crane and a man-lift. This building will serve as office space for the 550th Fighter Squadron, the active duty Airmen detachment assigned to Kingsley Field.

"We are very, very busy this year," said Pat Walsh, the 173rd Civil Engineers project manager, who coordinates all of these projects with the various contractors.

Evidence of this work is all over base. Crews are more than half-done with a waterline project, laying more than 3,200 feet of 12-inch line about six feet underground, and others are applying a new roof to the main hangar. One project to repair pavement around base is nearly complete, and naturally, another is set to begin shortly.

Additionally, one of the largest projects of the summer will break ground in two weeks with the first stages of the new fire station set to begin. This station will measure 17,000 square-feet, nearly doubling the size of the old firehouse. The station will be located just south of the current fu-

els maintenance facility in what is currently a grassy field.

Across the way from that project sits the large fuel storage tank which Senior Master Sgt. Eddie Gibson, 173rd Fighter Wing Fuels Superintendent, says is planned to come offline immediately after Sentry Eagle concludes in early August. Fuels troops will store incoming fuel in temporary tanks, and contractors will refurbish the large tank for the first time in approximately 30 years. Following that, the smaller of the two, large tanks will undergo the same refurbishment. Those projects will stretch into the fall while Gibson works with civil engineering to bring another more extensive project online to create an offload area for fuel just inside the south gate. That project is likely to break ground sometime in 2018.

Another highly visible project is an overhaul of the medical group space in the command building. A growing mission has put a premium on office space, and an underutilized locker room will be turned into a work space that promises to be both full and busy the second it's available.

There are also projects to apply paint and new siding to buildings around base, to repair more pavement and the list continues.

As busy as this year is, Walsh says the fiscal year of 2019 promises to be busier yet.

Plans are in place to build a new corrosion control facility, more commonly known as the paint barn. That facility will measure 16,000 square-feet and will house all painting operations, a wash rack, and essentially anything having to do with corrosion control. Additionally, Walsh says plans are in design to replace the ramp with full-depth, reinforced concrete that will provide us with the greatest capability to handle



**Top:** Construction crews moved a crane, man lift and a hydraulic concrete saw in order to cut large pieces down from the tower to reduce the building to a single story, May 12, 2017. The building will undergo a full interior renovation to create space for the administration of the 550th Fighter Squadron, the active duty associated unit which falls under Luke AFB, Ariz.

**Bottom:** The project's first stage was complete when crews finished cutting down the tower, June 4, 2017, nearly three weeks later. Civil Engineering cleaned up the surrounding area, cut the grass and prepared for the second part of the project to renovate the interior of the building, which is scheduled for this fall. (Photos courtesy 173rd Civil Engineer Squadron)

F-15, 5th generation fighters, as well as a fully fueled C-17 aircraft. Civil Engineering is looking to coordinate that project with a full renovation of the Charlie barns located on the south ramp space.



**New Fire Station:** The largest project to break ground is the new fire station which will nearly double the square footage over the old station, moving firefighters to a facility commensurate with the current flying mission. (Graphic illustration courtesy 173rd Civil Engineer Squadron)



# Kingsley Airmen host fitness symposium featuring local athletes

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

**KINGSLEY FIELD, Ore.** -- Over the last 10 years the Air Force has instituted a more strenuous fitness test in an effort to see Airmen maintain higher levels of fitness as a lifestyle. That change responded to the growing demand for a more expeditionary service as missions drew Airmen around the globe and often in boots-on-the-ground roles. Statistics show that the Air Force and its fellow reserve component have improved their fitness levels, which is good news on all fronts except for one—injuries.

Staff Sgt. Jared Boyer noticed that pushing harder on runs and adding mileage to his weekly totals dramatically improved his fitness level and in addition to scoring top fitness marks it propelled him into ultra-running, a category of races where distances exceed that of a marathon. Along with increased aerobic fitness, lower resting heart rate, and excellent overall health he added a partially torn Achilles tendon and knee and foot pain.

Many 173rd Fighter Wing Airmen who pursue fitness find themselves drawn to longer, more strenuous events like triathlons and duathlons. Tech. Sgt. Dave Millard competed in his first duathlon two years ago and placed well enough that he set his sights even higher for the next year's race.

"I want to try and get first place," he said.

He trained harder, running into work and back home and spending more time on his bicycle. Unfortunately, after six months of training he found himself sidelined with a nagging knee injury, which kept him from competing in that race.

Boyer continues to run despite some pain from his Achilles, but he credits new insights gained from running with a local club whose founding members are veteran, competitive runners. The Linkville Lopers, administered by local runner Amber Singh, works to train people of all levels how to run and remain injury free.

"We're not really taught how to do this, these people coming in here have spent their lives learning to do this properly," he said.

It turns out that simply adding miles

and running harder is a recipe for disaster, even though most of us think this is how you become a better runner. This is a message Boyer wanted to bring to Airmen at Kingsley Field who are running longer distances, running faster and maybe even running competitively.

On May 6, he brought Amber Singh, Zach Hammond, an OIT Student who runs competitively for the school and Nikki Crawford, a former Ms. Fitness America to the base. These athletes spoke to Airmen about correct form for running injury-free as well as for calisthenics like pushups and sit-ups.

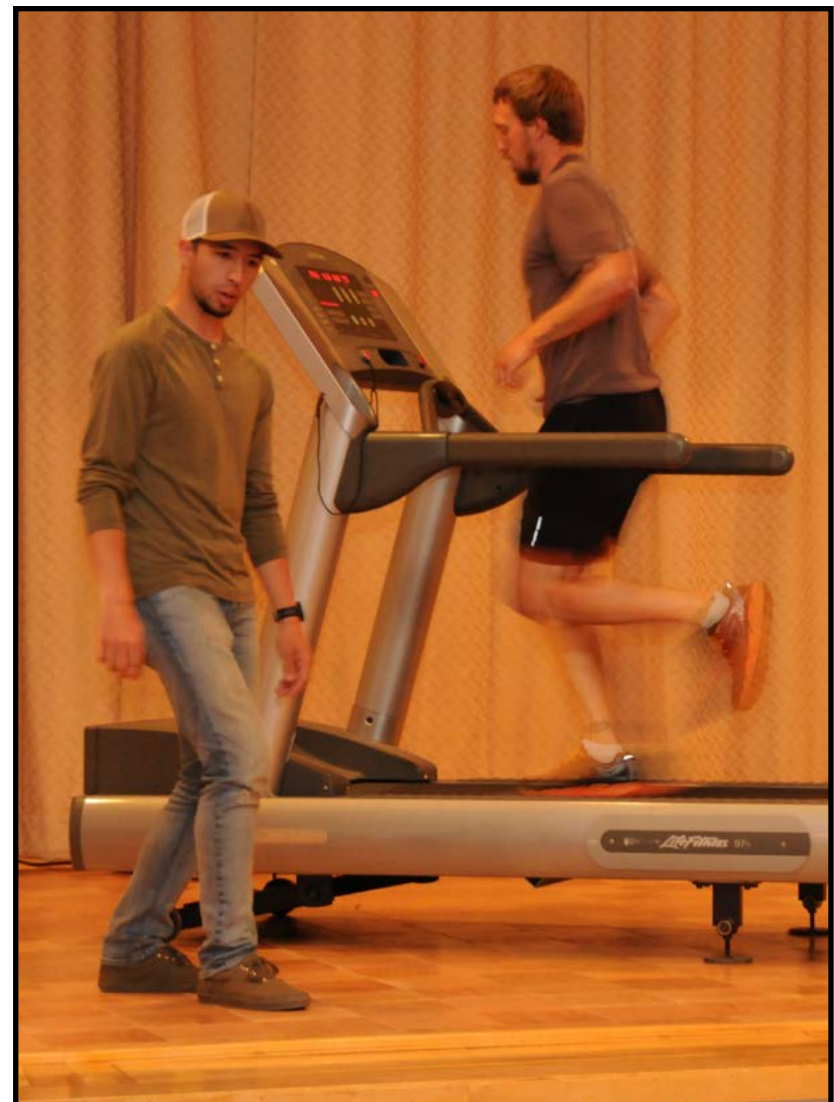
Hammond stressed that if you're training for six weeks without varying your training regiment, your risk of injury is growing exponentially at that point. Another piece of advice is that you must include slow running, slow enough that you could carry on a conversation for the entire run.

"If you are just trying to get into running shape we don't recommend you go running, we are going to recommend starting with something smaller to get you into a running shape or running form, and it's the same thing for pushups and sit-ups," said Boyer.

But perhaps the most interesting aspect of these guest speakers visiting is that this is not a one-time affair. Boyer has worked with the Comprehensive Airmen Fitness program and these three will have a presence at the base for the coming year and will help runners develop ergonomic strides that not only prevent injury but also make running more efficient.

"Moving forward we're hoping to get them out here every month," he said. "Having them out here gives them a chance to give 100-percent personalized feedback—right on the spot."

If you would like more information please contact Tech. Sgt. David Shin at (541) 885-6591.



**Top:** Nikki Crawford, a former Ms. Fitness America, shows the audience proper form for push-ups to help alleviate injuries of repetition. (U.S. Air National Guard photo by Senior Airman Riley Johnson)

**Bottom:** Zach Hammond, an OIT Student who runs competitively for the school, has an accomplished runner demonstrate an ergonomically correct stride that will help avoid injury. (U.S. Air National Guard photo by Senior Airman Riley Johnson)



## Kingsley Lifestyle: Culture of Fitness



# 173rd Maintenance Squadron changes hands in ceremony

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

**KINGSLEY FIELD, Ore.** -- The 173rd Maintenance Squadron commander handed over the reins in a change of command ceremony at Kingsley Field, June 16, 2017.

Lt. Col. Timothy Ebner relinquished command of the maintenance squadron with the symbolic passing of the guidon from Col. Jeff Smith, 173rd Fighter Wing commander. Ebner stepped out of the command position as he handed

off the guidon to Smith, who then presented the guidon to the new commander.

Maj. Michael Kuehni accepted command of the maintenance squadron. Col. Christopher Casson, the 173rd Maintenance Group commander, presided over the ceremony and welcomed Kuehni to his new position and thanked Ebner for his time as the maintenance squadron commander.

U.S. Air Force Maj. Michael Kuehni accepts the guidon from Col. Christopher Casson, the 173rd maintenance group commander, and hands it to Senior Master Sgt. Mark Draper, as he assumes command of the maintenance squadron during a change of command ceremony at Kingsley Field, June 16, 2017. During the traditional passing of the guidon, the departing commander passes the guidon to the presiding officer. The officer then passes the guidon to the new commander. This symbolizes the passing of responsibilities to the incoming leadership. (U.S. Air National Guard photo by Staff Sgt. Penny Snoozy)



## Comprehensive Airmen Fitness partners with Blue Zones, kicks off SE 2017

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

**KINGSLEY FIELD, Ore.** -- The 173rd Fighter Wing will officially celebrate Kingsley Field's designation as a Blue Zones Project Approved Worksite Thursday, July 20, with a ribbon cutting ceremony and Sentry Eagle 5K run/walk at 7:30 a.m.

Following a ribbon cutting ceremony led by 173rd FW Commander, Col. Jeff Smith, Airman from around the base and their families will participate in the Sentry Eagle 5K run/walk.

This event was put together by the 173rd Fighter Wing Comprehensive Airmen Fitness Team. CAF is a holistic concept that focuses on taking care of our Airmen and their families by focusing on four different pillars of fitness: Mental, Social, Physical and Spiritual.

"The CAF Team wanted to participate in Sentry Eagle in some way, and we thought this was a fantastic way to do this and celebrate our designation as a Blue Zone worksite," said Tech. Sgt. Erika Meng, the Sentry Eagle 5K coordinator. "I think a 5K is a great way to bring everyone together for socialization and fitness."

The Blue Zones Approved Work-

site designation is the result of the work the CAF team did over the last few months.

"Being a Blue Zones Project Approved Worksite means that the 173rd Fighter Wing has intentionally prioritized the well-being of its members through the implementation of research-based best practices," said Jessie Hecocta, Blue Zones Project - Klamath Falls organization lead. "The purpose is to create leaders who role-model well-being behaviors and create an environment which supports the health of others. It also means that the organization supports employees in pursuing their purpose and connecting that purpose in the context of their work."

To achieve this designation, the team focused on multiple objectives such as designating a space for employees to quietly reflect, publish walking and running routes, and many other objectives.

Additionally, the team found ways to quantify best practices that the wing was already accomplishing that fit in the Blue Zones Project goals.

### About Blue Zones Project:

Blue Zones Project is a community-led well-being improvement initiative designed to make healthy choices easier through permanent

KINGSLEY FIELD
COMPREHENSIVE AIRMAN FITNESS

# SAVE THE DATE

CAF  
5K  
Kick-Off

Thursday,  
July 20, 2017  
5K Start Time:  
7:30 a.m.

RSVP: [usaf.or.173-fw.list.173-fw-blue-zone@mail.mil](mailto:usaf.or.173-fw.list.173-fw-blue-zone@mail.mil)

BLUE ZONES PROJECT<sup>™</sup>  
by HEALTHWAYS

Brought to Oregon by

CAMBIA<sup>™</sup>  
health foundation

Graphic Illustration courtesy Blue Zones, Klamath Falls.

changes to a city's environment, policy, and social networks. Established in 2010, Blue Zones Project is inspired by Dan Buettner, a National Geographic Fellow and New York Times best-selling author who identified five regions of the world-Blue Zones-with the highest concentration of people living to 100 or older.

Blue Zones Project incorporates Buettner's findings and works with cities to implement policies and programs that will move a community

toward optimal health and well-being. Currently, 42 communities in nine states have joined Blue Zones Project, impacting more than 3.3 million Americans nationwide.

The movement includes three beach cities in California; 15 cities in Iowa; Albert Lea, Minnesota; the city of Fort Worth; and communities in Southwest Florida, Hawaii, Oklahoma, Oregon, and Wisconsin. Blue Zones Project is a division of Sharecare.



AF releases criteria for new valor “V”, combat “C” and remote “R” devices



1 <sup>ST</sup> AWARD - BRONZE V, C, R ONLY	V	C	R
2 <sup>ND</sup> AWARD - SILVER V, C, R ONLY	V	C	R
3 <sup>RD</sup> AWARD - GOLD V, C, R ONLY	V	C	R
4 <sup>TH</sup> AWARD - BRONZE WITH WREATH	V	C	R
5 <sup>TH</sup> AWARD - SILVER WITH WREATH	V	C	R
6 <sup>TH</sup> AWARD - GOLD WITH WREATH	V	C	R

Story by  
Secretary of the Air Force  
Public Affairs

WASHINGTON (AFNS) -- Air Force officials released criteria for the new “V”, “C” and “R” devices, following the secretary of Defense’s Jan. 7, 2016, authorization.

Following a comprehensive Military Decorations and Awards Review in 2015, the secretary of Defense implemented several changes to ensure the Defense Department’s military decoration and awards program continues to appropriately recognize the service, sacrifices and actions of service members.

“As the impact of remote operations on combat continues to increase, the necessity of ensuring those actions are distinctly recognized grows,” DOD officials explained in a memo released Jan. 7, 2016.

The “R” device, which may be affixed to non-combat performance awards, was established to distinguish that an award was earned for direct hands-on employment of a

weapon system that had a direct and immediate impact on a combat or military operation. These actions can be performed in any domain but must not expose the individual to personal hostile action, or place him or her at significant risk of exposure to hostile action while engaged in military operations against an enemy of the U.S.; or involved in a conflict against an opposing foreign force; or while serving with friendly foreign forces engaged in military operations with an opposing armed force in which the U.S. is not an aggressive party.

“Airmen assigned to cyber operations and intelligence, surveillance and reconnaissance operators would be examples of those eligible for the ‘R’ device,” said Lt. Gen. Gina Grosso, the deputy chief of staff for manpower, personnel and services. “These members create direct combat effects that lead to strategic outcomes and deliver lethal force, while physically located outside the combat area.”

The standardization of the “V” device as a valor-only device will

ensure unambiguous and distinctive recognition of distinguished acts of combat heroism.

The new “C” device was created to distinctly recognize those service members performing meritoriously under the most difficult combat conditions. To further emphasize the value placed on meritorious service under combat conditions, the “C” device may be affixed to several performance awards earned while serving under combat conditions. Unlike the “R” device, the “C” device may be authorized for sustained performance or service, provided the criteria of personal exposure to hostile action or significant risk of hostile action are met.

All devices may be awarded retroactive to Jan. 7, 2016, the day the secretary of Defense established the devices.

For more information on Air Force recognition programs, visit myPers, the Air Force Personnel Services website, at <https://myPers.af.mil>

New SECAF  
Greets Airmen



Airmen,

I am grateful for the freedoms we enjoy and it will be an honor to serve with you as Secretary of the Air Force.

In every generation, able volunteers step forward to protect the rest of us. Highly skilled and willing to defend the nation at all costs, you and your families represent the best of what it means to be an American.

Under the guidance of Secretary of Defense Mattis and with the support of the Congress, we will restore the readiness of the force so that we can win any fight. Because our adversaries do not rest, we will cost-effectively modernize the force and drive innovation to bring new capabilities to the service of liberty. Underpinning it all will be a commitment to our people – to the development of leaders to command the finest combat force in the world.

We will not take for granted American dominance in air and space power. We will use every taxpayer dollar entrusted to us to train for it, equip for it, and fight for it.

I know each of you will do your duty. I will do my best to do the same.

Heather Wilson



# SLACK

## The 173rd Fighter Wing

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## **173rd Fighter Wing Public Affairs**

Public Affairs Officer  
Maj. Nikki Jackson

Public Affairs Superintendent  
Master Sgt. Jennifer Shirar  
jennifer.d.shirar.mil@mail.mil

Editor  
Tech. Sgt. Jefferson Thompson  
jefferson.j.thompson2.mil@mail.mil

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From left, Master Sgts. Michael Shirar and Danielle George escort a carriage pulled by two Shetland Ponies during the 4th of July Parade in downtown Klamath Falls, Ore. (U.S. Air National Guard photo by Master Sgt. Jennifer Shirar)

